



Del Nuevo Extremo
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Trade Paperback

224 Pages
Carton Qty: 0
Fiction / City Life
9 in H | 6 in W

Una felicidad posible

Mariela Ghenadenik

Summary

Lucía Garrido is a successful surgeon with a tragic past and a suffocating present she can barely sustain. She is trapped in a loveless marriage, a dead-end job, and the demands of parenthood which—by a seemingly-unquestionable social division of labor—seem to have befallen only her. But the sudden death of her absent father shakes her out of her inertia. She decides to show up at the funeral under the pretext of accompanying her uncle, the man who raised her after her mother's suicide and her twin sister's estrangement. Little does she know that returning to her hometown will provide a much-needed respite from her overwhelming routine and open up space for examining the road not taken. Through the ensuing encounters, reencounters, and missed encounters with various people from her past, Lucía will be confronted with her deepest longings, and the question of whether to pursue them before it's too late or move on and let go. With precise, ironic style and a simple plot yet rid of platitudes or clichés, this touching novel sheds light on vital questions around women's role in the face ...

Contributor Bio

Mariela Ghenadenik was born in Buenos Aires, has a degree in communication sciences from the University of Buenos Aires and a graduate degree from the University of San Andrés. Considered by her peers and colleagues as one of the significant writers of the new Argentine narrative, Mariela has several award-winning stories.



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Fiction / City Life
9 in H | 6 in W

La niña sin talento

Daiana D`Agostino

Summary

Based on a true story, this rollercoaster of a dramatic comedy tells the wild and funny escapades of a young woman seeking to take her destiny into her own hands. From a very early age, Antonieta has strived to stand out from the crowd and change her fate. And with the unconditional support of her eccentric family she will leave no stone unturned until she finds her place in the world. Along her journey she will get a taste of the culinary world, lose her footing in the intricacies of prostitution and drugs, try out journalism, jump and out of relationships, and more.

Contributor Bio

Daiana D´Agostino received a bachelor's degree specializing in educational sciences. She currently works as a freelance writer for different digital portals, is treasurer at La Federación Porteña de Patín, promoter of Editorial Mandioca and author of *La Niña sin Talento*, her first published work.



Parkinson ¿por qué a mí?

Graciela Chiale

Summary

From the moment that Parkinson's disease sets in, life is never quite the same—a sudden notion of finitude and the wish for transcendence being but some of the powerful forces driving that change. This first-hand resource for navigating the complexities of a Parkinson's diagnostic is a comforting companion for readers as they grapple with hard questions: Why me? How do I find acceptance and meaning? In the second part of the book, the author describes her personal exploration of deep brain stimulation surgery and the results obtained thereof.

Contributor Bio

Graciela Chiale is a writer, former university professor, and business consultant with a degree in sociology. She has co-authored several books, including *La trampa de los manipuladores*, *Procrastinación*, and *Resiliencia*.

Del Nuevo Extremo
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240 Pages
Carton Qty: 0
Self-Help / Motivational &
Inspirational

9 in H | 6 in W



Resiliencia

De vidrio roto a vitreux

Graciela Chiale, Gloria Husmann

Summary

From the moment that Parkinson's disease sets in, life is never quite the same—a sudden notion of finitude and the wish for transcendence being but some of the powerful forces driving that change. This first-hand resource for navigating the complexities of a Parkinson's diagnostic is a comforting companion for readers as they grapple with hard questions: Why me? How do I find acceptance and meaning? In the second part of the book, the author describes her personal exploration of deep brain stimulation surgery and the results obtained thereof.

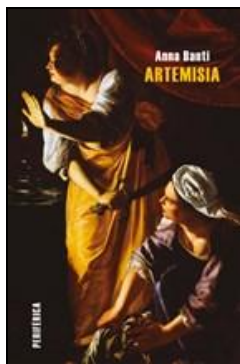
Contributor Bio

Graciela Chiale is a writer, former university professor, and business consultant with a degree in sociology. She has co-authored several books, including *La trampa de los manipuladores*, *Procrastinación*, and *Resiliencia*. **Gloria Husmann** has a degree in psychology and is a former university professor. She is also an individual and family therapist with systemic training in MRI from Palo Alto.

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160 Pages
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Psychology / Emotions

9 in H | 6 in W



Artemisia

Anna Banti

Summary

While the accomplishments of 16th century Baroque painter Artemisia Gentileschi may have been all-too-often silenced in the predominantly-male history of art, Anna Banti saw in the talented artist the universal symbol of the tenacious woman incessantly fighting for the vindication of her dignity. Banti composed a first novel channeling the voice and gaze of the painter, the manuscript of which was sadly destroyed in the Nazi bombing of Florence in August, 1944. Years later, Banti returned to her project to create a new, poetic, multifaceted book. A two-part choral where the voices of two women—a female artist erased by history and a modern-day writer striving to rebuild a present in ruins—join to share the burden of the world's indifference to their talent.

Contributor Bio

Anna Banti is the pseudonym of the writer Lucia Lopresti. She is a historian and art critic, author of novels such as *Le donne muoiono*, *Le mosche d'oro*, and the fascinating autobiographical work *Un grido lacerante*, her very personal writing, rigorous and steely, focused on giving a voice to women who fought against the prejudices of their time and who pursued the dignity that corresponded to them.

