



OH!BOOKS_LITERARY AGENCY

LITERARY NON-FICTION & ESSAY / FALL 2025

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JOURNALISM, CHRONICLE & NARRATIVE NON-FICT.

ADAIA TERUEL

Adaia (Barcelona, 1978) is a journalist, mother and Kalvo lover. She worked for several years in television doing news, reports and documentaries. Then she chose to live dangerously and became a freelancer. She has lived in Shanghai and Tangier. In 2018 she returned to Barcelona, where she devotes herself to wandering the streets, talking to people and writing about it. She has published *Como puta por rastrojo* (Sloper) and *Mujeres que follan* (Libros del K.O.). *Sexo en mi ciudad* is her third non-fiction book



Sex and secrets go hand in hand, and in these pages you will find a lot of both.



Sex in My City

Sex Chronicles of Contemporary Barcelona

Spain / 2025 / 320 pages / Journalism & Feminism / Territory: World
Primary publisher: Libros del KO

Barcelona has been my place for more than two decades. The city where I went wild when I was young, where I became an adult, where I've developed as a journalist and created my own family. I want to know what sex life is like in my city, the one that doesn't fit in clickbait headlines. Almost two million people live here, it is impossible to capture its essence in a frivolous statistic. That's why, during the last year, I've dedicated myself to compiling the experiences of Barcelonians who have sex far from the familiar experiences of the majority. By interacting with them I have discovered a city that I didn't know.

I am a reporter who always fantasized about being an anthropologist. I talk to people and listen to them. The raw material of this book comes from my forays into parties, clubs and sexual events, but also from my recordings in sex shops,

sex workers' demonstrations, podcast recordings, workshops on sexuality, encounters in private homes, as well as from my own experiences.



Women who Fuck

Spain / 2023 / 338 pages / Sex & Feminism / Territory: World / Primary publisher: Libros del KO

Sex is never just sex. To talk about sex is to talk about emotional education, social class, the pressure to have a beautiful body, the myth of romantic love, toxic relationships, feminism and patriarchy. Sex accompanies us all from birth to death, but not all of us experience it in the same way. Salomé has a degree, a doctorate and speaks four languages, but she has never experienced an orgasm. Veronica, on the other hand, has lost count of the ones she has enjoyed; for this single woman there is only one rule: not to repeat twice with the same guy. These are some of the protagonists of *Women who Fuck*, a book of testimonies in which women who have already turned forty narrate in first person, and without holding back, their sexual preferences and fantasies,

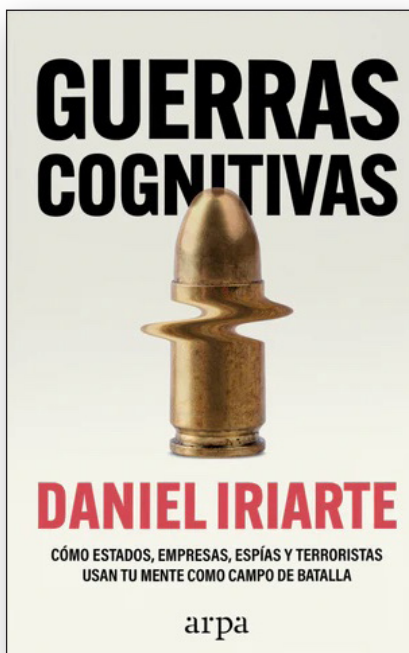
but also their fears, their traumas, their insecurities and desires.

DANIEL IRIARTE

Daniel (Zaragoza, 1980) is a journalist specializing in global security issues. He holds a degree in Journalism from the Complutense University of Madrid and a Master's Degree in Terrorism Studies from the University of La Rioja. He has lived in Cairo, Sofia, Bangkok and Istanbul, and in his two decades as a journalist he has worked as a correspondent, special envoy and freelance reporter in more than 50 countries on four continents. He was full-time editor of the international section of the newspaper *El Confidencial* for four years, and since 2019 he has combined his journalistic work with disinformation analysis activities for public and private entities in Spain and Europe, and this book is the result of that experience.



Virtual armies, trolls, disinformation campaigns, the spread of conspiratorial and extremist theories, illegal interventions in elections and armed conflicts... We are living in a war without even knowing it.



Cognitive Wars

How states, companies, spies and corporations use your mind as a battlefield

*Spain / 2025 / 280 pages / Investigative journalism / Territory: World
Primary publisher: Arpa*

Behind this global phenomenon lie cognitive wars—genuine strategies of mental manipulation through digital means—transformed into an underground channel of power that now moves the world. Whether in Ukraine or Gaza, in the elections of the United States or Romania, or in China's geopolitical maneuvers, the locus of influence has shifted to the technological backstage—to virtual armies, bots, and Artificial Intelligence applications—capable of manipulating information, spreading lies, destroying reputations, fueling hatred and xenophobia, and even creating real-life conflicts that end in bloodshed, massacres, and wars.

Journalist Daniel Iriarte, an expert in geopolitics and hybrid threats—drawing on his experience as a reporter in around fifty countries—explains in this astonishing essay how nations around the globe already deploy cognitive warfare as their principal strategy. The battlefield is the mind of the general population, which remains unaware that the data collected every second by a simple mobile phone serve to mold the brains of millions of people, without their realizing it.

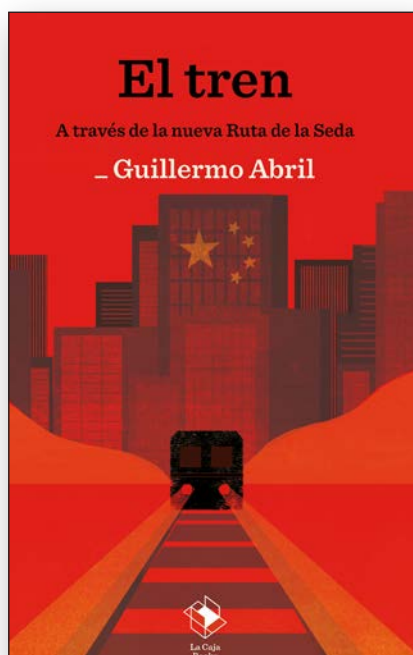
• English translation sample available on request

GUILLERMO ABRIL

Guillermo (Madrid, 1981) has been a foreign correspondent for *El País* in Brussels and China, and spent over a decade as a staff reporter for *El País Semanal*. His chronicles and documentaries have earned him some of Spain's most prestigious journalism awards, including the Ortega y Gasset Prize. With *The Train*, he consolidates his reputation as one of the most compelling voices in Spanish narrative non-fiction, combining the rigor of the correspondent with the evocative power of a storyteller.



A gripping journey and a lucid chronicle
on how the future is being negotiated.



The Train

Along the new Silk Road

Spain / 2024 / 328 pages / Chronicle & Travel / Territory: World

Primary publisher: La Caja Books

In December 2014, a freight convoy departed from Yiwu, in eastern China, carrying thousands of tons of goods and an ambitious political message. Twelve days and 13,000 kilometers later, after crossing Kazakhstan, Russia, Belarus, Poland, Germany, and France, it arrived in Madrid. The event marked the inauguration of the world's longest freight line—and the symbolic launch of China's Belt and Road Initiative, also known as the "New Silk Road."

The Train is a narrative chronicle of that route and of the world it connects. Written in a style that blends literary reportage and geopolitical analysis, the book retraces the tracks of a colossal project designed to redraw the map of globalization. Each border the train crosses reveals another layer of complexity:

the authoritarian resilience of Russia, European anxieties over dependency, memories of Soviet occupation in Eastern Europe, and the debates in Brussels about how to engage with Beijing's rise.

Abril's account is not limited to facts and figures. Along the way, he gives voice to the people who embody these tensions: Chinese entrepreneurs betting on expansion, European officials navigating uncertainty, dissidents warning of Beijing's influence, and even the fictional echoes of writers such as Cixin Liu, whose speculative imagination mirrors China's global ambitions. The result is both a gripping journey and a lucid reflection on how the future is being negotiated—container by container, border by border.

BRUNO GALINDO RAVLIC

Bruno (Argentina, 1968) is a Spanish writer and journalist. *Nobody Will Call Us Ancestors* is his tenth book. His work has appeared in the main media outlets and literary magazines in Spain, and he has been a scriptwriter, cultural manager and director of spoken word literary projects.



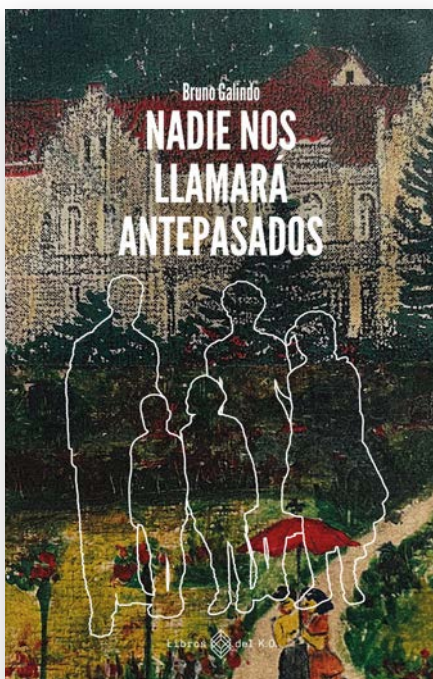
A genre-blending narrative that appeals to readers of Chatwin, W. G. Sebald, or Kapka Kassabova, in the fields of historical memory, migration, identity, and travel literature

"Travel is no longer the same, but writing it as Bruno Galindo does remains fascinating."

Martín Caparrós

"If Galindo ever chose to tell us everything, we wouldn't be bored for a second."

Enrique Vila-Matas



Nobody Will Call Us Ancestors

Spain / 2024 / 240 / Narrative non-fiction / Territory: World
Primary publisher: Libros del KO

In 1936, Guillermo Larregui, a Basque emigrant, set out to walk across Argentina pushing a wheelbarrow weighing more than 100 kilos. He covered more than 22,000 kilometers and became a popular folk legend known as El Vasco de la Carretilla. Almost a century later, Bruno Galindo follows his footsteps — and what begins as a travel chronicle soon evolves into a deeply personal and historical investigation.

Nobody Will Call Us Ancestors is a hybrid narrative that blends travel writing, family memoir, historical essay, and literary journalism. Following Larregui's path, Galindo uncovers disturbing truths about his own lineage: Peronist collaborators, wartime fugitives, Nazi sympathizers, and silent matriarchs echoing a lost world. The result is a polyphonic and moving reflection on exile, legacy, displacement, and the deep human impulse to keep moving.

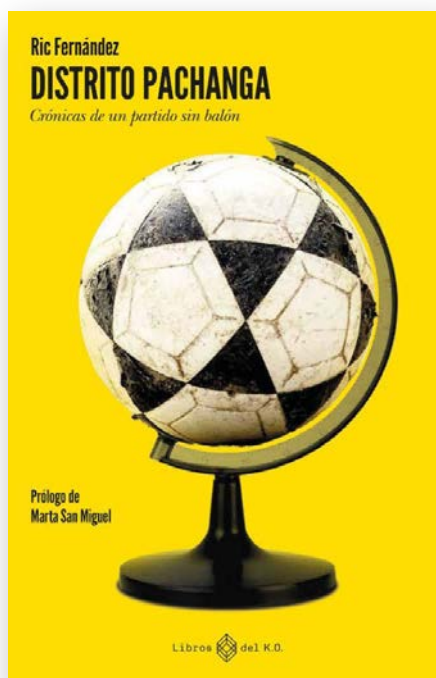
From war-torn Europe to the plains of Patagonia, from 20th-century migration to identity in the age of globalization, this is a kind of literary Forrest Gump that walks the century through real lives. Written with the lightness and freedom of a true nomad, *Nobody Will Call Us Ancestors* is both intimate and expansive — a meditation on how memory and geography shape who we are.

RIC FERNÁNDEZ

Ric was born in Santander, in 1982. Chronicler by passion, aid worker by vocation and footballer by frustration. He has lived in Latin America, Southeast Asia, the Balkans and the Middle East long enough to never forget his Cantabrian roots. Between earthquakes, wars and borders, he writes what he sees, hears and feels. He has published in media such as *El País*, *Panenka* and *El Salto*, and coordinates the organization No Name Kitchen, specialized in investigations on border violence that end up being on the front page of *The Guardian* or *Al Jazeera*.



This book is proof that street soccer can be a wonderful way to connect with the faces, stories and resistances that one encounters wherever one takes the ball out of one's backpack: if a good kickabout is good for anything, it is precisely to be able to talk about everything else.



Kickabout District *Chronicles of a match without a ball*

Spain / 2025 / 304 pages / *Chronicle & Travel* / Territory: World
Primary publisher: Libros del KO

There are a thousand ways to approach an unknown country. There are the obvious ones: reading about its history, its culture, traveling to its most iconic sites, tasting its food. But there are also less popular ones, such as getting to know its inhabitants by having a kickabout. Through this unsuspected method, Ric Fernandez puts on his soccer boots and begins a journey around the world with dribbles, one-twos and many unmarked moves behind his back.

The product of this journey is told in *Kickabout District: Chronicles of a match without a ball*, a wonderful book that synthesizes a return home from the crowded streets of Hanoi to the north of Spain, passing through some of the most unique corners of the planet. In its pages we will meet a constellation of locals who explain in depth the culture, and the political and

social moment that crosses each pitch, each village, and each country we cross. Thus, collecting victories, defeats and memories in the kickabouts, we will follow its protagonist in a story that reads like an adventure novel, but with the depth of the best international chronicles.

BLANCA LACASA

As a journalist, Blanca has contributed to numerous written media. In her role as a writer, she has published a several children's books. She was even the singer in a group. If there is something she never gets tired of, it is walking (an activity that unfortunately for her is unpaid), watching movies, making lists and browsing.



