

FOREIGN RIGHTS CATALOGUE



ARMENIA

Terra Nuova
EDIZIONI



il castello
collane tecniche

red!

SUMMARY

EMBROIDERY & KNITTING

STUDIO

ART & CRAFTS

LIFESTYLE

GARDENING

MIND, BODY AND SPIRIT

ACTIVITY

PARENTAL GUIDES

PHOTOGRAPHY

SELF-HELP

REFERENCES

RELIGION, ESOTERIC AND MAGIC

NUTRITION & HEALTH

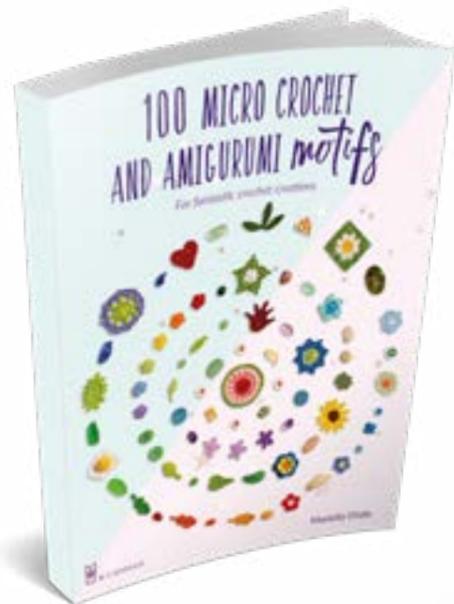
MUSIC

FITNESS

GIFT BOOKS

The author

MARIELLA VITALE is a “Fellow” of IGMA (International Guild of Miniature Artisans). Her projects are published in miniature and crochet magazines. She collaborates with the “Dollshouse and Miniature Scene” English magazine. On the web her nickname is MUFFA Miniatures.



PAGES: 96, colour illustrated
 FORMAT: 215 x 280 mm, paperback with flaps
 PRICE: € 18,00

The micro crochet technique allows you to miniaturize your projects and opens up a world of possibilities. You will find instructions and diagrams for many small objects that you can use for different applications, for creating jewelry, for scale models or simply for the love of making something to admire and collect. Lots of patterns and ideas to use for your creations.

NEW TITLE
 FEBRUARY



OF THE SAME AUTHOR

For the amigurumi technique, the crochet stitches you need to know are the basics. In a short time and with a little patience you can create something truly unique, perfect for a gift or collectible.

PAGES: 120, colour illustrated
 FORMAT: 210 x 210 mm, paperback with flaps
 PRICE: € 16,00

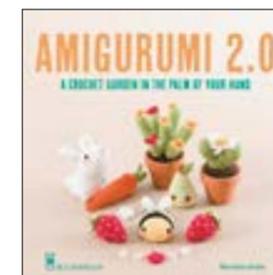
NEW TITLE
 SEPTEMBER



LAYOUT
 IN PROGRESS



PAGES: 120, colour illustrated – FORMAT: 210 x 210 mm, paperback with flaps – PRICE: € 16,00



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PAGES: 96, colour illustrated – FORMAT: 210 x 210 mm, paperback with flaps – PRICE: € 16,00



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 French



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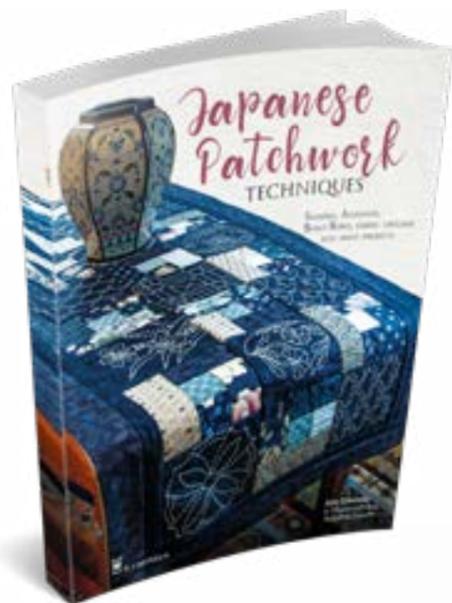
PAGES: 144, colour illustrated – FORMAT: 210 x 210 mm, paperback with flaps – PRICE: € 16,00



EMBROIDERY & KNITTING

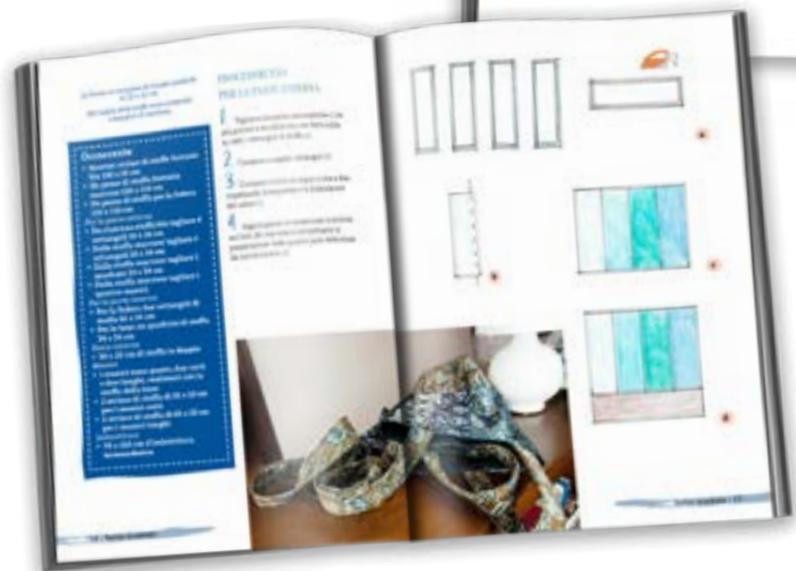
The author

IOLE DINNELLA, met patchwork many years ago now. She conducted workshops at the Università Popolare di Parma and in 2006 founded the ArtePatchwork Association, of which she is president. She is a regional delegate of the National Quilt Association Italy.



PAGES: 128, colour illustrated
FORMAT: 215 x 280 mm, paperback with flaps
PRICE: € 19,50

This book is the fruit of the collective work of a group of enthusiasts, who rediscovered and reworked Japanese sewing techniques, contaminating them with their own experience and taste. The result is lots of creative projects, with wonderful ideas for home decorating. Packed with beautiful photographs and practical charts.



EMBROIDERY & KNITTING

The author

SAMANTA FORNINO has been crocheting since she was 6. She has a master in “made in Italy fashion, luxe and design management”. She lives in Scotland and since she became a mother she has been creating all kinds of accessories for children and for the house. Follow her at: @followthecrochet.

PAGES: 120, colour illustrated
FORMAT: 210 x 210 mm, paperback with flaps
PRICE: € 16,00

With just a few basic crochet stitches and the right instructions, you can create busy Santas, chilly super penguins, distracted reindeer and many characters that can turn into small handmade gifts to surprise friends.

Snowmen, crowns, granny squares and many other elements become also ideas to decorate your house for Christmas. To all that, you add the satisfaction of having made unique creations by yourself!



OF THE SAME AUTHOR



The author

SILVIA RAGA is a scholastic and a children books' illustrator. She is also very active on social media as photographer, crafter and papercut artist. <http://giochi-di-carta.blogspot.com>



Rights sold in: German

PAGES: 144, colour illustrated
 FORMAT: 210 x 210 mm, paperback
 PRICE: € 16,00

Flowers, stars, garlands and also Christmas, table and wall decorations created using different papercraft techniques, from origami to paper cutting.
 More than 25 original creations for decorating your house in a modern and smart way.
 Step-by-step projects with wonderful illustrations.



The author

MARTA RAIMO lives in Milan where she works as a digital copywriter but she also dedicates herself to paper, her great passion, and its infinite application possibilities, including origami. For all these years she has been working with different companies for set-ups and adults and children's courses. You can find her on the social network as Origamate. Her website is www.origamate.com



PAGES: 168, colour illustrated
 FORMAT: 210 x 210 mm, paperback with flaps
 PRICE: € 16,00

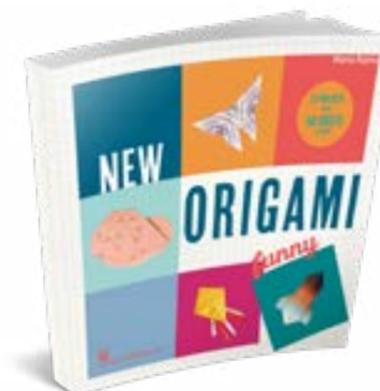
A heart with wings, a whale, a bulldog, a dinosaur - there are so many characters to bring to life with origami!
 You only need a few ingredients, and you can find them all in this book:

- lots of coloured sheets
- step by step photographs
- coloured arrows and detailed instructions

All you need is a bit of practice and a pinch of patience.
 With 50 sheets of paper for creative origami

OF THE SAME AUTHOR

PAGES: 168, colour illustrated – FORMAT: 210 x 210 mm, paperback with flaps – PRICE: € 16,00



The author

ELENA GALLO designs and creates objects, a job that takes her all around the world. Paper and origami are a passion that brings her back to her childhood home.

PAGES: 120, colour illustrated
 FORMAT: 210 x 210 mm, paperback
 PRICE: € 16,00



Every project is clearly illustrated with easy to follow step-by-step instructions and pictures that give a clear idea of the resulting projects. The whole origami world at hand covering a wide range of subjects like animals, plants, flowers and little objects.

PAGES: 160, colour illustrated
 FORMAT: 245 x 245 mm, paperback
 PRICE: € 12,00

Through the simplest origami techniques children can create some easy origami shapes using the funny papers enclosed. 8 funny step-by-step projects + photographs. More than 50 papers sheets enclosed with colourful textures.

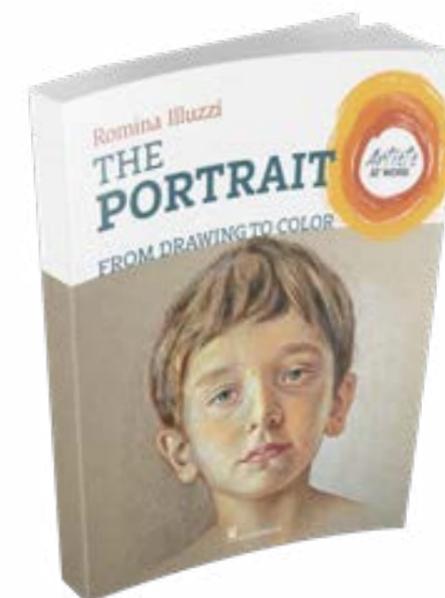


The author

ROMINA ILLUZZI has worked for over ten years as a cultural heritage restorer, training at the Higher Institute for Conservation and Restoration in Rome and directing important restoration sites. Passionate for figurative painting, she has never stopped "making art" while keeping her talent for drawing active. He has held several exhibitions throughout Italy with great public favor. He regularly holds drawing, watercolor, portrait and travel diary courses in Padua, where she lives and works, and in other centers of the Peninsula.

PAGES: 96, colour illustrated
 FORMAT: 215 x 280 mm, paperback with flaps
 PRICE: € 18,00

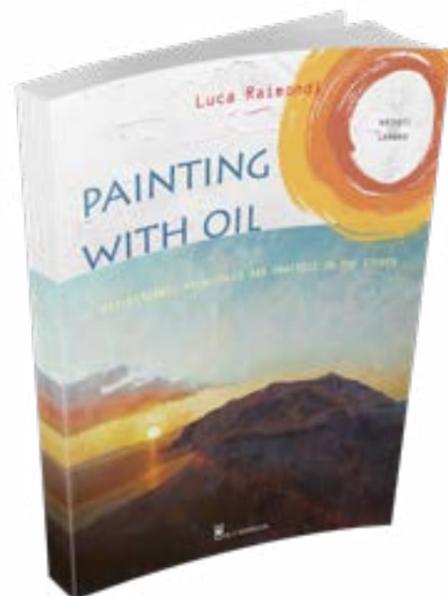
The dry techniques (pencils, pastel, charcoal) are explained in this book in order to exploit their full potential, both for fast and impressionistic sketches and for obtaining hyper-realistic effects. From the basics of the portrait to the analysis of specific technical aspects, combined with the use of colored papers in a chromatic suggestion key. Step-by-step procedures and many examples of portraits characterized by a strong emotional impact, with the analysis of the technical and narrative tools that contribute to their success. All the tips to build a psychologically convincing portrait.



The author

LUCA RAIMONDI, trained using a rigorous method typical of classical ateliers, focused on design, the study of colors and light and the technical knowledge of materials. He studied with Marc Dalessio, one of the most established contemporary landscapers and Nathan Sowa, instructor at the Florence Academy of Art in Sweden. He has exhibited since 2012 in over twenty personal and collective exhibitions. His works can be found in private collections in Europe, the United States and Qatar. www.lucaraimondi.net

PAGES: 120, colour illustrated
 FORMAT: 215 x 280 mm, paperback with flaps
 PRICE: € 19,50



The fantastic tradition of the classic painting here explained in order to master oil painting.

- Practical principles that develop technical abilities and artistic sensibility.
- Pictorial approach based on Chiaroscuro and on the Impressionistic technique.
- Exercises create in order to stimulate your personal taste.

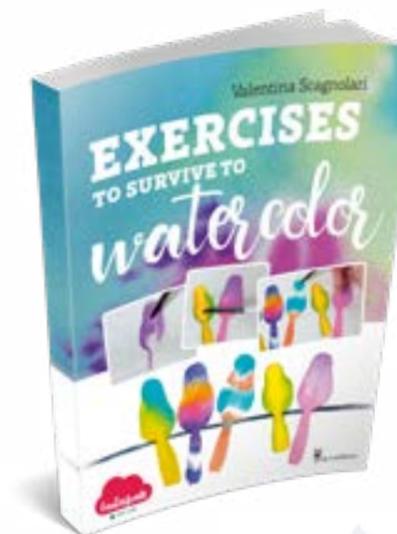


The author

VALENTINA SCAGNOLARI has lived and worked in Italy, Spain and Los Angeles. After studying foreign languages and literature at the Ca' Foscari University of Venice, she decided to follow her dream by dedicating herself to art and illustration. Her adventure began in 2008, when she attended an illustration and watercolor course and participated in several courses at the Sarmede International School of Illustration. Her works have been selected for prestigious illustration competitions and exhibitions in Italy. In 2010 she created a public YouTube channel (Art TV by Fantasvale) dedicated to painting techniques, with a particular focus on children's illustrations. Additionally, she presents a children's art program on a television channel.

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 PRICE: € 18,00

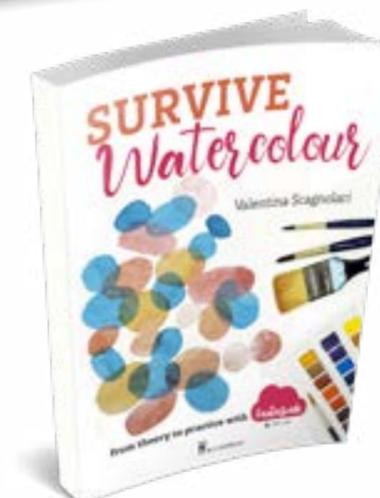
It is not the usual watercolor book that exhibits the author's skill with works unattainable by most beginners. On the contrary, this work shows a series of gradual exercises that allow everyone to find their own measure.



NEW TITLE
 SEPTEMBER

OF THE SAME AUTHOR

PAGES: 96, illustrated –
 FORMAT: 215 x 280 mm, paperback with flaps –
 PRICE: € 18,00



The author

TINO CHITÒ has worked as an illustrator for scholastic books and dictionaries. He has been teaching his main passion, watercolour techniques for 20 years.

The author

ENRICO MADDALENA, was a science teacher in high school and published several books on photography. He holds courses and workshops on photography and life drawing and was the founder of the first urban sketchers group in Abruzzo, Italy.



20 step-by-step mountains, sea and coasts landscapes. In these books Tino Chitò, a successful artist, deals with important themes in painting like balance in composition, perspective, light and colour.

Rights sold in:
French

PAGES: 64, colour illustrated
FORMAT: 215 x 285 cm, paperback
PRICE: € 13,50



PAGES: 208, colour illustrated
FORMAT: 170 x 240 mm, paperback
PRICE: € 16,00

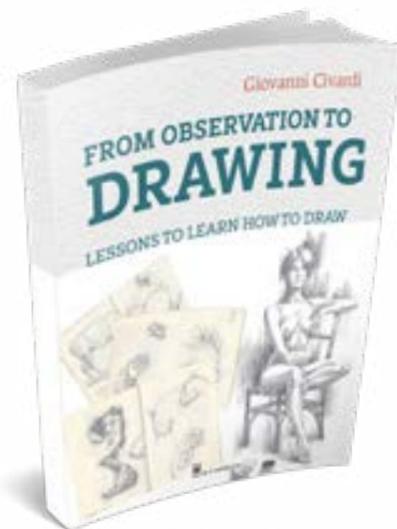
A guide for those who want to learn life drawing and for those who already know how to do it but want to improve themselves. All the necessary suggestions set out clearly and in detail. A thorough work that leaves nothing out, from the sketch with closed eyes to the perspective, from how to reproduce in pencil the textures of the different materials, the shadows and reflections, to the theory of colour and the various watercolour techniques. Rich in images, it leads the reader by the hand into the world of urban sketching.

Rights sold in:
Russian, German, Estonian

The author

GIOVANNI CIVARDI was born in Milan in 1947. While training to become a sculptor, portrait artist and illustrator at the Free Life-Study School of the Accademia di Brera, he also studied medicine and surgery. His experience gained from teaching anatomy, life drawing and portraiture in schools and institutions over many years has led to the publication of numerous books in which Civardi's experiences are brought into focus.

PAGES: 224, colour illustrated
 FORMAT: 215 x 280 mm, paperback with flaps
 PRICE: € 19,50



Rights sold in:
 Spanish w.w.,
 Serbian, Russian

This book considers the different aspects of drawing as a whole, starting from the author's long and direct professional experience.

A very rich iconographic material ranges between various genres, the human figure, the nude, the landscape, the animals, the still life, the portrait ...

The reflections and considerations that accompany even elaborate images go hand in hand with simple graphic schemes that help to understand the concepts.

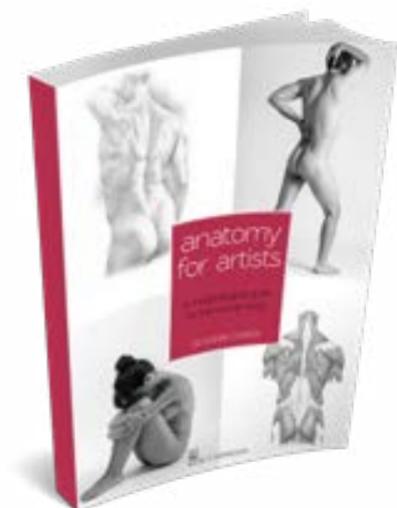
Learning to draw goes from the observation of reality, in order to arrive to understand and interpret it according to its own expressive form.

Completely renewed book by OUR BEST AUTHOR GIOVANNI CIVARDI

PAGES: 256, b/w illustrated
 FORMAT: 210 x 290 mm, paperback
 PRICE: € 29,00

Introductory manual for the study of bones, joints and muscles, richly illustrated with photographs and drawings.

Aimed at students of art schools, academies and artists who intend to devote themselves to drawing and painting the figure.

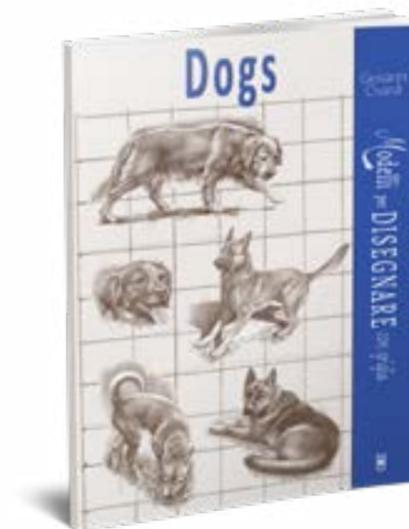


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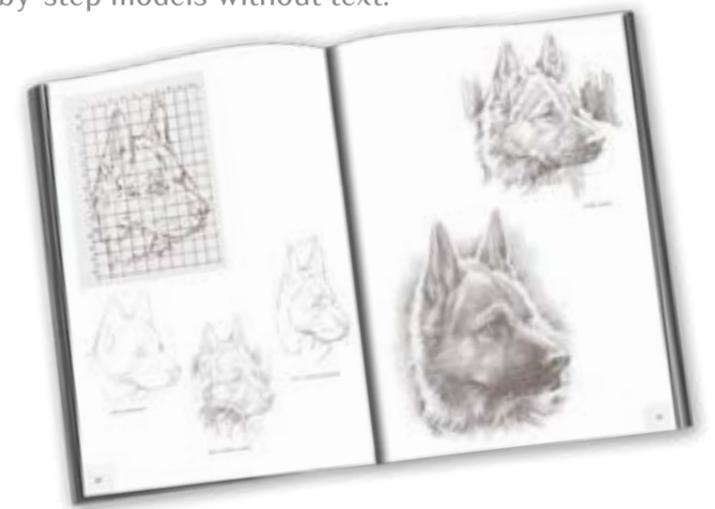
PAGES: 80, sepia illustrated
 FORMAT: 210 x 290 mm, paperback
 PRICE: € 12,00

A GREAT NEW SERIES BY OUR BEST AUTHOR GIOVANNI CIVARDI

A new book from the well-known artist Giovanni Civardi which will help beginners to learn how to draw cats through grids in order to make drawing much more fun and easy! Step-by-step models without text.