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Fiction / Literary
6.8 in H | 4.8 in W



Un día en la vida de un virus

Del ADN a la pandemia

Miguel Pita

Summary

If there is anything we have learned firsthand in 2020 is that the irruption of a virus can change the course of history. Indeed, a virus has the power to strike a technical knockout on an entire civilization even in the 21st century. But what exactly is a virus? And if viruses are little more than scattered fragments of genetic material, how can they have such a decisive incidence on the world as we know it? This brief manual on viruses is a resource of urgent relevance for the general public. With the utmost scientific rigor, clear language, and engrossing style, it explains what happens when our and other species coexist with viruses, as well as the battle that unfolds when these invisible enemies gain access to our bodies.

Contributor Bio

Miguel Pita is a doctor in Genetics and Cell Biology, and a professor and researcher at the Autonomous University of Madrid. He is the author of numerous scientific publications in various lines of research in the field of genetics and regularly collaborates with universities in the United States, Chile and Argentina.

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Science / Essays
6.5 in H | 4.3 in W



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Trade Paperback

784 Pages
Carton Qty: 8
Fiction / Literary
6.8 in H | 4.8 in W

El olor del bosque

Hélène Gestern

Summary

Élisabeth Bathori is a photography historian whose life is about to change when eighty-nine-year-old Alix entrusts her with the letters that her uncle, Alban de Willecot, wrote during WWI to his friend, the famous poet Anatole Massis. Élisabeth's examination of the letters leads her to the discovery of a coded diary and a photo album, an event bound to affect more than her professional career. In her attempt to solve the enigma of these strangers' lives and recreate the times when Alban and his loved ones were alive and filled with hope and dreams, Élisabeth will find a chance to revisit the shadows in her own past and recognize that she herself—who has just spent long months in mourning—is alive. Her quest for answers and for the woman Lieutenant Willecot loved will take her to Lisbon, Berne, Madrid, and Brussels to interview the people whose memories will help her make sense of a story spanning one hundred years. A monumental, enthralling story, this novel is more than a journey through loss, and an investigation of long-gone lives obliterated by war, silence and the passing of time...

Contributor Bio

Hélène Gestern is a writer. She is also a professor and researcher in the field of linguistics at the University of Lorraine. Her first novel, *The People in the Photo*, won more than 20 literary awards and was translated into English and Italian, among other languages. Other books include *La Part du feu*, *Portrait d'Après Blessure*, and *Un Vertige*.



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48 Pages
Carton Qty: 180
Fiction / Literary
6.5 in H | 4.3 in W

Ballena

Paul Gadenne

Summary

The appearance of a stranded white whale on a nearby beach shakes up the quiet life of a small coastal town. Attracted by the spectacle, Pierre and Odile resolve to walk up to the beach to see the fantastical animal for themselves, and attempt to solve the enigma of its presence in their desolate corner of the world. With the air of a classic fable yet set against the background of the War, this brief but compelling novel condenses an ambitious theory of knowledge at the heart of which lies a powerful message: that the process of uncovering any truth is necessarily an exercise in 'unhiding,' a state of exception through which our daily life is put on hold. Originally published by Albert Camus in the prestigious literary journal *Empédocle*, this novel is the magnum opus of Paul Gadenne, an original yet profoundly universal writer whose oeuvre has lately been recovered and rightly revalued.

Contributor Bio

Paul Gadenne was a French writer. He studied literature at the University of Paris, specializing in Proust. His books include *Siloé*, *La Rue Profonde*, and the posthumous *Les Hauts Quartiers*.



La intención oculta

Kevin Allen

Summary

One of America's greatest publicists - responsible for the legendary slogan "Priceless" for MasterCard and the campaign that brought Rudolph Giuliani to New York City Hall - reveals the secrets to successfully closing a business, convincing a customer, motivate a team or get a corporation to recognize our talent. Allen presents a method of proven effectiveness that allows identifying the hidden intention that moves individuals in their consumption and business decisions. It is not only about getting others to buy what we are selling, but establishing deep ties with them that translate into a mutually beneficial and long-term business relationship.

Contributor Bio

Kevin Allen is one of the most successful publicists in the United States and an expert in business development. He has collaborated with numerous leading companies and has also served as a consultant and speaker. As part of some of the world's largest advertising agencies, he has spearheaded campaigns for MasterCard, Siemens, Microsoft Europe, Marriott, Nestlé, L'Oreal, Lufthansa, Johnson & Johnson, and other companies. He currently runs his own company, Kevin Allen Partners.

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184 Pages
Carton Qty: 50
Business & Economics /
Business Communication
9.3 in H | 6.8 in W



El cerebro del triunfador

Jeff Brown

Summary

Contrary to what many people suppose, success does not depend so much on IQ, genetics, economic facilities, relationships or luck. It is true that all these aspects can influence the result; however, the main factor in achieving outstanding achievement lies in the way we use our brains. Using the latest scientific advances and great success stories, doctors Jeff Brown and Mark Fenske, specialists in neuroscience and psychology at Harvard Medical School, examine in these pages the mechanisms that anyone can develop and that will allow them to transform your brain capacity into a powerful instrument to conquer triumph. The result is a clear, accessible and well-founded book that will change the reader's life.

Contributor Bio

Jeff Brown is a psychologist belonging to the so-called cognitive behavioral school. He works as a professor at Harvard Medical School and works at McLean Hospital. He is also the author of *The Competitive Edge*.