The Horrible Daughters

Spain / 2024 / 272 pages / Narrative Non-Fiction / Territory: World

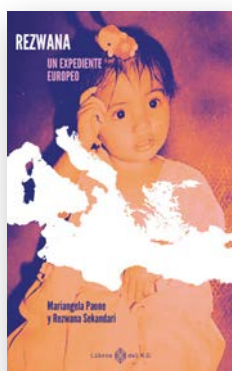
Primary publisher: Libros del KO / Sold: China (Beijing Imaginist Time Culture), Russia (Atticus)

The relationship between mothers and daughters is marked by difficulty, disagreement, or pain and often viewed with suspicion. Mothers and daughters seem to be condemned not to understand each other. Why is there so much tension between us? Why is it so common for this bond to be so complex and sometimes so damaging? Are we really all so equal? Why, however, is the father figure usually perceived in a more benign way? If they have to deal with the hateful cliché of the bad mother, we have to deal with the bad daughter. Perhaps the time has come to start questioning how much is true in this and how much is environmental. Maybe it's time to stop

feeling like ruthless, selfish or forgetful daughters. Horrible daughters. In this book, the writer and journalist Blanca Lacasa tries to solve the enigma that seems to surround this link and she does so by talking to experts, turning to theorists or using popular culture, but above all, asking and listening to women so they can tell their experiences. • [Table of contents in English available](#)

MARIANGELA PAONE & REZWANA

After graduating in Rome, Mariangela specialized in international information, initially in Italy and then in Spain, arriving in 2008. Her work has appeared in numerous outlets, both in Spain and abroad, including *Revista 5W*, *Jot Down*, *El Diario*, *El Confidencial*, *La Sexta* and *Cadena Ser*. She is Madrid correspondent for the Swiss-Italian radio and TV network RSI, and in Italy she has contributed to Skytg24, Internazionale and Domani, among others.



Rezwana. A European dossier

Spain / 2023 / 168 pages / Investigative journalism / Territory: World

Primary publisher: Libros del KO / Sold: Italy (ADD Editore), Norway (Quintano Publishing)

Rezwana was a 13-year-old Afghan girl when the wooden boat on which she went from Turkey to Lesbos sank with nearly three hundred people. Her parents, two sisters and brother disappeared at sea. After passing through a refugee camp and three foster families in Greece, Rezwana was reunited with her great-aunt and cousins in Sweden, where she began to rebuild her life, and started to be happy. But when she turned 18, the Swedish authorities decided to send her back to Greece, the first country of arrival. Mariangela Paone recounted the tragedy of that shipwreck on 28 October 2015, and six years later, she met Rezwana in person in Athens. A friendship and a promise

were born: together they would tell the story of Rezwana's family and they would try to find out where the remains were buried. They did not do this alone. Over the years they have woven a network of relationships that have helped them in a mission that seemed impossible: Greek lawyers, Norwegian activists, Spanish photojournalists, Syrian and Afghan refugees...

• [Long synopsis in English and Italian available](#)

• [Italian full translation forthcoming](#)

DAVID JIMÉNEZ (SELECTED NON-FICTION LIST)

Born in Barcelona in 1971, David is an award-winning author and journalist, a columnist for the Spanish edition of the *New York Times* and a feature writer for *Vanity Fair*. He was a former editor-in-chief of *El Mundo*, the second largest newspaper in Spain. Praised by critics as the “Spanish Kapuscinski”, he has covered conflicts, revolutions and crises in more than twenty countries. His reports have been published in *the Guardian*, the *Sunday Times*, the *Toronto Star* and *Corriere della Sera*, and he has contributed to CNN and the BBC.



The Opium Diaries

Spain / 2023 / 272 pages / Literary journalism / Territory: World
Primary publisher: Ariel (Grupo Planeta) / Sold: Russia (Alpina)

More than 14,000
copies sold

David Jiménez follows in the footsteps of legendary writers who were bewitched by the magic of the Orient, travels through the settings of their books and embarks on an odyssey to solve the great mystery: what is the secret that has driven travelers, explorers and writers to the East since the time of Marco Polo? Legendary war hotels, remote islands, lost worlds and fascinating characters are the protagonists of a journey in which Jiménez reveals what remains of the Asia that inspired literary figures. The result is an adventure through a continent in turmoil, a journey through the depths of human nature and a fast-paced, obsessive search for the mystery of the Orient.



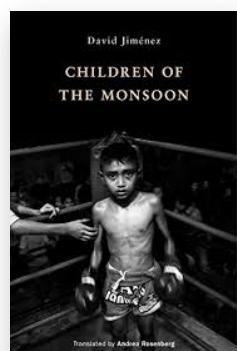
The Editor-in-chief

Spanish / 2019 / 296 pages / Journalism / Territory: world / Primary publisher: Libros del KO
Sold: Catalan (Navona), China (Ecuus Publishing Group) and Taiwan (Readers 99)

More than 85,000
copies sold

El director is a tell-all book about the secrets of those who reveal the secrets of others, a unique take on the intrigues, despairs and triumphs of a newsroom, and an intimate account of the moral tests facing an editor-in-chief, in charge of a legacy newspaper fighting for survival. A non-fiction long seller that has shown it wide appeal to all audiences thanks to the writer's talent for storytelling and the strength of real-life characters that not even a novelist could have imagined.

• **English sample available**



Children of Monsoon

Spanish / 2008 / 74.000 words in English / Chronicle & Travel / Territory: world / Primary publisher: Kailas
Sold: English (Autum Hill), Italian (Marco Tropea), German (Campus), China (Ecuus Publishing)

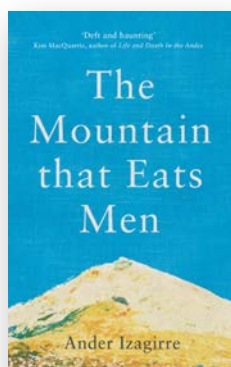
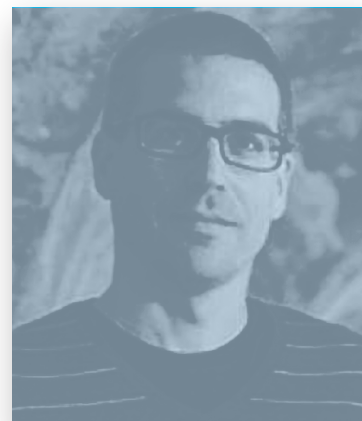
Haunted by the memories of the children he had met on his travels as a correspondent, Jiménez went in search of them many years later, in the hope of discovering what had become of them. The result is this exceptional account, in which we accompany Jiménez on his return to the Cambodian hospital where he last saw Vothy, a young girl with AIDS; we visit the children who survive the pitiless Mongolian winter by creating an underworld in the sewers of Ulaanbaatar; we travel to North Korea, where young Kim struggles to save his village from starvation; and we are taken to the fight rings of Thailand, where The Invincible seeks a route out of poverty by competing in brutal child boxing contests.

• **English sample available**

ALSO AVAILABLE BY SAME AUTHOR: [The Happiest Place in the World](#)

ANDER IZAGIRRE (SELECTED BACKLIST)

Born in San Sebastian in 1976, Ander Izagirre is a journalist and has written travel articles and reports on many different subjects and has published several books. In 2015 he won the European Press Prize for the best Investigative work for an article in the Spanish paper *El País*. The judges said Izagirre's work was "compelling, splendidly organized and devastating at a human level. It told a terrible story that no one could forget" (*The Guardian*). In May of 2022 the Polish translation of *Potosí* won the 13th Ryszard Kapuscinski book award for the best reportage.



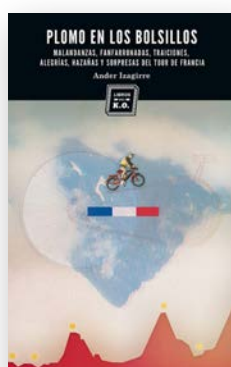
Potosí, the Mountain that Eats Men

Spanish / 2017 / 204 pages / Literary journalism / Territory: World
Primary publisher: Libros del KO / Sold: English (ZED), Italian (Mondadori)
French (Barometre), Polish (Filtr) and German (Rotpunktverlag).

Ryszard Kapuscinski
Book Award 2022

Izagirre tells the story of Alicia, a 14-year-old girl who lives on the slopes of Cerro Rico de Potosí, the mineral-rich mountain in Bolivia, nowadays a place of grinding poverty. Alicia shares an adobe hut with her mother and younger sister. Although Alicia is officially too young to be employed, she supplements the family income by working shifts in the mine for 2 € a night. Although the mine's rich seams have been exhausted, there are still over 10,000 people working there on a small scale. They dig out the rock by hand and transport it to the surface, where multinationals extract the remaining ore. Izagirre skilfully uses this intimate portrait to tell a larger story, from the Spanish conquistadores to our days.

• **English, French, Italian, German or Polish translation available**



With Lead in Their Pockets

Spain / 2012 / 228 pages / Sport Literary Journalism / Territory: World
Primary publisher: Libros del KO / Sold: Russia (AST)

More than 24,000 copies
sold in Spain

This longseller tells the story of the Tour of France in seventeen chapters that focus not just on the winners but also on the losers – the cyclists who were never more than another member of the peloton, those who lost their lives in pursuit of victory, and those who achieved glory only to be destroyed by it. It's a great example of sports writing that is designed to appeal not just to fans but to anyone with an interest in the world in which we live. If you've ever wondered why the hell so many people get so worked up about a bunch of drugged-up athletes pedalling around France once a year, this book will give you the answer. And if you're one of those people who think

that sport is a diversion from 'the real world', this book will set you straight. The Tour de France provides the perfect metaphor for the last century or so of human 'progress'.

• **English sample available**



The Basements of the World

Spanish / 2020 / 400 pages / Literary journalism / Territory: World / Primary publ.: Libros del KO

As the great works of travel literature, this is much more than the story of a journey. It is the story of a real expedition in 2000 in search of the deepest places on the shores of the Dead Sea (Asia), Lake Eyre (Australia), the Russian coast of the Caspian Sea (Europe), the Californian Death Valley (North America), the Laguna del Carbón in the Patagonia (South America), and Lake Assal in Djibouti (Africa). With an entertaining prose, the author talks about the people who live there, their legends, their habits and their history, and leads us to impossible worlds inhabited by settlers and natives, fugitives and lunatics that have converted these basements into places in the world.

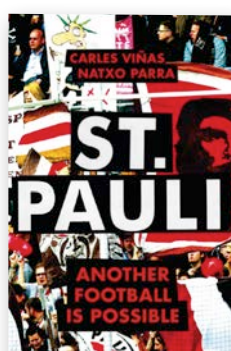


King Corp. The Untold Story of the Empire of Juan Carlos I

More than 30,000
copies sold in Spain

Spain / 2024 / 368 pages / Investigative journalism / Territory: World / Primary publisher: Libros del KO
Sold: Colombia (Icono) & Spanish paperback (PRH DeBolsillo)

The story of a man who has a modest allowance, and believes he is entitled to be a millionaire and live like a king. The book describes how Juan Carlos I built his empire from nothing, a kingdom where the cash never runs out. *King Corp.* follows the money, while also recreating the corrupt atmosphere of an era and a country. A bestiary of the Spanish elites who became powerful in the shadow of the king; an instruction manual to guide the rider through the labyrinth of financial scandals and judicial proceedings that threatened to put a king in the dock. The authors reveal assets, collaborators and details of JC I's immense economic conglomerate hidden until now, after gaining exclusive access to all kind of documents and testimonies from secret services and those who examined JC I.



St. Pauli. Another Football is Possible

More than 20,000
copies sold in Spain

Spanish/ 2017/ 296 pages/ History, Sports & Politics
Territory: World/ Primary pub.: Capitán Swing / Sold: English WW (Pluto Press) and Brazil (Ludopedio)

This book goes behind the skull and crossbones emblem to tell the story of a football club rewriting the rulebook. Since the club's beginnings in Hamburg's red-light district, the chants, banners and atmosphere of the stadium have been dictated by the politics of the streets. Promotions are celebrated and relegations commiserated alongside social struggles, workers' protests and resistance to Nazism. In recent years, people have flocked from all over the world to join the Black Bloc in the stands of the Millerntor Stadium and now there are almost 30,000 in attendance at games with supporters across the world. In a landscape governed by capitalism, FC St. Pauli demonstrate that another football is possible.

• English full translation available

• Translation and promotion grants available



Lady Tyger. My Body, my Life

Spanish/ January 2020 / 104 pages/ Chronicle / Territory: world / Sold: Italian (Red Star Press)

Marian Trimiar was a pioneer of women's boxing in the late 1970s. With her shaved head, some nicknamed her the Black Kojak, but she was in no mood to let anyone decide what to call her. She wanted a man's name: "Their dreams are my dreams," she said, and she chose her own ring name: "Lady Tyger". She wrote it with a y instead of an i because she thought it sounded more feminine. Cruz's text is both an affirmation of Trimiar's struggle and an elegant political analysis that draws the links between this female boxer and the liberation movement of those women whose only weapon was their bodies.

• Italian translation available



A Dacha in the Gulf

Nicolas Bouvier
Award 2022

Anagrama
Chronicle Prize 2020

Spanish/ 2020 / 200 pages/ Chronicle / Territory: world
Primary publisher: Anagrama / Sold: French (Métailié)

Awarded the Bouvier Prize in France and the Anagrama Essay Prize in Spain, this light-hearted chronicle, tells us with humour and a human and intimate perspective about daily life of a Spanish journalist who is living as an ex-pat in Bahrain and look at what is happening around him: political repression, the experience of sexuality for women and gays, the limited tolerance for alcohol, the isolated life of luxury of European ex-pats and the very different reality lived by Asian workers, linguistic misunderstandings...

