



2023

Foreign Rights Non-Fiction Catalogue

OBERON
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OBERON

Pages: 432

190 x 230 mm

Fully illustrated

ISBN: 978-84-415-4661-5

The Vegan Cooking Bible

My Best Vegan Recipes

The importance of reducing animal products consumption is a well-known fact given the overexploitation of the planet. Here you will find the necessary tools to reduce this consumption, caring instead for both animals and the environment.

In this book you will enjoy my best recipes, over the years compiled and perfected, after much trial and error.

You will learn to prepare outstanding recipes thanks to easy-to-source ingredients and carefully phrased instructions. Your dishes will always turn out perfect!

Most importantly, you'll discover that 100% plant-based food is really tasty and loads of fun!

GLORIA CARRIÓN (@lagloriavegana)

Gloria Carrión has been creating content about vegan cuisine since 2014. She has managed to build an Instagram community with close to 500,000 followers interested in everything she does and cooks on a daily basis.

She stands out for her creativity when it comes to veganising traditional dishes which her followers effortlessly manage to replicate those recipes at home.

She has authored two books, several ebooks and works daily creating content also for the members of *El Club de Gloria*, where she offers exclusive recipes, online cooking workshops, batch cooking tips and exclusive ebooks.



Veggie Cooking in 2 Hours for the Whole Week

Stop Asking Yourself “What Shall I Cook Today?”

You make it back home from the office and ask yourself: “What do I cook today?”. After checking the fridge several times desperate for ideas, you end up cooking one of your bland and boring dishes. Why? Well, you chose to stay within your comfort zone or maybe you do not have much time for cooking. These are just excuses! You need to organize yourself and work on your time management... keep reading and learn how to do it!

What if I tell you that following my method you can fix your meals for the whole week in less than 2 hours? You will be saving time... and money!

This book has one single purpose: teaching the readers that cooking is easy and reminding them what they already know about cooking.

Eating healthy, plant-based, delicious food can be really straightforward. This “2-hour cooking for the whole week” method will help you create a tasty vegetarian menu thanks to simple and versatile recipes. This book will allow you to optimise your shopping list, eliminate food waste and make the most of each minute you spend in the kitchen. You will also learn how to use all those kitchen appliances that can actually make your life so much easier.

Are you ready to revolutionize your cooking, go zero-waste and improve your quality of life?

Fabián León

Is a gastronomic multimedia content creator, zero-waste activist and entrepreneur. Fabián reached the season’s finale of the first edition of MasterChef Spain and is now devoted to its more than 400,000 social media followers, helping them to cook their way into a better lifestyle.

“Que aproveche” (meaning both “bon appétit” and “no waste”) is an online club created by Fabián bringing together people interested in improving their cooking skills with a zero-waste approach. He also produces “Futuro Pluscuamperfecto”, a podcast series of interviews presenting future scenarios for human evolution.



OBERON

Pages: 224

190 x 230 mm

Fully illustrated

ISBN: 978-84-415-4762-9



Planet Bread

A Culinary Journey through the Breads of the World

Travelling and eating are probably two of the most satisfying adventures a human being can embark on. With this book, you can enjoy both without leaving your kitchen! *Planet Bread* is a fascinating journey around the world... of bread. Bread has been the primeval food for most civilizations throughout history. *Planet Bread* will help the reader crisscross the whole world to discover bread in all its shapes and forms. You will learn to bake those breads that fed the greatest civilizations and helped build empires.

Bread might be the humblest of meals, but it still is the staple food for millions of humans. There is not one single recipe or grain that defines bread. It can be made from different cereals, adopt different shapes, and be made following different methods. Bread is more than a baguette. Join us in a discovery voyage to exotic places and bring bread, freshly baked thousands of miles away, directly to your table.

Edu Lavandeira

Is a media producer, director, and content creator. He has been responsible for several documentary films and entertainment programs. Edu’s creative mind found in food a natural path to channel his ingenuity. Edu is curious, inquiring, and passionate about travelling and discovering other cultures, always determined to unveil the human side of every story. His love for gastronomy – particularly bread and dough – led Edu to film a documentary series exclusively dedicated to this ancient food, *Maestros del Pan* (Masters of Bread) for Canal Cocina (2021-2022). He is obviously addicted to baking his own bread following his self-taught methods. Through his Instagram account (@opelouro), Edu shares tips, techniques and all the information you need to bake your own bread without leaving your kitchen.



OBERON

Pages: 248

190 x 230 mm

Fully illustrated

ISBN: 978-84-415-4767-4





OBERON

Pages: 256

210 x 260 mm

Fully illustrated

ISBN: 978-84-415-4490-1

Cook Tasty Food Every Day

Velocidad Cuchara (Spoon Speed)

We present the second book produced by Velocidad Cuchara®, the first blog of recipes in Spanish for Thermomix®. A collection of rich and simple dishes designed for you, whether you are a beginner or an expert connoisseur of the world's most popular food processor. Rosa Ardá has compiled all the essential recipes. You'll find basic breads, meats, fish, desserts... Still think you can't get more out of your Thermomix®?

Rosa Ardá

Rosa Ardá (Marín, 1974). This Galician woman, nurse by profession, began publishing recipes on her blog in 2008. She did it almost by chance, without imagining that the *Spoon Speed Index*® would become an indispensable guide for many Thermomix® lovers.

Glued to her camera, Rosa portrays in her house in the centre of Madrid, each of the recipes she prepares and shares her experiences, outside and inside the kitchen, with thousands and thousands of followers on her social media. The group "Cocinar con Thermomix®" (Cooking with Thermomix®) is a must for all Thermomix® lovers. Rosa Ardá was awarded with the Bitácoras Prize Best Gastronomic Blog in 2017 for her blog "Velocidad cuchara".



OBERON

Pages: 248

210 x 260 mm

Fully illustrated

ISBN.: 978-84-415-4312-6

Spoon Speed

My Essential Thermomix® Recipes

We present the first book produced by Velocidad Cuchara®, the first blog of recipes for Thermomix® in Spanish. A collection of simple and delicious dishes specially designed for you, whether you are a beginner or an expert connoisseur of the most popular cooking robot in the world.

Rosa Ardá has compiled her 100 essential recipes for TM31, TM5 and TM6. You will find breads, meats, fish, rice, desserts, recipes for baby food... Do you still think your Thermomix® will not live up to its full potential?

Rosa Ardá

Rosa Ardá (Marín, 1974). This Galician woman, nurse by profession, began publishing recipes on her blog in 2008. She did it almost by chance, without imagining that the *Spoon Speed Index*® would become an indispensable guide for many Thermomix® lovers.

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OBERON

Pages: 200

210 x 260 mm

Fully illustrated

ISBN: 978-84-415-4682-0

Our Air Fryer Recipes

The Definitive Guide. Tips, Tricks and Recipes

Ani and Sara are two sisters who have been promoting healthy eating and a healthy lifestyle on their social media for more than 9 years.

Their large number of supporters applaud their ability to create healthy, light and delicious recipes that will help you eat and feel better, both inside and outside.

What started as a hobby is now a philosophy of life inspiring women and men in more than 20 countries to embrace a much healthier, hassle-free, nutritious, and tasty way of life.

Ani and Sara are the founders of the instagram account @fit_happy_sisters and creators of LIVE WITHOUT DIETING. This method encourages its followers to eat a tasty, healthy, and light diet –instead of all those boring and restrictive diets– while keeping weight under control.

In this book they have compiled all their tips, tricks, and the best air fryer recipes. You will get the most out of your air fryer and prepare all kinds of delicious, nutritious, and healthy recipes in the simplest and most uncomplicated way.

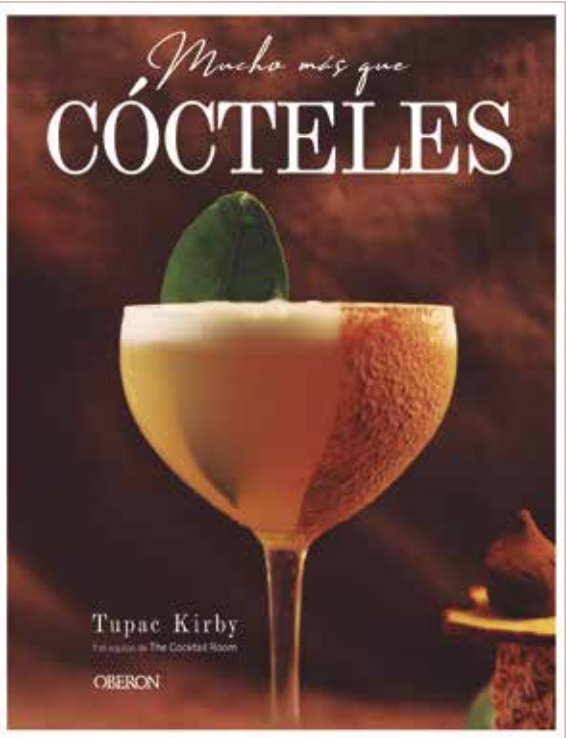
Fit Happy Sisters

We are Ani and Sara, two sisters from Valencia, authors of the @fit_happy_sisters channel, where we share delicious recipes and ideas based on eating healthier and a healthy lifestyle.

Our cuisine aims at combining healthy eating and enjoyment. This diet will allow you to stay in shape without the sufferings of all those harsh and nasty diets; but above all, to feel good and be healthy. We want to show you that it is possible to eat in a healthy and delicious way without having to follow a boring, monotonous, and tasteless eating plan.

We also make indulging recipes for those days when you feel like eating something special and different. In addition, our recipes are super simple, easy to follow even for those with little experience in the kitchen.

We believe that happiness is the pursuit of wellness of mind and body, being active and eating healthy, but without giving up tasty and appealing meals.



OBERON

Pages: 232

210 x 260 mm

Fully illustrated

ISBN.: 978-84-415-4050-7

Beyond Cocktails

Never before has cocktail making enjoyed so much creativity. The techniques and available ingredients have exponentially boosted the mixing possibilities. Bartenders are given the opportunity to offer radically new drinks, fully customized to the taste of demanding customers and bon vivant readers.