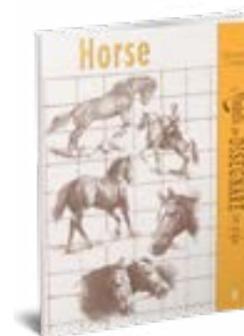
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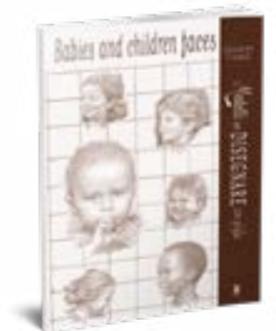
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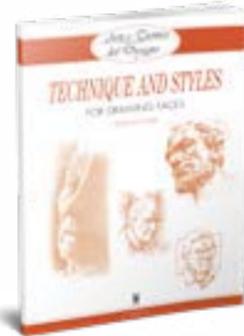


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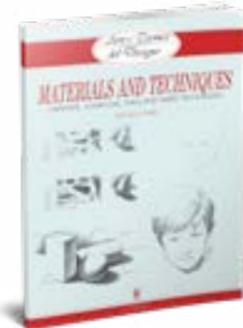
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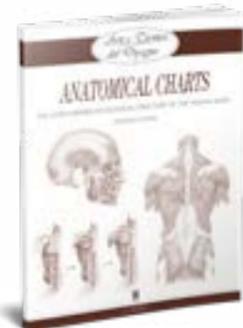
64 pages / b/w illustrated / 210 x 290 mm / paperback / € 9,80



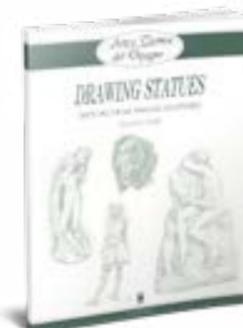
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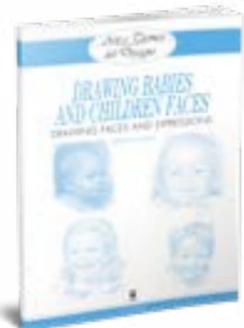
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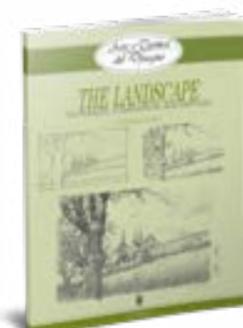
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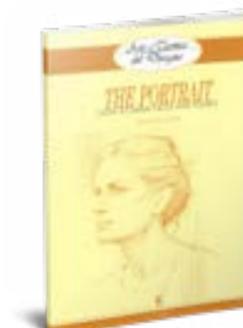
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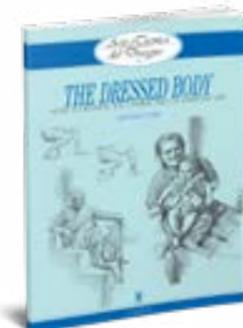
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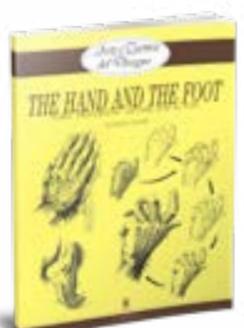
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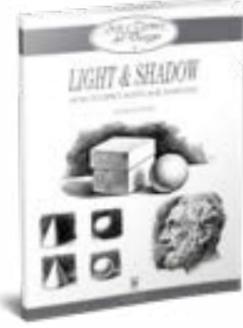
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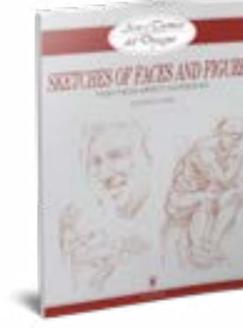
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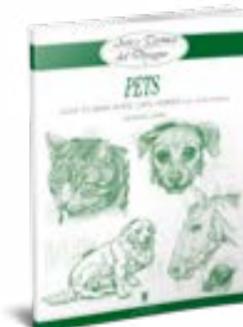
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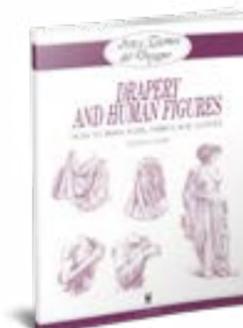
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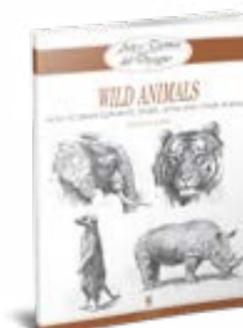
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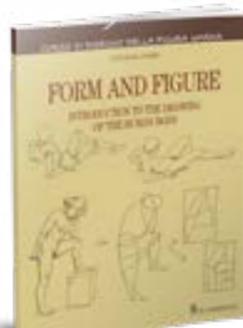
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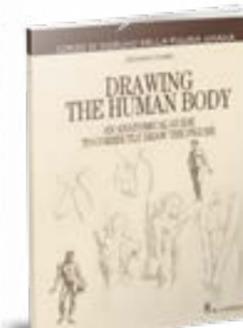
THE HUMAN FORM
160 pages / illustrated / 170 x 240 mm / paperback / € 18,00
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OTHER TITLES BY GIOVANNI CIVARDI

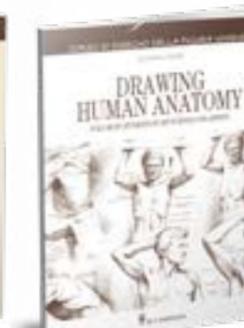
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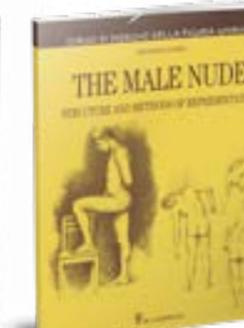
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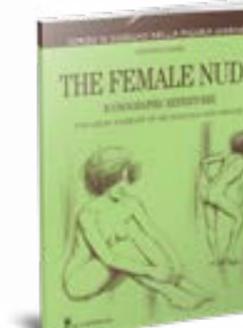
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THE FEMALE NUDE
128 pages / € 16,00
Rights sold in: Spanish w.w., English w.w., Korean

The authors

ANNALISA AND MARINA DURANTE are twins and they work together: they are naturalistic illustrators and wildlife artists. Their illustrations have been published in different countries in children and art books. Annalisa and Marina find inspiration for their art in the wildness and they think that wildlife art, showing the great beauty of the planet, has the mission to sensitize people towards respecting nature.

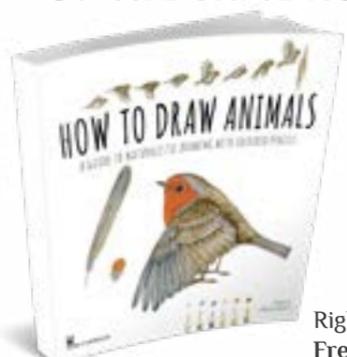
PAGES: 144, illustrated
 FORMAT: 210 x 210 mm, paperback with flaps
 PRICE: € 16,00



In this book, naturalistic observation and love for nature go hand in hand with technical knowledge and attention to the details. Coloured pencils become the agile tool for reproducing both animals near us and exotic ones. Over 20 years of experience of the authors are shared with the reader, transmitting all the tricks to reproduce the characteristic attitudes, the hair, the feathers, the shades of colour.



OF THE SAME AUTHOR



Rights sold in:
French, Estonian

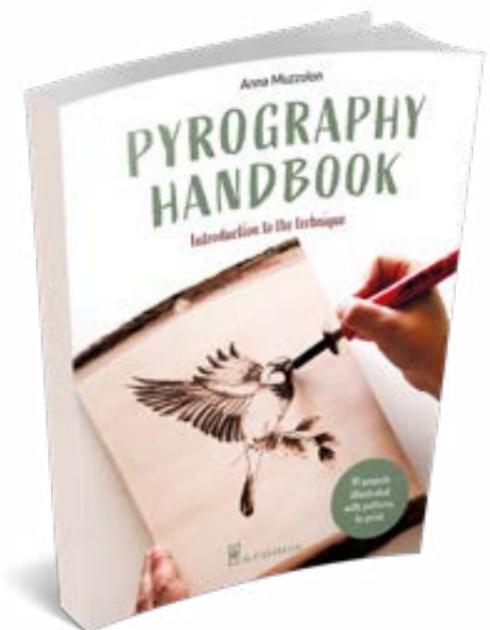
The author

In 2019 ANNA MUZZOLON opened a website completely dedicated to pyrography. Thanks to her social channels, she approached thousands of people to this art form. Today she teaches both online and in-person decorating in modern style.

PAGES: 144, illustrated
 FORMAT: 165 x 210 mm, paperback with flaps
 PRICE: € 18,00



The accessibility and affordability of materials allow the ancient artistic technique of woodburning to become increasingly popular today. After an overview of the necessary tools and materials, 19 projects are presented, illustrated and explained step by step. The author, who is very active on social (annarte_pirography; annarte.net) and at trade fairs, guides the beginner through progressive difficulties to learn how to move independently. With QR code to download instructional videos and patterns.

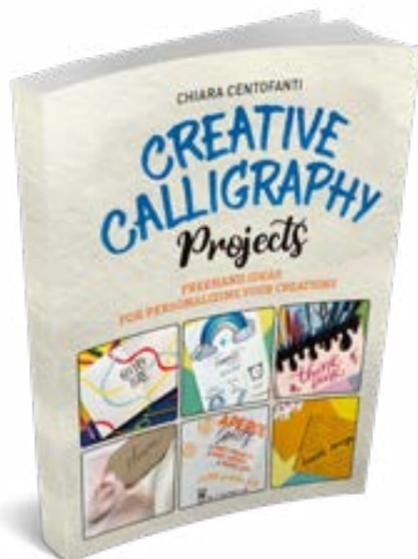


The author

CHIARA CENTOFANTI works as a freelance graphic designer and calligrapher. Her passion for handwriting dates back to high school, when she attended her first English cursive course, and then landed many years later in the varied world of lettering. She holds courses and workshops on brush lettering and other calligraphic styles and techniques. She is very active on social networks where she is known as Chiarae.Litterae with over 28,000 followers

PAGES: 120, illustrated
 FORMAT: 215 x 280 mm, paperback with flaps
 PRICE: € 19,00

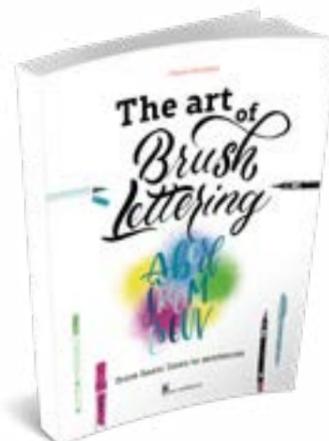
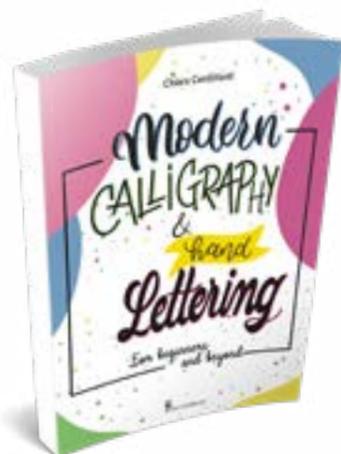
This book teaches how to use different calligraphy styles to personalize everyday objects, making them unique and special creations. Not only greeting cards and invitations, but also place cards, recipe books, picture frames, stickers... for decorating with personalized lettering even different materials, such as ceramics, glass, fabrics. Furthermore you will find instructions for learning some alphabets and step-by-step explanations for applying them in concrete projects. A guide to moving from theory to practice in calligraphy.



OF THE SAME AUTHOR

PAGES: 112, b/w
 FORMAT: 215 x 280 mm, paperback
 PRICE: € 9,90

PAGES: 120, colour illustrated
 FORMAT: 215 x 280 mm, paperback with flaps
 PRICE: € 18,00

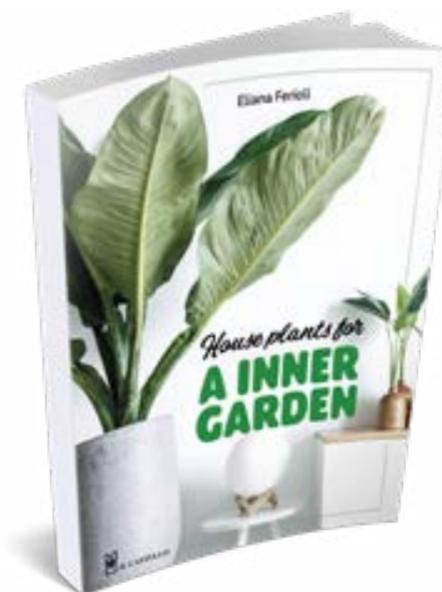


The author

ELIANA FERIOLI has a degree of botanical science and she deals with scientific naturalism diffusion. She has worked at Fabbri, in the projects office, and later at Editoriale Giorgio Mondadori where she was chief director of Airone e Gardenia's monthly magazines. She has written several books.

PAGES: 160, illustrated
 FORMAT: 165 x 210 mm, paperback with flaps
 PRICE: € 16,00

A guide to create a garden at home based on the characteristics of the spaces available. Traditional plants are revisited in a modern perspective, suggesting the most recent varieties and current settings, including terrariums and kokedama. There is also a practical guide for care and maintenance, with cards about the individual species. A beautifully illustrated book for all green-enthusiasts.

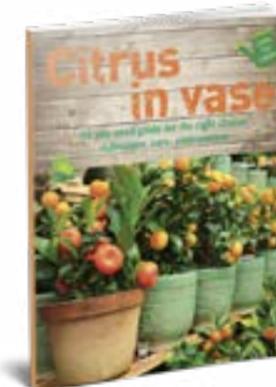


OF THE SAME AUTHOR

PAGES: 96, colour illustrated – FORMAT: 190 x 235 mm – paperback with flaps –PRICE: € 12,00



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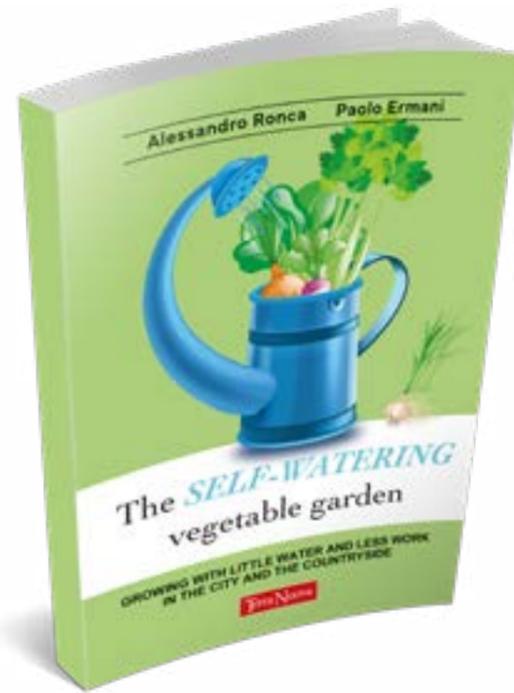
PAGES: 176, colour illustrated
 FORMAT: 165 x 210 mm, paperback with flaps
 PRICE: € 14,00

The authors

PAOLO ERMANI is a farmer, trainer, writer, facilitator, consultant for energy, environmental and labor planning projects, and president of the Paea association.
ALESSANDRO RONCA is founder and scientific director of the *Renewable Energy Park (PeR)* and author of the best seller *Living Without Bills* (Terra Nuova).

PAGES: 156, illustrated
FORMAT: 145 x 210 mm, paperback
PRICE: € 16,50

Self-irrigating gardens are an innovative system that is simple, affordable for everyone, requires little work, a very low water supply and the possibility of growing even without soil, thus in the city as well as in the countryside. Food independence and water conservation are key issues on the global political agenda. The invention of self-irrigating gardens is an effective first response to save money, increase one's quality of life, be self-sufficient, protect the environment and eat good, healthy food.



The author

ENRICO MADDALENA, was a science teacher in high school and published several books on photography. He holds courses and workshops on photography and life drawing and was the founder of the first urban sketchers group in Abruzzo, Italy.

All instruction on how to build not only paper planes but also the most efficient flying machines. Detachable paper sheets, with many illustrations, to who how to fold, cut the paper. How to position the wings for a flying performance and with throwing techniques. 16 planes, which have been tested for their aerodynamics. Over 100 sheets of papers to create your models.



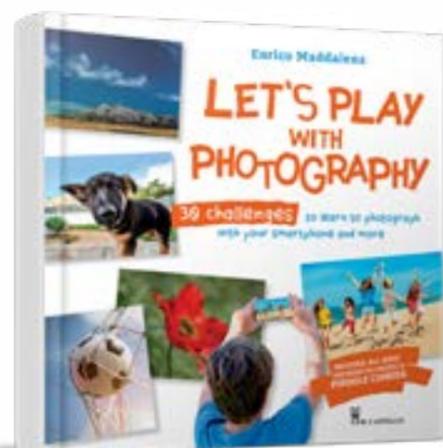
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PAGES: 160, colour illustrated
FORMAT: 270 x 190 mm, note pad
PRICE: € 18,00



The author

ENRICO MADDALENA, teacher of chemistry, physics and science in high school, is also a teacher of the Didactic Department and a member of the Cultural Activities Department of the Italian Federation of Photographic Associations (FIAF), a federation that awarded him the honors of SemFIAF and BFI (Italian Merit of Photography). He has been interested in photography since he was fifteen. He was editorial collaborator of a photographic magazine and he still collaborates with photography websites and with the FIAF magazine "Fotoit". He is the author of several volumes on photography and holds courses in photography and drawing. For Il Castello he has also published a book on drawing, *I segreti e le tecniche del disegno dal vivo* (The secrets and techniques of life drawing).



Nowadays even children have a smartphone with which they can approach photography. Technique is not everything, you also need to know the basic elements of photography: composition, light and the idea. Lots of images and examples, and 30 targeted activities that become personal challenges to start mastering the photographic language. Suitable for children, but absolutely recommended also for teachers who want to organize activities on the subject of photography, or for adults who already take pictures with professional cameras. In attachment all what you need to create a pinhole camera, the ancestor of the camera.

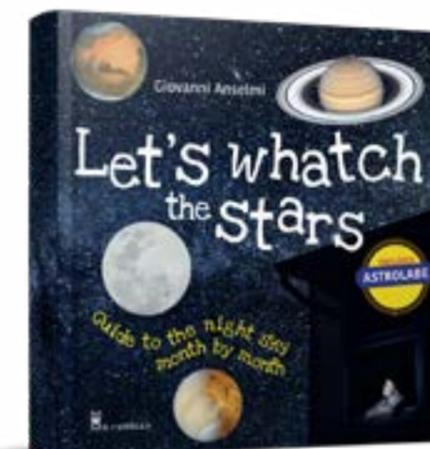
PAGES: 128, colour illustrated
 FORMAT: 240 x 240 mm,
 hardcover with embossing and UV spot
 PRICE: € 19,00



The author

GIOVANNI ANSELMI, after his university education in astronomy, worked for more than twenty years in publishing as editor of the magazine "Coelum Astronomia". He collaborates with important astronomical institutes, such as the CFHT (Canada France Hawaii Telescope), for the elaboration of their best photographs of the sky. He is the author or co-author of articles published in the most important professional astronomy magazines. The asteroid (15036) Giovannianselmi was dedicated to him.

Twelve month by month large star maps guide the identification of the most important astronomical objects. Lots of stimuli and ideas for children who approach astronomical observation for the first time. Indications for the first equipment: some objects can be identified with the naked eye, while others, such as nebulae and galaxies, require binoculars or a small telescope. All observable objects are introduced and explained by a true astronomer who leads the kids to confront the wonders of the universe and the big questions that arise from it.



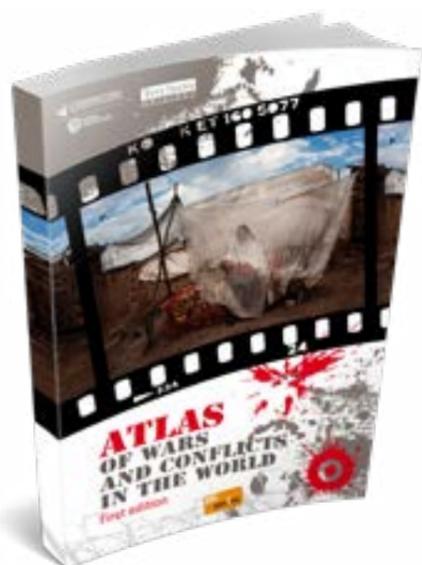
PAGES: 96, colour illustrated
 FORMAT: 240 x 240 mm, hardcover
 PRICE: € 19,00



REFERENCES

THE ENGLISH EDITION

Available for the publisher **complete in translation and layout**. The translation will be of the highest quality, revised by Lisa Clark, Italian representative of the association for nuclear disarmament Ican (Nobel Peace Prize 2017). For further information: www.atlanteguerre.it
Terra Nuova Edizioni will be publishing its 10th edition this year.



PAGES: 248, colour illustrated
FORMAT: 210 x 297 mm,
paperback with flaps
PRICE: € 25,00

The Atlas of Wars and Conflicts in the World offers detailed accounts of the approximately 33 ongoing wars and 20 situations of crisis across the Globe, each of which is described in a 4 page conflict profile.

All wars are avoidable, and spreading information on their existence and deep causes is the first step towards promoting peace.

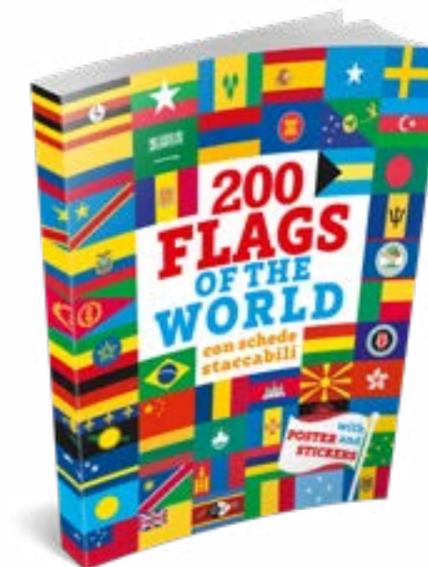
The conflict profiles are combined with reportages, dossiers and many detailed infographics, focusing on human rights, redistribution of wealth, use of resources, climate crisis. The Atlas offers in this way a full picture of the Planet's state of health, combining an authoritative geopolitical analysis with direct testimonies.

An essential tool for: teachers, students, journalists, activists and all concerned citizens.



REFERENCES

PAGES: 112, colour illustrated
FORMAT: 210 x 270 mm, paperback with flaps
PRICE: € 19,00



The pages of the book are designed to be detached: from each page you can separate four colored flags and thus obtain a state sheet.

On the back of the card there is a small map, which helps to identify the state, and lots of information and curiosities.

In the book are reproduced the flags of all the countries of the world.

Illustrated with posters and stickers.