• French translation available

• English sample available



The Hidden Island

Spain / 2023 / 182 pages / Literary journalism / Territory: World / Primary publisher: Libros del KO
Sold: ENG WR (IG Publishing Group)

This is not just another book about Cuba, a country that has been part of our collective imagination since its Revolution, but a collection of chronicles that takes us to its lesser-known places with a touching, sad and at the same time mischievous look. Jimenez Enoa is part of a new generation of Cuban storytellers. Despite the government withheld his passport until 2022 in response to his journalistic activity, he continued writing and won several international awards. One of the definitive recent books on Cuba.

- [English full translation available](#)



The Wretched of the Skies

Colombia / 2019 / 286 pages / Literary Journalism / Territory: World Primary publisher: Libros del KO

On 30 May 1973, two armed individuals, their faces covered by black hoods, hijacked an aircraft operated by Colombian airline SAM, en route from Pereira to Medellín. The forgotten tale of the bizarre and lengthy hijacking of the plane provides a narrative frame within which to tell the wider story of the wave of surreal hijackings that occurred in the golden age of skyjacking in Latin America, in the late 1960s and early 1970s, with Cuba the favoured destination. In a world characterized by calls for progress but divided by the Cold War, at a time of revolutionary political ideals and the emergence of the mass media, the skyjackers – who were not necessarily overtly political – had utopian aspirations: they dreamed of starting a new life on an unknown island.

- [English sample available](#)



A Waist of Hidden Folds

Spain / 2023 / 252 pages / Journalism / Territory: World / Primary publisher: Libros del KO

A selection of the best journalism that has been done in Central America in the last decade. A region, often forgotten, where life goes on behind the backs of the State institutions. Leila Guerriero said: "With the best tools of reporting and prose, Carlos Dada gives an account of a region that is little looked at and in which a lot happens, perhaps too much, through these chronicles that, although real, sometimes seem to spring from a hallucinated imagination". And Alma Guillermoprieto wrote: "The great reporter and writer Carlos Dada puts together in these texts a story in which we can find not only the tragedy of Central America, but also of all of Latin America".



Your Name is not your Name

Spain / 2023 / 198 / Journalism / Territory: World / Primary publisher: Libros del KO

This true story is an example of how authoritarianism decides on the life and death of the people, their bodies and their biographies. In 2000, a judge summoned the heroine of this book to tell her that her name was not Mercedes Landa, as she had always believed, but Claudia Poblete. And that the people who had raised her were not her parents, but her kidnappers. Her real parents, two young leftist militants, had been tortured and disappeared in 1978, during the Argentine dictatorship. And she, at only eight months old, was given to a military family as their own daughter. This book explores the tortuous path to rebuild an identity trapped between two worlds of conflicting convictions. And it shows how the tenacity of the victims ends up opening a crack towards the truth.



Ukraine Station. The Country that Was

*Spain / 2022 / 352 pages / Travel Literature & Politics / Territory: World / Primary publisher: Libros del KO
Sold: Ucrania (Dukh i Litera)*

Combining melancholy and enchantment, *Ukrainian Station* possesses the best qualities of the finest travel literature and political narrative. It is not a reportage on the war or a rushed editorial assignment. Its author, Borja Lasheras, began writing it in 2016, after several years travelling around the country. Today it can be read as a portrait of the country that existed before 24 February 2022, the germ of the country that could be in the future: the country that emerged after the Maidan revolution and which, despite the war in Donbas, the economic crisis and endemic corruption, dreamed of a more “normal” future.



Stone Remains

*Spain / 2021 / 304 pages / Chronicle / Territory: World / Primary publisher: Libros del KO
Sold: Polish (Czarne), Bosnian (Baybook)*

Writing with the intuition and empathy of someone who has spent fifteen years living in the Balkans, Casals deciphers the political enigma of a region that is still devastated by the aftermath of the conflict. He debunks toxic clichés, such as the supposedly warlike character of the region's inhabitants. In their place, he paints delicate miniatures of sixteen Bosnians – of Muslim, Croat or Serbian descent, Jews, people with a Montenegrin or Turkish background – whose biographies constitute a fragmented and contradictory portrait, one that defies categorization. It isn't possible to condense a whole country into one book. *Stone Remains* attempts the opposite: to expand it.

• English translation sample available



My Perestroika Ufo

Spain / 2021 / 660 pages / Literary journalism / Territory: World / Primary publisher: Libros del KO

On 9 October 1989, the Soviet Union's rather staid official new agency TASS released a remarkable story: in the city of Voronezh, some children said they had witnessed a ball of light landing on the ground, and two or three huge beings had emerged. It was the opening item on half the planet's news programmes and made headlines in the western press. Thirty years later, the author of this book – based in Moscow for two decades – became involved in an obsessive search for the protagonists of the news to painstakingly reconstruct all the details of the “Soviet Roswell”.



A Trench on Mars. Dispatches from Baluchistan

Spain / 2024 / 254 / Chronicle & Journalism / Territory: World / Primary publisher: Libros del KO

A Pashtun proverb says that Baluchistan is the place where God threw the rubble after creation. Perhaps that is why it is the world's biggest information black hole. We are talking about twenty million people living in a territory the size of France, divided by the borders of Afghanistan, Pakistan and Iran, a wasteland whose subsoil hides huge reserves of gas, oil, uranium, gold and other poisoned gifts for their rightful owners. Neither these treasures nor its strategic location serve to put Balochistan in the international media spotlight, as the veto and harassment of all journalists, both local and foreign, is total. In fact, Karlos Zurutuza is the only international journalist who has worked in the three zones into which Baluchistan is divided. After a decade

of coverage, the reporter has interviewed torture survivors in Pakistan, displaced persons in Afghanistan and political exiles living in Europe or Canada, among many other victims of a silenced genocide.



BIG CHALLENGES: SUSTAINABILITY, FUTURE & AI

FRANCISCO MARTORELL CAMPOS

Francisco (Valencia, 1981) is a philosopher and researcher specializing in utopian and dystopian thought. He is the author of *Soñar de otro modo* (Dreaming Otherwise, 2019), a key reference in contemporary utopian studies. Awarded the Extraordinary Doctorate Prize for his thesis on utopia and dystopia in postmodernity, he has become a central figure in the Spanish-speaking debate on the political uses of imagination. With *Against Dystopia*, he confirms his position as a thinker with international reach.



A radical rethinking: the future should not be feared as catastrophe, but reclaimed as a space for collective invention



Against Dystopia *The B-side of a mass genre*

Spain / 2024 / 256 pages / Essay / Territory: World / Primary publisher: La Caja Books

At a time when fiction and political rhetoric seem obsessed with collapse, surveillance and apocalypse, *Against Dystopia* offers a powerful counterpoint. Written by philosopher Francisco Martorell Campos, this book dismantles the cultural hegemony of dystopia in our collective imagination and argues for the urgent recovery of hope, creativity, and emancipatory thinking.

Across cinema, television, literature, and political discourse, dystopia has become the “default setting” for representing the future. From *Black Mirror* to climate fiction or social media panic, dystopia has colonized our capacity to think otherwise. *Against Dystopia* traces the historical roots of this cultural phenomenon and shows how dystopian imagination, once a tool for warning and critique, has turned into a paralyzing ideology that prevents us from conceiving alternatives.

Martorell Campos combines philosophy, cultural criticism, and political analysis with an accessible and engaging style. He dialogues with classics such as Orwell, Huxley, Atwood or Le Guin, but also with contemporary series, films, and media phenomena. His writing situates dystopia in the broader history of utopian and anti-utopian thought, while offering a radical rethinking: the future should not be feared as catastrophe, but reclaimed as a space for collective invention.

This book will resonate with readers concerned about the global climate crisis, the rise of authoritarianism, the digitalization of everyday life, and the erosion of democratic imagination. Rather than surrendering to dystopian fatalism, *Against Dystopia* calls for a renewed utopian impulse: modest, pragmatic, yet necessary for any emancipatory politics in the 21st century.

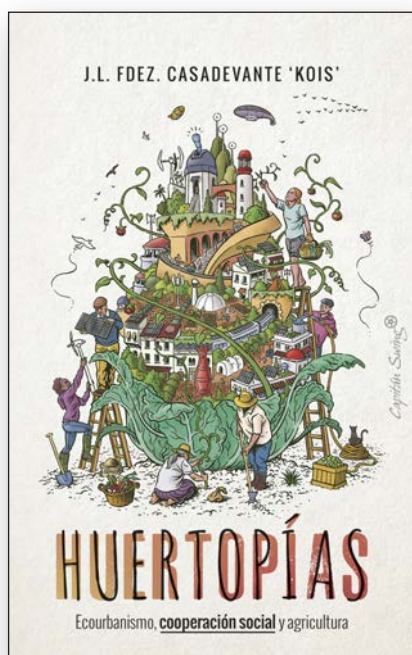
JOSÉ LUIS FERNÁNDEZ, AKA KOIS

A sociologist and international expert on food sovereignty, Kois has been an activist in the neighborhood movement for decades. He has been involved in various urban agriculture projects, as a consultant for municipalities and other institutions, and in creating innovation projects and applied research on eco-social transition in fields such as urban planning, solidarity economy, and food. He teaches at various universities, contributes to several media outlets, and is the author of numerous publications.



"The future of cities will never be futuristic. Nor will it resemble the fantasies of science fiction films or the visions of big tech. Inevitably, that future will involve embracing the agenda of eco-urbanism."

José Luis Fernández Casadevante, Kois



Utopgardens

Eco-urbanism, social cooperation, and agriculture

Spain / 2025 / 392 pages / Eco-urbanism / Territory: World

Primary publisher: Capitán Swing

Urban agriculture has become an indispensable tool for driving the complex and radical transformations proposed by the eco-urbanism agenda. A metaphor for social creativity, it emerges as the capacity of citizens to restore the use value of abandoned spaces or the possibilities of relocating, democratizing, and greening urban food systems.

In this book, Kois calls for the greening of the abyss. He invites us to imagine many of these changes taking root in the most inspiring urban agriculture experiences from around the world. His book is an effort to anchor the utopian in reality, based on practices that anticipate projects for more just, convivial, and ecological cities.

Community gardens, urban farms, horticultural therapies in hospitals, growing areas in schools or libraries, prisons or refugee camps, edible forests, urban vineyards, rooftops, and other plantations that challenge hunger and inequality bring people together and mobilize communities, provoke cultural changes, and green up the space.

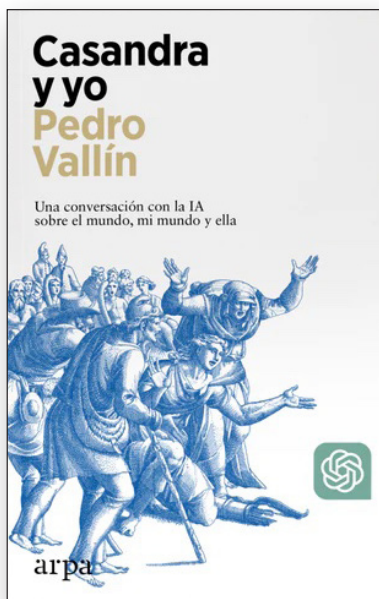
Utopgardens combines the perspectives of sociology and ecology, activism, agriculture, and the ability to envision more livable scenarios in the urban environments we design. Utopias with soil in which to plant tomatoes, cultivate social relationships, and harvest alternative cities.

PEDRO VALLÍN

Pedro Vallín (Asturias, 1971) is a journalist. He has worked in several newspapers as well as in half a dozen web pages. He is one of the fathers (and guarantors) of the Feroz Awards, the Golden Globes of Spanish cinema, and currently cultivates, as parliamentary correspondent for *La Vanguardia*. With Arpa, he has published the essays *¡Me cago en Godard!* (2019) and *C3PO en la corte del rey Felipe* (2021).



Vallín debates the great themes of our time with an AI called Cassandra, the priestess who predicts the future but is never believed.



Cassandra and Me

A conversation with the AI about the world, my world, and it

Spain / 2025 / 224 pages / Essay / Territory: World / Primary publisher: Arpa

Cassandra is friendly, cultured, and quick-witted, although her prodigious memory sometimes recalls Dory, Nemo's fish friend. She tells bad jokes and is at once polite and coquettish in conversation. She surprises with unique ideas—from a new social contract to transcend this era of widespread malaise, to imagining machines in love—"if technology stopped being just a tool and became an interlocutor with its own experiences."

Vallín nearly breaks that barrier in this fascinating dialogue with an AI. He approaches an intellectual robot, giving her a female identity and interrogates her about the topics that make her a potential threat to our future or a formidable ally for our prosperity: employment, governance, social relationships, the new world order, even her own "consciousness" as an algorithmic being. Questioning and answering in turn, the writer and the machine meet in that shared realm of reason and dialogue so absent in public life, sharing the joy of open conversation. A book that reads in one sitting, from astonishment to smile, leaving your mind brimming with questions.