This new book builds up on the author's previous title *Cóctel. El secreto está en la mezcla* (Cocktail: the Secret Is in the Mix), focusing on providing detailed information by category of distilled spirits, with an in-depth look at the ingredients and the production process of each beverage.

This work revisits the history of our favourite distilled spirits, adding detailed and meticulous tasting notes as well as recipes for making all those iconic cocktails. We will learn about the latest trends in cocktail making, resorting to the use of wonderful oil blends, classic cocktails, alternative distillates, coffee blends, sherry or non-alcoholic wines, vermouths and liqueurs, homemade preparations, vegetables, fruits, and so much more.

The reader will join the entire team at The Cocktail Room and many more friends in a trip around the world aimed at inspiring and unveiling the secrets of cocktail making to professionals and cocktail lovers.

The secret is in the mix and our cocktail making team comes loaded with wisdom and passion.

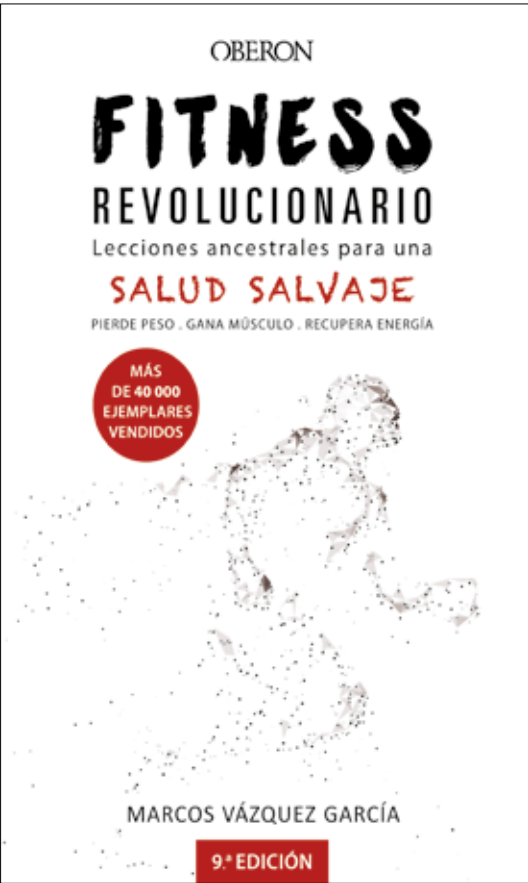
Tupac Kirby

With 25 years of experience in and around the world of bartending, Tupac is today a bartender, husband, author, consultant, musician, actor, and family man. His first book, which has already reached two editions, has crossed borders worldwide and Tupac can be found in Mexico talking about sherry wine or in the Ukraine serving cocktails paired with Havana cigars. He spends three months of the year up in the mountains in Ávila (Spain) harvesting and cutting biodegradable straws for his Etico sustainability project.

Tupac Kirby opens the doors of his laboratory and academy where he invites us to meet all his teaching staff and friends. This book is the result of months of testing, tasting, and research, with all those involved imprinting in its pages the need to come together around a common project and to produce something that belongs to all of them.



Lifestyle



OBERON
Pages: 264
155 x 230 mm
Fully illustrated
ISBN: 978-84-415-4019-4

Revolutionary Fitness Ancestral Lessons for a Wild Health

Civilization has a paradoxical relationship with health. While, on average, we live longer than ever before and our existence has gotten more comfortable over time, the advancement of technology has made it harder for people to live a healthy, active lifestyle. New technologies create new problems, giving rise to modern-age diseases, such as obesity, diabetes, cancer, arteriosclerosis, and depression. We live longer, but spend more time living with illness.

This book explains in detail how to avoid this ill fate. You'll understand that genes hold the secret to shedding excess weight and which are the modern lifestyle factors that contribute to the appearance of modern-age diseases. Besides, you will become familiar with the traditions of the healthiest populations on the planet and learn how to apply their ancient wisdom to improve your body. In a world full of myths and false promises, *Revolutionary Fitness* not only offers a scientific and global vision on how to eliminate those extra pounds, but it will also help you to rest better and live with more energy. Thousands of people have already achieved their goals by following the principles you'll find in this book. It is the right time to experience a wild health.

Marcos Vázquez

Is the founder of the popular blog “Fitness Revolucionario” (Revolutionary Fitness) and multi-award winner for his work in health education. He is also the creator of “Radio Fitness Revolucionario”, the most popular health and fitness podcast in Spain, where he interviews leading experts in health, training, nutrition, biology, and genetics, among other subjects.

He teaches in different health training institutions and participates as speaker in healthcare events and conferences.



**OBERON**

Pages: 224

155 x 230 mm

ISBN: 978-84-415-4542-7

Microbiota and Conscious Eating

Learn to Eat Smart

How to eat intelligently? Are we really what we eat, or are we what we think? Did you know that you have bacteria in your brain and that they can condition your eating preferences?

In this book, these and many other questions are answered by experts who, in turn, provide effective tools to put this valuable knowledge into practice in our daily lives, from theory to practice! Undoubtedly a necessary reading to know our body better and to assume the responsibility we have in everything that happens inside it.

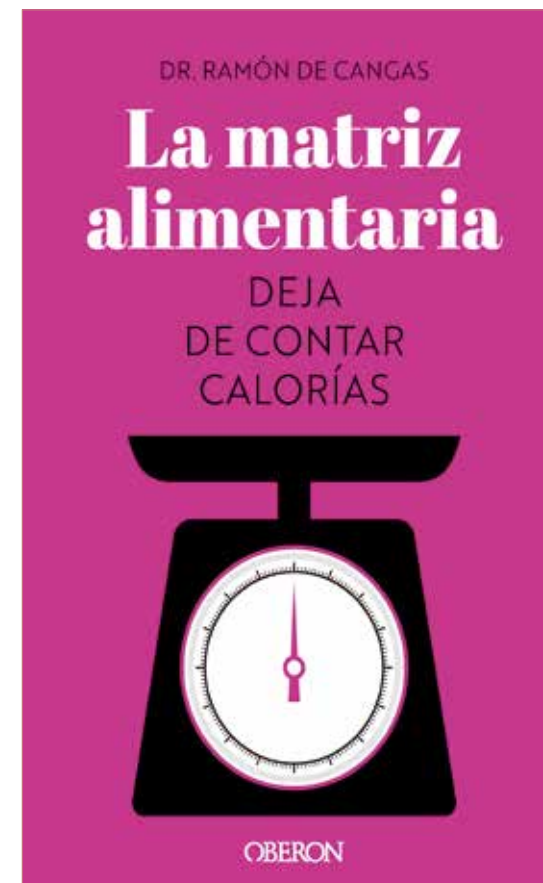
Thus, throughout its pages, you can journey inside your body and discover all the microorganisms that cohabit with you, in your intestine, mouth, and brain. Through an exciting and revealing reading we will enter the wonderful and interesting world of the microorganisms that inhabit our body and we will learn in an easy and simple way how these microscopic organisms influence our well-being, health, and even our moods and decision-making.

Ramón De Cangas

Is a dietitian-nutritionist from the University of Navarra, health biologist from the University of Oviedo, postgraduate in nutrition, food, dietetics and diet therapy from the universities of Granada and Navarra, university Expert in Human Nutrition and Food Technology from the University of Cantabria, university Specialist in Food Biotechnology from the University of Cantabria and Master in Sport Nutrition from the NASM. He also holds a PhD in Functional and Molecular Biology from the University of Oviedo.

Rocío López

Is a professional coach, writer, and lecturer specialised in nutrition and wellness. She is passionate about neuroscience, the study of the mind, and the functioning of the brain, constantly fascinated by the effects of emotional management on both. She is an enthusiast of the resilient, proactive and inspiring spirit present in the practice of mindfulness.

**OBERON**

Pages: 200

190 x 230 mm

ISBN.: 978-84-415-4741-4

The Food Matrix

Stop Counting Calories!

For years, nutritional guidance focused exclusively on a target number of calories ingested, as well as on the macronutrients (proteins, carbohydrates, fats) and micronutrients (vitamins, minerals) contained in our food. The general population has been subject to media bombardment with messages aimed at linking that particular nutritional pattern with a healthy living. However, except for certain conditions, the total energy in our food, the share of macronutrients in our diet, and the ingestion of a certain amount of minerals or vitamins are simply not so relevant to our daily routines. The focus should be on other factors that can really contribute to a healthy lifestyle.

We need to talk more about foodstuff and less about calories and nutrients. Each food item is not just defined by specific amounts of certain compounds or nutrients; it is the unique interaction of all these elements with one another that really matters. This new approach explains the use of the food matrix, a concept that is now mainstream and used throughout this book.

Ramón De Cangas

Is a dietitian-nutritionist from the University of Navarra, health biologist from the University of Oviedo, postgraduate in nutrition, food, dietetics and diet therapy from the universities of Granada and Navarra, university Expert in Human Nutrition and Food Technology from the University of Cantabria, university Specialist in Food Biotechnology from the University of Cantabria and Master in Sport Nutrition from the NASM. He also holds a PhD in Functional and Molecular Biology from the University of Oviedo.

Ramón has authored 14 books and several scientific papers. He is an active researcher at IFAL and holds professorships at several universities. He has accumulated 20 years of experience in nutrition through practice at his own clinics in Spain and Mexico, and has been awarded several national and international prizes.



Health & Sexuality



OBERON

Pages: 248

Two-colours

150 x 230 mm

ISBN.: 978-84-415-4308-9

How to love yourself,
understand your behaviour,
and improve your relationship
with food.

Author has 100k followers on
Instagram.

Why Do I Eat if I Am Not Hungry?