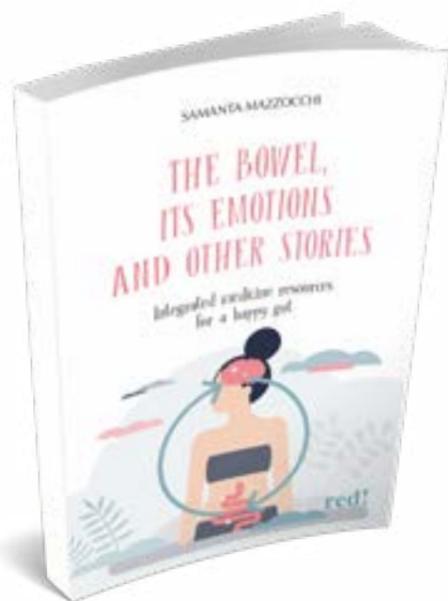
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The author

SAMANTA MAZZOCCHI, gastroenterologist, graduated from the University of Pavia, obtained a master's degree in Vegetarian nutrition and dietetics from the Polytechnic University of Marche and a master's degree in Phytotherapy from the University of Siena. He currently works in the Internal Medicine department of the Castel San Giovanni Hospital (Piacenza), and carries out integrated gastroenterology outpatient activities.

PAGES: 128, b/w
 FORMAT: 140 x 210 mm, paperback with flaps
 PRICE: € 14,00



The author passionately tells us about the most recent progress made by research on the intestine and the life that inhabits it, the microbiota, explaining why taking care of it is important for the health of the entire organism, but also for emotional well-being. We know well how emotions are able to influence our gut, but perhaps we are unaware that the opposite is also true. Integrated gastroenterology invites us to consider all the factors that act in synergy on the digestive tract, from lifestyle to psychological balance, from physical exercise to nutrition, a very powerful tool every day in our hands. In addition to rigorous scientific information, made accessible to a large public, the book provides detailed practical guidance to:

- recognize the warning signs of an altered microbiota;
- identify beneficial foods for our bowel and those to avoid;
- choose the right supplements: probiotics (but also prebiotics and psychobiotics...), adaptogenic plants, medicinal mushrooms;
- prepare the most suitable herbal teas for various ailments;
- orient yourself in the universe of diets (anti-inflammatory, Fodmap, gluten-free, lactose-free, for colitis...).

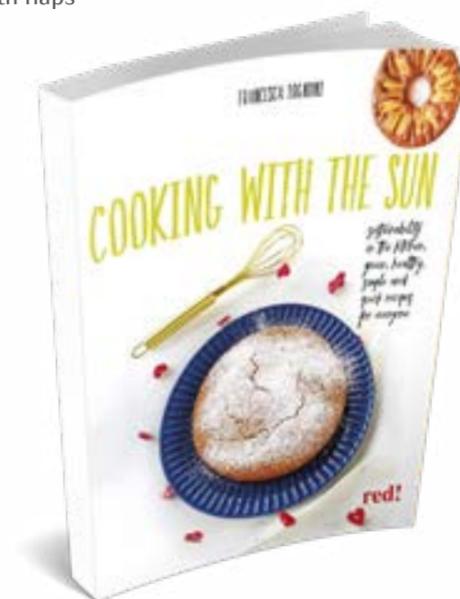
A book to get to know yourself better. Because only those who are self-aware can participate actively in the treatment process.



The author

FRANCESCA TOGNONI is graduated in psychology, she works as a teacher and she is very passionate of cooking since ever.

PAGES: 144, illustrated
 FORMAT: 165 x 210 mm, paperback with flaps
 PRICE: € 18,00



This book derives from the personal experience of the author who dedicates herself to cooking with a great attention to sustainability, so much that she has decided to project her house completely powered by solar energy.

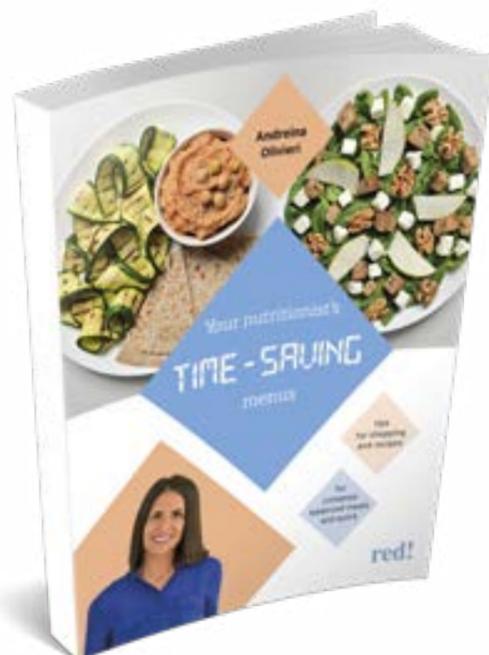
Francesca's cuisine is sunny because she pays attention to seasonality, marked by the rhythm of solstices and equinoxes, based on the use of organic products, if possible collected in her garden or purchased locally. It is a vegan, vegetarian and family cuisine - often dishes are made with her children - a cuisine that considers people who don't have a lot of time but don't want to buy ready-made food.



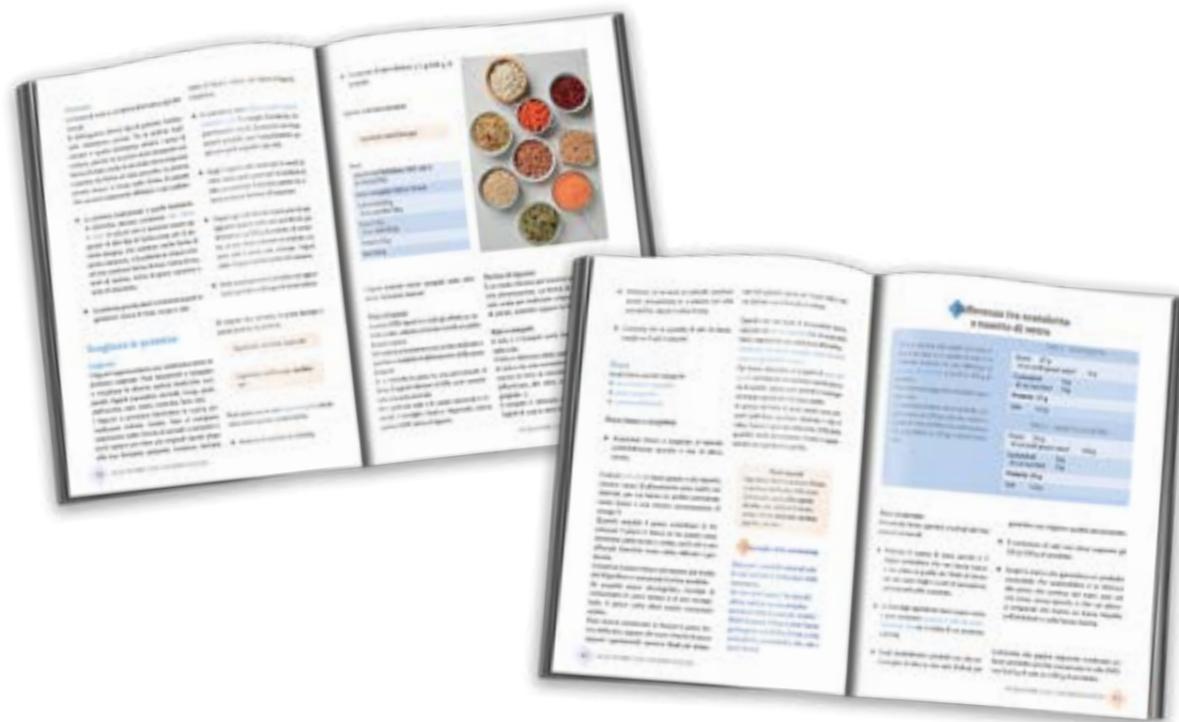
The author

ANDREINA OLIVIERI is a nutritional biologist, specialized in women's nutrition and intestinal health. She has a large community on Instagram who follows her page with affection.

PAGES: 160, illustrated
 FORMAT: 165 x 210 mm, paperback with flaps
 PRICE: € 18,00



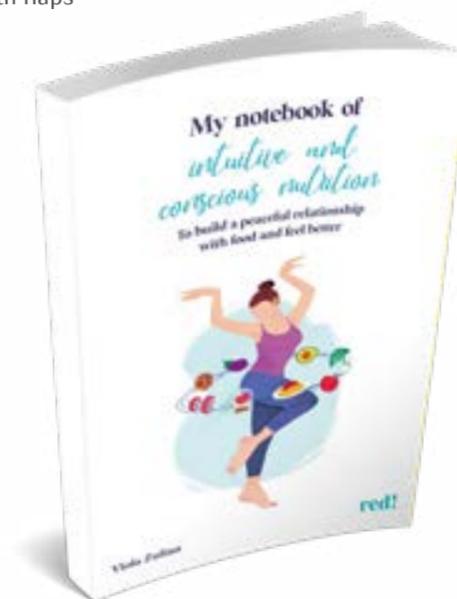
“Time-saving menus” helps us to prepare balanced and tasty meals quickly and easily. Everything starts from the basic rules to select the best products and foods in order to compose a complete dish. The volume proposes many recipes inspired by the Mediterranean diet, but oriented towards a lower consumption of animal preteins. And many ideas for take-away meals, for those who don't want to give up consuming healthy, varied and nutritious foods even during their lunch break. With this book we learn that a healthy diet does not represent a minus in terms of satisfaction, but instead a plus in terms of well-being, energy and discovery of new flavours.



The author

VIOLA ZULIAN is a surgeon, specialized in the treatment of obesity, eating habits and lifestyle problems. She lives in France and she works at the Saint Michel Clinic in Toulon.

PAGES: 144, b/w
 FORMAT: 140 x 210 mm, paperback with flaps
 PRICE: € 14,00



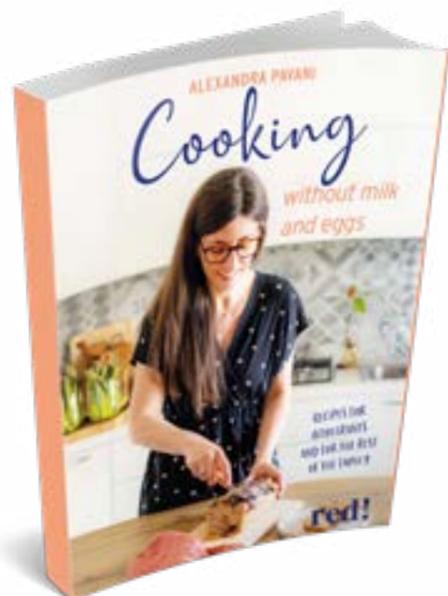
“Can I eat this snack? Can I still have sugar if I have already eaten pasta for lunch? What about having a yogurt instead? Maybe it's better to have an apple, no wait, even much better... a kiwi”. Many of us entrust our food choices to annoying rules written over years of diet culture, but when we rely on these absolutist dictates we do nothing but compromise our relationship with food by distancing ourselves from our real food sensations. With this book you will be able to shake off these old rules and you will learn some simple concepts on eating behavior, intuitive eating and mindful eating. You will be finally free.



The author

ALEXANDRA PAVANI has been dedicating her heart and soul to cooking for over ten years. After discovering her husband's lactose intolerance, she revolutionised her approach to cooking and created the website www.diversamentelatte.it which collects all of her culinary creations. Then she created an Instagram page @glicerina on which she treats intolerances and healthy, inclusive, suitable diets for children.

PAGES: 160, illustrated
 FORMAT: 165 x 210 mm, paperback with flaps
 PRICE: € 18,00



When you discover you're intolerant to some type of food, suddenly your culinary habits have to change, you may have to eliminate the ingredients that you've been using for a life and modify the way you shop. In this book are proposed lots of dishes in which milk is replaced by vegetable drinks, both in sweet and savoury preparations (soy, almond, rice, hazelnut, oat etc.) and eggs are replaced by cooked apple or pumpkin, mashed banana, tofu and others in sweet preparations and by chickpea flour, breadcrumbs, soy milk and boiled potatoes in savoury preparations. Some recipes contained in the book are: muffins with mixed vegetables, spaghetti with lentil meatballs, gnocchi with artichokes and saffron, spinach cutlets

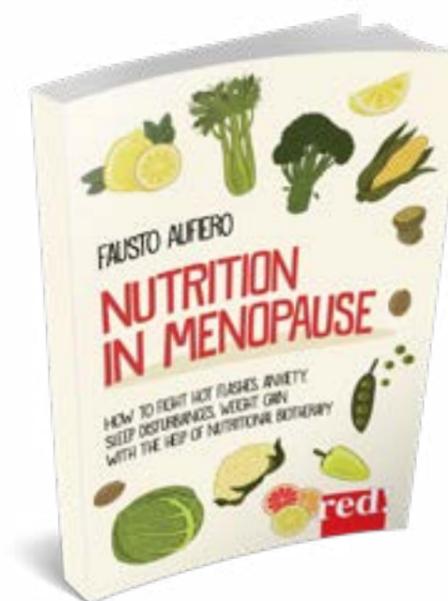


The author

FAUSTO AUFIERO is a doctor, specialized in acupuncture and chinese medicine; together with his team, he has been involved in nutrition for twenty-five years. Her blog is www.francescashabbyhome.blogspot.it.

PAGES: 144, b/w
 FORMAT: 140 x 210 mm, paperback with flaps
 PRICE: € 14,00

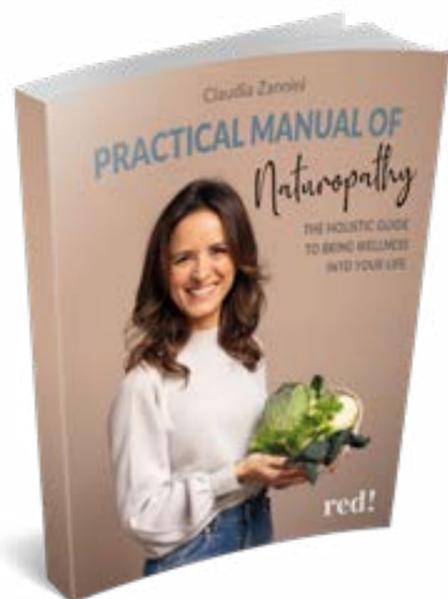
Nutritional biotherapy is a therapeutic method according to which foods and their associations can be used to prevent and improve the quality of life in presence of certain pathologies. In this book the author examines all the resources of nutritional biotherapy to fight the most common menopausal disorders: hot flashes, cardiovascular problems, osteoporosis, weight gain. Menopause is certainly not a disease, however it can cause such a discomfort to be a very difficult age in a woman's life.



The author

CLAUDIA ZANNIN, is a naturopath certified at the Riza Institute in Milan. She holds a master in foot reflexology, craniosacral technique, crystal therapy. Her Instagram page @vitalmentebio has reached over 30.000 followers.

PRACTICAL MANUAL OF NATUROPATHY



PAGES: 160, illustrated
 FORMAT: 165 x 210 mm,
 paperback with flaps
 PRICE: € 18,00

This book is aimed to all people who really want to change their life, recover their well-being, regain energy and vitality and slow down the aging process. The author accompanies the reader on a simple and natural path to reach a new well-being seen in an holistic way as a unity of body, mind and spirit. Menopause is certainly not a disease, however it can cause such a discomfort to be a very difficult age in a woman's life. Infact, according to nathuropathy, we are an inseparable unit of elements, we are not made of independent parts and the approach with whom we face life always makes the difference. Through this book, the reader will discover the modern nutrition's mistakes, how to listen to the body's signals in order to mantain it clean and perfectly efficient. A wellness program full of wonderful, healthy and tasty recipes for breakfast, lunch and dinner for every season.

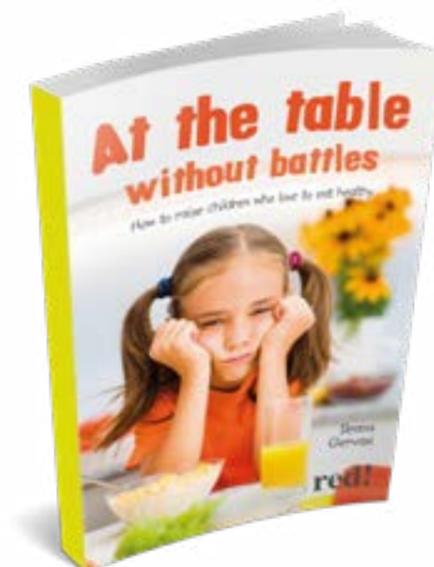


The author

IILEANA GERVASI is a dietitian specialized in pediatric nutrition. She works with families' problems, especially in cases of food selectivity of children. She works as a freelancer and she is very active on Instagram @mammainsegnamiamangiare with a community of over 12,000 followers.

PAGES: 128, b/w
 FORMAT: 140 x 210 mm, paperback with flaps
 PRICE: € 12,00

This book aims to teach parents how to help their children to develop a good relationship with food, useful to promote a healthy life. To be truly supporters of healthy eating it is necessary to know how to behave to support the intuitive way of eating, which all children have. In fact, children are born with an "inner nutritionist" who guides them to approach food in an intuitive way. The task of parents is to preserve this mechanism by promoting a food education without judgments, rewards or punishments and foods to be deserved or demonized. Teaching to recognize and respect hunger and satiety is fundamental and it is precisely the basis for a good food education. The book deals with the most common issues which send parents into crisis: children who do not eat, who do not accept to eat fruit or vegetables, children who eat too much or who seem to have developed an addiction to sweet foods.



The author

CRISTINA MAURI, since she became a mother of two, she has spent a lot of time in the kitchen and has become a great expert in natural and veg cuisine. She is a food influencer with a huge audience (@good_food_lab) that follows her with affection.  over 60.000 followers



PAGES: 224, colour illustrated
 FORMAT: 190 x 235 mm,
 paperback with flaps
 PRICE: € 19,50

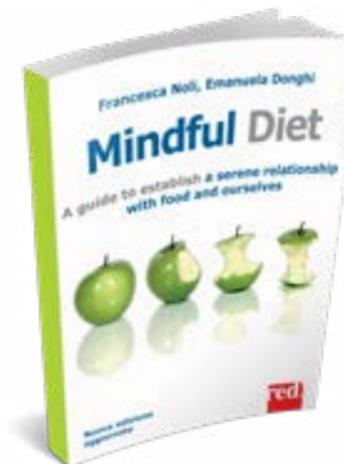
Cooking for family is sometimes stressful but it is also a wonderful undertaking. Sharing food around a table is an act of love and is one of the cornerstones of our Mediterranean diet and an important way to transmit education, culture, good habits.

The book contains:

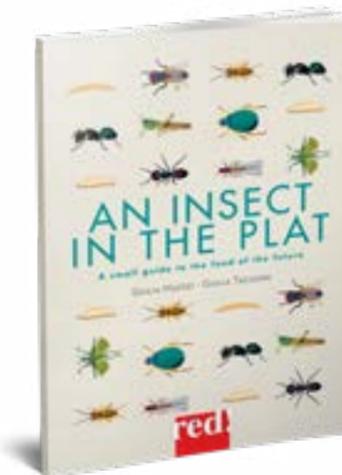
- tips on how to cook at the same time for children and adults with different tastes and needs;
- tips on how and where to shop, how to learn to read labels and choose the healthiest and most nutritious foods;
- indications on how to organize the home pantry to optimize resources and avoid wasting food;
- the importance of developing a weekly menu to better organize the family life;
- many recipes.



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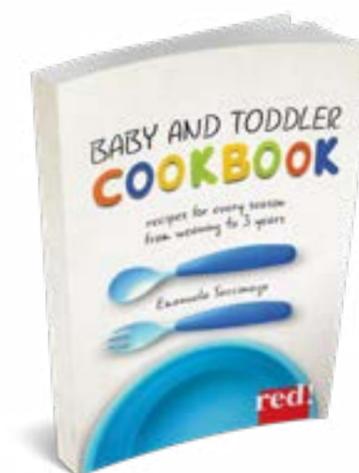
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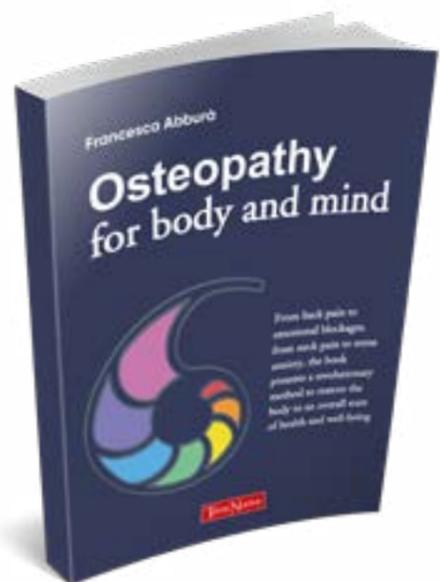
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 PRICE: € 12,90

The author

FRANCESCA ABBURÀ is an osteopath specializing in somato-emotional osteopathy, biodynamic osteopathy, biodynamic pediatric osteopathy, and dentosophie. After years of meditation and soul-searching, she has developed Evolutionary Dynamic Osteopathy, which she practices with her patients and disseminates relentlessly on major social platforms. For more information: www.osteopatiadinamicaevolutiva.com



PAGES: 352, b/w
 FORMAT: 150 x 210 mm, paperback
 PRICE: € 18,00

Evolutionary dynamic osteopathy focuses on caring for the person as a whole of body, mind and spirit. The term dynamic refers to the human being's ability to evolve toward improvement; evolutionary refers to the need to understand "illnesses" in a profound way, grasping their messages and opportunities for change. This method works on physical and emotional blockages, proposing a path of radical evolution of the person. A revolutionary method explained with simplicity and a lot of passion by the author.



The author

ANNA MARIA COVA physiotherapist, after studying Pilates in New York, opened her Pilates studio in Milan in 1989. She created the first Pilates school for teachers in Italy and developed her own personal method called CovaTech® Pilates®.