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244 Pages
Carton Qty: 50
Psychology / Cognitive
Psychology & Cognition
8.8 in H | 6 in W



No cerramos en agosto

Eduard Palomares

Summary

Jordi Viassolo gets a temporary and low-wage job as an intern in a detective agency in Barcelona. His mission is simple: he just has to keep the office open during the summer and avoid any kind of trouble. However, when a desperate client appears claiming that his wife has disappeared, his instincts honed after reading too many mystery novels kick in and he decides to accept the case. However, nothing is as easy as it first seems and the detective's apprentice will be forced to step into the real world and put into practice what until now he had only read about.

Contributor Bio

Eduard Palomares has worked as a journalist for *El Periódico de Catalunya* for more than fifteen years. After a life as a compulsive reader of crime and mystery novels, he has written his first book, *No cerramos en agosto*, in which he combines his fondness for the classic mystery genre with a desire to describe how is the Barcelona we live in today.

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Trade Paperback

250 Pages
Carton Qty: 0
Fiction / Mystery &
Detective

8 in H | 5 in W



El Rostro de Sara

Melvin Burgess

Summary

Jonathon Heat is the biggest rock star on the planet. As part of his show, he alters his face through surgical interventions with impressive results: wolf, demon, angel ... But so many operations do not come without their price, and Jonathon needs a face transplant. And he only wants Sara's... In a world of fame, wealth and corruption, where youth and beauty are sacred, what is the price of the face of a beautiful young woman? How much is a rock star, who has destroyed her own face, willing to pay for Sara's face?

Contributor Bio

Melvin Burgess has published over 20 books for which he has won numerous awards, including the Carnegie Medal and the Guardian Children's Fiction Prize. He is known as a writer of controversial books dealing with strong topics like sex and drugs, albeit in a very accessible and real way for young people.

El lado oscuro
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208 Pages
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Ages 12 And Up, Grades 7
And Up
Young Adult Fiction / Horror

8.8 in H | 5.5 in W



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Hardcover

320 Pages
Carton Qty: 0
Fiction / Literary
8.5 in H | 5.5 in W

El pentateuco de Isaac

Angel Wagenstein, Liliana Tabákova

Summary

El pentateuco de Isaac is a tale of the journey of a Jewish tailor from Galitzia through the turmoil of the first half of the 20th century. Blumenfeld, who was born as a subject of the Austro-Hungarian Empire, sees how his world changes over and over again while he lives under rule of several governments. He ends up belonging to Austria, but not before having been a citizen of Poland, the USSR and the Third Reich. Protected from the vagaries of history by his humor, Isaac recounts his time in the imperial army and various concentration camps with uplifting wit and irony, diluting the tragedy the world around him and turning despair into a fun and lucid tale.

Contributor Bio

Angel Wagenstein studied film in Moscow and began a long and recognized career as a screenwriter and director. In 1959, the film *Étoiles*, with him as a screenwriter, received the Special Jury Prize at the Cannes Festival. His literary career started much later with the publication of the novel *El pentateuco de Isaac*, which was the beginning of an ambitious trilogy dedicated to the fate of the Jews in Europe during the XX century, that was completed with *Lejos de Toledo* and *Adiós, Shanghai*. His works have been translated into numerous languages.



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224 Pages
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Fiction / Literary
8 in H | 5 in W

Teoría de la gravedad

Leila Guerriero

Summary

En esta sección de columnas, publicadas a lo largo de más de cinco años en la contraportada de *El País*, Leila Guerriero, una de las grandes firmas del periodismo narrativo latinoamericano, se coloca a sí misma en su afilado punto de mira. Con una prosa feroz y precisa, la autora bucea en lo sutil para, desde el asombro con el que es capaz de iluminar la realidad cotidiana, alumbrar lo que permanece oculto en nosotros. ¿De qué tratan estos textos? Entre muchas otras cosas, «del tamaño de la aridez de nuestros corazones. De repollos y reyes y de por qué el mar hierve y de si los cerdos tienen alas. Del horror del amor cuando se termina. De todas las cosas que estaban hechas para olvidar que no hemos olvidado nunca; de las que estaban hechas para no olvidar jamás (el dolor, los muertos queridos, aquella tarde en la arena) y que, sin embargo, hemos olvidado para siempre». Un conjunto de escritos que, además de formar una hermosa constelación de sus recuerdos, lecturas y reflexiones, golpea al lector con la fuerza de la mejor literatura.

In this selection of columns, published over more tha...

Contributor Bio

Leila Guerriero is a journalist and editor. She publishes in several Latin American and Spanish media. Her works have received a great number of awards and she is the author of more than a dozen books, including *Los suicidas del fin del mundo*, *Una historia simple* and *Opus Gelber*. Her work has been translated into English, Italian, Portuguese, German, French, and Polish. *Teoría de la gravedad* is a compilation of her columns published in the Spanish newspaper *El País* since 2014, is her latest book.



Lady, mi vida de perra

Melvin Burgess

Summary

A young woman abandons everything - school, her family, her friends, her boyfriend. She enters into the world of drugs and sexual life without modesty. Until something incredible happens: she turns into a dog...

Contributor Bio

Melvin Burgess has published over 20 books for which he has won numerous awards, including the Carnegie Medal and the Guardian Children's Fiction Prize. He is known as a writer of controversial books dealing with strong topics like sex and drugs, albeit in a very accessible and real way for young people.