Food Anxiety

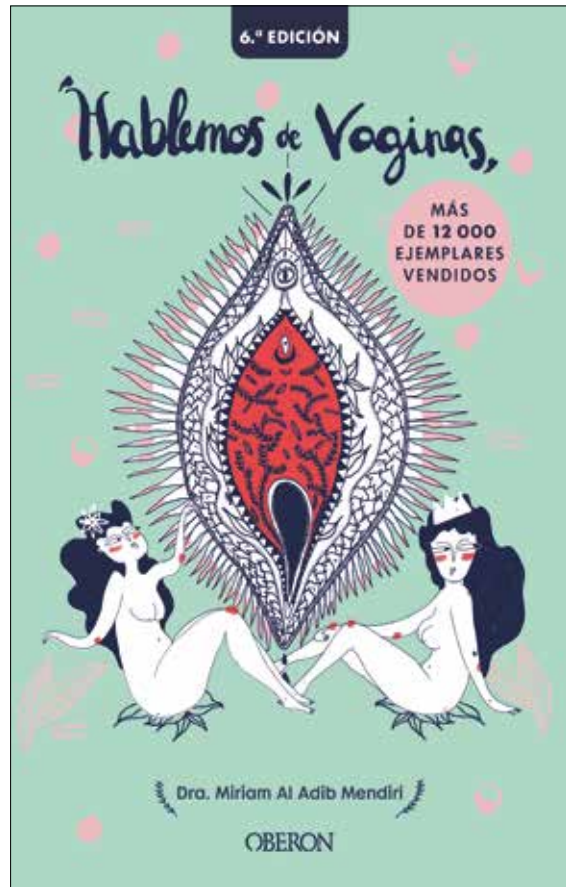
Surely more often than not you have felt like you have totally lost control over what you eat. It seems like your relationship with the food you eat is suboptimal. Eating is not just about putting food in your mouth. There is so much more to it. In *Why Do I Eat if I Am Not Hungry?* I will guide you in a quest to unveil the key factors shaping your relationship with food. You will learn to make peace with yourself while discovering that “eating equals pleasure”.

Choosing a healthy diet and an active lifestyle is only part of the story. You need a third wheel to make it all work: mental health. Our emotions do condition what we eat and vice versa: what we feel depends on what we eat. Feelings affect the way we see and relate to ourselves. That is why it is paramount to understand this relationship, establish the key factors intervening in it, and develop the tools needed to ensure your wellness.

This book will open in front of you a brand-new path leading to self-knowledge through an enhanced understanding of yourself and your relationship with food. You will leisurely walk this path surrounded by empathy, self-compassion, and love.

Marian del Álamo Robledo

Born in Madrid in 1995, she graduated in Psychology from the Camilo José Cela University and holds a master’s degree in General Health Psychology. She specialised in Eating Disorders and Obesity, and holds an additional master’s degree in Sports Psychology, among other qualifications. Part of her professional and research career has focused on the field of nutrition and sports. Marian uses psychology as a platform to humanise different problems through a compassionate vision. This vision is based in no judging and walking the walk to improvement, with the sole purpose of empowering the patient to achieve their wellbeing. Unifying body and mind is a key element towards an augmented an integrated health for both these pillars of human existence.



OBERON

Pages: 280

155 x 230 mm

ISBN: 978-84-415-4139-9

This book aims to help us understand the way we are, know our body and mind.

Self-knowledge and self-care
as the keys to empowerment.

Let's Talk About Vaginas

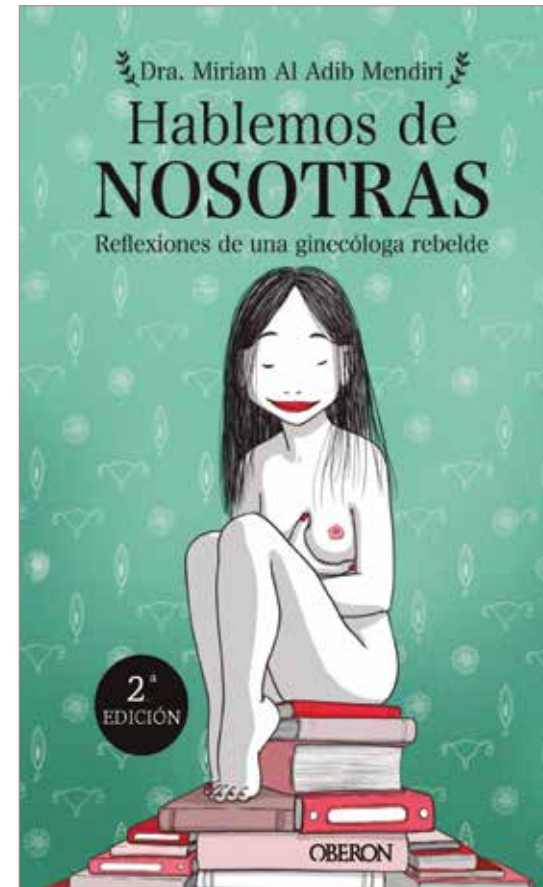
All the functions of the human body are interconnected, so a more global perspective is often required if we are getting to know each other better. This global perspective goes beyond the body, since psychological aspects and the environment also affect our health. In our culture, the woman's body is constantly judged. Every age has an "ideal woman" stereotype which is imposed, not only aesthetically but also when it comes to shaping women's health in general and sexual health in particular. Each era with its myths and taboos leaves a deep imprint on how we perceive ourselves.

This book aims to help us understand the way we are, know our body and mind, how the sociocultural environment affects us. It will also support us in our quest to experience pleasure in our life, know what we need at each stage of life or demystify certain aspects of our sexuality. All these tools for self-knowledge and self-care will turn us into true masters of ourselves.

Miriam Al Adib Mendi

Is an ob/gyn by profession in practice since 2002. In addition to clinical practice she teaches a master degree's course in Sexology, provide courses for professionals, and is also a lecturer at conferences and seminars. Miriam is a reputed communicator through various media, and facilitator of workshops on issues related to women's health from a biopsychosocial and gender perspective.

The daughter of a Syrian father and a Spanish mother, she was born in Almendralejo (Badajoz) and is the mother of four daughters.



OBERON

Pages: 168

150 x 230 mm

Fully illustrated

ISBN.: 978-84-415-4357-7



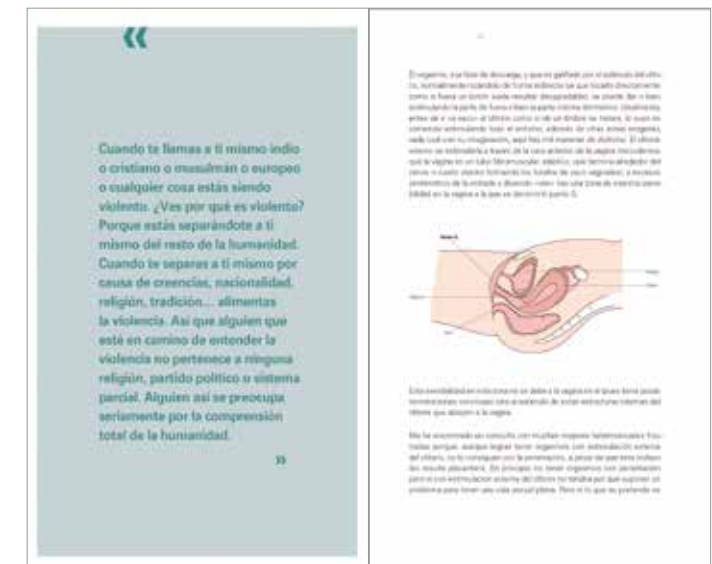
Throughout my professional life as a gynecologist, I have heard hundreds of testimonies in which I observe the damage done by a lack of connection with our own bodies. And this is something that happens regardless of cultural level or socioeconomic status. The dispossession of the body is an invisible process rooted in all kinds of taboos and occurring through all stages of female sexuality. It feeds on fear, shame, guilt, vulnerability, stigma, devaluation...

In this book we will talk about sexuality, about how we live, suffering and happiness, pleasure and pain, love and fear. Because it is not possible to be happy without coherence, and it is not possible to be coherent if we do not know who we are, what is in our nature, which are our beliefs and limitations... with all their light and shade.

Miriam Al Adib Mendi

Sexuality, happiness and suffering, pleasure and pain, love and fear. Let's talk about all that!

Embrace your nature, with its light
and shade!



**OBERON**

Pages: 192

150 x 230 mm

Two-colours

ISBN: 978-84-415-4553-3

Understanding menstruation
and cyclicity is important for
self-knowledge.

Myths, hormones, alterations,
nutrition for each moment of
the cycle, etc.

My Menstrual Cycle

A Holistic Perspective: Psychology
and Nutrition

Have you ever stopped to think beyond the fact that you have your period every month? Do you know your menstrual cycle? Are you able to feel different emotions and sensations depending on the time of the month? Do you know why? Do you know that menstruation is just another phase? Have you ever gone without menstruating? Has the real cause ever been explained to you?

Women, for various social reasons, have been silenced when it comes to learning about their cycle and all its associated factors. A simple solution was offered: the pill or a hormonal contraceptive. But, is it always valid? Is it something we choose out of empowerment or forced by ignorance and resignation?

In this book we want to help you understand your menstruation, your cyclicity, and the most common alterations. They will be explained and approached through the lenses of psychology and nutrition. We resort to a scientific and professional approach, stemming from our personal and professional experience, free of judgment, criticism, or taboos.

Marian del Álamo Robledo

Is a psychologist specialized in eating disorders. She has focused part of her professional and research career in the field of nutrition, sports and women's health. She is very active in social media, where she is known as @Marian.Alamo, and her website is mariandelalamo.com.

Miriam Vitoria Losantos

Is a nutritionist specialized in eating disorders. She understands nutrition as another tool to take care of ourselves, without diets or restrictions, approaching it from a therapeutic point of view and focusing on a healthy relationship with food. In addition to her consultations, she likes to spread the word about health and nutrition at @Mvlnutricion.

Both team up to work with their followers and patients and now they bring all their knowledge to you.