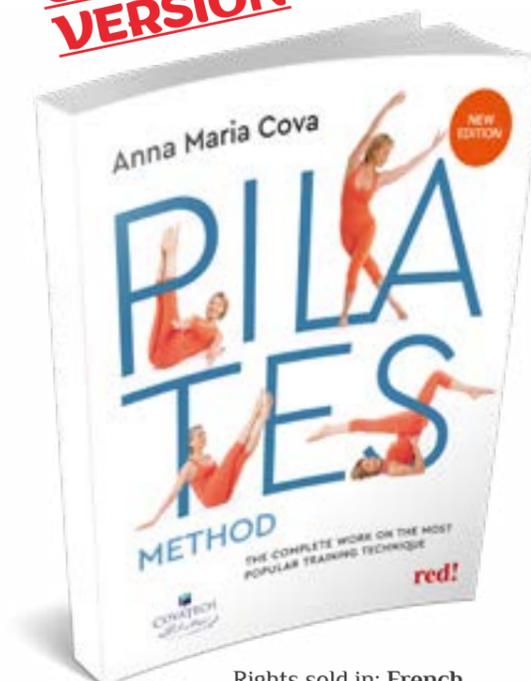
PAGES: 288, colour illustrated
 FORMAT: 165 x 210 mm, paperback with flaps
 PRICE: € 18,00

Thanks to Pilates method you will learn to know your body more deeply and to use it correctly to obtain the maximum benefit: a better posture, more toned muscles, more elastic joints.

This book proposes:

- Floor exercises (Mat Work) divided by levels:
 - Basic, intermediate, advanced
- Exercises with small tools (Ball, Sensory Ball, Magic Circle, Step Barrel)
- The most suitable exercises for the most common diseases.

**UPDATED
 VERSION**



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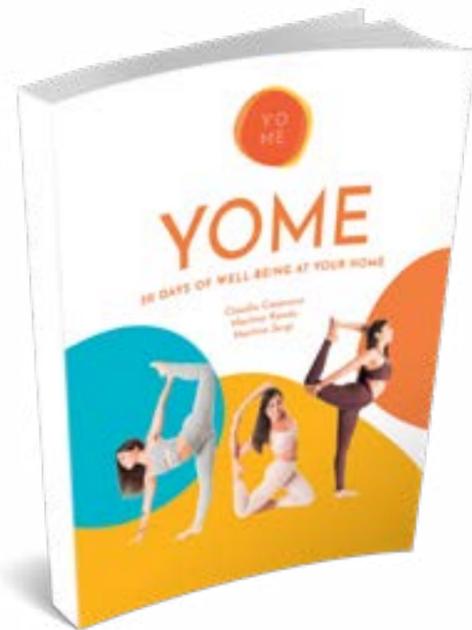
The authors

MARTINA SERGI, (📷 512.000 followers) is a teacher of dynamic yoga and Vinyasa yoga. Graduated in architecture, her first love is artistic gymnastics.

MARTINA RANDO, (📷 351.000 followers) is a teacher of Vinyasa yoga and Hatha Flow yoga; she maintains an open approach to practice always seeking inspiration in other styles.

CLAUDIA CASANOVA, (📷 80.000 followers) is a teacher of Power yoga and Vinyasa yoga; she is graduated in biomedical engineering and combines her job in a company with her passion for yoga.

PAGES: 192, colour illustrated
 FORMAT: 190 x 235 mm, paperback with flaps
 PRICE: € 18,00



A volume that comes from a community of over ten thousand girls led by Martina Sergi, Martina Rando, Claudia Casanova.

A community that lives around a platform, called YOME, which means “your home”, currently the most popular in Italy, which offers yoga classes on line, but also classes of mindfulness, fitness and nutrition.

This book, with the same practical, lively and engaging approach that the authors use by talking daily with their followers, offers a real 360-degree path of well-being. A journey that lasts 4 weeks to be carried out at home and which includes fun activities to do everyday. Yoga poses, meditations, visualizations, breathing techniques, short workouts, thoughts and reflections and many spaces to fill with your own observations.



The author

MAURIZIO MORELLI has been a yoga teacher for over thirty years. He is the president of the Pranayama center in Milan.

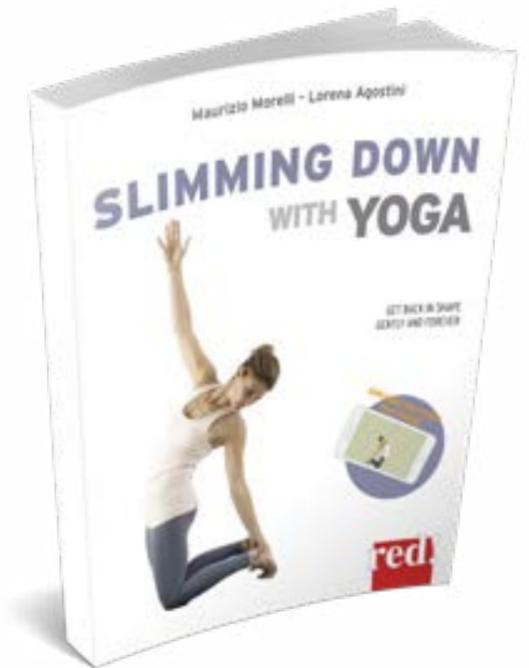
LORENA AGOSTINI is a yoga teacher and she studied at Maurizio Morelli's school.

PAGES: 160, colour illustrated
 FORMAT: 165 x 210 mm, paperback with flaps
 PRICE: € 18,00

Yoga is the most effective tool to fight overweight because it goes directly to the heart of the problem: adjust the vital centers and through them the nervous and endocrine system to regain and maintain over time the shape you want.

This book collects the most useful and easy exercises to recover the ideal weight and the psychophysical well-being.

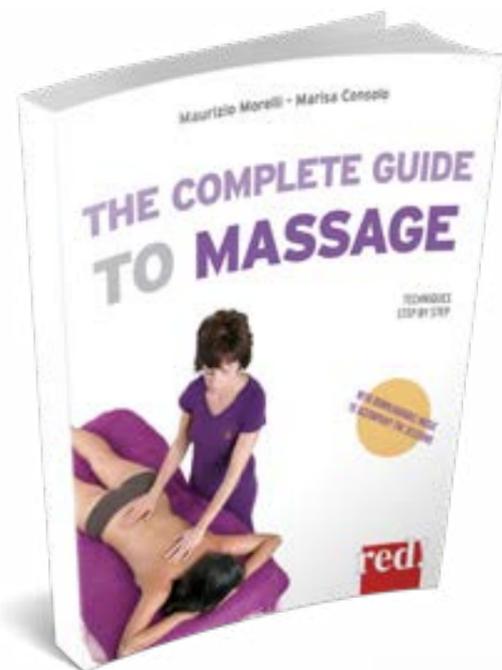
Moreover, the reader has the possibility to download asanas videos.



The author

MAURIZIO MORELLI has been studying and practicing v since 1967. He is president of the Pranayoga center in Milan. He teaches courses and seminars throughout Italy.
MARISA CONSOLO, a yoga and Pilates teacher, is an expert in massage techniques.

PAGES: 272, colour illustrated
FORMAT: 165 x 210 mm, paperback with flaps
PRICE: € 18,00



This book describes the massage of Western tradition that originates from Hippocrates' teachings and that has no comparison in the world for completeness and number of techniques.
In particular, the authors explain: the hand position, the manual skills, the basic massage (divided by body areas), the facial massage and the massage to cure some common diseases. Moreover, the reader has the possibility to download some music to make massage sessions more relaxing and pleasing.



The author

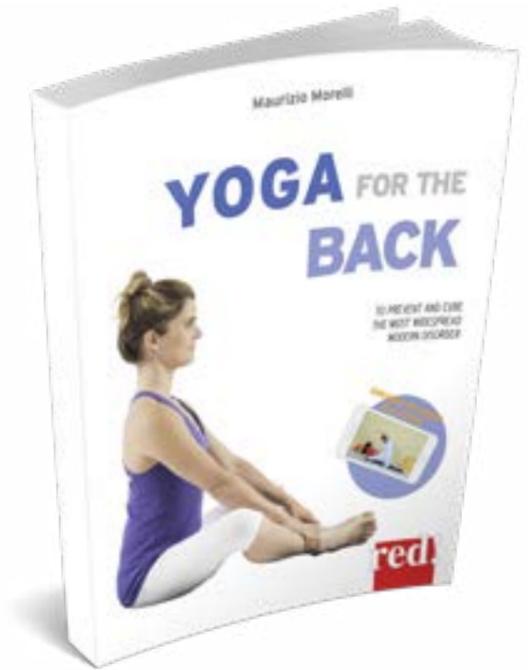
MAURIZIO MORELLI has been studying and practicing yoga since 1967. He is president of the Pranayoga center in Milan.

PAGES: 160, colour illustrated
FORMAT: 165 x 210 mm, paperback with flaps
PRICE: € 18,00

Back pain affects one in five people in the Western world.

This is a manual that aims to keep the spine healthy and efficient and to overcome mobility reduction or pain conditions with specific Hatha Yoga exercises.

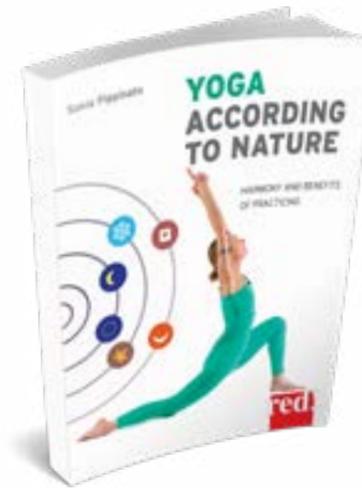
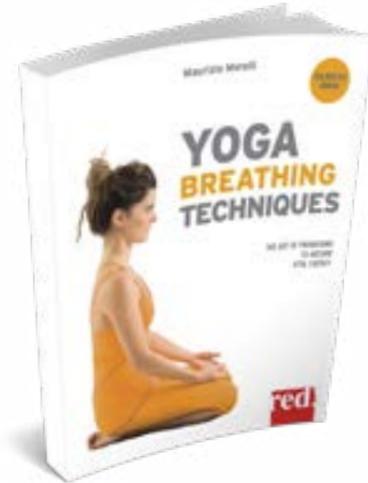
The vision that Yoga offers is always global, infact it is no limited to look at the apparent problem, but it goes at the root of it. Moreover, the reader has the opportunity to download some videos of the asanas described in the book.





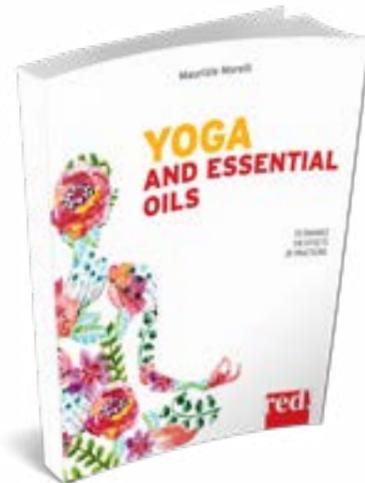
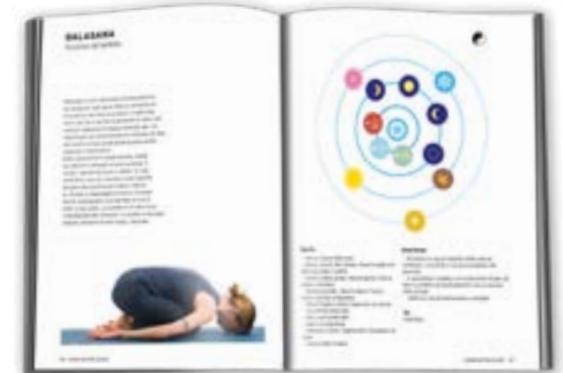
by Maurizio Morelli
 PAGES: 160, colour illustrated
 FORMAT: 160 x 215 mm,
 paperback with flaps
 PRICE: € 16,00

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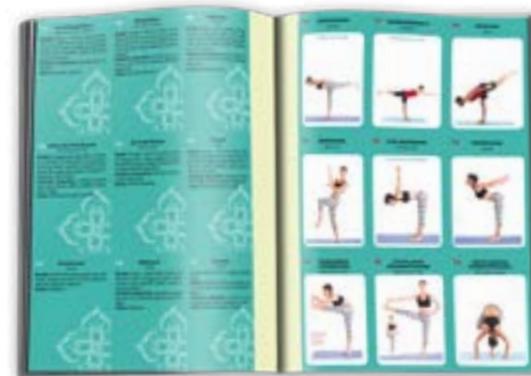
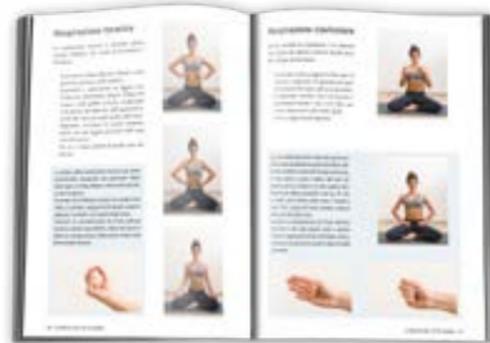
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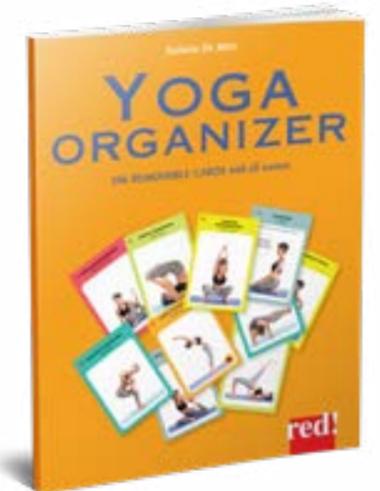
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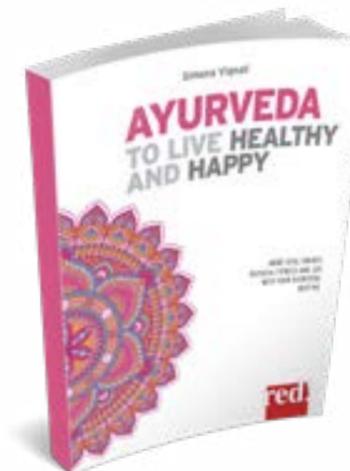
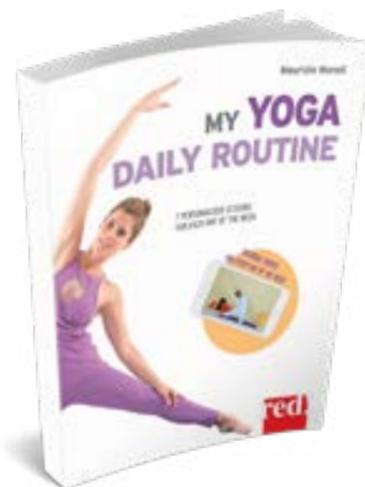
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 PRICE: € 18,00

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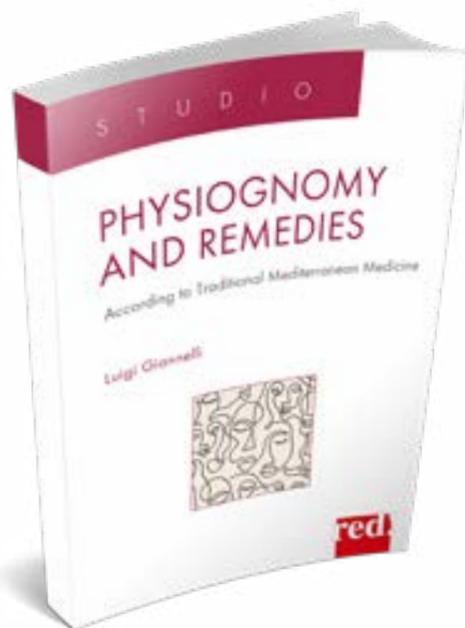
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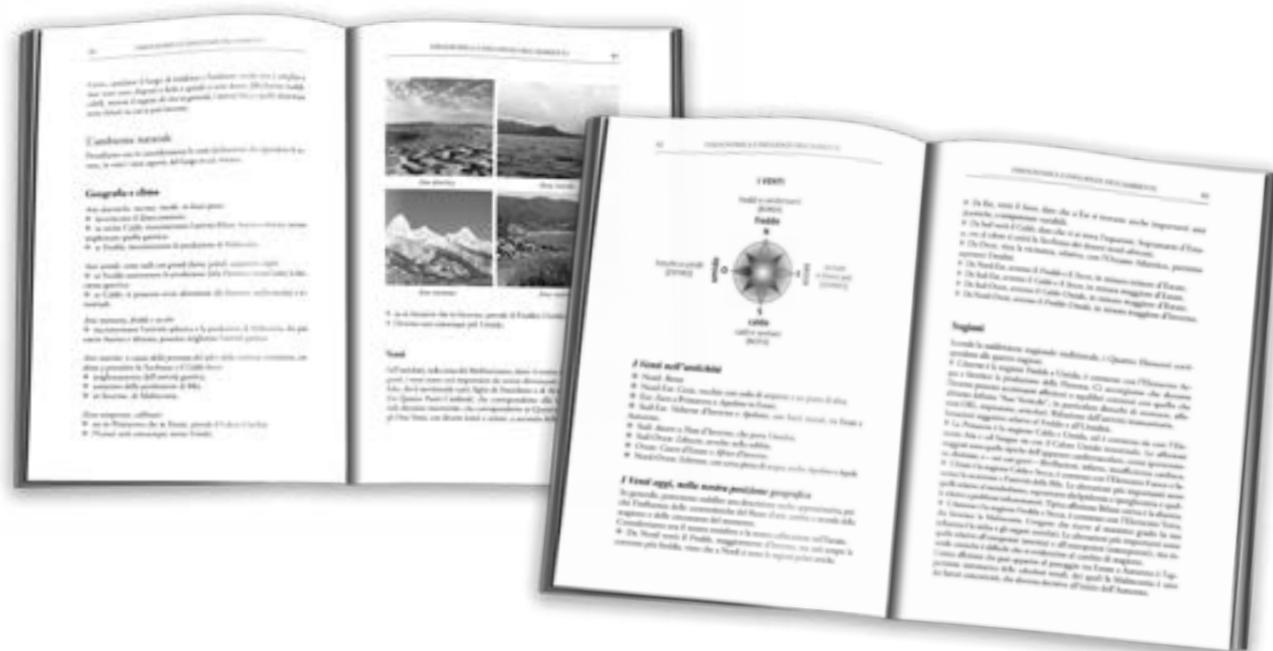
The author

LUIGI GIANNELLI is a chemist and pharmaceutical technologist, herbalist, specialist in cosmetology. He has been dealing with pre-industrial sciences and technologies for over forty years.

PAGES: 144, illustrated
 FORMAT: 170 x 240 mm, paperback
 PRICE: € 28,00



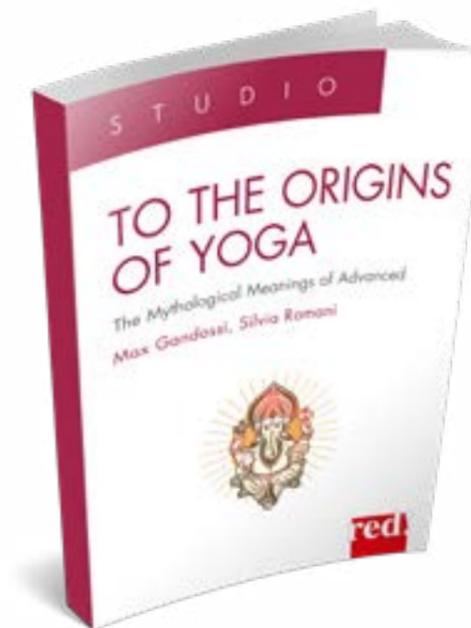
In the Mediterranean world, Physiognomy has always been considered the tool par excellence for understanding people. A way to know their character, nature, virtues, vices, simply with a glance, but also much more. In fact, appearance and attitudes also signal the conditions of the deepest and most hidden parts of the body, the viscera, the vital organs. Redness or paleness, aquiline or upturned nose, close or spaced eyes, upright or curved posture - just to give a few examples - tell us how the stomach, liver, spleen, heart, kidneys and other organs function. Moreover they give us valuable information regarding any more or less relevant psychological disorder. For each imbalance detected, it is possible to identify a specific remedy or more remedies, personalized and often suitable for that person. The volume is enriched with diagrams and illustrations that allow both the enthusiast reader and the professional to use it quickly and effectively.



The author

MAX GANDOSI and **SILVIA ROMANI** have a long experience as teachers of yoga and holistic disciplines. They work near Milano at Centrolistico.

PAGES: 160, colour illustrated
 FORMAT: 170 x 240 mm, paperback
 PRICE: € 29,00



In this book yoga practice and mythology are intertwined in a fascinating plot of stories reported by ancient sacred texts but also by oral tradition still today very much alive in India.

These stories enlighten us about the origins of many asanas' names, about their meaning and their interpretation.

In particular, this volume shows:

- the positions and the myth of reference;
- the link between position and myth;
- the preparatory and compensatory positions.



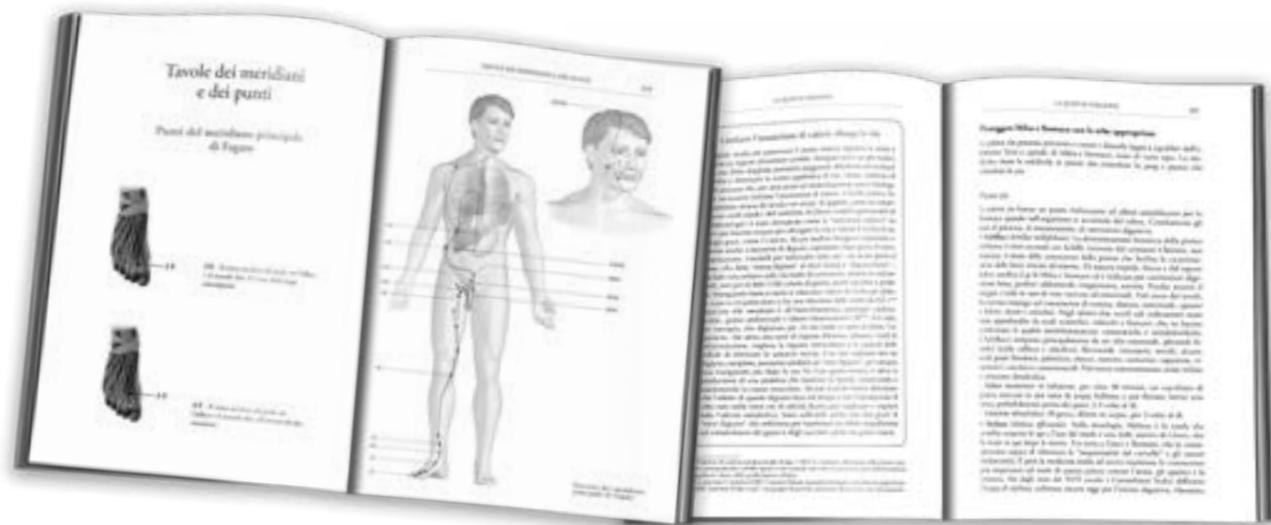
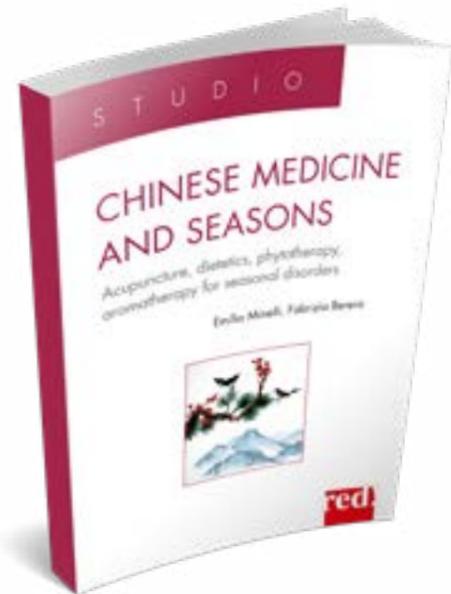
The authors

EMILIO MINELLI is a consultant for non-conventional medicines of the WHO Collaborating Center for Traditional Medicine at the University of Milan and he is the didactic coordinator of the specialization course in acupuncture at the medical faculty of the University of Milan.