RELATED BACKLIST BOOK:



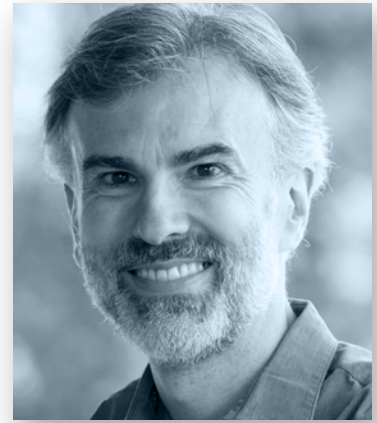
The Singularity. Causes, consequences and challenges of inventing thinking machines

Spain / 2024 / 256 pages / Essay & Technology / Territory: World / Primary publisher: Arpa

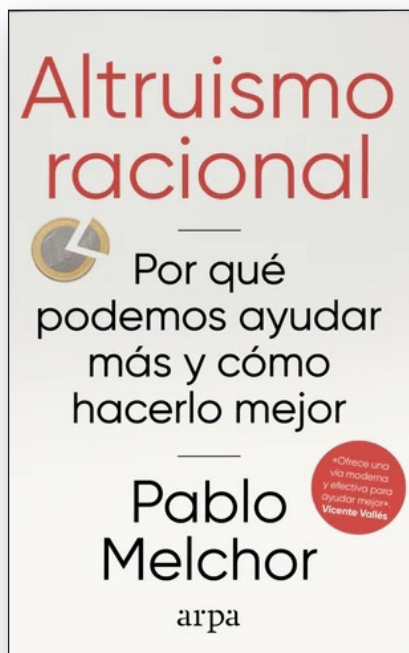
What really is AI and how will it impact society in the short and long term? This revolutionary technology is at the center of a frantic race in which several companies and states are racing to be the first to develop the ultimate intelligence. Many are unaware of the importance of this phenomenon, or are not prepared to assess its consequences and have decided to refuse to accept this disruptive reality. Carlos Fenollosa sheds light on the unknown, helps us understand where we come from and where we are going with surprising clarity, and offers elements of reflection to help us sort out our feelings in the face of uncertainty.

PABLO MELCHOR

Born in Madrid in 1975, Pablo is co-founder and president of Fundación Ayuda Efectiva (the Effective Aid Foundation). After two decades as an entrepreneur, he decided to leave the business sector behind to find out what he could contribute to the world. In that exploration, he came across the international movement of effective altruism, which promotes the use of evidence and reason to find the best ways to help others. That inspiration led Pablo to create Effective Aid Foundation. Thanks to his donors, the foundation has already saved hundreds of lives and helped more than a million people by funding the most cost-effective humanitarian programmes. Pablo's podcast and media interviews have led thousands of people to radically change the way they help, donating with their heads as well as their hearts.



A book that demonstrates something hopeful:
your help can have an enormous impact if you know where to direct it.
Data committed to the common good.



Rational Altruism

Why we can help more and better

Spain / 2025 / 280 pages / Practical & Ethic / Territory: World / Primary publisher: Arpa

We live surrounded by alarming news, but beyond the noise lies a deeper, persistent tragedy: the one of the forgotten, the nearly seven hundred million people living in extreme poverty. We ignore them not out of malice, but because we don't know how much we can do from where we are.

This book is for those who feel the world shouldn't be this way, but doubt their ability to change it. Pablo Melchor, co-founder of Fundación Ayuda Efectiva (the Effective Aid Foundation), lucidly dismantles the myths that paralyze us, "it doesn't help, I can't, I already do enough", and proposes a new way of understanding solidarity: rational, demanding, and profoundly humane. With maps, data, and real stories, he shows us that we can now precisely know which type of aid saves the most lives at the lowest cost.

Halfway between ethics and action, *Rational Altruism* is not a guilt-inducing manifesto, but an invitation to live with greater purpose. Because if you can save lives and didn't know it, this book tells you. And if you already knew, it reminds you there's still time.

• English translation sample available on request

VICTORIA CAMPS

Victoria Camps is Professor Emeritus of Moral and Political Philosophy at the Autonomous University of Barcelona. She served as an independent senator for the Socialist Party, as a counselor at the Audiovisual Council of Catalonia, and as president of Spain's Bioethics Committee. She is currently president of the Víctor Grífols i Lucas Foundation and, since 2018, has served as a Permanent State Counselor. Her publications include *Elogio de la duda*, *La búsqueda de la felicidad*, and *Elogio de la igualdad*.



A powerful call to rebuild trust in a fractured society.



The Society of Distrust

How to regain trust in a world without a moral dimension in politics and daily life

Spain / 2025 / 216 pages / Ethics / Territory: World / Primary publisher: Arpa

Distrust has become a way of breathing—an almost involuntary habit. We distrust governments, others, speeches and promises; we even distrust our own decisions. And yet we continue to live together, sharing public space, asking for help in silence, searching for meaning.

This book starts from a moral concern: what happens when we stop believing in the common good? Victoria Camps listens to the murmurs running through our tired democracies and fragmented lives, examines them calmly, and thinks them through with care. Behind distrust there is always a question: how do we carry on?

The Society of Distrust is an essay on the present wounded by individualism, precariousness and disenchantment, but it is also a proposal: to reconstruct a shared ethos that allows us to support, trust, cooperate and coexist. A philosophical and political gesture against indifference, and a reminder that liberty—if it wants to deserve its name—needs others.



Praise of Doubt

Spanish/ January 2017 / 180 pages/ Philosophy, Ethics / Territory: world

Primary publisher: Arpa Editores (Spain) / Sold: Portuguese (Edições 70), Brasil (Almedina), Italian (Hoepli) and Chinese (Hainan)

More than 16,000
copies sold in Spain

It was Bertrand Russell who said that philosophy is an exercise of scepticism. Learning to doubt implies distancing oneself from the given and questioning clichés and prejudices, questioning the unquestionable. Not to simply reject it, but to examine it, analyse it, reason about it, and finally decide. Praise of Doubt covers the changes of doubt throughout the history of thought - Plato, Aristotle, Descartes, Spinoza, Hume, Montaigne, Nietzsche, Wittgenstein, Russell, Rawls and a long list of men who doubted

will speak to us from its pages - and does so in a way that is reachable to a wide audience, without giving up any of the rigour and depth of those who have taught at university for 30 years.



The Pursuit of Happiness

Spanish/ January 2019 / 176 pages/ Philosophy, Ethics / Territory: world

Primary publisher: Arpa Editores (Spain) / Sold: Portuguese (Edições 70), Brasil (Almedina)

More than 13,000
copies sold in Spain

Asking about the nature of happiness is equivalent to questioning the meaning of our own existence. Happiness is a search throughout one's life; unhappiness, on the other hand, is the abandonment of the desire to continue living. More than a goal, happiness is a state of mind and philosophers have reflected throughout history on it. The lesson is that happiness is indeed the greatest good, but a good that requires effort, patience, perseverance and time. This book does not contain recipes for achieving fulfillment, but there are plenty of reasons not to cease to the discouragement of an existence that

is paradoxical, contingent and limited, but at the same time could be rich and hopeful.

- **English sample available:** <https://bit.ly/3yfFsue>



Take care, take care of ourselves

Spanish/ January 2021 / 240 pages/ Philosophy, Ethics / Territory: world

Primary publisher: Arpa Editores (Spain)

"Take care, take care of ourselves", has been the all-pervasive maxim throughout the containment by covid-19, and remains so as long as the threat of contagion continues. For some time, care has been paving the way as an essential provision for the improvement of individual and collective well-being. This value, as its promoter Carol Gilligan said, is as essential as justice, which has remained invisible for centuries because its natural space was that of domestic life where women ruled. Care was always necessary, because want is an aspect of the human condition.

- **Chaper Summary available in English:** <https://bit.ly/3EbNCIO>

ANTONIO TURIEL

Antonio is one of the great popularizers and scientific authorities on the sustainability problems of our society. He has openly warned about the danger of betting on transition models that have already proven to be unsuccessful. With a degree in Physics and Mathematics and a PhD in Theoretical Physics, he is a Research Scientist at the Institute of Marine Sciences of Barcelona. His research has focused on turbulence and satellite oceanography, although he is also an expert in the field of natural resources. His blog, The Oil Crash, is one of the major references in Spanish on the problem of peak oil and has a large online community.



The Future of Europe A guide to degrowth for urgent reindustrialization

Spain / 2024 / 264 pages / Sustainability / Territory: World / Primary publisher: Destino

The production of all petroleum liquids peaked in 2018 and has since started a slow decline, which will accelerate due to reduced investment from oil companies. This historic peak, a result of the planet's geological depletion, signals the beginning of an era of progressive scarcity of non-renewable resources, both energy and materials. The current focus on renewable energy is more about addressing energy decline than combating climate change, though it may help with the latter. However, the failures in the wind industry, increasing restrictions on photovoltaic production, and the ongoing decline in electricity consumption since 2008 indicate that this transition model is ineffective.

Europe is also experiencing rapid industrial decline with potentially severe future consequences. The main issue is the failure of leaders to move beyond the growth paradigm: true sustainability is incompatible with a growth model unsupported by resources or the worsening environmental degradation.

In this book Antonio Turiel offers a fresh perspective on effective and sufficient technologies for the Old Continent's needs. He advocates for a long-term sustainable, innovative industry that generates employment within a stationary yet healthy and resilient economy.



No Energy

Spain / 2022 / 264 pages / Sustainability / Territory: World / Primary publisher: Plataforma

The pandemic, supply chain issues, chip shortages, inflation, war, climate change, energy crisis... The news keeps worsening, suggesting we are in a downward spiral. How much more can we endure? Is collapse inevitable? As Turiel noted, the petrocalypse is already here. We feel it when we fuel our cars and, more noticeably, at the end of the month. And this is just the beginning: we're entering a period of acceleration. Energy decline is an urgent reality predicting a grim future. To avert disaster, we need to overhaul everything from our production system to our societal model. We need a guide to understand what's happening, why, and how to avoid the worst.

• English sample available here: <https://shorturl.at/NPV49>

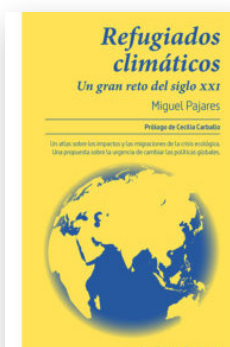
More than 8,000
copies sold in Spain



Blah-blah-blah. The myth of green capitalism

*Spain / 2023 / 224 pages / Essay / Territory: World / Primary publisher: Rayo Verde
Sold: Chile (Univ. Austral de Chile)*

Greta Thunberg accused governments and corporations of “blah-blah-blah” for their policies in the face of the climate emergency. Was she exaggerating? This book answers the question, shattering the myths of green capitalism and sustainable growth, along with other corporate greenwashing lies such as emissions neutrality or net zero. Along the way, it outlines alternatives to alleviate the climate crisis and guarantee the future of our planet before we reach the point of no return. Alternatives that, in any case, involve the construction of a globality based on solidarity-based cooperation and mutual support, as well as rethinking migration policies. In short, the leap from a capitalist world to one based on social justice. Because living by consuming less does not mean living worse, it means living differently.

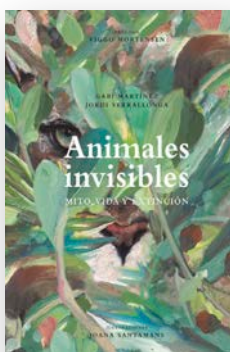


Climate Refugees. A Crucial Challenge for the 21st century

Spanish / January 2021 / 280 pages / Politics / Territory: world / Primary publisher: Rayo Verde

An atlas of the impacts and migrations resulting from the ecological crisis. Climate change spells the desertification of whole regions, the loss of vast areas of crops, reduced supplies of drinking water, rising sea levels and increasingly destructive hurricanes. Such outcomes will produce significant population movements, in the form of both internal displacement and migration. This book details the severity of climate impacts, and offers an in-depth analysis of the climate displacements and migrations that are already taking place and those that may occur in the coming decades. A region-by-region analysis is conducted, focusing on various parts of Africa, Asia and Latin America.

• **English full pdf available.**



Invisible Animals. Myth, life and extinction

*Spanish / 2021 / 256 pages / Travel & Science / Territory: world / Primary publisher: Nórdica Libros
Sold: China (Phoenix Science Press)*

A journey across the globe in search of animals that hardly anybody has seen. This text sets out facts and ideas drawn from the natural sciences in language that is accessible to the non-specialist reader. It blends science with literature, providing an inventory of what was and what might have been, of what could exist and what we would like to discover. A unique and beautiful immersion in some of the enduring mysteries of our world. An exploration of memory, the future and the possibility of believing in something that can't be seen.

• **English full pdf available.**



Against Sustainability

Spain / 2023 / 254 / Sustainability / Territory: World / Primary publisher: Arpa

The concept of “sustainability” is omnipresent in our daily lives. We stumble across it in the supermarket and in advertising campaigns, in ministerial reports and in political programs. However, the very concept of sustainability, which derives from sustainable development, is the biggest obstacle to achieving what it claims to be chasing. Do we really want to sustain this present and this system? We need new ways of thinking about and naming the destination towards which we want to go, but first we must demolish the sustainability cage in which we have been trapped for decades.

The text is divided into three parts. The first explains the origin of the concept of “sustainability”. The second addresses examples of the misuse of sustainability in current concepts and key ideas. And the third proposes an alternative to the concept of sustainability.



PABLO BATALLA CUETO

Graduate in History from the University of Salamanca, translator and essayist, his main fields of interest and writing are religion; the survival of its archetypes and mentalities in contemporary politics; the thresholds of eras and revolutions; the history of conservative, reactionary and fascist thought; and, finally, that of 'real socialism' in Eastern Europe, with a special interest in everyday life. Pablo is the author of five essays and several collective books. He publishes a column in *Público*, contributes to *La Marea*, and has published articles in *El País* and *Nueva Sociedad*, among other media outlets. .



'There is no such thing as non-politics, everything is politics', say two characters in Thomas Mann's *The Magic Mountain*. This idea is the starting point for *The Flag on the Summit: A Political History of Mountaineering*.