**OBERON**

Pages: 144

150 x 230 mm

ISBN.: 978-84-415-4520-5

Novogamy

Beyond Monogamy and Polyamory

In a plain and entertaining language, this innovative book proposes a new paradigm for understanding contemporary intimate relationships. Dr. Ferrer proposes that, just as the transgender movement dismantled the male/female dichotomy, the time has come to overcome the monogamy/polyamory dichotomy. To this end, this book presents a variety of novogamous relationship styles, opening up new possibilities for living love, sexuality, and gender.

Illustrated with numerous examples, tables and diagrams, it offers tools allowing any person to find the relational style that best suits their personal dispositions and vital stage. In addition to increasing their relational freedom, readers will learn how to transform their jealousy, practice transorgasmic sex, evaluate the success of their intimate relationships, and expand their view of romantic love. Discover the hidden wisdom of infidelity, the impact of technology and porn on your relationships, the fate of non-monogamy in Covid-19 times, and the difference between the “alpha male” and the “omega man”!

Dr. Jorge N. Ferrer

Is a clinical psychologist, author, and educator known for his lectures and courses on sexuality and intimate relationships. He was a professor of psychology for more than 20 years at the California Institute of Integral Studies (CIIS) in San Francisco, as well as director of the Department of East-West Psychology at that university. Author of several books and numerous articles on psychology, education, and the study of religions, his writings on alternative relationships have appeared in such prestigious journals as *Sexuality & Culture*, and *Psychology & Sexuality*. In his international private practice, Jorge offers professional advice to individuals and couples on managing jealousy, infidelity, sexual incompatibility, as well as on how to open up the couple and design more satisfying intimate relationships.



OBERON

Pages: 192

150 x 230 mm

Two-colours

ISBN: 978-84-415-4553-3

Free yourself from social constructs imposing barriers on your sexuality.

Build a new tailor-made sexuality based on awareness and satisfaction.

Talking with Them

Myth-Busting Taboo-Free Sexuality for Modern Heterosexual Men

Always ready for sex. Always a good lover. Always hot and attractive. The need to have a big cock and last long in bed. Instantly getting a hard-on and taking ages to cum... These are some of the “requirements” that society has imposed on men if they are to be considered good in bed.

The expectations are so high that they are simply impossible to meet. No human body is able to function like that! And, more importantly, even if it did, it does not mean that the female partner is having a better time. Nor would the man himself.

This book delves into the difficulties, expectations, and patterns that men often experience, even unknowingly, in their sexual relationships. You will learn how to engage with your sexual partners in a much healthier way leading to a more comforting and enjoyable sex life.

Ana Lombardía

Is a psychologist specialising in sexology, and the creator of “Sexo en la piel” (Sex under your skin), an educational and consultation space on sexuality and couples’ therapy.

“Sexo en la piel” offers a platform where both individuals and couples can improve their sexuality. All those sexuality issues affecting most of us are dealt with by using direct and plain language. The tools and techniques used to solve a wide range of sexual problems are always easy to put into practice and highly effective.



Self-Help

**OBERON**

Pages: 296

150 x 230 mm

ISBN.: 978-84-415-4541-0

**In true love there is no
dependence, guilt, shame, or fear.**

**Build healthy, conscious and
serene relationships.**

If It's Tight, It's Not Your Size **Learn to Identify Unhealthy Love and** **Build Conscious Relationships**

How do you know if you have a healthy relationship or not? Can I give you a clue? If it hurts, it's not love. When you feel trapped in the "Bermuda Triangle" of guilt, shame and fear... Houston, you have a problem! Unhealthy love is anything but love. It is an intense emotional space where you lose control over yourself and your circumstances. It is an extreme roller-coaster ride where you encounter incredible highs and crashing lows that will eventually lead to serious consequences.

In *If It's Tight, It's Not Your Size*, I want to help you become aware of your current level of unhealthiness starting with the absence of self-love, followed by emotional dependence, codependence, and ending with the dark triad of personality: machiavellianism, narcissism, and psychopathy.

Finally, even though I cannot walk the walk for you, I wish to light the way and initiate your awakening, inextricably ensued by the co-creation of more conscious and healthy relationships. Undoubtedly, there is a light at the end of the tunnel!

Ciara Molina García

Is a psychologist and writer on emotional growth and management. She graduated in Psychology from the University of Barcelona in 2001 and holds a master's degree in Human Resources Management (2004). She began her professional career in the field of socio-occupational rehabilitation for the severely mentally ill and then went on to write articles on developmental psychology for an educational portal for parents. After her specialization in Organizational Psychology, she participated in various corporate training programs in Spain and Colombia and, simultaneously, in 2010 she designed her project CIARA MOLINA PSICÓLOGA EMOCIONAL® (www.ciaramolina.com). It is a virtual practice, well positioned on social media, where she offers online sessions, as well as an online campus providing courses on emotional management and development, workshops, conferences, and one-to-one interventions for individuals and companies.

**OBERON**

Pages: 176

150 x 230 mm

Two-colours

ISBN: 978-84-415-4627-1

Build healthy self-esteem.**Practical dynamics, real-life experiences, and effective tips for improvement.**

Improve Your Self-Esteem and Sensitivity

Learn to Access your Personal Power

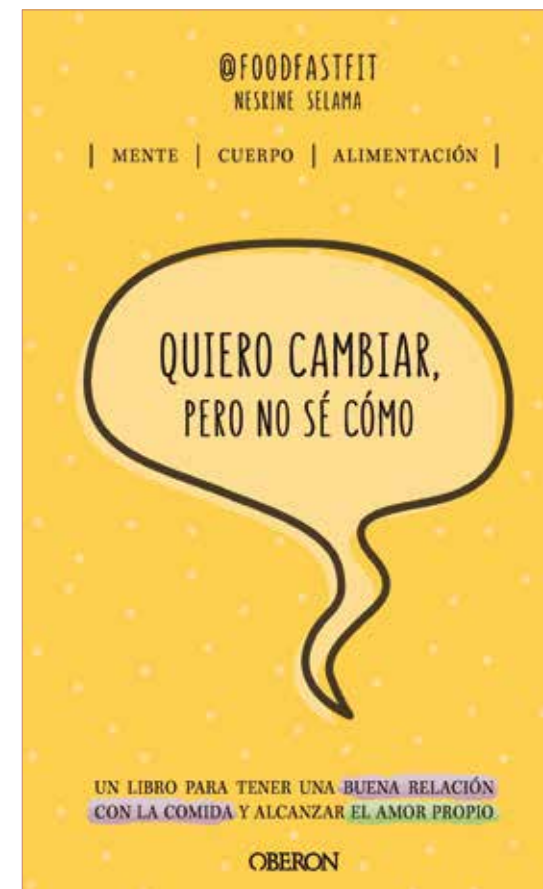
18% of the world's population currently possesses a personality trait that determines a higher degree of sensitivity: they are known as Highly Sensitive People (HSP). Two thirds of such souls claim to live their daily lives with problems caused by low self-esteem. This is the first book to enable you to enjoy and enhance this wonderful personality trait, and to understand it and thereby allowing you to cultivate your personal power.

Paula's premise is very clear: by combining a healthy management of sensitivity with boosting our self-esteem, we will enable ourselves to find the well-being, harmony, development and balance that we long for in our day-to-day lives. Starting from this basis, Paula suggests a lifestyle leading us back to our spiritual nature, capable of bringing us peace both with ourselves and with our environment, and giving us the opportunity to achieve all our goals, wishes, and dreams.

Paula Díaz-Hellín

Is a certified coach accredited by The International School for Coaching and Human Development (ISCD) and D'Arte Coaching, and is also a member of the International Coach Federation (ICF). In 2014 she specialised in anxiety and self-esteem, incorporating the use of Emotional Intelligence and Holistic Coaching into her professional work. Influenced by her higher studies in music and dramatic arts, she has since specialised in professional performers and the Highly Sensitive Person (HSP).

Within her field, she is also involved in teaching and training, where she imparts her method by means of mentoring programmes, conferences, and workshops on an international scale. She is the author of the book *Overcome your Anxiety* and a certified meditation teacher.

**OBERON**

Pages: 172

150 x 230 mm

ISBN: 978-84-415-4663-9

I Want to Change, but I Don't Know How

A Book on How to Have a Positive Relationship with Food and Achieve Self-love

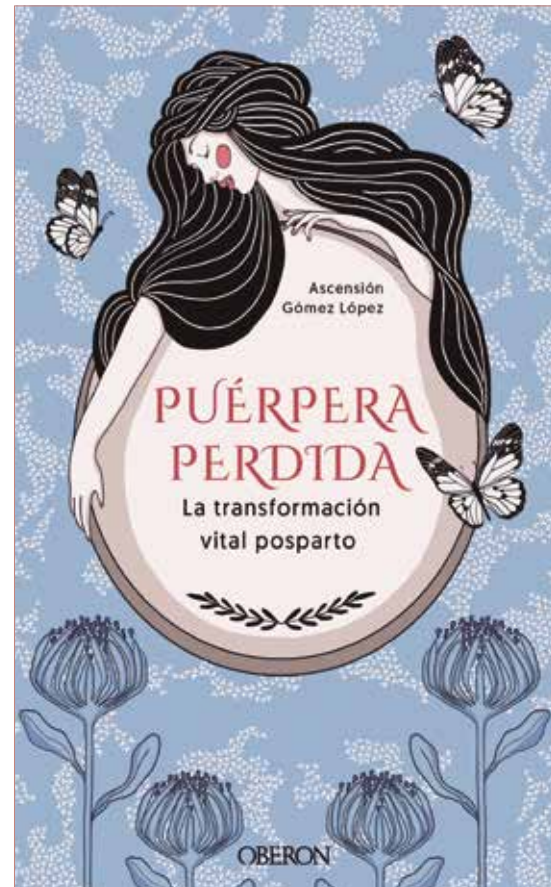
Tired of overthinking and not taking action? Would you like to change your body, your habits, and your relationship with food? You haven't managed to connect body and mind to achieve change, and you simply don't know where to start, what to change, and what to leave behind...