FABRIZIA BERERA is a writer, she is a professor of medical philosophy of the specialization course in acupuncture at the Faculty of Medicine and Surgery of the University of Milan.

PAGES: 224, b/w
 FORMAT: 170 x 240 mm, paperback
 PRICE: € 24,00

Each chapter gives practical indications to support and strengthen the organism, for example through the most effective plants and aromas which can help maintain emotional balance and overcome negative feelings. To cure seasonal illnesses, in the book are indicated some particular areas of the skin called acupoints, located on channels called meridians, which can be treated not only by doctors or therapists (acupuncture), but also by anyone who wants to take care of themselves can learn to massage them or apply pressure with their fingers (acupressure). Also the phytotherapeutic remedies are effective in fact thanks to active ingredients, known since ancient times, they help restore health. This book is aimed at doctors and all therapists who approach Chinese medicine and need a simple text that explains medical theory in a clear, comprehensive, but concise way and that accompanies them in choosing useful therapeutic supports. It is also useful for anyone who wants to take care of their health.



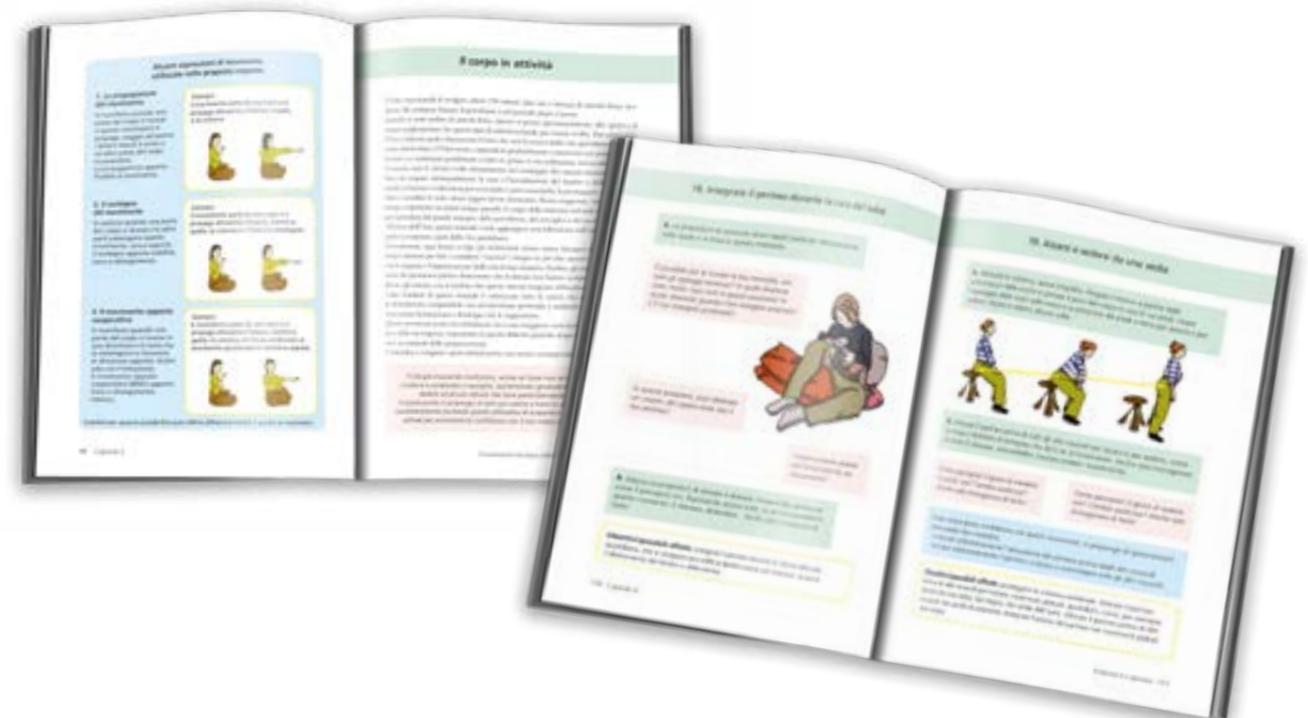
The author

PIERA MAGHELLA founded MIPA in 1985 in Modena, she has collaborated with the WHO and she has trained thousands of midwives and operators over the years.

BRENDA LASALA and LAURA VERGANI are perinatal educators and MIPA trainers.

PAGES: 224, colour illustrated
 FORMAT: 170 x 240 mm, paperback
 PRICE: € 29,00

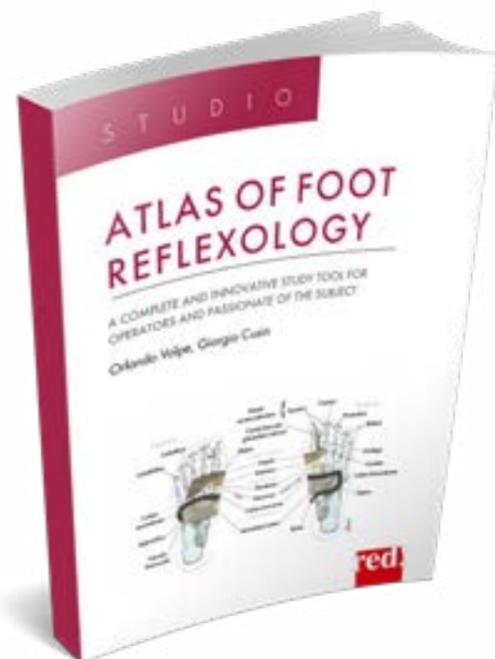
Pregnancy and childbirth represent a particularly intense phase for a woman due to numerous changes on a physical, emotional and effective level. From a body point of view, pelvic floor area, spine and abdominal muscles are the parts that experience the greatest strain during pregnancy and childbirth. The post-partum period is a very important period for the recovery of the whole body and in particular of these parts. This book will tell you how to take care of them.



The authors

ORLANDO VOLPE, graduated in psychological sciences and techniques, is a wellness operator and trainer.
GIORGIO CUSIN, reflexology teacher, shiatsu operator and shiatsu stretching instructor, is an expert in Do in and yoga.

PAGES: 336, colour illustrated
FORMAT: 210 x 280 mm, paperback
PRICE: € 39,00



A large atlas with over 150 original tables, structured as a real study text to accompany the student on his journey of discovery and learning, but also a useful support for professional reflexologists, wellness operators and trainers.

After a brief introduction to plantar reflexology and to the anatomy and physiology of the foot, followed by the description of the main manual techniques of reflexological treatment, the volume analyzes the various systems of the organism and the corresponding reflex points of the foot.

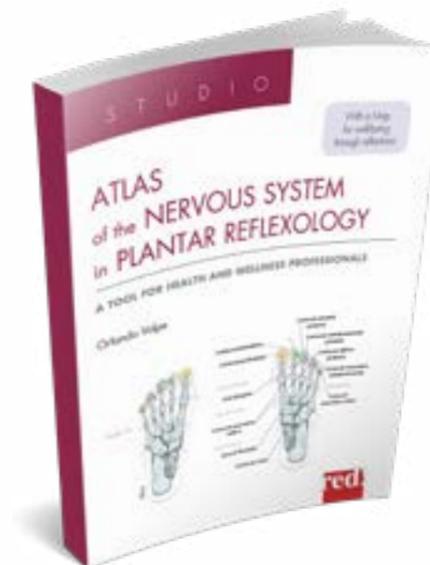
For each system, detailed anatomical information is given, as well as indications on the method.



The author

ORLANDO VOLPE has a degree in psychology, he is a reflexology teacher, a shiatsu operator and a shiatsu stretching instructor.

PAGES: 336, colour illustrated
FORMAT: 210 x 280 mm, paperback
PRICE: € 39,00

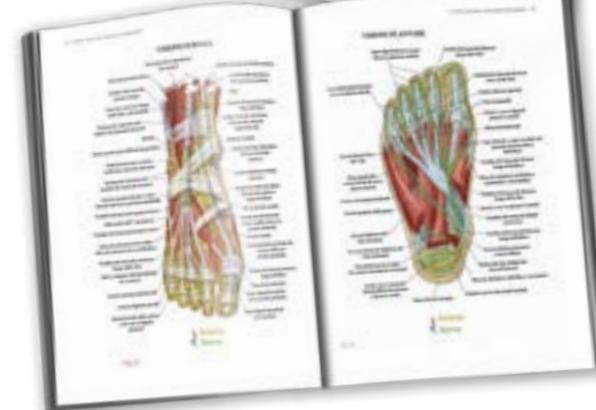
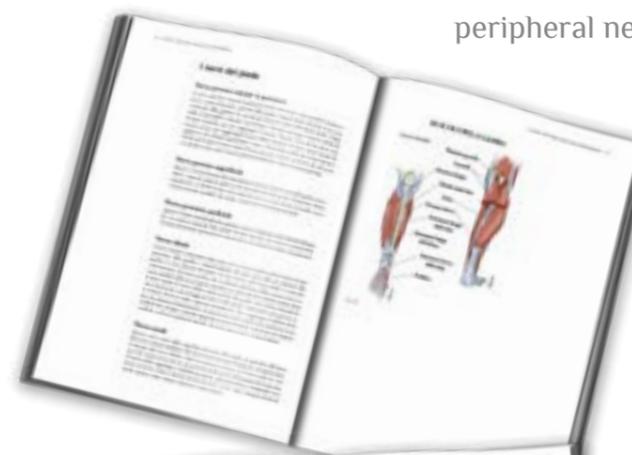


Finally an atlas on plantar reflexology so complete that can be considered a real textbook.

A first introductory part, which explains how reflexology works, is followed by a section dedicated to anatomy and physiology of foot and a part, the biggest of the volume, which treats the various systems and the corresponding foot's reflex points.

For each organ: how it is formed, how to treat it, the duration of each session, the aim of reflexologist's treatment, contraindications, curiosities and learning tests. The volume has also a MAP that shows the relationship between foot's reflex points and spine and the relationship between each vertebra and the peripheral nervous system.

Rights sold in: French

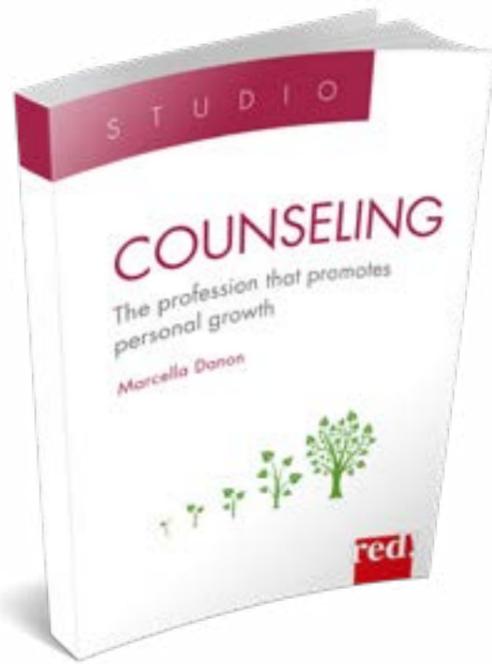


The author

MARCELLA DANON is a psychologist and a counselor trainer. She has been dedicating herself to disseminate the new ideas emerging in the field of humanistic psychology for fifteen years.

PAGES: 160, b/w
 FORMAT: 170 x 240 mm, paperback
 PRICE: € 24,00

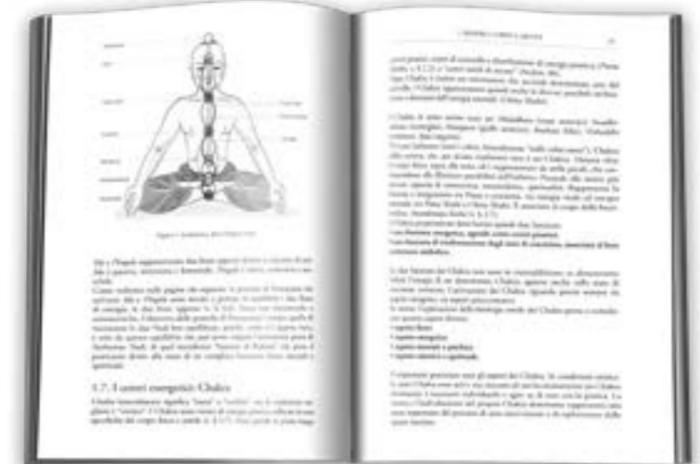
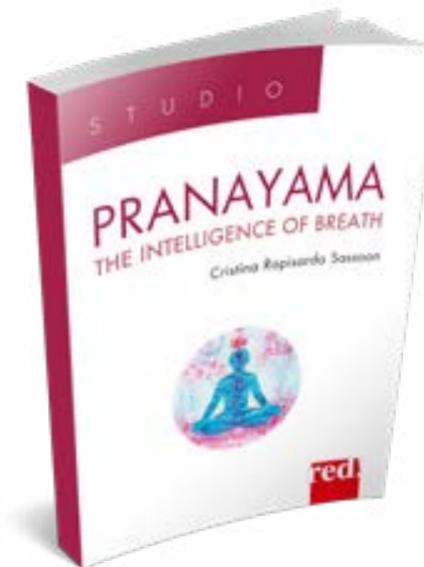
Increasingly widespread also in Italy, Counseling helps people who are temporarily in difficulty to clarify their ideas and find the energy to face and solve their problems. Through dialogue but also thanks to the relationship that is established with the counselor, the client has the opportunity to lighten the weight of his worries and his pains by sharing them with an attentive and participating listener. The personal qualities of counselor are the key factors of the success of this technique that combines the professionalism of a psychologist with the sensitivity of a friend.



The author

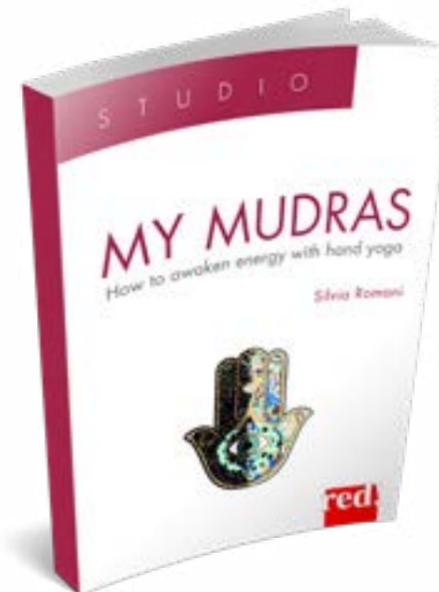
CRISTINA RAPISARDA is certified to the international Sivananda Yoga Vedanta Centre of New York and to the Yogi Hari's Ashram in Florida. She teaches yoga and also trains yoga teachers.

PAGES: 160, b/w
 FORMAT: 170 x 240 mm, paperback
 PRICE: € 14,00



The author
 SILVIA ROMANI is a yoga teacher and a teachers trainer. She is the creator of Shiva Flow, a fluid and dynamic style of yoga that blends asana, myth and pranayama.

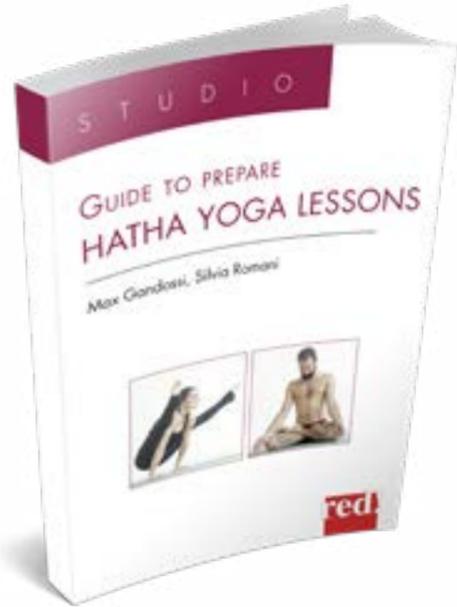
PAGES: 128, colour illustrated
 FORMAT: 165 x 210 mm, paperback with flaps
 PRICE: € 14,00



The author

SILVIA ROMANI e MAX GANDOSSI have been teachers for a long time. They rule a yoga center in Milano (www.centrolistico.it).

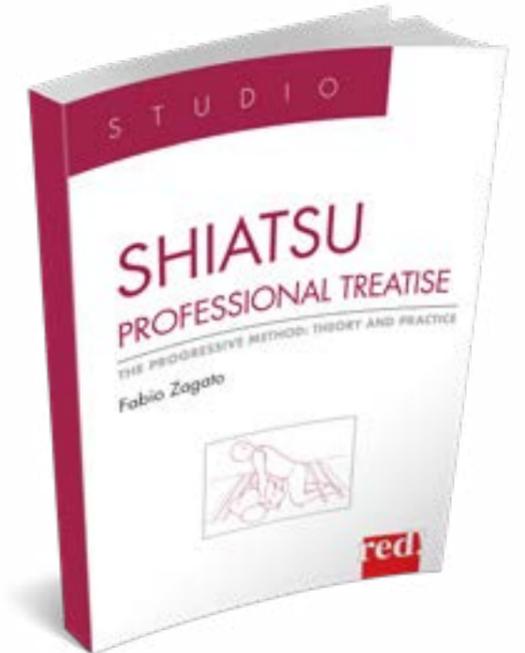
PAGES: 160, colour illustrated
 FORMAT: 170 x 240 mm, paperback
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The author

FABIO ZAGATO President of IRTE (Institute of research and energetic therapies), directs the school of shiatsu of the institute. He is author of many articles and books.

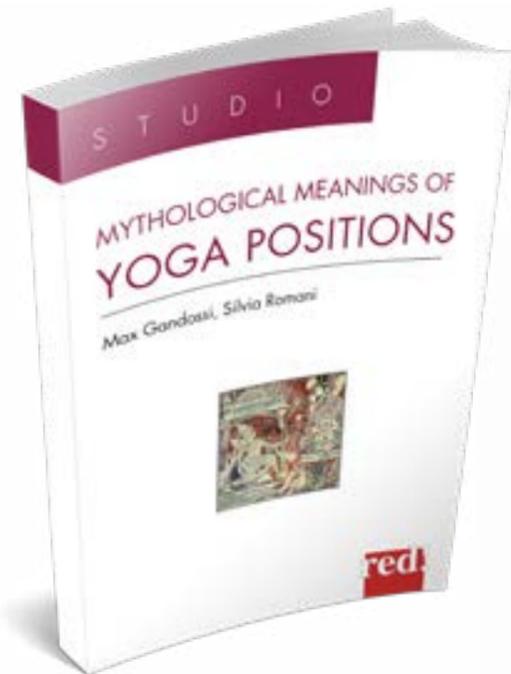
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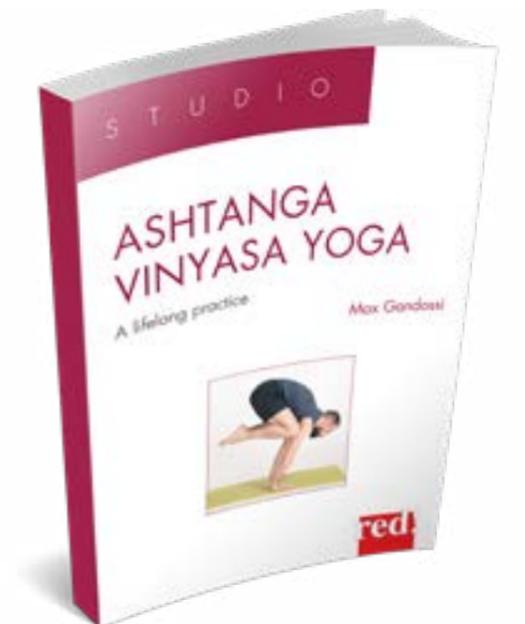
The author

MAX GANDOSSI, Ashtanga Vinyasa and Hatha Yoga teacher, directs training courses for teachers at the Holistic Centre founded by himself in Milano.

PAGES: 160, colour illustrated
 FORMAT: 170 x 240 mm, paperback
 PRICE: € 29,00

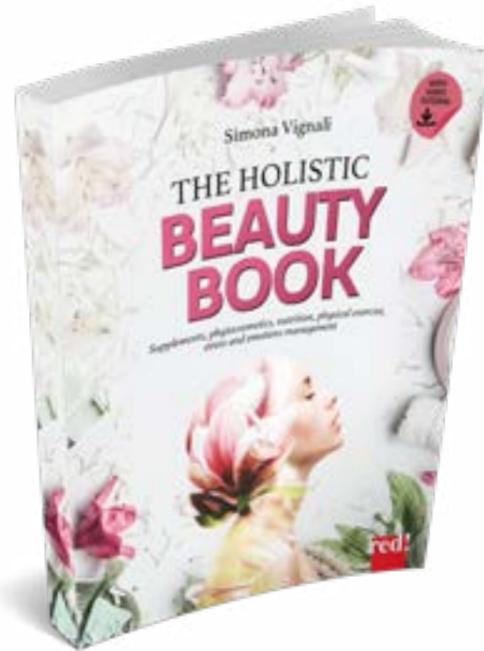


PAGES: 180, colour illustrated
 FORMAT: 170 x 240 mm, paperback
 PRICE: € 29,00



The author

SIMONA VIGNALI is a naturopath, an expert in natural remedies for more than twenty-five years.