El lado oscuro
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And Up
Young Adult Fiction /
Fantasy

8.8 in H | 5.8 in W



Guía del universo para escépticos

Cómo saber lo que es real en un mundo cada vez más falso

Steven Novella

Summary

In a world full of false information, prejudices, myths, deceits and poor knowledge, nobody is the possessor of the supreme truth or has the definitive answers to our questions (not even Google). However, logical and skeptical thinking is our weapon to combat false argumentation, crazy reasoning and superstition. It is a difficult process that requires our full attention, but it is worth it. *The Universe's Guide to Skeptics* will explain the principles of skeptical thinking and teach you how it has served to debunk some of the greatest conspiracy myths, fallacies, and theories, from homeopathy and UFOs to ghosts. The hand of Steve Novella - and his inseparable accomplices Bob Novella, Cara Santa Maria, Jay Novella and Evan Bernstein - will acquire essential skills to avoid superstitious thinking and to deny your relatives, companions and neighbors who believe that the Earth is flat and that we never got to the moon. Are you ready to question your current knowledge, your perception and your beliefs?

Contributor Bio

Dr. Steven Novella is a clinical neurologist at Yale University School of Medicine, as well as host and producer of the Skeptics' Guide to the Universe podcast, author of the *NeuroLogica* blog and editor of the *Science-Based Medicine* website.

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Science / Research &
Methodology

8.8 in H | 6.5 in W



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320 Pages
Carton Qty: 50
Fiction / Thrillers
9.3 in H | 6 in W

Los conspiradores

Un Su Kim

Summary

Things become risky when your target changes his behavior. You make mistakes, you leave serious evidence, the conspiracy fails. And when the conspiracy fails, the murderers die. Behind the murders that change history are the conspirators, the masterminds who operate in the shadows. Raised by Old Raccoon in the La Perrera library, Reseng lives surrounded by conspiracies to kill and books that no one reads. His destiny was to be a murderer in the corrupt Seoul mousetraps. Until he broke the rules. Is Reseng now blacklisted? Who will take care of your cats? Who put that bomb in your toilet? Persecuted, Reseng meets three young men - the shop assistant, his sister in a wheelchair and a cross-eyed and obsessive weaver - who live their own conspiracy, as extraordinary as the one that is plotted against the hired killer. A revelation of the Korean narrative; a very original thriller full of wit and humor.

Contributor Bio

Un-Su Kim unanimously won the 2006 Munhakdongne Novel Prize, the most prestigious literary award in Korea, and was nominated for the 2016 Grand Prize for Police Literature in France. *The Plotters* has been published in over twenty countries and has appeared on the recommendation lists of publications such as *The New York Times Book Review*, *LitHub*, *Chicago Review of Books* and *Publishers Weekly*.



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Self-Help / Motivational &
Inspirational
9 in H | 6 in W

Super atracción

Cómo hacer realidad la vida que ni en sueños habrías imaginado

Gabrielle Bernstein

Summary

In *Super Attractor*, Gabrielle Bernstein lays out the essential steps for living in alignment with the Universe--more fully than you've ever done before. This book is a journey of remembering where your true power lies. You'll learn how to co-create the life you want. You'll accept that life can flow, that attracting is fun, and that you don't have to work so hard to get what you want. Most important, you'll feel good. And when you feel good, you'll give off a presence of joy that can elevate everyone around you. After reading this book, you will know how to fulfill your function: to be a force of love in the world.

Contributor Bio

Gabrielle Bernstein is the best-selling author of *The Universe Covers Your Back* and *Miracles Happen*. Oprah Winfrey has called her "a leader of new thinking," and *The New York Times* named her "a new role model." She has been the subject of reports and interviews in publications such as *Elle*, *Marie Claire*, *Women's Health*, *Cosmopolitan* and *Glamour*. She appears frequently on Dr. Oz's television show and in 2014 led, along with Deepak Chopra, the largest guided meditation in history.



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436 Pages
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Science / Space Science
8.8 in H | 6.5 in W

Ni idea

Los grandes misterios del universo

Daniel Whiteson, Jorge Cham

Summary

Everything we still don't know about our strange and mysterious universe. What is the universe made of? What are space and dark time, matter and energy? What happened during the Big Bang? Are we alone or do aliens exist? And why haven't they visited us? The answer to all these great questions is the same: we have no idea. However, as Jorge Cham and Daniel Whiteson demonstrate with humor, clarity, infographics and a unique talent for explaining complicated things in a simple way, asking is as important and fascinating as finding answers. This illustrated guide to the great mysteries of physics exposes everything we do know (from neutrinos and quarks to gravitational waves and black holes), and details how the universe is a vast wilderness that we still have much to explore.

Contributor Bio

Daniel Whiteson is professor of experimental particle physics at the University of California, Irvine campus, and a member of the American Physical Society. He conducts research with CERN's Large Hadron Collider in Geneva. **Jorge Cham** is the creator of the popular web comic *Piled Higher and Deeper*, also known as PHD Comics. He has a PhD in robotics from Stanford University.



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Health & Fitness / Sleep
9.3 in H | 6 in W

¡Todos a dormir?