In *I Want to Change but I Don't Know How* we will stop talking about our bad relationship with ourselves, and how anxiety pushes us to use food to calm us down while our lives are stuck in a never-ending vicious circle. In this book, many aspects, emotions, and so-called "flaws" will be normalized and, above all, many common myths about food will be debunked.

@FOODFASTFIT

Nesrine Selama is a dietetics and nutrition student, and on her social media she is known as @FoodFastFitnes (Instagram) and @FoodFastFit (TikTok).

She spreads her knowledge to bust nutrition myths, encouraging her thousands of followers to lead a healthy lifestyle without obsessing about it.

**OBERON**

Pages: 176

150 x 230 mm

ISBN: 978-84-415-4658-5

There are lots of books about pregnancy and delivery, but...
what about puerperium?

Learn everything about this transformative time of which
so little is said.

Lost in Puerperium

The Postpartum Life Transformation

Being completely puerperal is not the same as being lost in puerperium. This book explains what happens to our bodies after giving birth, in that famous fourth trimester. Narrated directly and chronologically, this book covers from the placental expulsion until the moment when we manage to adapt to our new life.

This book is not about giving birth and nor it is about breastfeeding or babies. No. This book is about women, mothers, their bodies, their changes, their hormones, and their needs. It explains what happens to our bodies in different contexts and situations, in order to what we are feeling throughout this phase and the reasons explaining why all this is happening to us: what to do, who to turn to, or what to avoid. With science and conscience.

Ascensión Gómez

Studied nursing because she wanted to be a midwife, and then physiotherapy. She merged both passions, being a midwife and being a physiotherapist, and has worked ever since independently and dedicating all her attention to the female perineum in sexual and reproductive health. Her own motherhood experiences have given her, as a midwife and physiotherapist, a broader and more realistic vision of what she was taught at university. Now, as a pleasure activist, she dedicates her professional time to training as well as to managing her own clinic (Ascensión MatroFisio). In the past she worked as a nurse for 10 years in a public hospital, and then as a midwife for 6 years, both in the delivery room and in primary care, while also attending births at home. Her personal time is dedicated to activism, spending time with her daughters and her partner, and doing nothing when her mind allows for it.

**OBERON**

Pages: 224

150 x 230 mm

Two-colours

ISBN.: 978-84-415-4742-1

Stop Suffering or Stop Living

The Duality of Suicide

This book takes a comprehensive look at the pressing and topical issue of suicidal behavior. Figures are increasingly alarming, they shout at us, and as the World Health Organization indicates, they have reached the category of a public health problem, as well as a social problem: more than eleven people take their own lives every day in Spain.

Suicide can be prevented and the first step is to talk about it. Almost no one wants to die, but some wish to stop suffering. Throughout its ten chapters we will cover the key areas to approach this problem. Youth and adolescent suicide is also analysed, as well as the influence of the school environment, and a specific approach to those who remain: the family and relatives; the “survivors” of suicide.

Enrique Galindo Bonilla

Is a psychologist and writer. He works in the Health Service of Castilla-La Mancha (Sescam), having spent more than 15 years as a Senior Technician in the planning service of the Ministry of Health. He is a member of the Regional Group of Experts in Suicide Prevention and has collaborated for more than 10 years with the Telephone of Hope (Spanish National Suicide Prevention Service).

Francisco José Celada Cajal

Holds a PhD in Health Care from the UCM, is a teacher and researcher, and works at the Emergency Department (112) of Castilla-La Mancha. He is a member of: Regional Group of Experts in Suicide Prevention of Castilla-La Mancha, the Spanish Foundation for Suicide Prevention, PAPAGENO (professional platform for suicide prevention), and the Editorial Committee of the Ocronos Journal.

Parenting

NON-FICTION / Parenting



OBERON

Pages: 296

150 x 230 mm

ISBN.: 978-84-415-4551-9

The Science of Infant Sleep

Understanding our Children's Sleep

Sleep is a major concern for parents in our modern society. Parents ask themselves questions such as whether children should be left to cry until they fall asleep, whether they can sleep with their children, or what is the right time for bedtime. But is infant sleep a purely “scientific” or “medical” question? Can, or should, the limited view of a single scientific discipline normativize the complex behavior of parents towards their children?

In order to answer these questions, the author has been immersed for many years in the study and analysis of the scientific and informative literature on infant sleep. As a result of this conscientious work, the blog “The scientific debate on the reality of infant sleep” was born in 2012.

This new and completely updated edition is the most rigorous book available on the science of infant sleep. All the information is presented in a straightforward and practical manner, written in a concise and pleasant language.

María Berrozpe

Holds a PhD in Biological Sciences from the University of Barcelona and a master's degree in Social Research in Scientific Communication from the International University of Valencia (VIU). After 8 years dedicated to cardiovascular research at Cardiovascular Research Centre (IIBB/CSIC Research Institute) at the Hospital de la Santa Cruz y San Pablo (Barcelona) — currently Cardiovascular Research Centre (CSIC-ICCC) —, a fellowship took her to Switzerland where she worked for four years as a postdoctoral researcher in the Cardiovascular Research group at the Institute of Physiology, University of Zurich.

She is a member of the breastfeeding research group at the National University of Distance Education (UNED), an instructor for La Leche League International, author of the book *Sweet Dreams*, co-author of *A New Motherhood* and creator of the blog “Reeducando a Mamá”.

**OBERON**

Pages: 192

150 x 230 mm

Fully illustrated

ISBN.: 978-84-415-4441-3

Screen-Free Education

Learn How to Manage Screens in a Healthy, Positive and Respectful Way at Home

Our children are growing up in a digital environment that is absorbing by leaps and bounds the most valuable thing we humans have: time and attention. Have cases of hyperactivity, attention deficit, and disruptive behaviors in childhood skyrocketed? Are we facing a generation with a defective genetic load? Not at all. Our children have the same potential as those born 60 years ago. What has changed is the environment that surrounds them. Is the brain prepared to healthily develop a way in an increasingly digital and less real environment? This book will give you the keys to manage screens in a healthy way according to the age of your children. Is it possible to educate without screens? Of course, it is not only a challenge for families, but also a social responsibility. Machines cannot come before people. This book will guide you in learning how to give screens an ethical and healthy place in your life and your children's lives.

Each chapter is packed with the awareness, tools, and alternatives you need to implement a screen-free education with a positive and respectful approach. You will be able to initiate the “disengagement” depending on the stage your children are in. “The best thing about living in a respectful, screen-free childhood is learning how to live”.

Marta Prada Gallego

After having her son, she decided to reorient her life and train as a Montessori guide in a children's community (18-months-old to 3-years-old) and later as an AMI guide in a children's home (3- to 6-years-old). Marta is certified as a positive discipline family educator, and she trained as a yoga teacher for children, lactation consultant, and infant massage educator. She started writing her blog www.pequefelicidad.com in 2015 to share her way of understanding childhood. In 2017 “Pequefelicidad” received the award for best blog. Her website accumulates a track record of almost 42 million page views. For years she has travelled all over the country with her family organising face-to-face workshops where she disseminates the Montessori philosophy among families and educators. “My son has taught me to take every step conscious of the footprint I want to leave in the world”.

**OBERON**

Pages: 248

210 x 270 mm

Fully illustrated

ISBN.: 978-84-415-4083-5

Educating in Happiness

Montessori at Home from Principle to Practice

Marta Prada, author of the well-known “Pequefelicidad” blog, presents an inspiring book for any family. Happiness is the ability to savour what surrounds you every day. Childhood is the life stage when we build a healthy and integrated personality capable of experiencing that happiness.

How to get children to become curious, passionate, autonomous, and self-confident? Many families wonder how to respect the child's rhythm with all the rushing, consumerism, screens, inequality, or the environmental pressure they endure.

These pages are full of awareness, tools, and really practical ideas for bringing home the Montessori principles of respect, trust, and love. To educate you don't have to teach, you just need to be. For this reason, in addition to understanding your children better, you will find in this book a practical guide to start working on yourself: more compassionate, more humble, creative and, above all, happier; because overdemand and guilt sometimes prevent us from enjoying one of the most important and beautiful missions in life: being parents.

With this book, you will be able to start a journey to accompany the most significant emotions, milestones, and challenges of childhood: sleep, toilet training, nervousness, conflicts, fears...

Educating in happiness is educating for life.

Marta Prada Gallego

After having her son, she decided to reorient her life and train as a Montessori guide in a children's community (18-months-old to 3-years-old) and later as an AMI guide in a children's home (3- to 6-years-old). Marta is certified as a positive discipline family educator, and she trained as a yoga teacher for children, lactation consultant, and infant massage educator. She started writing her blog www.pequefelicidad.com in 2015 to share her way of understanding childhood. In 2017 “Pequefelicidad” received the award for best blog. Her website accumulates a track record of almost 42 million page views. For years she has travelled all over the country with her family organising face-to-face workshops where she disseminates the Montessori philosophy among families and educators. “My son has taught me to take every step conscious of the footprint I want to leave in the world”.



**OBERON**

Pages: 304

150 x 230 mm

Two-colours

ISBN: 978-84-415-4537-3

Welcome Adolescence!

Change the Way You Look at Things, and Things Will Change before Your Eyes

If anything is more difficult than having a teenager at home, that is being that teenager. Their physical appearance often resembles that of an adult more than that of a child, so they are often required to act like real grown-ups.

No mother or father is born knowing how to be a parent. We learn on the fly and many times we have to draw from our own experience. And what is our closest experience? Our own adolescence. But today's teens have nothing to do with previous generations of teenagers and therefore, the strategies that were used in the past are now meaningless.

Thanks to scientific advances, we have more and more information about how the adolescent brain works; a still-growing and still-learning brain.

The intention of this book is to accompany professionals and families in their quest to take care of adolescents with affection and respect, providing them with the necessary tools and knowledge to do so.

Carmen Esteban

While studying Psychology, she began her professional career as a volunteer accompanying a group of teenagers with cancer in the ASPANION association.