PAGES: 192, colour illustrated
 FORMAT: 165 x 210 mm, paperback with flaps
 PRICE: € 18,00

This book is a guide to the new logic of beauty that must be first of all a way of life.

Holistic beauty represents the care of one's appearance from a global point of view, which includes nutrition, integration, exercise, stress and negative emotions management.

The author recommends facial phytocosmetics, essential oils for hair care, detoxification strategies and Ayurvedic aesthetic treatments.

Moreover, the reader has the opportunity to download some tutorial videos.



The author

JOANNA HAKIMOVA, biologist, is considered one of the most well-known facialists in the world. She is the founder of the NaturalBioLifting center in Milano and she is now opening numerous centers throughout Italy.

PAGES: 144, colour illustrated
 FORMAT: 165 x 210 mm, paperback with flaps
 PRICE: € 12,00

Rights sold in: Portuguese

A precious collection of tips and small tricks to deal, in a completely natural way, with imperfections and transformations that affect the skin of face and body over the years. Self-massage techniques, recipes of masks and peelings, herbal wraps ecc. For each problem, the most suitable and effective natural solutions.



PAGES: 144, colour illustrated
 FORMAT: 165 x 210 mm, paperback with flaps
 PRICE: € 14,00

Facial gymnastics is a cure-all for facial beauty; the novelty of self-lifting is the detection of movements aimed at urging precise muscles of the face that normally remain passive or little involved in facial expressions.

In this book, the author proposes specific exercises, a particular form of self-massage and lots of small tricks.

If practiced every day, these treatments are precious to restore and preserve skin's youth and freshness at any age without resorting to invasive methods.

Rights sold in: Russian



The author

FABIO LODO is a doctor, specialized in internal medicine; he obtained a diploma in acu-puncture at So-Wen school in Milan, he travelled a lot in Europe, China and United States to deepen his studies in Chinese medicine.



PAGES: 144, b/w
 FORMAT: 140 x 210 mm, paperback with flaps
 PRICE: € 14,00

This book, which is aimed at the wide public, delves into the depths of Chinese tradition to analyze the connections with medical art and proposes an imaginary itinerary to discover new ways to improve one's health and one's life.

The author will guide you to discover the connections between man and universe, opening the doors to a world rich of symbols in which it will be possible to explore the mysteries of nature and the energy that surrounds and flows within any living being.

Through Yin and Yang, you will learn how inner balance influences every aspect of human existence. Get ready to begin an extraordinary journey through the tradition, through the ancient wisdom of Chinese medicine to rediscover the formula of optimal health and inner well-being.



The author

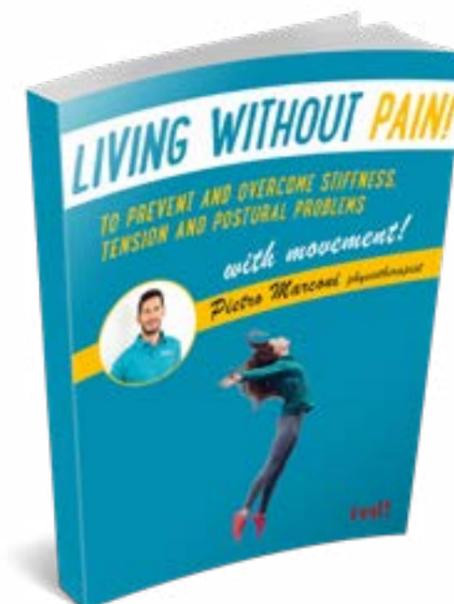
PIETRO MARCONI is physiotherapist. He works daily with patients of all ages to improve and solve musculoskeletal problems.

PAGES: 128, illustrated
 FORMAT: 165 x 210 mm, paperback with flaps
 PRICE: € 16,50

In this book Pietro Marconi provides advice, practical exercises and theoretical explanations for living a healthy life and for managing pain in a better way.

Some themes of the book:

- The power of training
- The secrets of the musculoskeletal system
- The backbone of the movement
- The importance of breathing
- Posture and emotions, more connected than expected
- How to manage pain: active and passive therapies
- The link between stress and pain
- Finding the right physical activity as a tailor-made suit
- Taking care of your body: a lifelong commitment



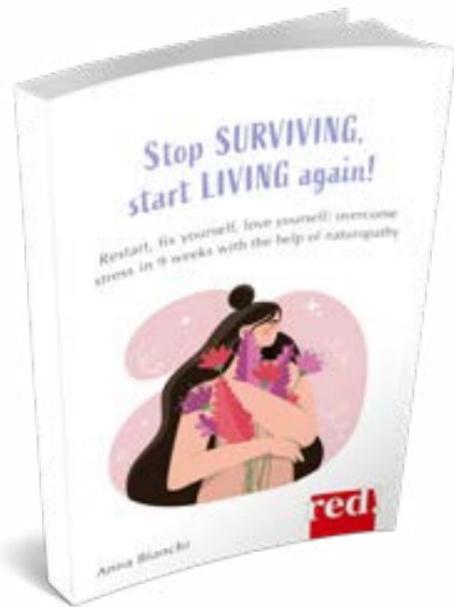
NEW TITLE
 JANUARY



The author

ANNA BIANCHI is a naturopath specialised in iridology, she works in Bassano del Grappa and she is very active on Instagram where she has a big community.

PAGES: 144, colour illustrated
 FORMAT: 140 x 210 mm, paperback with flaps
 PRICE: € 14,00



In this book Anna Bianchi makes her knowledge and her daily clinical experience available to the reader and develops a 9-week program consisting of small but precise and effective steps to definitively exit the “modality survival” and regain full vital energy, learning to take care of own physical and mental well-being independently. A path divided into three phases: restart; repair; love for themselves. Each stage lasts a week and at the end of the journey you can decide whether to stop or start over from the beginning and continue as long as you want. The book ends with a section titled “The Stress Reliever Toolbox” in which the author talks about integration (zinc, magnesium, vitamin C, vitamin B6), of adaptogens plants, of medicinal herbs to counteract the most common imbalances, of essential oils and Bach flowers.

Rights sold in: Mexican, Spanish, South America



The author

FRANCESCA SANTAMARIA PALOMBO is psychologist of development, education and well-being. She is a cognitive behavioral psychotherapist and author of the very popular instagram page @psicobenesserealfemminile (over 30.000 followers).

PAGES: 128, b/w
 FORMAT: 140 x 210 mm, paperback with flaps
 PRICE: € 14,00

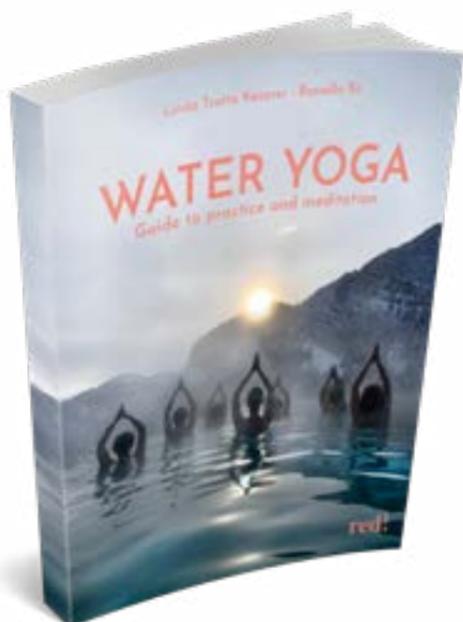
The mother-child relationship for highly sensitive women is in fact different, it's deeper, more intense, more intimate, more introspective and in some ways more difficult and tiring. The idea of writing this book was born after the author gave birth to her daughter. Being a highly sensitive mother, she truly wanted to write a guide to accompany all highly sensitive mothers engaged in raising their children, young and old. This book is an aid to experience high sensitivity as a resource, to build a valuable relationship with your child, to overcome the most difficult moments of greater emotional involvement, and to help your children manage and value their high sensitivity.



The author

LINDA TROTTA KASERER is passionate about nature and a university teacher; she teaches yoga, meditation and Pilates in the Dolomites mountains and online. She founded “Water yoga Italia” and takes care of the blog “My magic places”. ROSSELLA BO is a psychologist and psychotherapist of the developmental age and adolescence. Since 2016 she has been teaching at the University of Turin.

PAGES: 144, illustrated
 FORMAT: 165 x 210 mm, paperback with flaps
 PRICE: € 18,00



An in-depth guide that accompanies the reader to discover water yoga. Starting from a spiritual and symbolic exploratory frame, the reader can experience various exercises accompanied by beautiful photos. Scientific studies identify the aquatic environment as a chosen environment, even to be preferred to the land. The benefits are considerable in counteracting stress, during pregnancy, after a sports trauma, in posture or plantar support defects, for menopausal women and for the elderly. The aquatic environment is dominated by physical laws that make water yoga a complete and non-aggressive practice. When we dive into water we create an exceptional energetic connection between us and the universe.

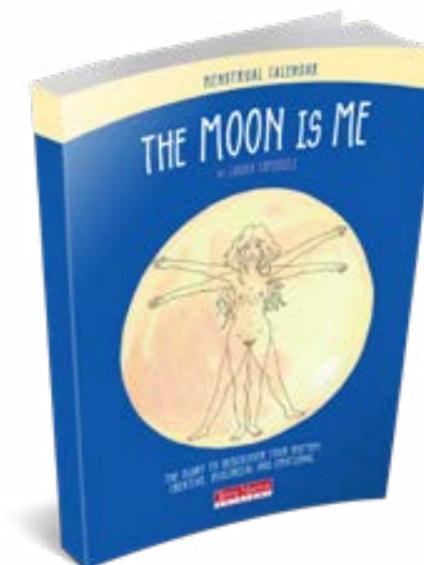


The author

LAURA CAPOSSELE is a midwife, Moon Mother, Menstrual Educator® and Dance Therapist. She conducts individual or group courses on female cyclicity, sexuality, menarche, menopause, parenting, childbirth. She is part of the “Guardians of the Feminine” Association.

PAGES: 416, colour illustrated
 FORMAT: 150 x 210 mm, paperback
 PRICE: € 16,00

This is a diary to be used on a daily basis, not only to record your menstrual cycle: but to start an exciting journey into the essence of the feminine and its archetypes. A journey in which to find one’s own wonderful and unique way of experiencing femininity and the menstrual cycle. The practical use of the diary is made all the more pleasant by clear and original figures and symbols, completed by in-depth analysis and illustrations of feminine symbology. A useful and beautiful gift for all women.

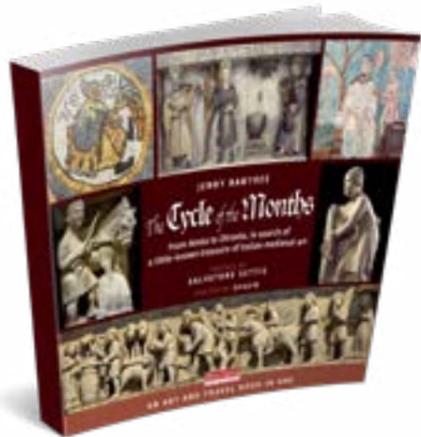


The author

JENNY BAWTREE studied foreign languages at Oxford and has since lived in Italy, riding, teaching and writing. Her special interests are countryside issues and medieval art history. "Pietro's Book", her account of the life of a Tuscan peasant, was published in 2003 by Constable and Arcade Publishing. She has since self-published "Tuscany on horseback, a horsewoman's love affair with the land of Chianti wine".

PAGES: 224, colour illustrated
FORMAT: 222 x 186 mm, paperback
PRICE: € 23,00

This book, the fruit of five years of joyful travel and research, is the unique description of a little-known aspect of Italian medieval art: the "cycle of the months", where peasants involved in rural tasks represent the twelve months of the year. The cycles appeared in Italian cathedrals, monasteries and parish churches during the twelfth and thirteenth centuries in the form of statues, bas-reliefs, mosaics and frescoes where the artists transformed an ancient tradition with their individual talent and inventiveness. With its lively descriptions and beautiful colour photography this artbook and travelogue in one will enthrall the adventurous reader.



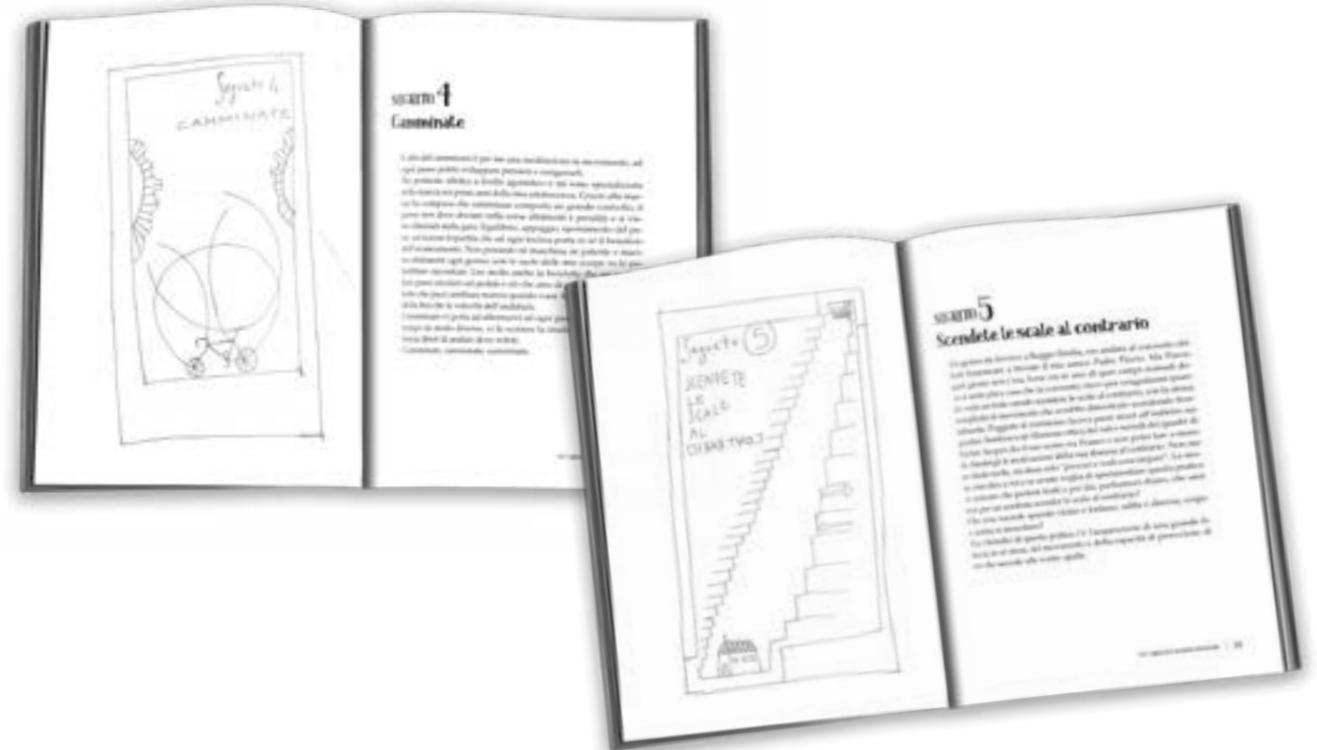
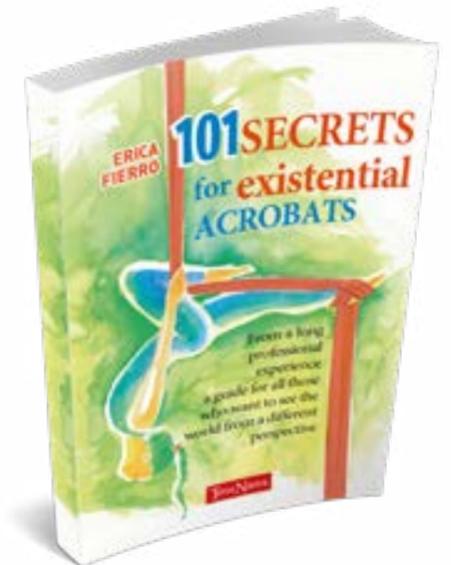
COMPLETE ENGLISH TRANSLATION AVAILABLE

The author

ERICA FIERRO is a multifaceted artist and her activities range between theater, dance and circus. She has worked as an acrobat at Teatro alla Scala in Milan, Teatro Verdi in Florence, Teatro Studio Scandicci (Florence) and Teatro Franco Parenti (Milan). Today she devotes herself to training activities and intervenes as a performer for BBC reality shows and Rai programs. Creativity is the motive and key to her research. Contact: www.ericafierro.it

PAGES: 316, b/w
FORMAT: 140 x 190 mm, paperback
PRICE: € 15,00

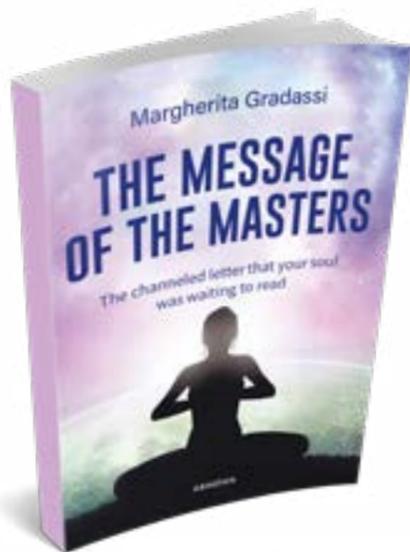
Who is an existential acrobat?
 Not only those who do carping jumps, crazy evolutions and perfect landings, but also those who believe that one can go through the various stages of life with a little daring.
 It is to all existential acrobats that these 101 secrets, born of the author's experiences and 20-year artistic career, are dedicated.
 Erica Fierro is aimed at aspiring aerial acrobats and established aerial acrobats who like to continue their research and discover new tricks of the trade, as well as those who want to cultivate creativity in their work and existence.



The author

GRADASSI MARGHERITA is Naturopath, Iridologist and Kinesiologist. She has a degree in ISF, at the Faculty of Pharmacy. She worked in the field of homeopathy and phytotherapy. Her job is to help people to regain physical and emotional balance through natural medicine and holistic, stimulating the abilities of self-healing. This is her first book, written jointly with the Spiritual Masters.

PAGES: 192, b/w
 FORMAT: 140 x 210 mm,
 paperback with flaps
 PRICE: € 15,00



- A long message of love for humanity.
- The certainty that we are not alone
- A guide to learning how to channeling

In this historical moment, in which we are all in need of rediscovering the sources of spirituality and a healthy contact with the Earth, this book comes like a caress to our souls. With delicacy and disenchantment, Margherita becomes herself spokesperson for a powerful message that has been revealed to her through channelling, and she decides now to spread it to as many people as possible. The entities that communicate with her specify they are not angels, but souls who have passed on this Earth, in this life, in very ancient times and which, in their journey of evolution, have become Guides for humanity.

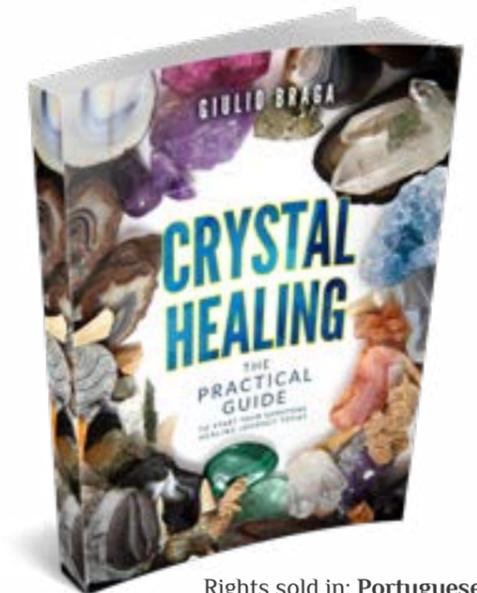
NEW TITLE
 JANUARY



The author

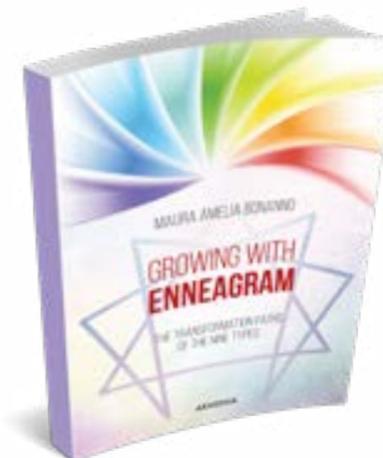
GIULIO BRAGA was born in Milan on January 17, 1964. Physiotherapist, specialist in Acuscope, co-founder and active member of a multidisciplinary project team whose research area includes the natural approach to aging and the use of different natural techniques combined synergistically, such as Crystal Therapy and Auriculotherapy.

PAGES: 200, colour illustrated
 FORMAT: 170 x 240 mm, paperback with flaps
 PRICE: € 18,00



With this book, filled with amazing photos, you will learn all you need to know about healing stones and the healing potential of crystals. You will learn what it is, how to treat illnesses with it and you will get the step by step instructions and easy directions to start discovering their amazing holistic healing abilities helping you to move your first steps towards your Inner Source of Positive and Natural Energy.

Rights sold in: Portuguese



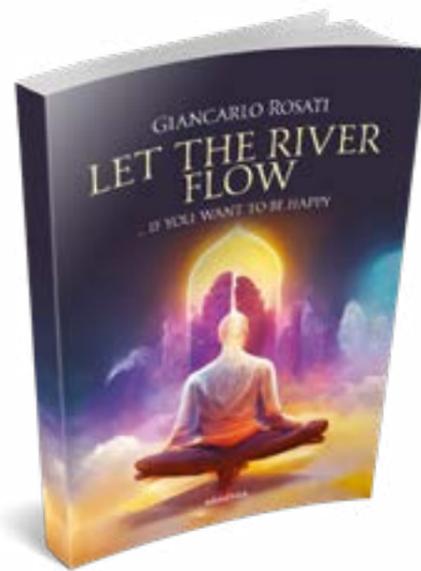
by Maura Amelia Bonanno
 PAGES: 288, b/w
 FORMAT: 140 x 210 mm, paperback with flaps
 PRICE: € 15,00



The author

GIANCARLO ROSATI, (1938 – 2020) was born in Asmara, he graduated from Oxford University, graduated in Medicine and Surgery and specialized in six different medical branches. The meeting with enlightened masters and personal experiments lead him to share with other seekers what he has learned. Some of his fifty sages of him have been translated abroad.