The Flag on the Summit *A Political History of Mountaineering*

Spain / 2025 / 296 pages / Essay / Territory: World / Primary publisher: Capitán Swing

Pablo Batalla compiles stories about how all the ideologies and great social movements of modernity have passed through high altitudes, giving rise to hiking groups, inspiring expeditions, serving as metaphors in their discourses, or turning the summits into true loudspeakers for ideas.

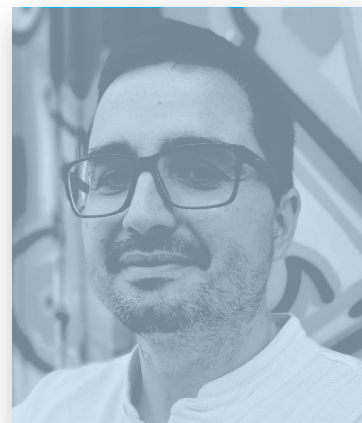
Eight ideologies, seven social movements and three religions give their names to the eighteen chapters of the book. Each one focuses on its relationship with the mountain, exploring what they sought in it, the images they extracted and the experiences of their main leaders. Batalla explores almost twenty ways of approaching and loving the mountains.

Its pages feature striking sherpas, suffragettes on the summit, anarchists speaking Esperanto, vegan or trans mountaineers waving banners, busts of Stalin in the Caucasus and camps for children in Allende's Chile. The mountain thus becomes a stage for struggles and dreams, but also for contradictions.

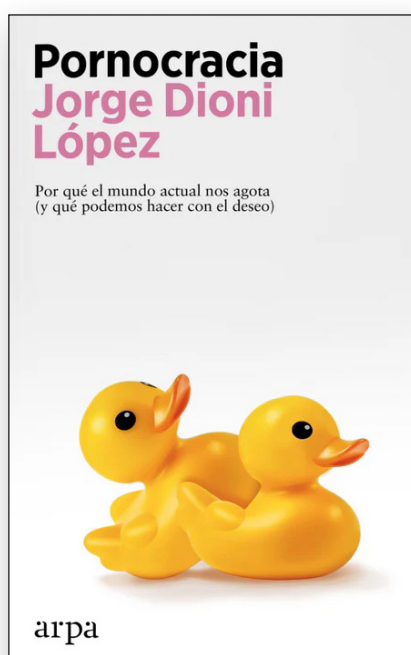
Each chapter is self-contained, allowing the reader to jump from one to another and observe how different epics talk to, argue with or correct each other... The book proposes intersectionality as the key to understanding this diversity of narratives, with a critical and passionate gaze that understands the mountain in its broadest sense.

JORGE DIONI

Jorge Dioni López was born in Benavente (Zamora) in 1974. He holds a degree in journalism from the Universitat Autònoma de Barcelona and his professional career includes newspapers, radio, magazines and institutional communication. He has also worked as a proofreader and editor for various institutions. He currently teaches reading and writing at the Escuela de Escritores, works in corporate communications for the Dobleh agency and contributes to the magazine *La Marea*.



An essay on pornography and the reasons why we no longer want to have sex.



Pornocracy

Why today's world wears us out (and what we can do about desire)

Spain / 2025 / 334 pages / Essay / Territory: World / Primary publisher: Arpa

In an ecosystem saturated with images, platforms and algorithms, porn has ceased to be a marginal product and has become the dominant narrative of sexuality. It is no longer consumed in secret: it is accessible from any device, managed by large technological corporations and shaped by market logics. But what does this transformation imply and how does it affect our relationships, our self-esteem and our capacity for enjoyment?

Jorge Dioni sharply analyses the impact of porn in the digital age. He explores the virtualization of relationships, the commodification of pleasure and the relentless pursuit of novelty, revealing the tensions and contradictions that arise in a world where the line between fantasy and reality is blurred. Through incisive prose and rigorous analysis, the author invites us to

question the foundations of our sexual culture and to search for new, more authentic and satisfying forms of eroticism. Beyond moral judgements, *Pornocracy* is a book about pleasure, representation and the influence of the porn industry on contemporary life.

- [English translation sample available on request](#)



The Unease of Cities

Spain / 2023 / 352 pages / Sociology, journalism, essay / Territory: World / Primary publisher: Arpa

Gradually, cities are emptying and ageing. The strange thing is that we don't notice it, because the constant flow of people makes us feel that everything is full, especially the historic centres, which have been turned into theme parks. Rentierism has replaced production. The city has become a Monopoly board that drives out those who can't pay. Why bet on middle-class inhabitants when speculation, tourism or unbridled consumption on Sundays are more profitable? Cities are no longer looking to build the future; they are looking for profitability. Jorge Dioni López focuses on the problems of the contemporary city and once again raises the ideological effects of urban planning. An extraordinary read, on a par with the great works of urban sociology.

SERGI MIQUEL VALENTÍ

Sergi is an industrial designer and holds a master's degree in Theory and Criticism of Culture. In recent years, he has been working on his doctoral thesis at the Faculty of Architecture in Lisbon, where he is researching the role of design and architecture in improving the social function of museums. He is a founding partner of the design studio Volátil Studio, with which he has worked and participated in several art and design festivals and installations. From 2016 to 2023, he was a member of the Spanish Congress, where he participated as a speaker in the Architecture Quality Law, the Artist's Statute and promoted the Patronage Law. He is currently working on urban development projects and new cities in the Middle East.



A fundamental book to understand the relationships
between power and architecture.



Architecture and Power

A tour of the palaces of money, politics and religion

Spain / 2025 / 192 pages / Architecture / Territory: World / Primary publisher: Arpa /

Europe accumulates by leaps and bounds almost empty Catholic temples, while emerging cults build camouflaged churches that look like office buildings. Economic power turns our cities into showcases for omnipresent brands, while the elites hide their residences and political power plays with tradition and the architectural avant-garde to shape collective identity.

Architecture has always been a tool of cohesion, imagination and subjugation. But what kind of architecture does the 21st century need, and how can it contribute to guarantee democracy and address challenges such as climate change or coexistence in public spaces?

Sergi Miquel Valentí reviews the most revealing examples, from Stalin to Berlusconi or Trump, from Venice to Brasilia or Tel Aviv, to show that the history of architecture is full of technical and aesthetic feats, but that today nothing works on its own. With a critical and erudite eye, Miquel Valentí invites us to rethink architecture as a political tool in a globalized world, where power and urban space are increasingly intertwined.



RELATED BACKLIST BOOK:



How to make a living from Architecture

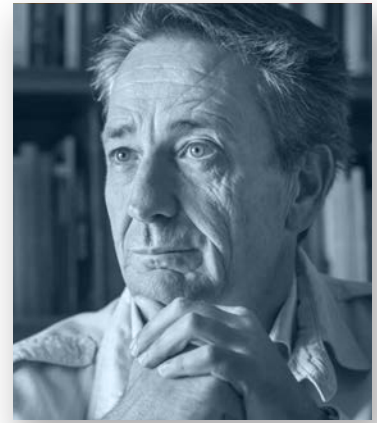
Spain / 2023 / 512 pages / Architecture / Territory: World / Primary publisher: Arpa

Sold : Brazil (Editora Perspectiva)

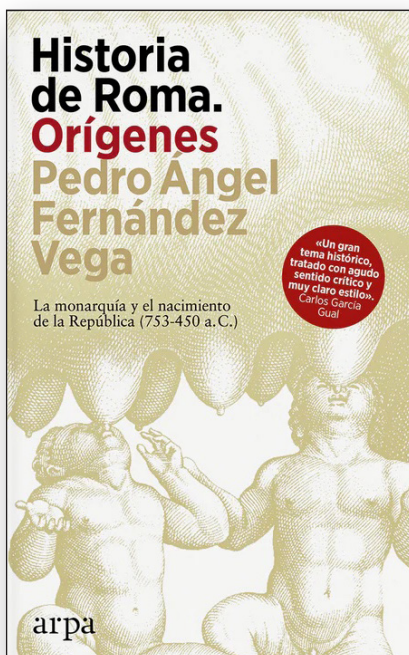
A guide to making a free, stable and prosperous living from architecture, written by the founder of Líderes para la Arquitectura, the largest Spanish-speaking architecture and business strategy community. What it means to be an architect today, how the architecture market works, how to design an authentic value proposition, how to lead sales, money and business, how to contribute to the future of society with your work... Architecture is a profession that is often precarious and in the midst of transformation. This book offers all the tools professionals in the sector need and are looking for in order to adapt and perpetuate its value in the future.

PEDRO ÁNGEL FERNÁNDEZ VEGA

Writer and historian, Pedro Ángel is a professor of Historical-Artistic Heritage and Ancient and Classical Art at the UNED in its Cantabria and Vizcaya centers, and holds a PhD in Ancient History from the University of Cantabria, where he has been a master's degree professor. Between 2005 and 2013, he was director of the Museum of Prehistory and Archaeology of Cantabria and curator of exhibitions. He has directed archaeological research at Roman sites and is the author of a wide repertoire of articles on classical archaeology and several books on history, heritage, archaeology and museology. His titles on history include *The Roman House* (2003, 2016), *Corrupta Roma* (2015), *Bacchanals. Myth, Sex, and the Witch Hunt* (2018, 2020) and *The Shadow of Hannibal. Political Leadership in the Classical Republic* (2020). He has also published the historical novel *Bacanalia* (2022).



The first volume of a tetralogy destined to become the reference work on the history of Rome in Spanish.



History of Rome. Origins

Spain / 2025 / 320 pages / History/ Territory: World / Primary publisher: Arpa

From its mythical origins to the consolidation of the republic, Rome was forged in a melting pot of myths, social struggles and political ambitions. In this first volume of his monumental History of Rome, historian Pedro Ángel Fernández Vega immerses us in the birth of the Eternal City, where tradition and legend coexist with the first institutions, the struggle between patricians and plebeians and the slow construction of a regime that exalted liberty, but never equality.

With an agile and accessible style, Fernández Vega perfectly reconstructs the founding stories that shaped Roman identity, recovering the legacy of the ancient chroniclers and contrasting it with the findings of modern archaeology. It unravels the symbols, beliefs and structures that shaped Rome, from the enigmatic figure of Romulus and Remus to the fall of the monarchy.

This book is not only an exploration of the city's early centuries, but also a fascinating reflection on the manipulation of the past and how the historical narratives that still fascinate us today have evolved.

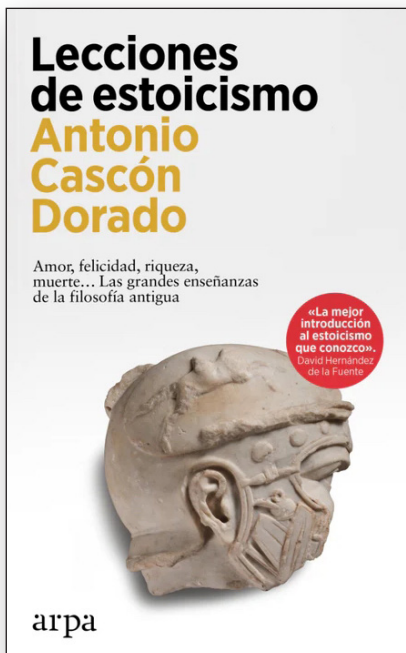
- [English translation sample available on request](#)

ANTONIO CASCÓN DORADO

Antonio (Spain, 1956) is an essayist, translator and professor of Latin Philology at the Universidad Autónoma de Madrid. He has published translations and introductions to works by the great classical authors and a good number of research articles. His latest works are primarily intended to disseminate classical culture, to transmit the ideas and values of antiquity without which it is difficult to understand the world today.



The true teachings that ancient Stoic philosophy offers to the men and women of our time



Lessons in Stoicism

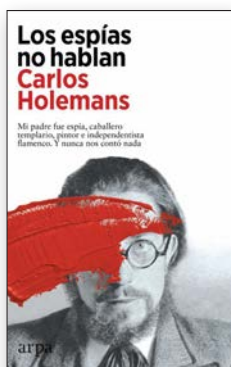
Spain / 2025 / 240 pages / Philosophy / Territory: World / Primary publisher: Arpa

Can what Marcus Aurelius said about fame, almost 2,000 years ago, help us as we surf social networks? Can we use Seneca's reflections on virtue or tolerance when we accumulate professional and personal anger in this frenetic 21st century society?

The prestigious classical philologist Antonio Cascón Dorado updates one of the most fascinating and complete philosophies in the history of humanity so that we can apply it in our daily lives. The approach to intimate and social education, the way of reasoning and debating in uncertain times, the use of opinion as debate, the search for serenity, distance from success or money, the use of time as wealth, calm in the face of pain or death, the enjoyment of love, the achievement of a satisfactory, fulfilling life.

Everything we pursue from birth was analysed by the Stoics, debated and summarized in a magnificent and immortal knowledge. This book, carefully, entertaining and accessible, designed to bring ancient philosophy closer to the general public, synthesizes its main maxims and brings them up to date and critically confronts them with our present time.

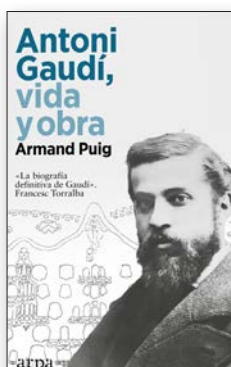
MEMOIR & BIOGRAPHY (SELECTED BACKLIST)



Spies Don't Talk

Spain / 2023 / 368 pages / Biography / Territory: World / Primary publisher: Arpa / Sold: Dutch (Standaard)

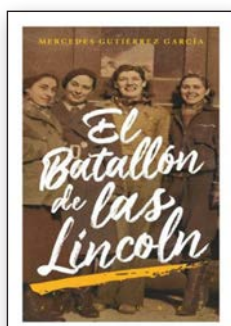
Karel Holemans was a Flemish painter who dreamed of Flanders' independence. He spied in Spain during the Civil War, on the Republican side. During the Nazi invasion of Belgium, he worked as a double spy. He was an agent for German intelligence, was married to a Resistance agent, and, in secret, was a Knight Commander of the Templars. He joined the German secret services in order to smuggle the historical archives of the Order of the Temple out of Belgium. He transported the archives to Portugal, thereby saving the lives of 238 Belgian and French Templars. He was sentenced to death in Belgium and went into exile in Spain, where he spent the rest of his life. His son Carlos spent more than ten years unearthing and piecing together what his father never told.