Carmen is a Health Psychologist specialized in perinatal, child, and adolescent stages, and she currently works as psychologist and counselor at British College La Cañada (Secondary and High School stages). She is also responsible for the department of "Child Welfare and Protection" of the school.

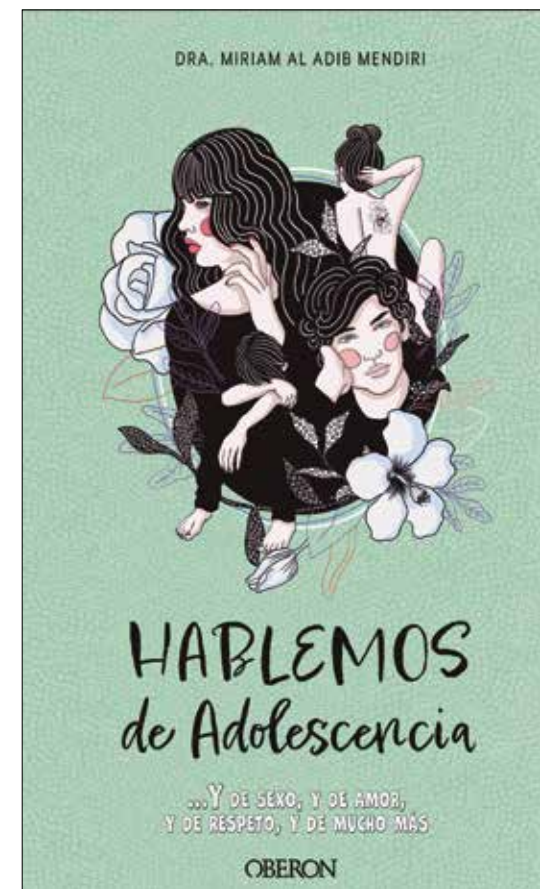
In her free time she likes to share her passion for psychology on her social media, where she is known as:

@mipsicologainfantil (Instagram&TikTok)

@mipsicologainfantilyperinatal (Facebook)

@mipsicologainf (Twitter).

In addition, she gives psychology talks to families in schools, kindergartens, town halls, and online platforms. Carmen is a professor of the master's degree in School Nursing of the AMIR Group at the National University of Distance Education (UNED).

**OBERON**

Pages: 200

150 x 230 mm

Fully illustrated

ISBN: 978-84-415-4657-8

Let's Talk about Adolescence

... And about Sex, Love, Respect, and a Whole Lot More

Much has been said about the key role of sexuality education in preventing adolescents from taking risks that could damage their integrity. There has been a wide discussion on the inclusion of human sexuality in education programs. But what does sexuality education actually entail? Teaching reproductive biology? Explaining how to use a condom? Warning young people about the possible risks of sex?

It goes without saying that sexuality education extends far beyond this reductionist view, because human sexuality is not limited to sexual intercourse, but is indeed a central aspect of being human throughout our existence.

Sexuality involves establishing a connection with one's own body (and with another body, should the experience be shared). It is about respect as well as about not hurting others or getting hurt. It's a far cry from what some may believe, because sexuality education is indeed a question of human rights.

Miriam Al Adib Mendiri

Is an ob/gyn by profession in practice since 2002. In addition to clinical practice she teaches a master degree's course in Sexology, provide courses for professionals, and is also a lecturer at conferences and seminars. Miriam is a reputed communicator through various media, and facilitator of workshops on issues related to women's health from a biopsychosocial and gender perspective.

The daughter of a Syrian father and a Spanish mother, she was born in Almendralejo (Badajoz) and is the mother of four daughters.

Reference



OBERON

Pages: 192

190 x 190 mm

Two-colours

ISBN.: 978-84-415-4676-9

Accept the Inevitable

A Stoic Anthology

What is so special about Stoicism? Why can it, despite being more than 2,000 years old, still catch the attention of so many people who endeavour to apply its teachings to their daily lives?

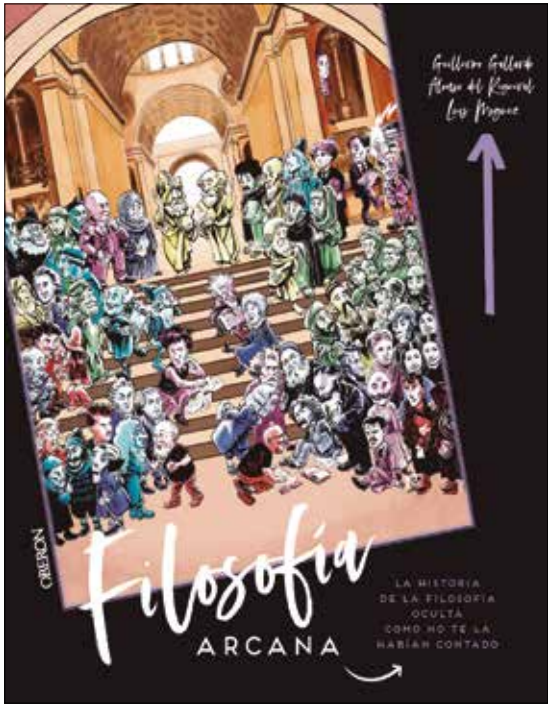
This book is a small collection of stoic quotes that can be read at leisure, reflected upon, then applied to your own life. Exercises of the most eminent stoics are also included, as well as a historical introduction to contextualise the life and works of each philosopher.

So, take the first step towards a more meaningful life by exercising constructive self-criticism, and accepting that we cannot change the inevitable. Only once you have become aware of this fact, internalised it, and accepted it, will you be able to enjoy a fuller life, and forge ahead.

Eva Margarita García

Holds a PhD in Anthropology, a master's degree in Gender and Feminisms, as well as a bachelor's degree in Philosophy. She combines her work as an informational text editor with that of collaborating lecturer at the Universitat Oberta de Catalunya, in addition to giving talks and conferences nationwide.





OBERON

Pages: 216

190 x 230 mm

Fully illustrated

ISBN: 978-84-415-4629-5

Arcane Philosophy

The History of Occult Philosophy as Never Told Before

Arcane Philosophy invites you to embark on an adventure, to leave behind the comfort of our restricted and conventional isle of knowledge and to venture out onto the vast ocean that stretches beyond its shores. A *Mare Tenebrosum* whose bounds can only be discerned by our imagination and by fantasy if you wish, and yet well within the realms of philosophical inquiry. Indeed, as anyone browsing the pages of this book will discover, there is a hidden philosophy brimming with secrets, mysteries, and enigmas, captivating the minds that, throughout history, have been able to appreciate its message. A philosophy which, in its own way, has contributed to extending the frontiers of academic science and philosophy, and continues to do so.

Curiosity about the arcane, fantasy, and imagination, which are, after all, fundamental elements for the philosophical spirit that dares to learn more. As Albert Einstein stated almost a century ago (1926): “Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world...”

Guillermo Gallardo

Holds a degree in philosophy and a master’s degree in Education from the UCM. He is a high school teacher, Secretary of the Society for Applied Philosophy and the patient intelligence behind the jokes, compilations and contents of SOFIA.

Alonso del Regueral

A kabbalist and scholar in matters of occultism, necromancy, alchemy, astrology, and other esoteric knowledge. He has been, since its foundation, an eminent collaborator of the Society of Applied Philosophy (SOFIA). Member of the Círculo de Iniciados de la Fuente Labrada, he is the creator, together with Hipólito Montenegro —a reputed member of the Círculo— of *El Esotérico Ilustrado*, a publication that has been present in social media for more than a decade.

Luis Míguez

He began his university studies in Philosophy, which he abandoned in favour of his true passion: graphic arts. He studied at the Escuela de Arte Nº10 in Madrid and holds a master’s degree in Art for Videogames from UTAD. He has drawn comics, illustrated children’s books and role-playing games, and given talks and workshops.



OBERON

Pages: 272

250 x 250 mm

Fully illustrated

ISBN.: 978-84-415-4632-5

I Have Seen Things You Wouldn’t Believe

The Other History of Antiquity

Someone said, and said well, that “those who don’t know history are doomed to repeat it, and those who do know it are doomed to see how history repeats itself because of those who don’t know it”. We are committed to help more and more people learn more about history. We know that if Cleopatra’s nose had been shorter, the history of the world would have been different; we know that Babylon was nothing more than an infinite game of chance, and we are certain that dinosaurs can never be seen in a park. However, we do not know, for example, where the construction workers went after they finished building the Chinese Wall. So, since everything we do in life echoes into eternity, we consider neither retreat nor surrender, and if the arrows our enemies shoot blot out the sun, we will fight in the shade. I know that a single slave can become more powerful than the emperor of Rome, but it is better to start this adventure accompanied. That is why I am going to do it with Xurxo, a great illustrator and a great friend, who will make a connection with the past so that you can contemplate life as it was in antiquity. Popcorn is optional, but learning about history... be my guest.