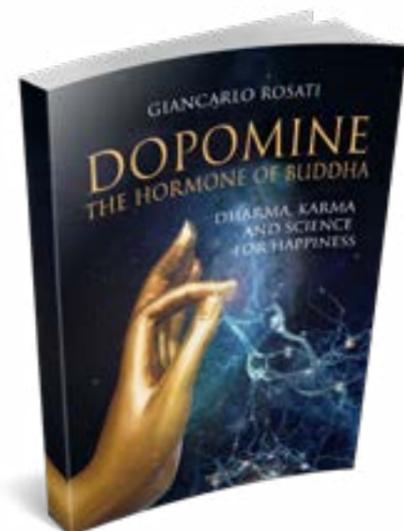
PAGES: 192, b/w
FORMAT: 140 x 210 mm, paperback with flaps
PRICE: € 16,00



For the first time, after a long time, an unpublished book by Giancarlo Rosati, expression of his research of lighting. The Author presents the teaching of the most important spiritual masters in Christian, Buddhist history and Islamic culture, but also the fruit of his own personal experiences, that he has long sought to interpret and to transfer useful informations to other researchers.

«I would have given my life to know the mystery of life», says Rosati, «and I think that there are many people willing to do anything in order to know what God is and what we are making here. Despite the knowledge gained experientially, I take comfort in quoting what others say, having the same intuition».

PAGES: 120, b/w – **FORMAT:** 140 x 210 mm, paperback with flaps – **PRICE:** € 14,50



In search of truth, of mystery of life and God, explorers can be divided into two broad categories. On one side, there are religious with their devotion to someone, and on the other side, the metaphysical or spiritual seekers, who do not recognize any master. Science has recently discovered that humanity is always driven by the pursuit of pleasure. At the base of this research, there is a brain hormone called Dopamine, that pushes both the saint and the gambler in equal measure. But Buddha discovers that conscience can expand herself and unveil the tricks to live peacefully in a world of tears.

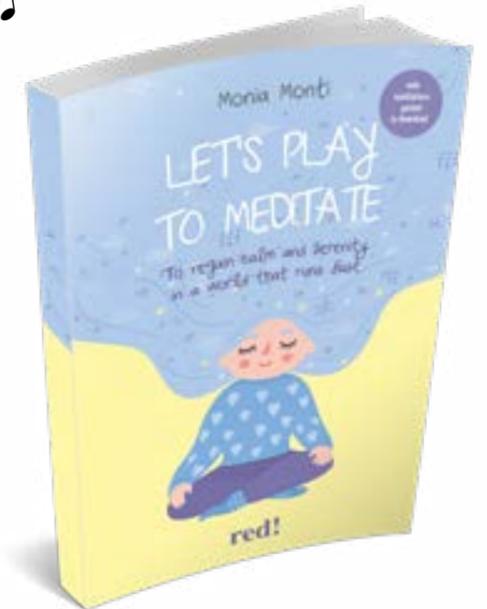
The author

MONIA MONTI, for over twenty years has been working as a pedagogist, conducts mindfulness and meditation training courses and collaborates with the University of Bologna. She studied mindfulness at some of the most important international institutions: the University of San Diego in California and La Sapienza University in Rome.

PAGES: 144, b/w
FORMAT: 140 x 210 mm, paperback with flaps
PRICE: € 14,00

For children 3 years and older

With MUSIC and meditations!



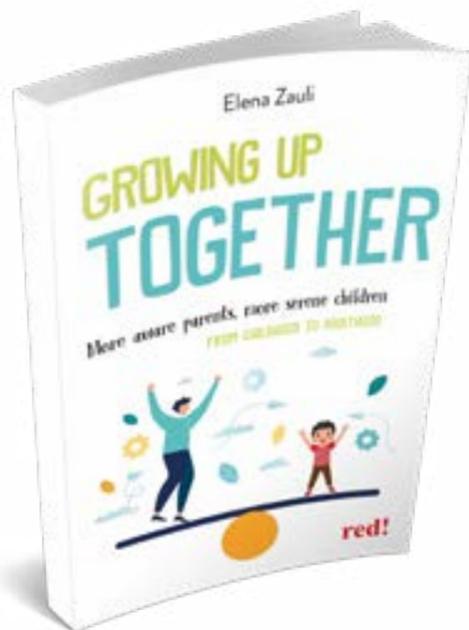
A book that proposes meditation and mindfulness as an “antidote” to the frenzy and stress that nowadays children experience, as a tool to bring awareness to the body, senses, emotions, but also as a tool to contribute to develop the famous “soft skills”. A dialogue among pedagogy, meditative practices and music. A dialogue among different knowledges as a source of enrichment. The book offers meditation tracks combined with music tracks. Some meditations are aimed at promoting relaxation and self-awareness, others attention, the development of creativity and memory, others allow you to manage difficult emotions, reduce anxiety, stress and regain calm and tranquility, other tracks are aimed at promoting the development of self-esteem, the heart’s qualities and the sense of belonging to the universe.



The author

ELENA ZAULI, psychologist and psychotherapist, has lived in Milan, New York and Ibiza. She founded an online psychologist platform specialized in problems of adolescence, family and couples.

PAGES: 128, b/w
 FORMAT: 140 x 210 mm, paperback with flaps
 PRICE: € 14,00



Today, thanks to research in the field of psychology and neuroscience, we know how important it is to accompany a child in his psychological development, to support him and to welcome his fragilities.

We seem to be prepared, ready for this responsibility, but when the moment arrives, everything turns out to be more difficult.

Elena Zauli guides us through a path of awareness that starts from our psychological well-being (because we cannot expect to manage our children's emotions if we have difficulties with our own emotions) and offers many tools to grow up together with our children and teenagers, taking care of ourselves as we take care of them.

NEW TITLE
 JANUARY



The author

NICOLETTA TRAVAINI has been a psychotherapist for over twenty years, she is specialized in high sensitivity and she is also a mum of a highly sensitive child. She published also "The gift of sensitive people" and "Decompression notebook for sensitive people".

PAGES: 48, illustrated
 FORMAT: 150 x 220 mm, hardback
 PRICE: € 14,00

An illustrated book that finally speaks directly to highly sensitive children by telling the stories of Nina and Gabriele, children of 4 and 6 years, who learn to recognize their superpower and to face in the best way the difficulties of growing up.

Primarily written for mothers and fathers who believe of having a hypersensitive son or daughter, it is also addressed to specialists who work with children (educators, teachers, psychologists, pediatricians).

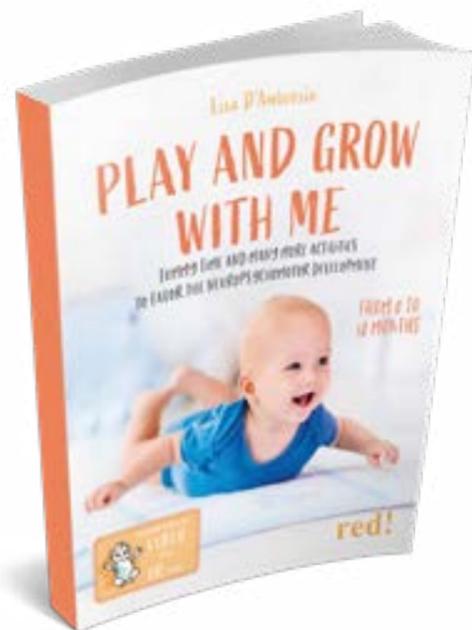
A book that can be kept on bedside table to read with mum and dad, or that can be proposed to schools as a useful tool of awareness and emotional education.



The author

LISA D'AMBROSIO, neonatal and pediatric osteopath, mother of Geneva, works in Como and edits a page on Instagram @osteopata_lisadambrosio, followed by over 30,000 parents.

PAGES: 144, illustrated
 FORMAT: 165 x 210 mm, paperback with flaps
 PRICE: € 16,00



The volume contains the basics to promote the child development: how to hold him, how to change him, how and where to place him, what to do with him during the day, how to create a suitable environment, which carpet and which games to choose. Thanks to this book they will learn what they have to observe to distinguish what is considered physiological in the development of the child and what is not: the shape of the head (to intervene immediately in case of plagiocephaly), the position of the head and of the whole body, the presence or absence of asymmetries, the development of various motor stages. They will discover the importance of tummy time, a fundamental activity to practice everyday. Then, month by month, parents will know the skills that their child will acquire, they will analyze the various progresses and the various milestones, they will learn how to favor them through the suggested activities, without forcing the child, but supporting him.

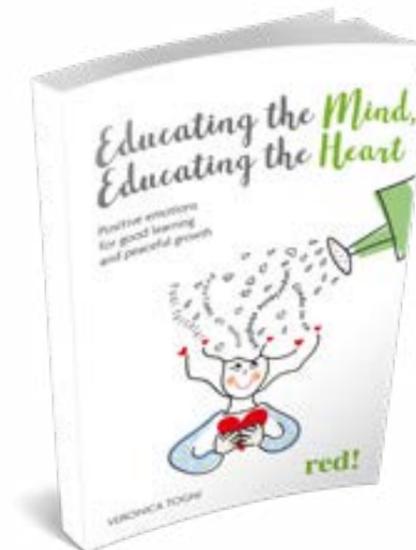


The author

VERONICA TOGNI, Graduated in Educational Sciences at the University of Bologna, holds a master's degree in DSA and scholastic difficulties and has attended numerous specialization courses on psychological problems that can involve children and adolescents. She also holds an instagram page @veronuca_togni followed by 20.500 followers.

PAGES: 144, b/w
 FORMAT: 140 x 210 mm, paperback with flaps
 PRICE: € 14,00

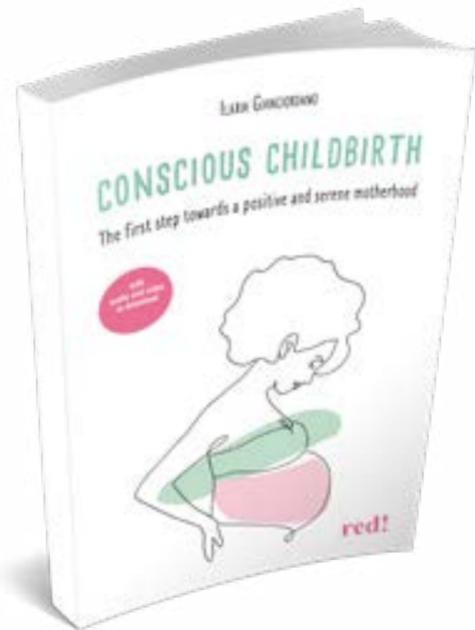
Children's emotions constitute an extraordinarily rich and interesting universe to explore and it is important for parents to learn how to handle it with care. Emotions are not all the same: there are primary emotions, which we share with other mammals, and also secondary emotions, specific to human beings, which begin to appear around two years old. There are no emotions that are more important than others, all of them must be listened to, welcomed and need to grow. The book starts from the analysis of the different emotions, leading to the concept of "warm cognition", which is currently studying the close link between emotions and learning, in fact the learning process should always be supported by positive emotions, which generate a sense of self-efficacy in the child. The purpose of this book is to make parents aware of the contribution they can give to their children, gathering them with different strategies and instruments to do so.



The author

ILARIA GIANGIORDANO, is a psychologist and psychotherapist who works mainly in the prenatal field. In 2018 she obtained the qualification of Registered KGHypnobirthing Practitioner at the school of Katherine Graves in London. In 2019 she deepened her knowledge in the field of accompaniment to childbirth at the Pennsylvania Hospital and collaborated with the Jeferson Hospital in Philadelphia.

PAGES: 144, b/w
FORMAT: 140 x 210 mm, paperback with flaps
PRICE: € 14,00



A book that prepares to live a positive birth experience, which is the first fundamental step to build a serene motherhood. There are many topics related to the experience of childbirth that are deepened, both on a theoretical and practical level with many activities that the future mother can do.

Themes:

- Pregnancy.
- The fear of childbirth: welcoming it without being obstructed.
- Pain: the greatest enemy or a possible ally?
- Labor: the dawn of a new beginning.
- Childbirth: getting to know a new you.
- Postnatal mental health: what every parent should know.
- Breastfeeding: choosing consciously.



The author

ELISA DE FILIPPI is a nutritionist biologist, graduated at the University of Rome Tor Vergata. Over the years she has specialized in mother-child nutrition, with particular regard to early childhood. She's the mother of two children, she talks about the recipes and menus she prepares with them and for them on her Instagram page @mammanutrizionistaincucina with over 26.000 followers.

PAGES: 160, illustrated
FORMAT: 165 x 210 mm, paperback with flaps
PRICE: € 18,00

What happens when the stage of weaning ends? How do parents understand that the period of safe cuts and soft textures is really over? How to continue breastfeeding a child correctly at the end of this very intense phase called weaning?

This book has one goal: to help parents deal with “post weaning” in a completely natural and spontaneous way.

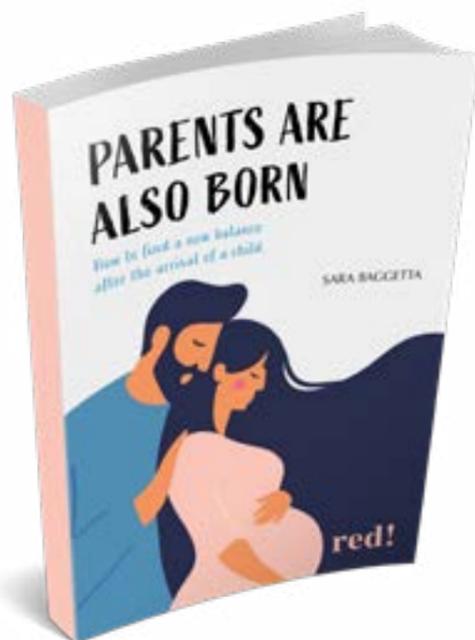
- It illustrates what are the changes in terms of nutrition in the first years of a child’s life and what are the nutrients that should not be missing on his plate.
- It offers many practical examples: from breakfast to lunch, from snacks to dinner. The book features simple recipes that will whet the appetite of the whole family.
- It’s a guide for the preparation of the mini-boxes, with particular attention to the possibility of being transported anywhere: to the sea, to the mountains, to school or to the playground. It suggests how to combine all the recipes proposed within weekly menus that are perfect for the whole family.



The author

SARA BAGGETTA is a developmental and educational psychologist, expert in perinatal psychology and a family consultant. In her daily work she accompanies women, couples and families on a path of growth. She does a great disclosure activity on social networks, in particular on her instagram page @sarabaggetta with over 17.000 followers.

PAGES: 144, b/w
FORMAT: 140 x 210 mm, paperback with flaps
PRICE: € 14,00



This book is written in a simple way, but updated with the discoveries of perinatal psychology, which supports the mother-father-child triad in the transition to parenthood.

The arrival of a child is an overwhelming and joyful event, it is a moment of positive growth, but it can also be much more... and it can happen to many parents who feel lost and disoriented.

In fact after having a child, the “loving couple” becomes a “parental couple” and this great change brings with it a crisis that will lead to the redefinition of new dynamics and to the creation of a new equilibrium.

This book deals with all the psychological, emotional and cultural aspects that characterise the inner life of expectant parents and new parents. It also deals with the theme of fantasies about the baby who is about to arrive, the mother fetus relationship, how fathers live the waiting and the theme of childbirth seen as a passage from being children to being parents. The waiting and the arrival of the child are also analysed for adoptive parents.



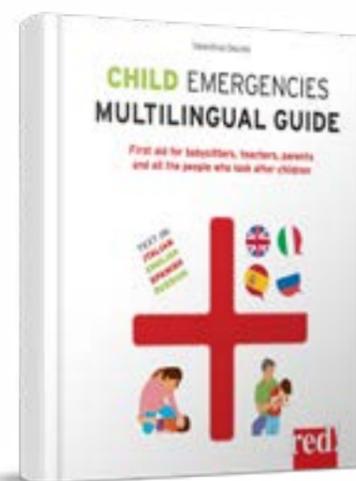
The author

VALENTINA DECIMI is a doctor specialized in pediatrics, with experience in emergency service and national instructor in first aid courses and scientific director of Il Salvagente Italia, a no-profit organization based in Monza which organizes courses throughout the national territory.

PAGES: 44, colour illustrated
FORMAT: 210 x 230 mm, hardback
PRICE: € 16,00

This book derives from the observation that there are many people who take care of the elderly in private homes and almost all of them are of foreign origin. Many of these people don't have a perfect command of the Italian language and therefore a communication tool like this book, that allows to understand some basic notions, becomes very useful.

Text in Italian, English, Spanish, Russian



Examining 20 emergency situations that can occur most frequently in daily life, this book explains what ordinary people should and should not do. Each situation is explained in four languages representing a precious help for those who don't speak Italian.

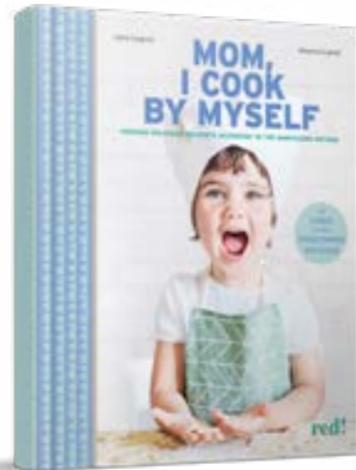
Starting from the most recurring emergency situations, the text is simplified for non-professionals with illustrations of the basic procedures and guidelines of conduct.



The author

KATIA CASPRINI is a mother, graphic designer and video maker, passionate of creative activities.
ROBERTA GUIDOTTI is an advertising graphics, mother of two twins; she loves playing, and cooking with them.

PAGES: 64, colour illustrated
FORMAT: 210 x 250 mm, hardback
PRICE: € 16,00



Rights sold in: Estonian, Georgian, Slovenian, French, German, Russian, Greek

**BEST SELLER
3 REPRINTS
IN 6 MONTHS**

This laboratory-book allows child, in line with the principles of the Montessori method to do it alone, to make a dessert in complete autonomy, with the use of a common jar of yogurt and a cooking spoon.

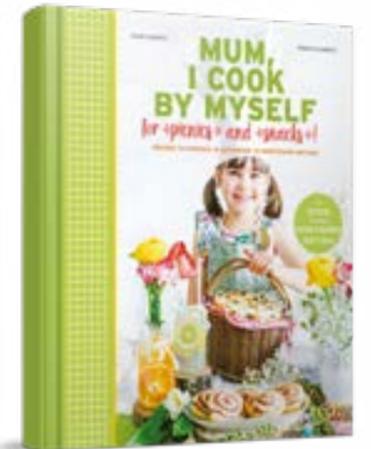
Each recipe presents a picture of each ingredient and next to it, the number of jars or spoons to be filled, which recalls the Montessori activity of pouring, so loved by children.

Recipes can be made in complete autonomy because they don't require the ability to read and the use of a scale.



This workshop-book allows the child, according to the principles of the Montessori method of “do it by myself”, to create recipes in complete autonomy with the use of a common jar of yoghurt and a cooking spoon. In each recipe there are photos of the ingredient needed next to the number of jars or spoons to fill, which recalls the Montessori activity of pouring, so loved by children.

The book includes labels, that have to be applied on the kitchen containers that will contain the ingredients so that the child will associate them clearly with images found in the book.



Rights sold in: French, Slovenian, Greek



From the extraordinary success of “Mum, I cook by myself” published in February 2021, reprinted three times already, this new project was born.

The goal is always to make children independent in the complete preparation of a recipe, even without knowing how to read, therefore without using a scale or written instructions.

The book, which is always aimed at children between the ages of 3 and 7, offers sweet and savory recipes to make children independent and able to organize by themselves (without the help of their mothers) convivial moments, birthday parties or Christmas snacks.

All that children need is a common jar of yogurt and a cooking spoon. In each recipe, next to the picture of various ingredients, children will find the number of jars or spoons that they have to fill.



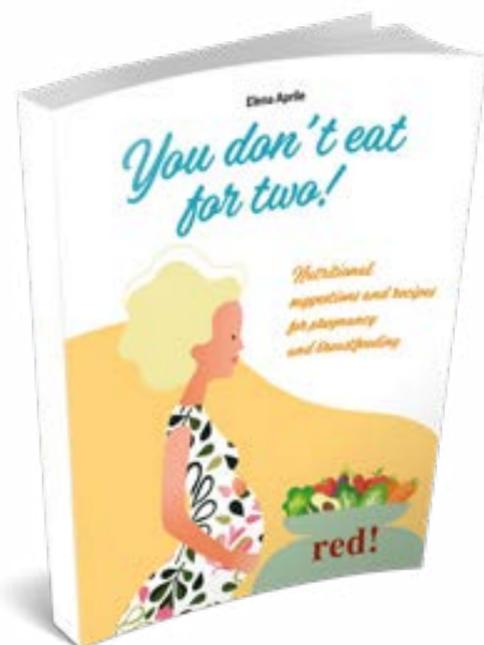
Rights sold in: Estonian, French, Slovenian, Greek



The author

ELENA APRILE graduated in Dietetics at the University of Ferrara and she held a master in vegetarian nutrition and dietetics. She's passionate about cooking, she loves experimenting and proposing new recipes to relatives, friends and to everyone who follows her on social networks. She owns an instagram page @ilmulinodelladietista with over 15.000 followers.

PAGES: 160, illustrated
FORMAT: 165 x 210 mm, paperback with flaps
PRICE: € 18,00



It is inevitable that in the period of growth and waiting of the child, in the mother so many doubts arise and nutrition is one of the most common worries because the body changes, gains weight and raises the awareness that one's choices can influence the growth of one's child.

In this book the author tries to dispel all the myths related to nutrition during pregnancy and breast feeding according to the most current scientific evidence, because a mum needs an authoritative guide to support her in this delicate path, she needs to know that she is not alone in the change she is experiencing.

Lots of nutritional advices and recipes for the nine months of waiting, childbirth, postpartum and breastfeeding.



The author

GIORGIO GOTTARDI, gynecologist for over forty years, founded and directs the Boscovich Medical Center, in Milan, which brings together several specialists in the field of gynecology and obstetrics.
SERENA VIVIANI is a journalist, health and nutrition expert.