La guía del sueño reparador para bebés, niños y padres

Craig Canapari

Summary

A revolutionary program for your family to sleep soundly through the night. When Dr. Craig Canapari became a father, he realized that even the 36-hour shifts in the hospital had not prepared him for the loss of sleep that parenthood brings. The difference is simple: Parents do not have days off, so we don't know if we will have a night of uninterrupted sleep in the near future. When the children don't sleep, neither does the rest of the family... and everyone is in a bad mood at breakfast time. In *Everyone to Sleep!* Dr. Canapari helps parents use the power of habit to chart a clear path to quality sleep for children. The result is a two-step plan developed from years of experience and clinical research, to help little ones sleep properly. It doesn't matter if your children are 6 months or 6 years old: it is never too late for them, and you too, to achieve a healthy and restful sleep routine.

Contributor Bio

Dr. Craig Canapari is director of the Yale Pediatric Sleep Center and a physician in the area of pediatric pulmonology at Yale New Haven Hospital. He studied English literature at Yale and medicine at the University of Connecticut. His work has appeared in both medical journals and *The New York Times*, *The Wall Street Journal*, *The Washington Post*, and *The Boston Globe*.



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Body, Mind & Spirit /
Spiritualism
8 in H | 5 in W

Al borde del abismo

Encontrar la libertad donde se cruzan el miedo y el coraje

Joan Halifax

Summary

How can a contemplative practice be a vehicle for social transformation? This examination of how we face suffering identifies five psychological territories, or 'Edge States'—altruism, empathy, integrity, respect, and engagement. These embody our strength of character. Moreover, it is where our true potential lies. Only when we stand at the brim of these edges do we open up to the full range of our human experience and discover who we really are. Yet each of these states can also cause personal and social suffering: altruism may be pathological; empathy may turn to anguish, integrity to moral suffering, and respect to irreverence; while engagement can lead to overwork and exhaustion. How can we avoid these traps and balance these opposing forces? In these pages, will readers will find a practical guide to help them cross the threshold of change and overcome fear with the aid of Zen traditions and mindfulness practices.

Contributor Bio

Joan Halifax is a Zen priest, Buddhist teacher, and anthropologist. She has lectured on the subject of death and dying at academic institutions around the world, including Columbia University, the University of Miami School of Medicine, and the University of Naropa. In 1990 she founded the Upaya Institute and Zen Center, a center for Buddhist studies and social action located in Santa Fe, New Mexico. She is also the founder of the Project on Being with Dying which has trained hundreds of health care professionals on how to deliver contemplative care to the dying. Her books include *The Fruitful Darkness: A Journey Through Buddhist Practice*, *Simplicity in the Complex: A Buddhist Life in America*, and *Being with Dying: Cultivating Compassion and Wisdom in the Presence of Death*.



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Body, Mind & Spirit /
Mindfulness & Meditation
8 in H | 5 in W

El camino perfecto

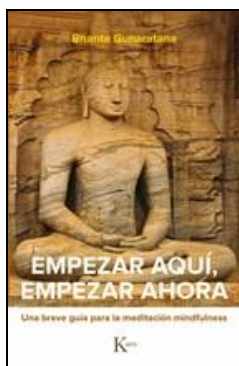
Osho

Summary

In the beginnings of his public life, influential contemporary mystic Osho—a professor of philosophy at the University of Jabalpur at the time—began introducing attendees at his meditation retreats to a new, unique way of approaching and understanding meditation. The teachings he imparted on the first of those retreats, celebrated in Rajasthan, India, have now been compiled in this small but powerful book. It conveys, in condensed form, the essentials of Osho's understanding of meditation, pointing toward the inner world of the self.

Contributor Bio

Osho is a contemporary mystic whose life and teachings have influenced millions of people. The Sunday Times has described him as "one of the thousand doers of the twentieth century" and India's Sunday Mid-Day as one of the ten people - along with Gandhi, Nehru and the Buddha - who have changed the destiny of India. Today, the influence of his teaching continues to expand, increasingly attracting search engines around the world



Empezar aquí, empezar ahora

Una breve guía para la meditación mindfulness

Bhante Gunaratana

Summary

With clear and accessible explanations, this concise compilation of teachings from a universally renowned meditation master provides readers all the guidance they need in order to start—and sustain—a meditation practice. It offers practical advice on dealing with distraction and discomfort during meditation, it demystifies common misconceptions, and it provides readers with ten tips for effective practice. It is the ultimate pocket-guide on mindfulness meditation.

Contributor Bio

Bhante Henepola Gunaratana was ordained as a Buddhist monk in Sri Lanka at the age of twelve. He went on to obtain a PhD in philosophy from the American University in Washington, D.C. He is the founding abbot of the Bhavana Society in Hugh Wiew, West Virginia. He is the prolific author of meditation manuals and several books on Buddhist teachings and mindfulness, including *Journey to Mindfulness*, *Buddhist Suttas for Recitation* and *What, Why, How: Answers to Your Questions About Buddhism, Meditation, and Living Mindfully*.

Editorial Kairos
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128 Pages
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Body, Mind & Spirit /
Mindfulness & Meditation
8 in H | 5 in W



Caminos para ir más allá

Prácticas espirituales en la era de la ciencia

Rupert Sheldrake

Summary

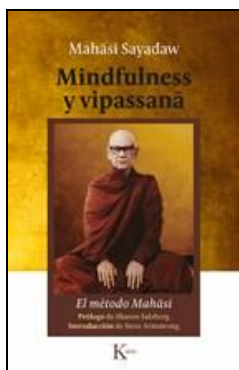
To 'go beyond' means to access a higher state of consciousness—a place of bliss, greater understanding, love and connection. This groundbreaking manual combines the latest scientific research with deep mystic knowledge and wisdom in order to examine seven spiritual practices. Along the way, it points out how everyday activities, including sports and our relationships with animals, can bring us closer to mystical dimensions. It also delves into traditional religious practices such as fasting, prayer, and the celebration of festivals and holy days, and looks at the states of consciousness induced by psychedelics such as ayahuasca. Ultimately, the book sets out to investigate why these practices work, how they relate to our brains, and to what extent they can open the door to expanded forms of consciousness.