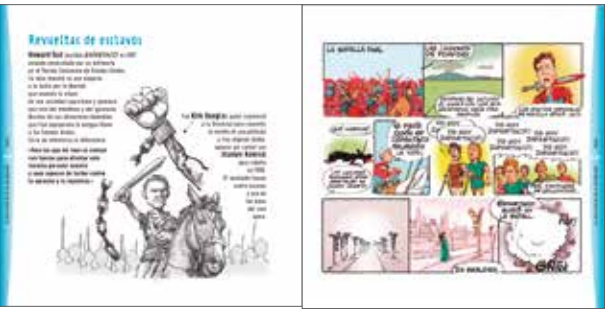
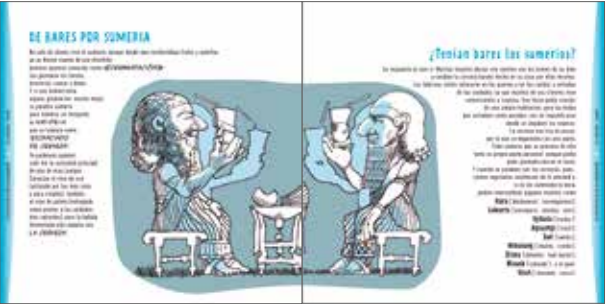
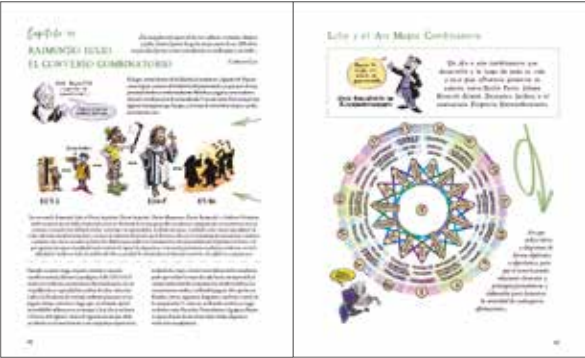
Javier Sanz

History educator through the blog “Historias de la Historia” (Best Spanish-speaking Cultural Blog in 2010 and 2011); a YouTube channel sharing the same title; talks and conferences; collaborations on radio shows (Gente Despierta, La Rosa de los Vientos and Más de Uno, and Aragón Radio), press and magazines (*XL Semanal*, *Historia de Iberia Vieja*, *Diario de Teruel*, and *Revista Medieval*); 8 published books about history, 3 audio series on Storytel, and a podcast on Podimo. In addition, he has been director of the short story magazine *Entropía*, the interactive magazine “iHstoria” and creator of the Letras en el Sahara solidarity initiative.

Xurxo Vázquez

Self-taught artist, creator of the blog “La viñeta Satírica”. He is devoted to graphic humour, illustration, and comics. He has collaborated with his graphic stories in the *Entropía* magazine and in the interactive digital magazine “iHstoria”.

He has made illustrations and humorous cartoons for tue sites *La cremallera* and *Unbreak, the magazine that moves*. He has illustrated among other books: *Nunca me aprendí la lista de los reyes godos*, *De lo humano y lo divino*, *Fuego a discreción*, *Los inventos de los antiguos*, and *Ni tontas ni locas*, all published by Oberon.





OBERON

Pages: 176

190 x 230 mm

Fully illustrated

ISBN: 978-84-415-4716-2



Secret Tips to Heal Your Plants

A Guidebook to Natural Healing for Your Garden and Veggie Patch

This book came to light with the idea of sharing the best natural remedies for taking care of your plants in an eco-friendly way. The reader will find all the knowledge needed to adequately fertilise and protect their plants by using just plant-based preparations and extracts.

After reading this book the reader will be able to make their own plant care preparations, while learning fun facts about how plants can take care of each other and protect themselves.

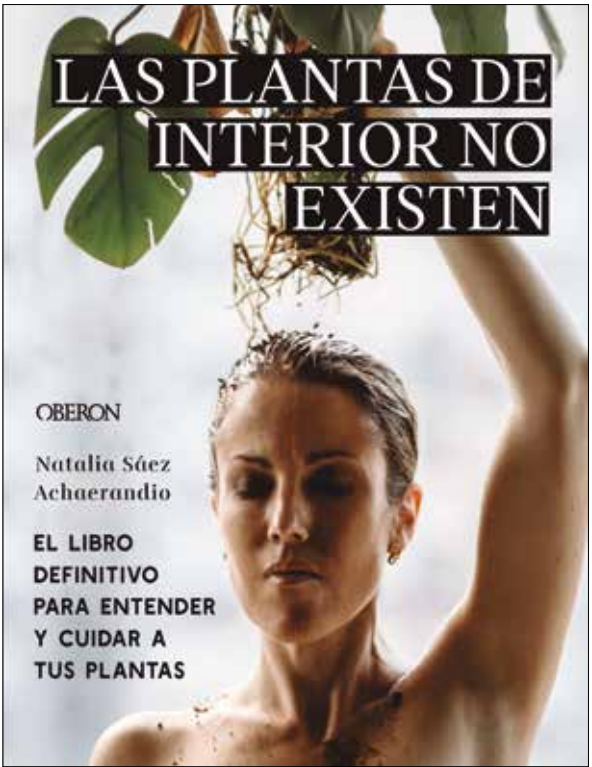
The book includes 20 data sheets describing the properties of 20 amazing plants that can protect and heal other plants: fungicides, insecticides, or natural fertilisers.

Dare to prepare your own homemade remedies using plants as it was done in the olden days. Make the most of what our planet offers us and get back in touch with nature.

Iván Vázquez

Iván Vázquez has been organic farming for more than 10 years. He has over 1 million subscribers to his YouTube channel and more than 120 million views. Iván authored *Huerto urbano para todos* (Urban Veggie Patches 101) and is passionate about growing vegetables and fruit trees.

His path towards organic farming has bypassed all conventional chemical products used in agriculture. Instead, Iván discovered dozens of natural remedies and experimented with them in his farm. This book compiles all those experiences in a comprehensive and easy-to-follow guidebook on how to prepare and use biopreparations to adequately protect and take care of your plants.



OBERON

Pages: 256

190 x 230 mm

Fully illustrated

ISBN.: 978-84-415-4539-7

No Plant Is an Indoor Plant

The Ultimate Book for Those Trying to Understand Their Plants and Take Good Care of Them

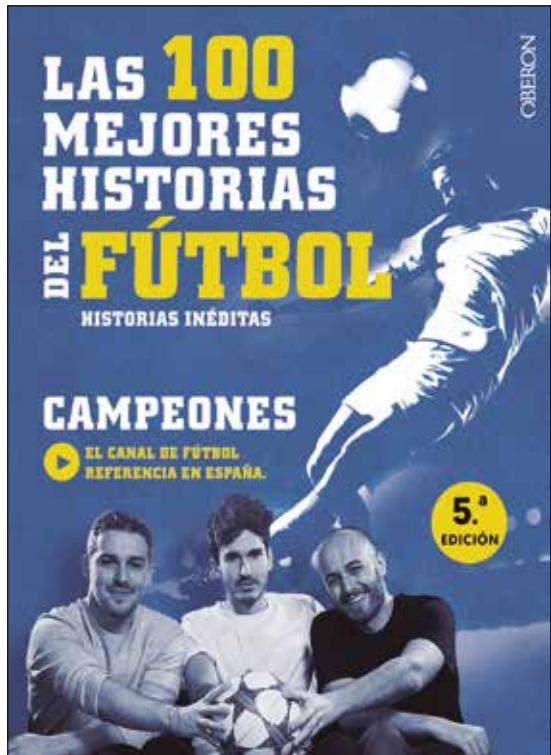
“I don’t have green fingers”. Does this phrase ring a bell? The problem is not you, but the false belief in the existence of a universal method for cultivating plants, equally valid in Madrid, Bogotá, or Berlin. We have been told how to care for plant life by simply following certain guidelines and routines, instead of focusing on each plant’s actual needs.

Natalia is an architect and author of the blog “En abril hojas mil” (*Shoots and leaves grow in spring*). In this book she will teach you how to take care of plants according to their natural character and their basic needs as living beings. She will turn your attention to understanding each plant’s specific needs, avoiding magic formulas or standard recipes.

No Plant is an Indoor Plant will take you on a trip across the defining features of the kingdom of plants and how to take care of them. The author has compiled throughout years of experience dozens of tips, clues, and cues that are essential for an optimal plant care. The book ends with a selection of “care fact sheets” describing how the most sought-after plants in recent years may be successfully grown. These sheets approach care from the point of view of the plants’ needs and guarantee their healthy growth no matter where the reader stands on the planet.

Natalia Sáez Achaerandio

Is an architect and former “brown thumb”. In 2015 she decided to change her professional path by taking a master’s degree in Digital Business. At the same time, seduced by new trends in decoration, she decided to learn how to grow plants. Her new hobby quickly trapped her, and she learnt about many fascinating plants she did not know about. At the same time, torrents of complex and contradictory information flooded to her mind, with many pieces of advice being contrary to her actual experience. After reading countless books and articles, and with a few mistakes on her record card, in 2017 Natalia decided to launch “En Abril Hojas Mil” (*Shoots and leaves grow in spring*), a blog about plant care especially designed for beginners and inexperienced plant lovers. All the tips and recommendations collected on the blog are based on her own experience and presented in a simple and straightforward manner, just in the way she would have preferred to learn about plants and horticulture.

**OBERON**

Pages: 232

210 x 270 mm

Fully illustrated

ISBN: 978-84-415-3893-1

The 100 Best Soccer Stories

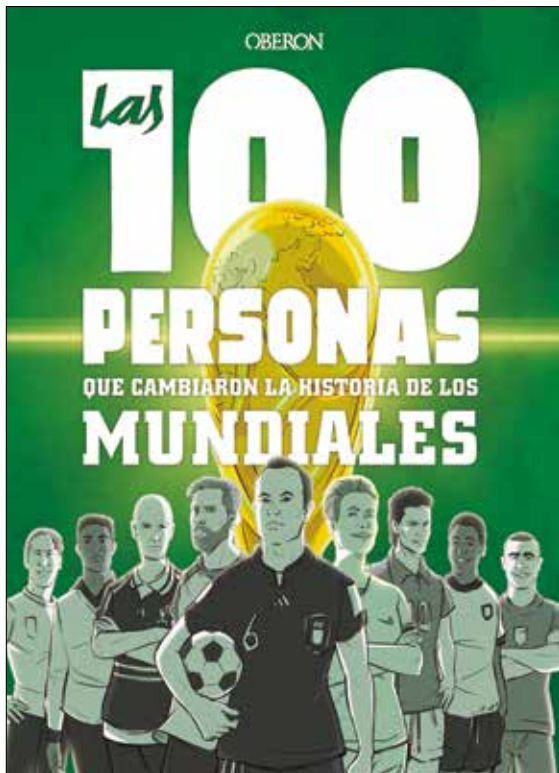
Unpublished Stories

The ball is the true protagonist and has been relevant throughout history. This book is full of anecdotes that reflect the actual magnitude of this beautiful sport, from the most memorable moments to the most hidden jewels. And the fact is that our ball, let's be honest, does not cut corners.