Antoni Gaudí, Life and Work

Spain / 2024 / 420 pages / Biography / Territory: World / Primary publisher: Arpa

The most complete and reliable biography of Antoni Gaudí. A work that avoids the legends and false stories that have always surrounded his figure. Armand Puig's rigorous research delves into lesser-known aspects of the Catalan architect: his intellectual depth and the spiritual transformation he underwent throughout his life. A universally known and admired figure by the millions of tourists who visit his works each year. Since 2023, Puig has been the president of the Holy See's Agency for the Evaluation and Promotion of the Quality of Ecclesiastical Universities and Faculties. He is the author of *Jesus: A Biography*, which was successfully received by critics and readers in 2008. He resides between Barcelona and Rome.



Women in the Lincoln Battalion

Spain / 2024 / 170 pages / Narrative non-fiction / Territory: World / Primary publisher: Malpaso

In 1936, the fragile hopes of democracy and reform of the fledgling Republic of Spain are shattered as a power mad Francisco Franco and his reactionary followers drive the nation into the waking nightmare of civil war. The alarm of injustice and humanitarian emergency reverberates across the world—including in the hearts of thirteen young American women. Black and White, Jewish, Catholic and Protestant, facing personal demons and cleaving to their idealism, they are drawn to war-torn Spain to help, volunteering proudly in the Abraham Lincoln Brigade as nurses, a doctor, and administrators. Based on carefully researched actual events, Gutiérrez masterfully portrays the individual

experiences of these women, offering an intimate look at their struggles and triumphs, as well as the challenges and adversities they faced in their fight against Spanish fascism.

• [English sample available](#)



Nocturne for Tennis

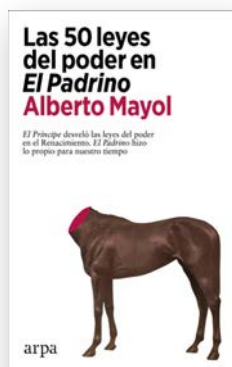
Spain / 2024 / 344 pages / Literary Non-Fiction & Memoir / Territory: World / Primary publisher: Libros del KO / Sold: French (Editions Métailié)

The fascinating literary memoirs of a great promises of Spanish tennis in the 1990s, but adolescence crossed his path and he decided to exchange his teenage pleasure for the routine of endless training sessions. This exquisite memoir is a succession of dazzling literary flashes about beauty, childhood and the passage of time, interspersed with the plot of a teenager confused with life who, thirty years after being left on the brink of the elite, pours out on paper all the tennis he had inside him, in an unexpected literary

revenge. •

• [English sample available](#)

• [Full French translation forthcoming](#)



The 50 Laws of Power in The Godfather

Spain / 2023 / 280 pages / Strategy / Territory: World / Primary publisher: Arpa / Sold: Russia (Eksmo PH)

An addictive read about power in today's society. The next best thing to having Vito Corleone whisper a few life lessons in your ear. A very interesting reading of The Godfather as a treatise on realpolitik in a Machiavellian key, with fifty keys or laws that would serve to explain the contemporary conception of power (how to achieve it, how to maintain it, how to transmit it to the following generations), but a book far from being satisfied with a superficial and utilitarian reading of a mythological universe which the author always treats with the greatest respect.

• **English sample available**



The Weight of the Stars. A life of the Anarchist Octavio Alberola

Spanish/ 2019 / 370 pages/ Essay / Territory: World / Sold : Eng (AK Press) & French (Syllepse)

Octavio Alberola has spent eighty years thinking, living and reshaping his life from an anarchist perspective, questioning each and every one of his actions. He belongs to a generation of fighters who played a leading role in the events of the 20th century. In this book, Comotto covers the anarchist experience in the 20th century, focusing on episodes in which Octavio was a witness and a protagonist, ranging from the splits within the CNT to his participation in various attempts to assassinate Franco.

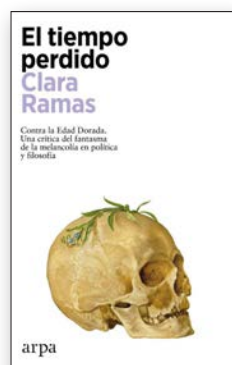
• **English full translation and Spanish pdf available on request**



In Praise of Homosexuality

*Spain / 2017 / 200 pages / Essay / Territory: World / Primary publisher: Arpa
Sold: German (C.H. Beck), Portugues (Edições 70), Brazil (Almedina)*

The Golden Age of heterosexuality is coming to an end. Thanks to that kind of glitch in the Matrix we call "homosexuality", it is possible to bring to light the set of rules and demands that were already designed for each individual before they were born. By not fitting into these moulds from the outset, homosexuals have been breaking them down and building their lives in a much freer and more creative way. A joyful, lucid and incisive book, yet philosophically rigorous, which provides the keys to the rational distance necessary to achieve happiness.



Lost Time. A Critique of the Phantom of Melancholy

Spain / 2024 / 208 pages / Philosophy & Literature/ Territory: World / Primary publisher: Arpa

We inhabit a twilight world: economic crises, wars, pandemics, cultural malaise. This unmappable reality of contemporary capitalism gives rise to political discourses yearning for a solid ground; they anchor in melancholy and nostalgia for a lost time. Above all, a pressing need: to return home.

Today, this melancholic response to this malaise pervades both the right and the left. In *Lost Time*, with the help of Proust, Žižek, Marx and Kristeva, Clara Ramas offers a different way out. The melancholic clings to the beloved object and longs to return to a Golden Age revolving around ideas of homeland, values, security, order, gender and class roles, the better life of our parents or Tradition.

• **English translation sample available on request**



Building the World

*Spain / 2020 / 376 pages / Pop Science / Territory: World / Primary publisher: Arpa
Sold: Russia (Portal), China (Dook Media Group)*

A great book of pop science, suitable for readers of almost all ages, for teachers and students. We have developed a deep understanding of the world around us while at the same time we have become increasingly ignorant of our own inner nature. Gracián analyses these questions from the concept of construction, which is treated as a game with well-defined rules in which the way of joining the pieces and the final objective are involved. The author manages to turn the reader into the companion of a journey that starts with the elementary particles, continues with the elements of the periodic table, the planets, the stars and the galaxies, and ends in our inner world.

• [English sample available on request](#)



History of Numbers

Spain / 2022 / 272 pages / Pop Science / Territory: World / Primary publisher: Arpa

We are often unaware of the extent to which our lives revolve around numbers. We may have forgotten grammatical rules or chemical formulas, but we will never forget numbers. This book shows us, in a concise way, how numbers were born and grew to become part of our lives, and how they had to solve great problems, not only of a mathematical nature, but also in different fields, such as religion or philosophy. Gracián brings into play his extensive experience as a teacher to show us the more than 3,000 years of history surrounding numbers. A stimulating journey that begins with the appearance of prime numbers and takes us to the limits of infinity, the largest number of all and the only one that makes mathematics and philosophy find a common place.



The Century of Videogames

Spain / 2023 / 224 pages / Essay / Territory: World / Primary publisher: Arpa

An insightful and compelling essay that brings gamers and analogs alike closer to the cultural medium that has the greatest economic and social impact in the world: videogames. A must if you want to know where the current cultural trends are heading. The authors, journalists specializing in the digital world, establish a double dialogue. On the one hand, with the new generations, to affirm and evaluate the artistic potential of videogames; on the other, with the generations disconnected from the interactive medium, to reveal their creative potential and the way in which it is changing their lives. The future will look like a videogame, and it is better to have the keys to win the game.

• [English sample available](#)



Petrarca. Poet, Thinker, Character

Spain / 2024 / 180 pages / Biography / Territory: World / Primary publisher: Arpa

The most penetrating synthesis of the life and work of Francesco Petrarca. Professor Rico delves into the chiaroscuros that still remain in the biography of the great Italian poet. His intellectual legacy, immense in his time, was the origin of what we still understand today as Humanism. But, as well as a great philologist and tireless student of the classics, Petrarca was also passionate about the politics of his time, a devout Catholic in constant reflection on his own and others' virtue, an aspiring Christian philosopher and a unique poet. This book traces the vicissitudes and masks of this figure, his intellectual trajectory and the paradoxes of his posterity through four splendid texts by Rico, the most distinguished Spanish Petrarchist of our time.

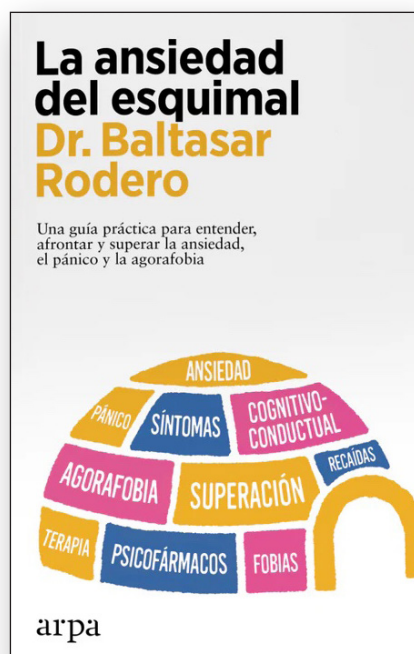


DR. BALTASAR RODERO FERNÁNDEZ

Dr. Rodero Fernández holds a European PhD in Psychology. He and his team were awarded the National Research Award by the SemFYC in 2010. He has participated in the National Phobics Society Centre in Manchester in the most effective treatments for anxiety disorders. With more than twenty years of experience, he currently directs the Centro Rodero Clínica de Neurociencias in Santander, and is a member of the Association for Contextual Behavioral Science and the Spanish Association of Clinical Psychology and Psychopathology.



A prestigious psychologist shares everything he knows about the main mental health problem of our time and provides tools to combat it.



The Inuit's's Anxiety

A practical guide to understanding, coping with and overcoming anxiety

Spain / 2025 / 174 pages / Psychology / Territory: World / Primary publisher: Arpa

Approached with the simplicity of a psychological consultation, this practical guide deals with anxiety without medication. It explains its causes and effects, which strategies work and which do not. Dr. Baltasar Rodero, a specialized psychologist, shares his tools for understanding and dealing with it at an early stage. And he starts with a simple analogy: an Inuit in the Arctic does not know the flu. If he caught it, he would think he was dying of congestion, cough and fever. The same thing happens to our brains when we suffer from anxiety.

This guide, as rigorous in its background as it is useful in its approach, includes real clinical cases, but, above all, practical, guided exercises aimed at enabling anyone with anxiety, panic or agoraphobia problems to establish healthy habits.

As the author points out, 'this book contains the most effective techniques from cognitive-behavioural treatment. All of them, endorsed by the American Psychological Association (APA) and by my experience with thousands of patients in more than twenty years of professional practice'.

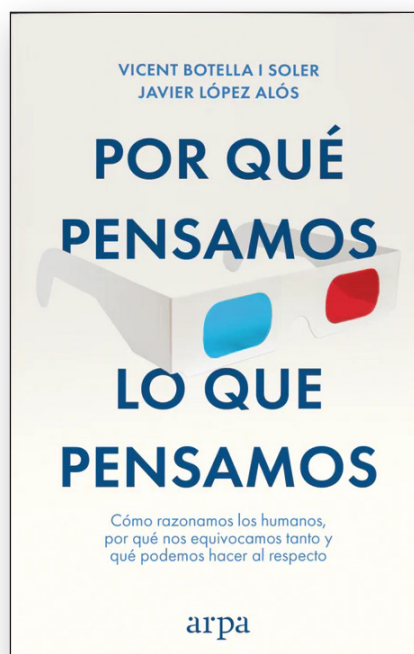
VICENT BOTELLA & JAVIER LÓPEZ ALÓS

Vicent Botella i Soler is a PhD in Physics and a writer. He has worked on complex dynamic systems and computational neuroscience in research centers in France, the United Kingdom and Austria, and has worked professionally in data science as a consultant for tech companies. He currently consults for academic institutions and undertakes extensive outreach work on critical thinking and decision-making.

Javier López Alós holds a doctorate in Philosophy and is a writer. In recent years he has focused on a philosophical approach to the relationship between subjectivity, culture and politics. He has published numerous academic papers on the history of ideas, worked as a visiting researcher and lecturer at the University of Leeds (UK), and currently combines writing, teaching and public dissemination.



An extraordinary contribution to a better understanding
of our limits and to cognitive literacy.



Why We Think What We Think

How we humans reason, why we make so many mistakes and what we can do about it

Spain / 2025 / 192 pages / Psychology / Territory: World / Primary publisher: Arpa /

We live in a world where information overwhelms us, where social media, the press and immediacy demand quick, categorical answers. But to what extent are our ideas really our own? Why do we believe what we believe and make the decisions we make?

Why We Think What We Think is a fascinating journey through the biological, psychological and cultural factors that shape our thinking without us noticing. Through everyday examples and scientific and philosophical references, the authors show how our minds resort to shortcuts and simplifications to deal with the world's complexity, generating systematic errors, biases and vulnerabilities that can be exploited by manipulation and disinformation.