Contributor Bio

Rupert Sheldrake is a biochemist and author. After obtaining his PhD in biochemistry from Cambridge University, England, he went on to study philosophy and history of science at Harvard University. He has published more than 80 scientific papers, and he is the author and co-author of several books, including *Science Set Free: 10 Paths to New Discovery*, *The Presence of the Past: Morphic Resonance and the Habits of Nature*, and *Science and Spiritual Practices: Reconnecting Through Direct Experience*.

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Body, Mind & Spirit /
Mindfulness & Meditation
8 in H | 5 in W



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Trade Paperback

440 Pages
Carton Qty: 0
Body, Mind & Spirit /
Mindfulness & Meditation
8 in H | 5 in W

Mindfulness y vipassana

El método Mahasi

Mahasi Sayadaw

Summary

An essential compilation of teachings on insight meditation by renowned vipassana originator and master Mahasi Sayadaw, this thorough manual will enlighten meditation and mindfulness practitioners of all levels and walks of life. It presents the systematic vipassana method based on the four foundations of attention, aimed at the gradual purification of the mind and conduct from attachment, aversion, and ignorance. It culminates with a dissection of the stages of insight knowledge that can ultimately lead to Nibbana, or illumination.

Contributor Bio

Mahasi Sayadaw is a master from the 20th century. He was the main editor at the Sixth Buddhist Council celebrated in 1954. He founded numerous meditation centers in Burma and other countries in South East Asia. His books include *Satipatthana Vipassana Meditation*, *Thoughts on the Dharma*, and *Practical Vipassana Exercises*.



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Trade Paperback

240 Pages
Carton Qty: 50
Psychology / Cognitive
Psychology & Cognition
7.5 in H | 4.8 in W

El Cerebro del triunfador

8 estrategias de las grandes mentes para alcanzar el éxito

Jeff Brown

Summary

Contrary to what many people suppose, success does not depend so much on IQ, genetics, economic facilities, relationships or luck. It is true that all these aspects can influence the result; however, the main factor in achieving outstanding achievement lies in the way we use our brains. Using the latest scientific advances and great success stories, doctors Jeff Brown and Mark Fenske, specialists in neuroscience and psychology at Harvard Medical School, examine in these pages the mechanisms that anyone can develop and that will allow them to transform your brain capacity into a powerful instrument to conquer triumph. The result is a clear, accessible and well-founded book that will change the reader's life.

Contributor Bio

Jeff Brown is a psychologist belonging to the so-called cognitive behavioral school. He works as a professor at Harvard Medical School and works at McLean Hospital. He is also the author of *The Competitive Edge*.



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416 Pages
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Family & Relationships /
Love & Romance

7.5 in H | 5 in W

Más allá de Marte y Venus

Las relaciones en el complejo mundo actual

John Gray

Summary

Over two decades ago, John Gray revolutionized the way we conceived love and relationships with his book *Men Are from Mars, Women Are from Venus*. But as society evolves, our relationships do as well. *Más allá de Marte y Venus* is geared towards a new relationship model of modern couples. Today, men and women aren't trapped by the same social stereotypes. Now more than ever, we have the freedom to be who we are, but this freedom also brings about new challenges. We still need to build stronger, emotionally satisfying relationships, which requires a deeper understanding of individual needs.

Contributor Bio

John Gray, Ph.D. is the #1 bestselling relationship author of all time. He is the author of over 20 books, including The New York Times #1 Best-Selling Relationship Book of All Time: *Men Are from Mars, Women Are from Venus*. His books have sold over 50 million copies in 50 different languages around the world.



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428 Pages
Carton Qty: 50
Self-Help / Personal Growth
7.5 in H | 4.8 in W

Estoicismo cotidiano

366 reflexiones sobre la sabiduría, la perseverancia y el arte de vivir

Ryan Holiday, Stephen Hanselman

Summary

Why have history's greatest minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. The *Daily Stoic* offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

Contributor Bio

Ryan Holiday is an American writer, marketer, and entrepreneur interested in personal and corporate development. He is the media editor for the *New York Observer* and has written for *Forbes*, *The Huffington Post*, and others. He also wrote *Trust Me, I'm Lying*. **Stephen Hanselman** has worked for more than three decades in publishing as a bookseller, publisher and literary agent. He is a graduate of Harvard Divinity School, where he received a master's degree while also studying extensively in Harvard's philosophy department. He lives with his family in South Orange, New Jersey.



El boxeador polaco

Eduardo Halfon

Summary

The Polish Boxer covers a vast landscape of human experience while enfolded a search for origins: a grandson tries to make sense of his Polish grandfather's past and the story behind his numbered tattoo; a Serbian classical pianist longs for his forbidden heritage; a Mayan poet is torn between his studies and filial obligations; a striking young Israeli woman seeks answers in Central America; a university professor yearns for knowledge that he can't find in books and discovers something unexpected at a Mark Twain conference. Drawn to what lies beyond the range of reason, they all reach for the beautiful and fleeting, whether through humor, music, poetry, or unspoken words. Across his encounters with each of them, the narrator—a Guatemalan literature professor and writer named Eduardo Halfon—pursues his most enigmatic subject: himself.