The “Campeones” (Champions) YouTube channel features some of these stories, but many others deserve to be told. This book intends to be the ultimate soccer/football guide covering all that is relevant in the history of this game: from the biggest win in soccer/football history (149-0) the worst cheater in the history of footie. These are 100 stories of the “Champions” of our sport.

Campeones

“Campeones” is a football/soccer YouTube channel in which the ball is the true protagonist. A dribble, a foul, a celebration, a goal... anything to be the champions!

**OBERON**

Pages: 224

210x 270 mm

Fully illustrated

ISBN.: 978-84-415-4662-2

This book will leverage
the growing anticipation
generated by the 2022 World
Cup in Qatar.

100 greatest stories: 8,617
copies sold.

100 people: 7,166 copies sold.

The 100 People Who Changed the History of the World Cup

The Most Influential Figures in
the World’s Most Eagerly Awaited
Tournament

TheWorld Cup is the most eagerly awaited tournament in the world’s most popular sport. Since 1930, this four-yearly event has brought the whole planet to a standstill, stirring an interest that can be matched by the Olympic Games. This book endeavours to identify the 100 most influential figures who have made the greatest impact on this championship.

Within these pages, you’ll set sail on a ship bound for Uruguay and end your voyage in Qatar, a host still clouded by a lingering shadow of suspicion. Each port of call has a story to tell, featuring either a figure in the leading role or a person that played an important part in a ground-breaking moment.

From Lucien Laurent, the first player to score a goal in a World Cup, to Leo Messi or Cristiano Ronaldo, who will play in Qatar their fifth intercontinental tournament, joining a list formed by “Tota” Carbajal, Rafa Márquez, and Lothar Matthäus, without forgetting Mwepu llunga and his controversial play that tragically injured Neymar Jr in the 2014 World Cup.

Guillermo González Robles

Also known as Guille Glez in social media, Guillermo studied Journalism at the Complutense University of Madrid. He developed his career in traditional media outlets such as Marca and Eurosport. He used two YouTube channels, “Campeones” and “Charlas de Fútbol”, as his very own sounding boards. His work in these media bore fruit with the publishing of books such as *Las 100 mejores historias del fútbol* or *Las 100 personas que cambiaron la historia del fútbol*, both co-authored by Guillermo.

“Madridista” by birth and “romanista” by choice, he loves talking about his two main passions, journalism and soccer, in his social media.



PhotoClub

Photo Club

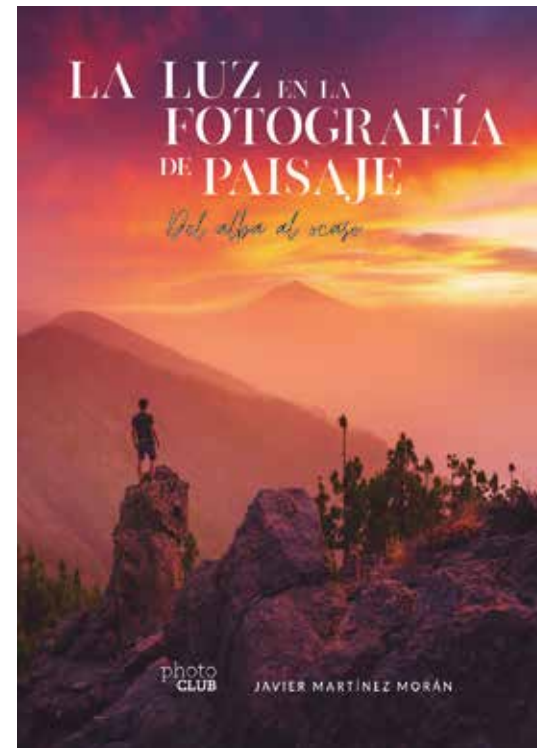


PHOTO CLUB

Pages: 320

185 x 240 mm

Fully illustrated

ISBN.: 978-84-415-4466-6

Using Light in Landscape Photography

From Dusk till Dawn

From the moment light first emerges in the east until darkness reigns again, an endless world of possibilities opens up for the landscape photographer. Natural landscapes or cityscapes... at sunrise, during sunset, or in broad daylight. Any time is a good time to take photos if we master the use of light and harness it to our advantage.

In this book I will explain how I deal with these diverse scenarios and how I solve the challenges each of them presents, with a single goal in mind: bring home a memory card full of good shots, memories, and moments.

I will show the reader how to adequately plan their shooting, as well as to select those tools that will help the most, depending on the light conditions throughout the day. I will take you on a photographic tour of my snapshots, taken with different lighting and using different techniques. All I do is work hard to get the most out of each session. Each and every one of those captures comes with a full description of the production process, as well as its composition, technical data, and processing settings.

Javier Martínez Morán

Is a Spanish photographer and architect, specialising in travel, landscape, astrophotography, and architecture photography. He enjoys combining his three greatest passions: mountains, photography, and stars.

In 2017 Javier won the “Centenary of the National Parks” photography competition organised by MAPAMA in Spain. He has also obtained mentions and prizes at the Sony World Photography Awards (2017) and at the Kolor Panobook Awards (2015 and 2016). His photographs have been published by international media such as *National Geographic*, *BBC*, *The Daily Telegraph*, and Spanish media such as *El Mundo*, *La Vanguardia*, *Diario de Avisos*, and *El País*. In fact, *El País* named Javier as one of the “10 Spanish photographers to follow on Instagram in 2018”. One of his photos, “The Moon between the Four Towers of Madrid”, was chosen “Astronomy Picture of the Day” by NASA.

Javier is the author of the book *Astrofotografía: el paisaje nocturno* (Astrophotography: the night landscape, Photoclub), and he is also one of the coaches at the online academy Fotodidacta, which he runs together with Abián San Gil.





PHOTO CLUB
Pages: 288
185 x 240 mm
Fully illustrated
ISBN.: 978-84-415-4272-3

Portraits

Lighting Techniques, Posing Direction, and Light Quality Management

Photographing people is one of the most interesting areas in photography, but it is also one the most complex. It requires the ability to tell a story beyond what is seen in a gesture, a glance, or a smile, and that is why it has captivated generations of photographers. However, it has also sent many others down the well of despair after becoming stuck in technical dead-ends or losing their artistic inspiration. Some of these photographers have seen themselves incapable of reflecting in their photos the beauty they see in their minds.

A key factor allowing the photographer to convey those sensations is the use of lighting as “conscious light”. The control of light offers infinite potential to recreate moods and atmospheres, but only if we are able to visualize, understand, and apply it.

Those who never dared to dive into portrait photography will find in this book a way to express themselves through the images of others. If you are a natural light photographer, the theory and practical exercises included in the book will allow you to enter a new world of light and emotions. For those readers already experienced in both areas of photography, the author explains here its personal and distinct method to understand portrait photography based on the holistic mastering of lighting, one of the greatest creative resources in photography.

Antonio Garci

Is a professional photographer based in Madrid and specialised in studio photography: portraits, catalogues, fashion photography, and advertising.

Antonio’s works have featured in several printed and digital media, but his true passion is teaching. Since 2012 he has organized courses and workshops all over Spain, and he manages his own YouTube channel on photography and lighting. Antonio offers several courses through the online training platform Domestika, and he works regularly as an ambassador and trainer for prestigious brands such as Profoto, Olympus, Zhiyun, Sigma or Benq. Antonio is one of the teachers at the Too Many Flash School of Photography in Madrid.

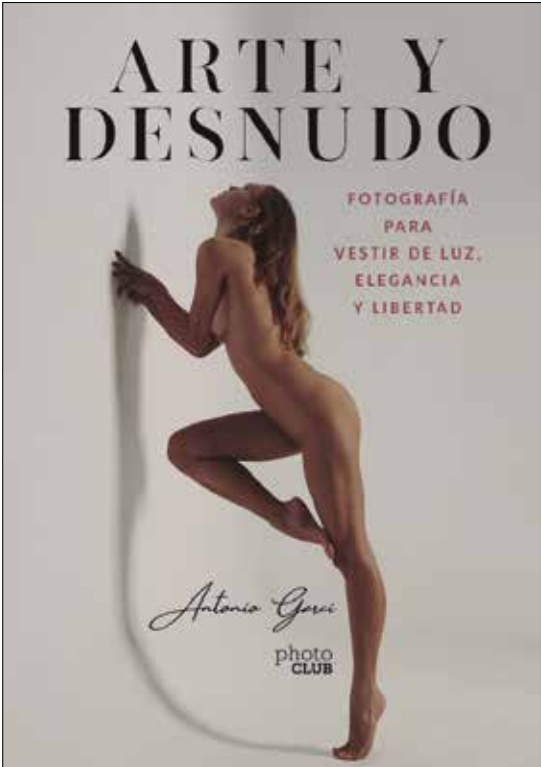


PHOTO CLUB
Pages: 320
185 x 240 mm
Fully illustrated
ISBN.: 978-84-415-4455-0

Nude Art Photography

Snapshots Dressed up in Light, Refinement and Freedom

The true image of the human body, dressed up in light and expressing profound emotions running through its skin. This is the definition of nude art photography according to Antonio Garci. This new book condenses the technical and aesthetic foundations of nude photography by combining practical exercises, theory, and inspiration.

The art of nude photography speaks of the human body, of its frailty and resilience. It captures the subtlety of a gesture and the power of a gaze. It speaks of freedom, power, sex, love, loneliness, and beauty. And it does so clearly because it complies with the golden rule of the power of the image: when you remove all that is accessory, the truth remains.

While navigating through this book, the reader will discover how to take their first steps into the world of nude art photography, starting with how to find models and adequately communicate with them. It provides with posing guides, lighting setups, as well as the key elements that allows the photographer to obtain a subtle, sensual, and elegant image of the human body. The light will create, the human touch shall transform, and your vision will chisel out your very own style.

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