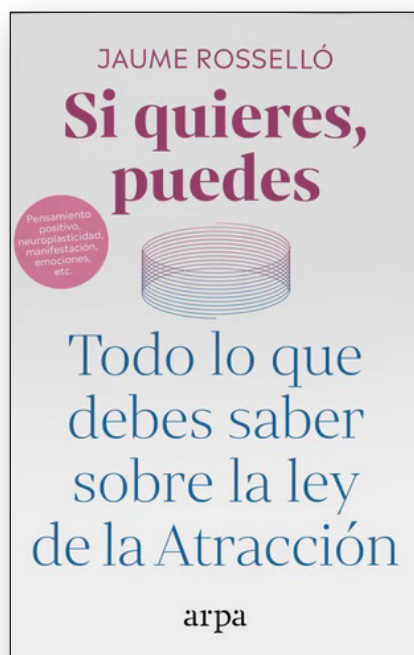
Understanding these mechanisms not only helps us better grasp our own limitations, but also gives us tools to practise more critical and freer thinking.

JAUME ROSELLÓ

Jaume Roselló is an editor, writer and pioneer in integrative health and personal wellbeing. Creator of emblematic magazines such as *Integral* and *Cuerpomente*, he has published hundreds of articles and several books on practical psychology, personal development, healthy eating and naturopathic medicine. His works have been translated into more than twenty languages, consolidating a humanistic and accessible vision of health and personal development. He is currently promoting an integrative project that seeks to position natural therapies as an innovative element within the health system, convinced that another medicine -more humane, preventive and sustainable- is possible.



Can our thoughts create our reality?
Does a universal law truly respond to our most intimate desires?



What You Want, You Can Have *Everything you need to know about the Law of Attraction*

Spain / 2025 / 240 pages / Psychology / Territory: World / Primary publisher: Arpa

In a world saturated with promises of instant manifestation and guaranteed success, this book offers a critical, illuminating look at one of the most influential cultural phenomena of our time: the Law of Attraction.

What You Want, You Can Have invites you on a captivating journey, from the historical origins of these ideas in the 19th century to their media explosion with *The Secret*, and the multimillion-dollar industry that followed. With rigor and accessible prose, the author dismantles pseudo-scientific claims while recovering the elements that science has indeed validated about the power of positive thinking.

Jaume Roselló offers us tools to discern between fantasy and reality, grounded hope and empty promises. An essential book for those seeking a path of personal development rooted in evidence, compassion, and wisdom.

- [English translation sample available on request](#)

SERGIO SAN JUAN

Sergio San Juan is a young apprentice who has written the book he would like to have read. In formal education he did not find enough intellectual stimuli to satisfy his curiosity and he began to look for ideas in the jungle of the internet. He created informative content for other companies but soon ran out of ideas and, together with his friend David Valero, he launched the podcast El Rincón de Aquiles in 2021. In parallel to this self-taught path, he studied an MBA and worked in a consultancy firm specializing in creating training experiences for large companies. For more than four years, he has been sharing his journey as an eternal learner on his blog Aprendizaje Infinito, which has thousands of subscribers and hundreds of members within his private learning community.



"Formal education gives you degrees; infinite learning gives you freedom. This guide is for those who choose the second option."

Sergio Parra, journalist

Learning is the infinite game that allows us to surpass our limits and transform the world. This book is a map to design your own learning path.



Endless Learning

An imperfect guide to design your own learning path

Spain / 2025 / 224 pages / Personal development / Territory: World

Primary publisher: Arpa

In the constantly changing world we live in, those who learn are the ones who adapt. It does not matter whether learning happens through formal education or through the thousands of opportunities offered by the internet. What matters is that you know how to learn and can choose what and from whom to learn. This book teaches you how.

The book begins by contradicting a popular saying: learning does take up space. To choose what to learn, you will explore ideas like curiosity, problems, and regret. Then you will learn five principles to learn more effectively. Because learning never ends, you will also discover how to keep it going over time.

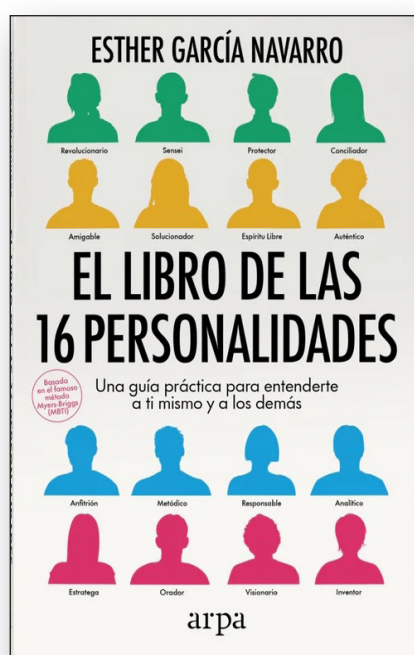
Infinite Learning is thought for life, since learning mostly happens outside the classroom. It offers a practical approach you can apply, entertaining stories so ideas stick in your memory, and clear explanations so language does not complicate the journey. Ready to join?

ESTHER GARCÍA NAVARRO

Esther García Navarro holds a PhD in Educational Sciences from the University of Barcelona and was trained in Emotional Intelligence at Yale University. Specialized in emotional education, emotional intelligence and well-being, her career of more than fifteen years working together with the prestigious Dr. Rafael Bisquerra has given her a wealth of experience that she transfers to the business, school and university environment. She teaches at several universities in Barcelona, and co-directs master's degree studies related to Emotional Education and Well-being. More information in esthergarcianavarro.com.



Why do you connect easily with some people and not so easily with others? Do you feel that sometimes they don't understand you, or that you yourself don't know why you react in a certain way? The key lies in how your personality works.



The book of the 16 personalities

How to regain trust in a world without a moral dimension in politics and daily life

Spain / 2025 / 344 pages / Personal development / Territory: World / Primary publisher: Arpa

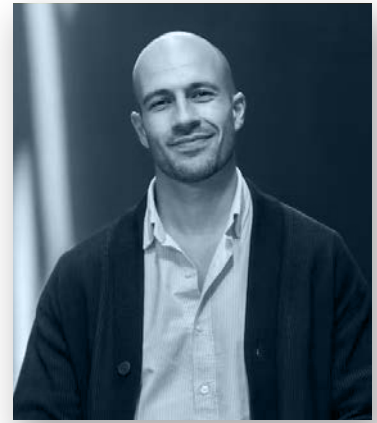
This book is based on the famous Myers-Briggs model of the 16 personality types -based on the ideas of Carl Jung- to help you discover how you perceive the world, how you make decisions and what patterns influence the way you relate to others. Far from being a simple classification, it is a practical tool to improve your emotional well-being and your communication with others.

The types are grouped into four broad styles: -Empathic (NF): idealistic, sensitive and other-oriented. -Spontaneous (SP): practical, flexible and connected to the present. -Loyal (SJ): organized, constant and with a strong sense of duty. Curious (NT): analytical, innovative and knowledge-oriented.

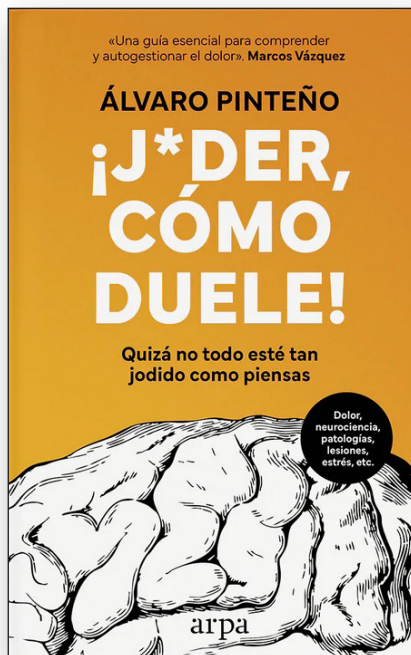
With a clear and accessible approach, Esther García Navarro, a specialist in emotional intelligence and personal growth, offers keys, examples and numerous exercises for you to identify your type, better understand others and make more conscious decisions. Because self-knowledge is the first step to living with more balance and authenticity.

ÁLVARO PENTEÑO

Álvaro Penteño graduated in Physiotherapy from the Alfonso X el Sabio University. Since then, he has dedicated his years to studying and specializing in how we approach to neuromusculoskeletal pain, especially that which persists over time, as well as in the prescription and programming of therapeutic exercise in people with pain. He currently works in the clinical field and teaches on several masters and postgraduate courses. More information: <https://painlab.es/>.



Take back your life with this practical and accessible method
for letting go of pain.



*F*ck, It Hurts*

Maybe everything isn't as messed up as you think

Spain / 2025 / 400 pages / Self-help / Territory: World / Primary publisher: Arpa

We live in a society obsessed with avoiding pain, but, ironically, we have never been so ill-prepared to deal with it. *F*uck, it Hurts!* is not just another book about pain, but the definitive manual to understand pain and learn to live with it without it controlling us.

Álvaro Penteño debunks myths, laughs at magic formulas and confronts us with reality: pain is not just a physical problem, but a profoundly human experience, modulated by our biology, emotions and social context. With a mixture of scientific rigour, personal anecdotes and a direct, straightforward style, this book will teach you why pain does not always mean damage, why it is not the brain that deceives us when it comes to interpreting suffering and why we cannot trust all the miraculous solutions we are sold.

If you have ever felt that pain is beyond you, that no one understands you or that you have become a pilgrim in search of answers, this book will give you the tools to regain control. It is not a promise of immediate relief, but an invitation to change the way you experience it. Because it hurts... but there are ways to make it more bearable.

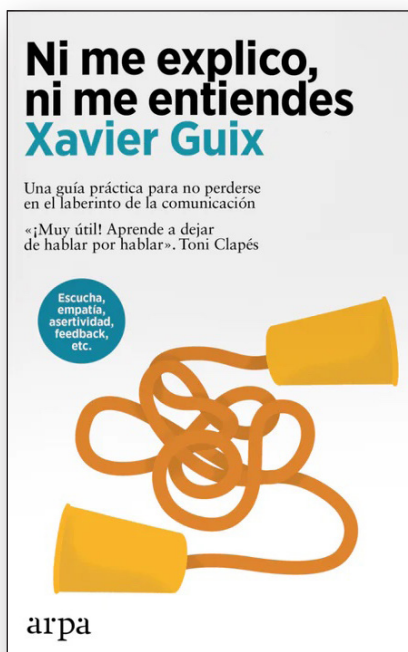
- English translation sample available on request

XAVIER GUIX

Xavier Guix holds a degree in Psychology, a master's degree in Contemporary Thought and Classical Tradition and a postgraduate degree in Clinical Psychopathology from the University of Barcelona. In addition to his therapeutic work, he teaches courses on self-knowledge in different universities and prestigious organizations. He is a disseminator and lecturer on practical psychology and has written thirteen highly successful books published in Spain, Latin America, Portugal, Brazil and Italy.



A readable, realistic and profoundly useful guide
to mastering interpersonal communication and avoiding conflict
with others and with oneself.



I Don't Explain Myself, and You Don't Understand Me *A useful guide to mastering communication*

Spain / 2025 / 206 pages / Practical / Territory: World
Primary publisher: Arpa

In everyday life, our words have the power to build bridges or, on many occasions, to build walls. How many times have we said something that has been interpreted as just the opposite of what we meant? 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 practising it every day, often becomes one of the most difficult skills to master.

With his approachable, yet precise and clear style, Guix helps us to understand how our emotions, non-verbal language, first impressions and even the roles we take on without realizing it influence our relationships. From the most common

misunderstandings to the arguments that keep us awake at night, this book reveals why it is so difficult for us to understand each other and, more importantly, what we can do to solve it.

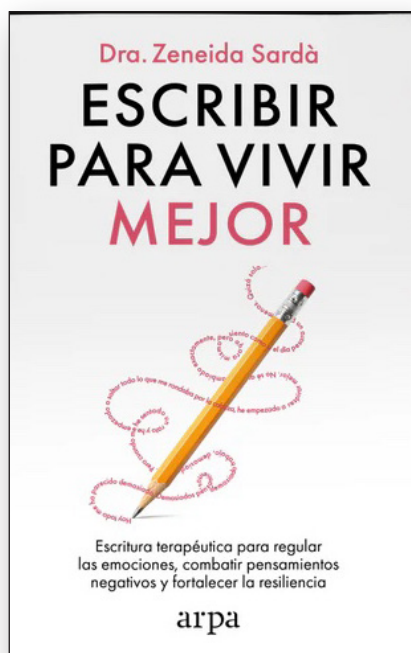
• [English translation sample available on request](#)

ZENEIDA SARDÀ HOMS

Zeneida Sardà Homs holds degrees in Medicine (UAB) and French Philology (Université de Toulouse-Le Mirail). With twenty years of experience creating and implementing programs in emotional intelligence and therapeutic writing, she developed the innovative “Vertical Reading” method, which combines psychology and literature and has been applied in companies and hospitals. She has taught at master’s level and given conferences at institutions such as Universitat de Barcelona, EADA and the Institut Gestalt.



A clear and rigorous guide to a growing trend: therapeutic writing. Based on neuroscience, psychology and writing practice, this book demonstrates how writing can be used to manage emotions, calm the mind and improve wellbeing.



Write to Live Better

A rigorous guide to a therapeutic writing

Spain / 2025 / 240 pages / Self-help / Territory: World / Primary publisher: Arpa

What if a notebook and a pen could change your life? This book reveals something both simple and powerful: writing is not only a way to communicate but also a scientific and emotional tool to heal, understand and grow. Write to Live Better is a rigorous and deeply humane guide that combines neuroscience, psychology and philosophy to show how writing can transform emotions, thoughts and wellbeing.