Contributor Bio

Eduardo Halfon was named one of the thirty-nine most promising young Latin American writers by the Hay Festival in Bogotá. He has received several awards, such as the Guggenheim scholarship, the Roger Caillois Prize and the National Prize in Literature of Guatemala, the highest literary award in the country. His latest novel, *Duelo*, was awarded the Prize from the Bookstores of Navarra (Spain), the Prix du Meilleur Livre Étranger (France) and the Edward Lewis Wallant Award. His work has been translated into more than ten languages

Libros del Asteroide
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Trade Paperback

200 Pages
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Fiction / Literary
8 in H | 5 in W



El embalse 13

Jon McGregor, Concha Cardeñoso

Summary

In a small village in England a teenage girl has gone missing. Their peaceful life disappears as everyone joins the search, a crowd of news reporters flock around looking for a scoop and the police is mobilized. The investigation lasts for months, but life goes on and time is inexorable. Births and deaths come and go, there is love and betrayal, kindness and hate, trust and lies; but the seasons keep passing by and the birds will migrate once again.

Contributor Bio

Jon McGregor is the author of four novels: *If Nobody Speaks of Remarkable Things*, *So Many Ways to Begin*, *Even the dogs* and two storybooks: *This Isn't the Sort of Thing That Happens to Someone Like You* and *The Reservoir Tapes*. He has been longlisted for the Man Booker three times, the first time with only twenty-six years and the last one for *El Embalse 13*.

Libros del Asteroide
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320 Pages
Carton Qty: 0
Fiction / Literary
8 in H | 5 in W



Adiós al azúcar

Pierde peso, siéntete bien y luce más joven

Brooke Alpert, Patricia Farris

Summary

De un tiempo a esta parte, el enemigo público número uno de la salud se llama azúcar. En los países occidentales el consumo de esta sustancia se ha incrementado de manera dramática. Ello a pesar de que una dieta alta en azúcar puede provocar diabetes, obesidad y muchos problemas de salud. El exceso en el consumo de azúcar –tanto el polvo blanco que ponemos sobre la mesa como la fructosa oculta en los alimentos envasados– no sólo puede enfermarnos, sino que también contribuye a acelerar el proceso de envejecimiento. En este libro, una nutrióloga y una dermatóloga unen fuerzas para diseñar un programa revolucionario que ayuda a reducir al máximo el azúcar de su dieta para recuperar la lozanía de la piel y mantener la salud.

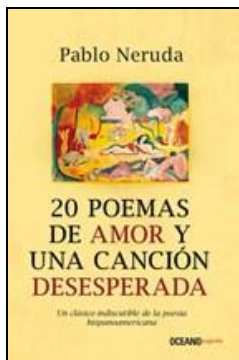
Contributor Bio

Brooke Alpert attended New York University and is a member of various associations including the Academy of Nutrition and Dietetics, the Greater New York Dietetic Association, the Weight Management Group, among many others. In addition to his book, she is also the author of *Healthy Eating During Pregnancy*. **Patricia Farris** is a certified dermatologist and a member of the American Academy of Dermatology. She has appeared in over 200 television programs related to health in dermatology, including *NBC News* and *Good Morning America*. Farris has also been widely quoted in newspapers and magazines such as *Allure*, *O Magazine*, *Elle*, *Shape*, *W*, *In Style*, *Real Simple* and *New York Times*.

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Trade Paperback

312 Pages
Carton Qty: 50
Health & Fitness / Diet &
Nutrition

7.5 in H | 4.8 in W



20 poemas de amor y una canción desesperada

Pablo Neruda

Summary

This book, originally published in 1924, occupies a privileged place within the vast and always current work of Pablo Neruda. It is not only one of his most popular works, but also the one that best reflects the chiaroscuro of love: vehemence, joy and exaltation, but also anxiety, uncertainty and melancholy. It is a collection of timeless beauty and passionate lyricism in whose pages the impulse of modernism still beats but where you can appreciate the glimpses of the formal renewal of poetry that the author starred.

Contributor Bio

Pablo Neruda, whose real name was Ricardo Eliécer Neftalí Reyes Basoalto, is one of the most important poets in Latin America and a key figure in universal lyrics. He was awarded the Nobel Prize for Literature in 1971. His extensive bibliography includes: *Elementary Odes*, *The Captain's Verses*, *Residence on Earth* and *General Song*, among many other works.

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Poetry

7.5 in H | 4.8 in W



Redbook
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Trade Paperback

176 Pages
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Health & Fitness /
Alternative Therapies
Series: Alternativas
7.3 in H | 5.3 in W

Ho'oponopono para una vida plena

La práctica diaria del Ho'oponopono

Clara Lark

Summary

This simple ancestral technique from Hawaii serves to solve all those conflicts that may arise around us, problems that usually anchor the person to the idea of being a victim of their own destiny. With ho'oponopono we can begin to create our own reality inspired by that divine part that inhabits each one of us.

Contributor Bio

Clara Lark is committed to studying and practicing alternative therapies. Through her training, she has earned the prestigious, ceremonial Hawaiian title, Ho'oponopono Facilitator, and is a Healing Energy Reiki Master Therapist. Currently, she works at her own practice in London.