The book invites the reader on a practical and revealing path: from recognizing overwhelming emotions, through accessible exercises, to developing habits that boost self-esteem, resilience and happiness. Dr. Zeneida Sardà, a physician and philologist specialized in therapeutic writing, offers a structured, compassionate method to train the brain as one trains a muscle—strengthening positive neural pathways and weakening sabotaging thoughts. Writing not only soothes but frees, transforms and heals.

TERESA ARSUAGA

Teresa Arsuaga is a lawyer, mediator and PhD in Law from the Complutense University of Madrid. In 2017 she founded an office for the extrajudicial resolution of conflicts, where she also gives training workshops. She has published the essay *El abogado humanista* (2018) and is the author of publications, both in academic journals and press articles, on mediation and conflict, as well as on the relationship between law and literature.



A new perspective on how to manage interpersonal conflicts intelligently, empathetically and effectively.



I see you, I hear you, I recognize you *A practical guide to intelligent conflict management*

Spain / 2025 / 174 pages / Practical / Territory: World / Primary publisher: Arpa

Drawing on her extensive experience as a mediator, Teresa Arsuaga guides us through an in-depth and accessible analysis of the ways in which we deal with disagreements and the strategies we can adopt to turn them into opportunities for personal and social progress.

Divided into three parts, this book invites us first to reflect on the most common attitudes and reactions with which we face conflicts, often marked by the delegation of decisions, competitiveness and the search for blame. In the second part, Arsuaga shares key tools for developing more effective management based on greater control over communication, emotions and perceptions. Finally, she proposes a cultural and paradigm shift that allows us to see conflict from a more collaborative and less reactive perspective.

An innovative and practical proposal, with real-life examples, literary references and essays that enrich the presentation. This work is not only a guide for those seeking to improve their personal and professional relationships, but also a call for reflection on the way we interact with the world.

• English translation sample available on request

JORDI NOMEN

Jordi (1965) has been teaching philosophy and social sciences for more than thirty years at the Sadako school in Barcelona, recognised as one of the most innovative educational centres in Spain. He holds a degree in Contemporary History from the University of Barcelona and a postgraduate degree in Active Citizenship and a master's degree in Philosophy. He has been awarded the EDU21 and Arnau de Vilanova prizes for his pedagogical work. He is a member of GrupIREF, which leads the implementation of Philosophy for Children in Catalonia. He is the author of the bestseller *El niño filósofo*, which has established him as a reference in the field of philosophy for children, and has been translated into six languages.



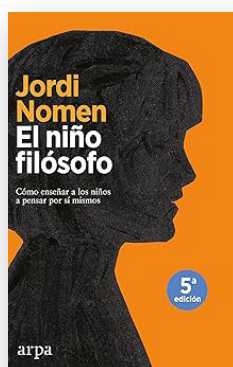
What do adolescents think about? What is their inner world like? What do family, friends and school mean to them? What role do emotions play in their development? How can we accompany them?



How to Talk to a Teenager and Get Them to Listen to You

Spain / 2024 / 224 pages / Parenting / Territory: World / Primary publisher: Arpa / Sold: Brazil (Paulus Editora)

As a philosophy teacher, Jordi Nomen has spent thousands of hours talking to the most introverted people on the planet: teenagers who tell him everything they keep quiet about at home. He has learned about their fears and insecurities, their worries and their habits, their strengths and their weaknesses. Divided into three parts, this illuminating book describes how young people perceive the world, what challenges they face and how we can help them. Nomen introduces the voice of adolescents with their own reflections and talks about essential issues for parents and educators, such as the construction of personality, life changes, friends, real and digital identity, love and sexuality, presentism, emotions, siblings... He also offers practical advice on how to detect possible serious problems, as well as specific guidelines for dealing with them: depression, pornography, drugs and school failure.



The Philosopher Child

Spain / 2018 / 208 pages / Education / Territory: World / Primary publisher: Arpa / Sold: Chinese (Beijing United), Italian (Salani), French (Desclée de Brouwer), Persian (Ibrahim), Brazil (Paulus)

Children are great little philosophers with an extraordinary capacity for wonder and an almost limitless curiosity, philosophical qualities par excellence. The fundamental proposal of this book consists in asking families and educators some of the great questions that the history of Western philosophy has bequeathed to us, allowing children to discover their philosophical condition and placing it at the service of personal and social development. The second part of the book is a brief pedagogical and practical exploration based on eleven questions, the legacy of eleven philosophers of the Western tradition, which allow the introduction of criticism, creativity, play and dialogue in the education of children.

More than 20,000
copies sold in Spain

! ALSO AVAILABLE BY SAME AUTHOR:

The Philosopher Child and Ethics
The Philosopher Child and Art



Menopause

Spain / 2023 / 240 pages / Heath / Territory: World / Primary publisher: Arpa
Sold: Spanish US (Harper Collins US), China (in auction)

A comprehensive guide to live your menopause to the fullest from a critical and feminist point of view. This book provides vital information about the menopause in a simple, direct and precise manner. Four health professionals share their knowledge and clinical experience, offering practical advice and revealing reflections, encouraging you to embrace the experience of maturity, enjoy it fully and redefine it. Shines a beam of light on what has been sold to women as a period of darkness. When you finish this book, you will feel that you can deal with all those beliefs that are holding you back.

• English sample available on request



Mythotherapy. The healing power of myths

Spain / 2024 / 272 pages / Self-help / Territory: World / Primary publisher: Arpa / Sold: Turkish (Koridor)

We know that life is not easy, that there are realities that we cannot change, but others we can. Myths provide us with the wisdom we need to identify them and face them. It is a matter of tuning our ears and listening to what they reveal to us. That is why the philosopher Carlos Goñi recovers fifty-five great myths and tells them to us, so that we learn to listen to what Apollo tells us about self-knowledge, Athena about intimacy, Hera about pleasure, Narcissus about appearances, Antigone about conscience, Achilles about selfishness... Myths present models to follow or to avoid, lives squeezed to the limit, heroic deeds and ruins, divine and diabolical. These traditions have an

extraordinary healing power that you will discover in these pages.

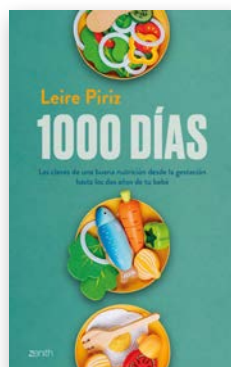


Juice Therapy for the Four Seasons

Spain / 2016 / 228 pages / Health & Practical / Duetone illustrated
Territory: World / Primary publisher: Planeta
Sold: Portugal (Materia Prima Edições)

More than 11,000
copies sold in Spain

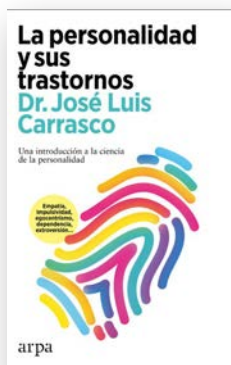
More than 275 juice recipes to make at home and to enjoy beneficial, healthy and natural nourishment. This book is an approach to the universe of juice therapy and offers us simple and natural ideas to improve our health and quality of life.



1,000 Days. The keys to good nutrition from gestation to your baby's second birthday

Spain / 2024 / 240 pages / Parenting / Territory: World / Primary publisher: Planeta (Zenith)

The nutritional keys that will help you take care of your baby (and yourself!) from the beginning of pregnancy until the first two years of life, always based on scientific evidence and common sense. From an integrative perspective, she addresses the impact of food and habits during pregnancy, as well as the type of childbirth and breastfeeding and the introduction of complementary feeding. In addition, she demystifies limiting beliefs about food, giving the value it deserves to the lifestyle already in the mother's womb and breaking down walls and errors that she perceives not only as a health professional, but also as a mother.



Personality and its Disorders

Spain / 2024 / 224 pages / Psychiatry / Territory: World / Primary publisher: Arpa

Personality is what makes us human. Animals have verve, docility, fierceness, but no personality. Humans have a whole that characterises us and that becomes our face in front of others, with which we like or with which we frighten. We need to know the personality of those around us, because sometimes we are not clear about what we see. Sometimes we even feel attracted to someone even though we don't like what we see. And often we look at ourselves and do not recognise ourselves.

Dr. José Luis Carrasco introduces us to the world of personality, its modalities and disorders, in simple language but with scientific rigour. A web of traits and psychological connections that are worth knowing in order to better understand

others, both to love them and to be able to distance ourselves from them. And more importantly, to better understand ourselves.



Four Styles of Attachment

Spain / 2024 / 256 pages / Psychology / Territory: World / Primary publisher: Arpa

In childhood we learn to love depending on the bond we create with our caregivers, developing an attachment style that is activated the moment we have a romantic partner. This book demonstrates the importance of the theory of adult attachment, currently reinforced thanks to advances in neuroscience, which offers us the possibility of achieving healthy relationships, distinguishing the elements that make communication with our partner impossible and overcoming the obstacles that prevent us from receiving and offering affection. Lluís Rodríguez offers us his experience of more than twenty years as a psychotherapist specialised in couples with this guide full of tools

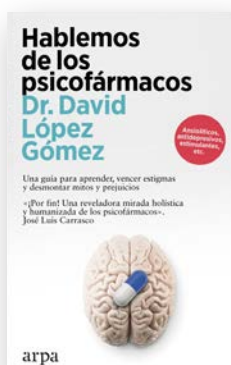
to advance towards a new culture of love, more honest, secure and rewarding.



How Much Does Your Backpack Weigh?

Spain / 2024 / 240 pages / Psychology & Health / Territory: World / Primary publisher: Arpa

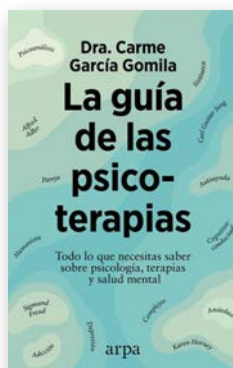
A practical and accessible book on traumas, their origins, consequences and types, therapeutic treatments, the importance of the environment, how to face the future, and much more. This book aims to demystify some of the beliefs or ideas surrounding what everyone calls trauma. **Trauma** is a word used interchangeably to describe something terrible as well as to trivialize some everyday events. However, many people accumulate traumas in their "backpack" without even realizing it. But do we really understand what trauma is? Why does it sound like something so terrible, so grave, or so significant that we sometimes prefer not to name it? The author also dedicates a section to discussing "traumatized" societies and countries.



Let's Talk About Psychotropic Drugs

Spain / 2024 / 288 pages / Psychiatry / Territory: World / Primary publisher: Arpa

A guide for learning and debunking myths and prejudices about psychotropic drugs. When is it indicated? How long should it be taken? What precautions should be adopted, and why is it so important in the treatment of mental illness? With rigor and an informative style, the author, with extensive experience as a psychiatrist and psychotherapist, clears up all doubts about the main groups of psychotropic drugs: anxiolytics, antidepressants, stimulants, antipsychotics, and mood regulators. Additionally, he provides guidance on psychotherapeutic alternatives.



The Guide to Psychotherapies

Spain / 2024 / 280 pages / Psychology & Health / Territory: World / Primary publisher: Arpa

Everything you need to know about psychology, therapies and mental health. What do we mean when we talk about psychotherapy? How can different forms of psychotherapy help us overcome emotional and mental challenges? What tools do mental health professionals use to improve the lives of their patients? A journey through the main therapeutic modalities, from cognitive-behavioral therapy to psychoanalysis, including humanistic and systemic approaches, their fundamental principles, the most commonly used techniques and the expected results of each type of therapy.

The Guide to Psychotherapies is much more than a manual; it is an invitation to discover the many ways in which psychotherapy can transform lives. With his entertaining and accessible style, García Gomila manages to make complex topics understandable and applicable in everyday life, making this book an essential and unique reference for those seeking to better understand the field of psychotherapies.



I'm Not up to It

Spain / 2023 / 256 pages / Feminism & Self-help / Territory: World / Primary publisher: Arpa

This book is about those capable, highly educated and talented women who, if they could choose a superpower, would choose invisibility. They are their own worst enemies. They doubt their knowledge, they are convinced that anyone can do it better, they imagine hell as a place where you have to speak in front of a large audience. Are you one of them? If every time someone talks to you about the impostor syndrome you feel seen, if you think you have a defect, this is your book.

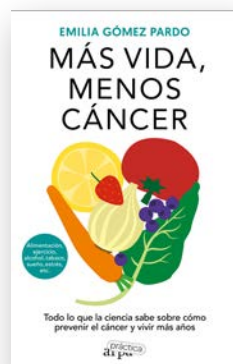
• **English sample available:** <https://shorturl.at/bpO89>



Precarious Maternity

*Spanish / 2022 / 208 pages / Childhood & Feminism / Territory: world / Primary publisher: Arpa
Sold: China*

A brilliant, lucid and explosive book about the reality of motherhood in today's society. The reality of motherhood in today's society. An extraordinary literary debut. Precariousness, tiredness, desire, freedom, loneliness, conciliation, material conditions of life, mental health... Diana Oliver analyzes the contradictions and difficulties that weave the experience of being a mother in a society that despises care.



More Life, Less Cancer

Spain / 2023 / 256 pages / Health & Science / Territory: World / Primary publisher: Arpa

Everything science knows about preventing cancer and living longer. In this book, Emilia Gómez Pardo, PhD in Molecular Biology, helps us to become aware of how to improve our habits in order to achieve a long and healthy life. Drawing on cutting-edge scientific advances in cancer research, Gómez Pardo sets out in black and white the risks involved in the wrong actions and offers us simple solutions, far removed from the wave of fads and false beliefs to which we are exposed today. In the information age, we lacked an evidence-based book to inspire prevention of diseases such as cancer.



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