Malsinet
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224 Pages
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Social Science / Folklore &
Mythology
Series: Libro amigo
7 in H | 5.3 in W

El pequeño libro de las sirenas

Persigue tus sueños

Rachel Federman, Laura Korzon

Summary

The little book of mermaids includes everything you've always wanted to know about these mythical creatures and their aquatic wisdom in more than 200 fascinating pages full of curiosities, legends, spells, crafts and recipes. Accompanied by magnificent illustrations, this book will guide you through first-century sightings to current ocean explorations, as well as across cultures and for thousands of years, on your quest to glimpse these magical creatures that continue to seduce us after centuries.

Contributor Bio

Rachel Federman is a writer and musician who has written more than twenty books for adults and children.

Laura Korzon is an artist, illustrator and designer.



Ildefonso García-Serena
EL HIJO DEL DOCTOR
 Vegueta Ediciones
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 Hardcover

416 Pages
 Carton Qty: 20
 Fiction / Sagas
 Series: Narrativa
 9.5 in H | 5.5 in W

El hijo del doctor (2nd Edition)

Ildefonso García-Serena

Summary

Leo, the son of a Spanish Republican doctor, begins a journey to decipher the enigmas that have surrounded his family over decades. He does so after the discovery of an unusual event, which happened a century ago: the mysterious disappearance of his great-grandfather Román, which triggered an irreversible family drama. Four generations will suffer the vicissitudes of their time in different scenarios: the Spain of the end of the 19th century, Barcelona and Buenos Aires; the Second Republic, the Civil War, the Second World War and the invasion of France by Hitler's troops. This was followed by a new exodus to Argentina, this time that of Perón and Evita, and then the return to Franco's Spain. A profoundly human story of beings trapped in turbulent times, which narrates the emotions inspired by uprooting. A tribute to loyalties, friendship and love. A vindicating memory of the emigration and exile that dragged tens of millions of Europeans to South America. A living history of us all.

Contributor Bio

Ildefonso García-Serena graduated with a degree in advertising and information sciences. He developed an intense international advertising career, creating campaigns for brands and institutions. In addition, he has been a columnist, dean, teacher and has written essays on innovation and creativity. In 2016 he published "Elogio de la Chireta" and in 2019 his second work, in which his characters span a hundred and ten years of Spanish, European and Latin American history.



Megan Hunter
EL FINAL DEL QUE PARTIMOS
 Vegueta Ediciones
 9788417137427
 Pub Date: 6/1/21
 \$26.90 USD/\$36.00 CAD
 Discount Code: LON
 Hardcover

144 Pages
 Carton Qty: 20
 Fiction / Dystopian
 Series: Narrativa
 9.5 in H | 5.5 in W

El final del que partimos

Megan Hunter

Summary

El final del que partimos is an exciting story of a future as realistic as it is terrifying. During a mysterious environmental crisis, a young woman gives birth to her first child, Z. Terrified of a world that is reeling, where everything around them has become dangerous and unstable, the family is forced to leave their home in search of safety. In a journey that is vividly reminiscent of Cormac McCarthy's dystopian world of *The Road*, the journey will show both the fear and amazement of seeing Z's little fists clinging to life, in a struggle for survival in which people bring out the worst, but also the best, in themselves. A surprisingly beautiful and timely novel about survival and motherhood, about the future that lies ahead, but also about hope and humanity.

Contributor Bio

Megan Hunter holds a bachelor's and master's degree in English literature from Sussex and Cambridge. Her poetry has been shortlisted for the Bridport Prize. Her novel, *The End We Start From*, has been published in the United Kingdom, the United States and Canada, and translated into eight languages. She was shortlisted as Novel of the Year at the Books Are My Bag Awards, nominated for the Aspen Words Award, finalist for the Barnes and Noble Discover Awards, winner of the Editor's Choice Award from Forward Reviews and selected by English independent booksellers such as #1 Indie Next List Pick. Her poetry, short fiction and nonfiction have been reviewed in *The White Review*, *The TLS*, *Literary Hub*, *BOMB Magazine*, among many others, which have enshrined her as one of the UK's leading indie authors.



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320 Pages
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Fiction / Thrillers
Series: Narrativa
9.5 in H | 5.5 in W

Corazones vacíos

Juli Zeh

Summary

A literary dystopian thriller: by looking into the future, the novel seeks to understand the present and questions a whole series of basic values such as morality, democracy, the role of politics... Together with IT genius Babak Hamwi, Britta Söldner has founded a small company that has enriched them. Fortunately no one really knows what is behind their business, because behind the facade of their simple offices, Britta and Babak are running a lucrative business with death. When their company threatens to get competition, Britta does everything possible to get rid of the unknown free rider. But she has underestimated her rival. In a short time, not only is Britta's company in danger, but also her life... *Corazones vacíos* is a provocative, exciting and hot political thriller set in a near future Germany. And it is also an exciting psychological thriller about a generation with an empty heart, without beliefs or convictions.

Contributor Bio

Juli Zeh is one of the greatest authors of contemporary German literature. She studied law in Passau and Leipzig and lived in Krakow and New York, where she worked for the United Nations. In 2018 she was elected honorary judge in the Constitutional Court of the State of Brandenburg. Her first novel, *Eagles and Angels*, was awarded in 2002 with the Deutscher Buchpreis, the main German literary prize, and became an international bestseller. Since then her books have been an event in Germany and have been translated into thirty-five languages.