PAGES: 192, colour illustrated
FORMAT: 140 x 210 mm, flexi cover
PRICE: € 14,90

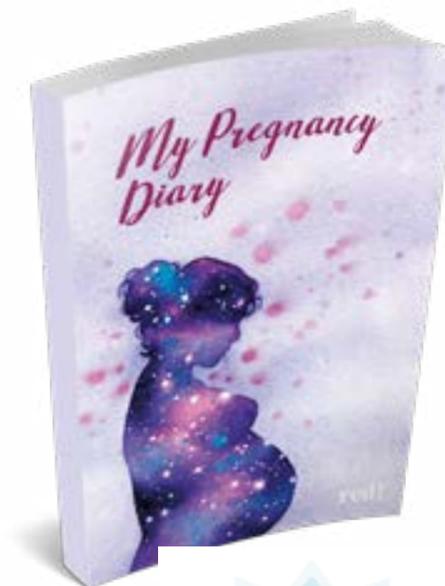
When you are expecting a baby, especially if it is your first baby, you are full of questions and doubts. This diary is designed to answer your uncertainties, giving you a reasonable amount of information at the right time, so that you don't find yourself in the fourth month already studying the symptoms of labor, or in the last week still unprepared for birth. You almost certainly have a doctor who follows you and will tell you what you need to know about pregnancy. But then there are also friends, magazines, social networks, the old aunt who bombards you with recommendations, there is your desire to understand and your worry of doing something wrong... This planner wants to help you avoid confusion and fear.

You will find indications for:

- following a correct diet
- staying fit with stretching, relaxation and pilates exercises
- dealing with the most common ailments
- arriving at labor and birth with the right awareness and preparation.

With many pages to fill with notes, thoughts, which will become beautiful memories in the future.

NEW EDITION

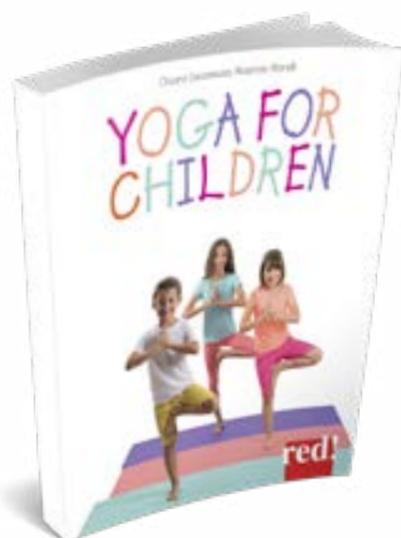




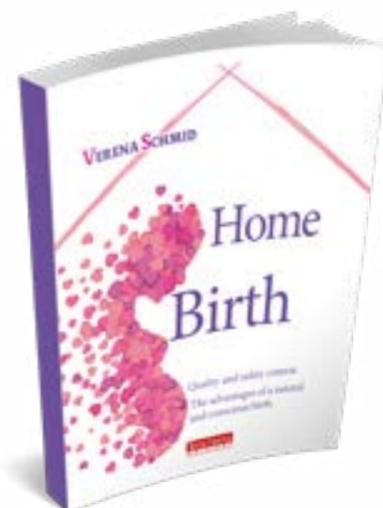
by Giulia Settimo & Gianfranco Trapani
 PAGES: 528, colour illustrated
 FORMAT: 165 x 210 mm, hardback
 PRICE: € 19,00



by Grazia Honegger Fresco
 PAGES: 176, b/w
 FORMAT: 140 x 210 mm, paperback
 PRICE: € 12,00



by Maurizio Morelli & Chiara Iacomuzio
 PAGES: 192, colour illustrated
 FORMAT: 165 x 210 mm, paperback with flaps
 PRICE: € 15,00
 Rights sold in: Spanish w.w.



by Verena Schmid
 PAGES: 216, b/w
 FORMAT: 190 x 235 mm
 PRICE: € 16,50

The author

VERENA SCHMID, lives in Florence, Italy. A midwife since 1979, she is a lecturer, author of numerous books, mother and grandmother. She has been involved in midwifery training since 1988. In 1993 she founded D&D, the midwives' journal, and in 1996 the Elementary School of Midwifery Arts in Florence. She teaches "Salutophysiology in Midwifery," a new paradigm of care, in numerous countries and in a master's program at the University of Salzburg. In 2000 she was awarded the Astrid Limburg International Prize for the promotion of midwifery autonomy and natural childbirth.

PAGES: 292, b/w
 FORMAT: 150 x 210 mm, paperback
 PRICE: € 18,00

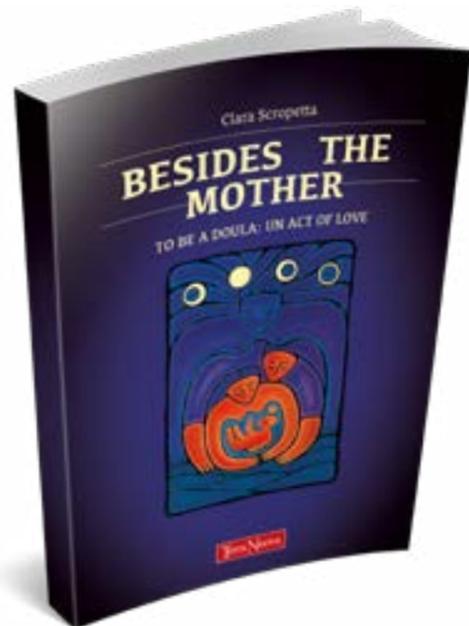
If motherhood comes after the age of 35, worries and uncertainties generally increase. Here, then, is a guide dedicated to mothers-to-be "over 35" to help them discover what personal resources and strengths they have to best experience conception, pregnancy and childbirth without unnecessary and harmful stress. The author, drawing on her long experience as a midwife, offers valuable guidance for coping with the transformations that pregnancy brings, both on the physical and clinical side and on the emotional and psychosocial changes.



The author

CLARA SCROPETTA, is a writer and the translator of Michel Odan in Italy. She is also a doula and an advocate for natural birth.

PAGES: 256, b/w
 FORMAT: 150 x 210 mm, paperback
 PRICE: € 16,00



This book recounts, through the testimonies of mothers and doulas, the role of this new figure. A doula stands by the woman during pregnancy, at the time of delivery and in the puerperium, and eventually afterwards. Being a doula is first and foremost an act of love, requiring human qualities and knowledge that are by no means taken for granted.

The information and reflections contained in this manual are intended for everyone: men and women, parents and non-parents, and it is also recommended for health professionals and doulas, whose valuable work fills a void that is no longer acceptable.



The author

CRISTINA DI LORETO is a psychologist, psychotherapist, coach, entrepreneur, mother of Azzurra and Manuel, creator of the Me First method®, the first method of Mom psychological empowerment that helps thousands of mothers to revolutionize the common concept of motherhood.

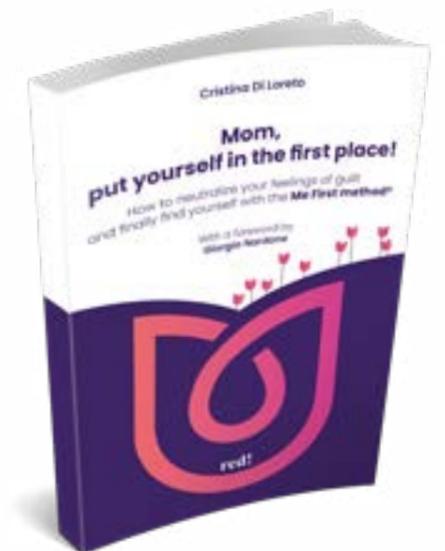
PAGES: 144, b/w
 FORMAT: 140 x 210 mm, paperback with flaps
 PRICE: € 14,00

An essay on personal growth dedicated to all mothers.

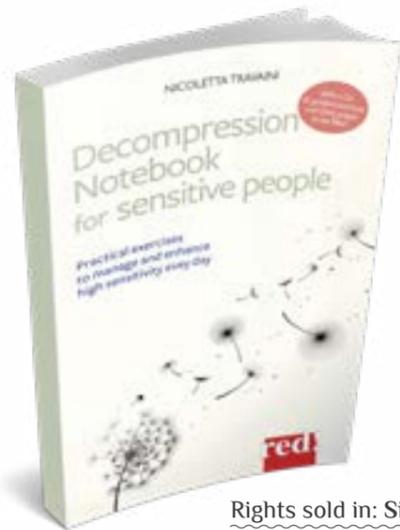
A book that deals with typical problems related to motherhood: the sense of maternal guilt, the myth of perfect motherhood, the difficulty of dedicating time to themselves.

Problems that can be happily managed with the Me First method® and with many strategies borrowed from Giorgio Nardone's strategic therapy, a discipline in which the author is specialized; strategies that focus on allowing mother to live peacefully her role and to reconnect herself with her own dimension as a woman and as a person.

The method becomes, page after page, a method of self-coaching and problem solving as well as an invitation to reflect (who were you before your pregnancy?) and also a real decision-making mantra.



OF RELATED INTERESTED



by Nicoletta Travaini
 PAGES: 128, b/w
 FORMAT: 170 x 240 mm, paperback with flap
 PRICE: € 14,00



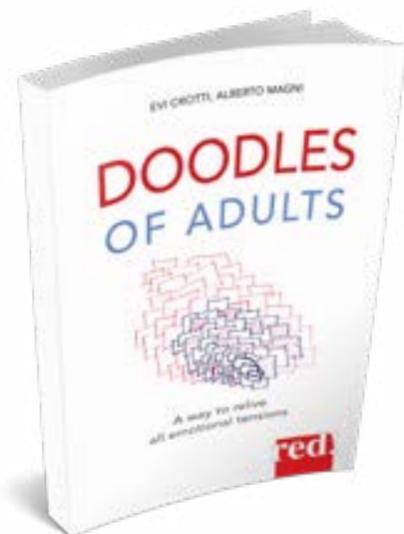
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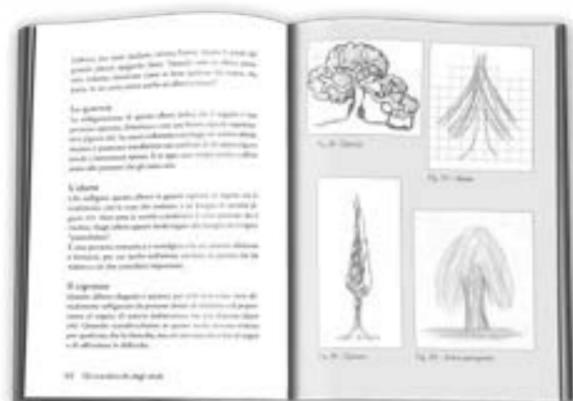
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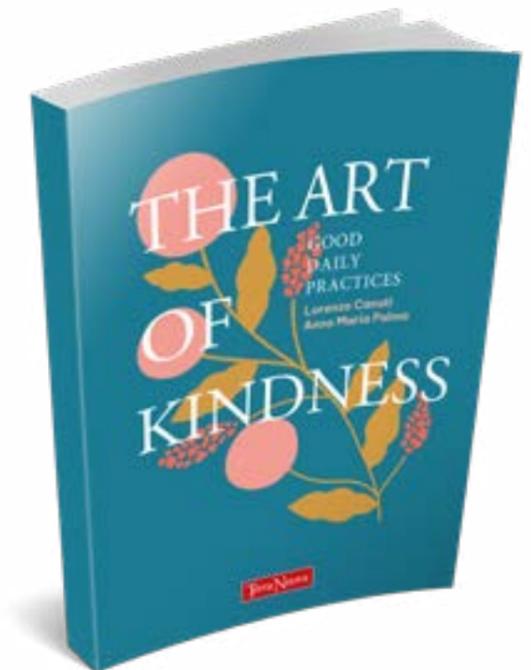
by Evi Crotti & Alberto Magni
 PAGES: 128, with drawings
 FORMAT: 125 x 190 mm, paperback
 PRICE: € 10,00



The author
 ANNA MARIA PALMA is a professional counsellor and emotional intelligence coach. She is a founding member of the *Study Centre for Affective Democracy* that promotes a system of peer relationships respecting of differences and preferences.
 LORENZO CANUTI is a senior trainer, consultant in management and governance of human resources, occupational psychologist, professional counsellor, Mindfulness instructor (MB-i).

PAGES: 292, b/w
 FORMAT: 150 x 210 mm, paperback
 PRICE: € 14,50

Kindness is an important concept, but it is not enough to say or write about it. To make a substantial difference in the world you have to create it, build it, generate it. Every day. The Art of Kindness is an invitation and practical guide to living kindly at all times and in every aspect of life: in self-care, in emotional and working relationships, at school, in hospitals, everywhere. Interwoven in the book are the voices of those professionals, doctors, teachers, educators, who generate kindness every day in their working lives, receiving many positive results in return. In the end, we will have a very clear and compelling picture of what everyone can really generate to help the world to be a better place.

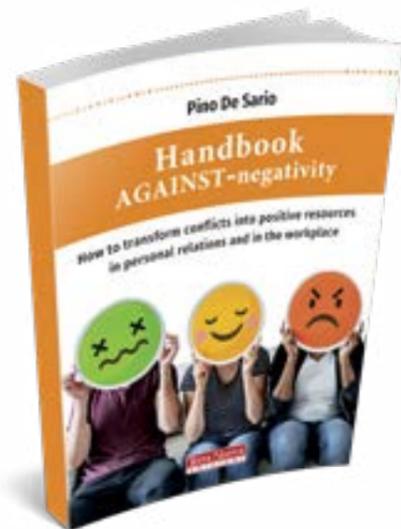
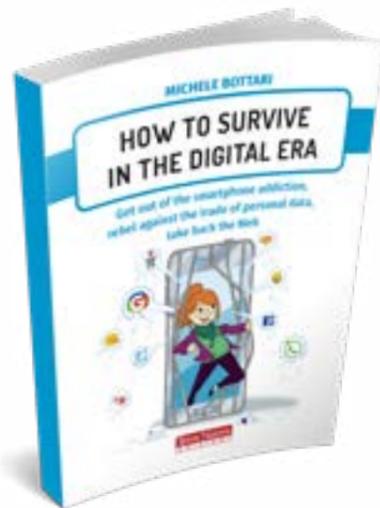


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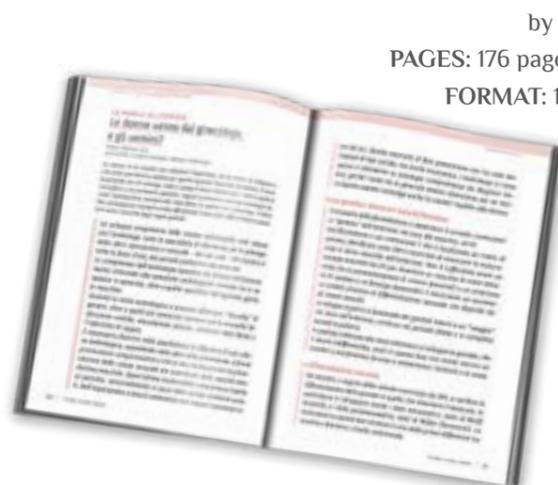




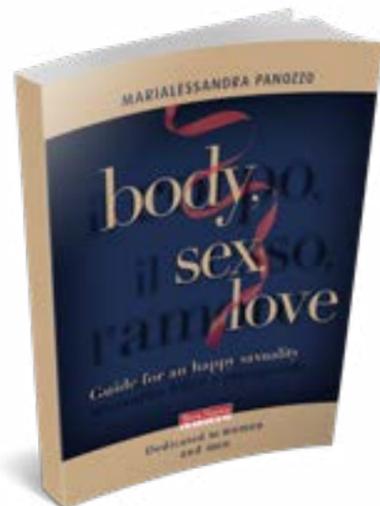
by Michele Bottari
 PAGES: 192 pages, two colour
 FORMAT: 140 x 210 mm, paperback
 PRICE: € 13,00



by Pino De Sario
 PAGES: 160, b/w
 FORMAT: 140 x 210 mm, paperback
 PRICE: € 12,00



by Marialessandra Panozzo
 PAGES: 176 pages, two colour illustrated
 FORMAT: 140 x 210 mm, paperback
 PRICE: € 13,00



The author

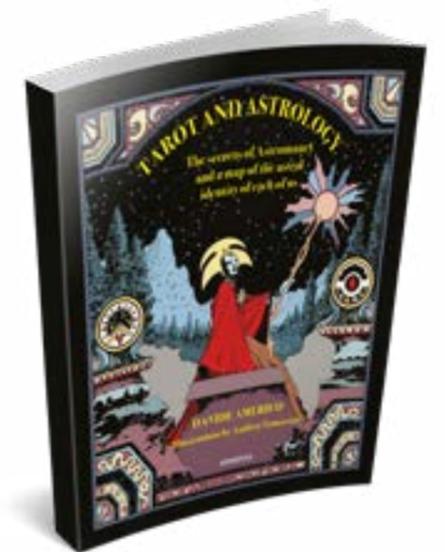
DAVIDE AMERICO, born in Parma in 1979, he graduated from Dams in Bologna and has, since then, worked as an illustrator, mainly in publishing (illustrations for novels, covers) and music field (album artwork). Whenever possible, he is also musician, with two albums to his credit.

The illustrator

ANDREA TOMASSINI, born in Pisa in 1976, he lived for a short time in Colombia, his "spiritual retreat". Although he has always been passionate about Fantasy and the Occult, he graduated in Law, writing a thesis on the Buddhist Dharma (Law). This is his first publication, which summarizes a twenty-year experience as a fortune teller and astrologer.

PAGES: 108, b/w
 FORMAT: 130 x 178 mm,
 Box set with book + 78 cards
 PRICE: € 19,50

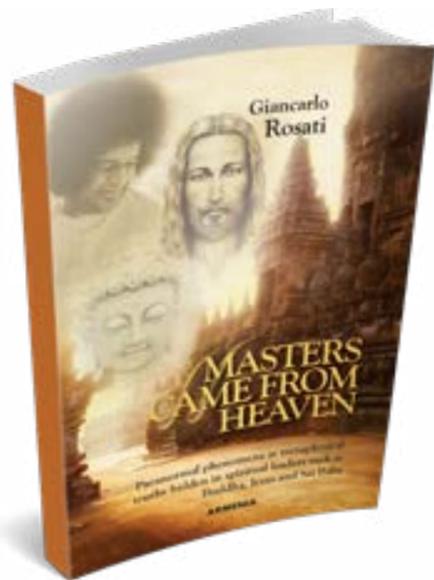
What you will find in this book is the result of years of experience as a fortune teller and astrologer. The term Astromancy I use to define the syncretism between these two passions, reflects my personal approach, even though it is based on data and concepts acquired over time from various cultures and traditions. What, instead, is what I call the Astrological Image? It is a fusion, a synthesis of our Western Zodiac with the Eastern one and the symbology of the Major Arcana of the Tarot. This mix has always fascinated me, allowing me to broadly frame the people I related to, the ones I read the cards to or simply the characters who attracted my attention. Having analyzed thousands of birth dates, and having received positive feedback from my deductions, I decided to write a text that could provide a basis for these observations. I have always preferred a more psychological and archetypal approach to astrology and cartomancy than the traditional one, and what you will find in these pages constitutes, at least in intention, a practical guide.



The author

GIANCARLO ROSATI, (1938 – 2020) was born in Asmara, he graduated from Oxford University, graduated in Medicine and Surgery and specialized in six different medical branches. The meeting with enlightened masters and personal experiments lead him to share with other seekers what he has learned. Some of his fifty sages of him have been translated abroad.

PAGES: 480, b/w – **FORMAT:** 140 x 210 mm, paperback with flaps – **PRICE:** € 22,00

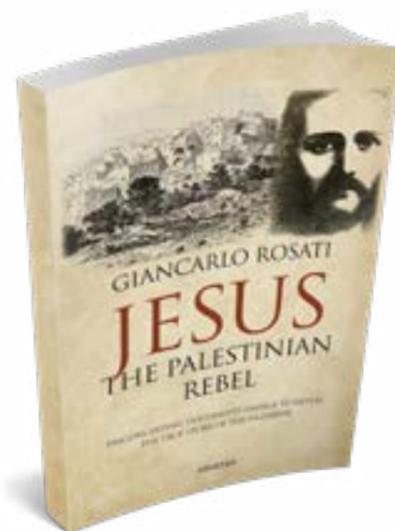


Rights sold in: Slovenian

The author, digging, dissecting and mending, has built a building of great importance with a double purpose: to detect that science and metaphysics run on parallel tracks in the search for Cosmic Consciousness and that the master incarnated today in the guise of Sathya Sai Baba is our own inner self that becomes concrete to make us understand that divinity is in us and our true reality, the supreme one, exists beyond the illusory barriers of Maya, that characterize everyday life. The author is not afraid of risky hypotheses and, thanks to this courage, he leads us beyond the boundaries of reality, that is known to us to immerse us in grandiose and gratifying visions. The work, conceived on pillars of vast culture, embodies a very high value that manages to drag us onto the fundamental concepts of the whole work. Sai Baba represents the point of departure and arrival not only for the spiritual seeker, but also for all the righteous who suffer and the unjust who seek redemption.

PAGES: 288, colour illustrated – **FORMAT:** 140 x 210 mm, paperback with flaps – **PRICE:** € 18,50

Jesus did not preach, as it is stated, an anti-worldly doctrine but is instead a Master, an enlightened one who sees God everywhere, around us, inside us, below us and above us, in the visible and in the invisible. To know the historical reality of Jesus, we must have the courage to collect even the smallest information from the ashes of history. In this work, the most exciting element is the rediscovery of the true message of Christ, which should lead us to accept the idea that his teachings, come from more ancient doctrines. Jesus taught, in fact, a doctrine, well documented by the Gnostic Gospels, which is no different from that of the pagan, Buddhist, Hindu or Muslim mystics who appeared on the face of the earth.



The author

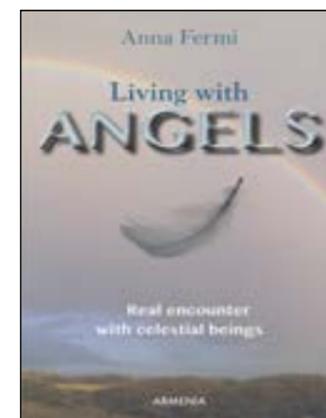
JEAN DE BLANCHEFORT (pseudonym of Dario Spada) writer and expert of the field for more than 30 years, is the owner of an esoteric bookshop in Milan since 1999. He wrote several best-seller for Armenia.

PAGES: 352, b/w
FORMAT: 140 x 210 mm, paperback with flaps
PRICE: € 16,50

Witchcraft differs from magic in that it is not aimed at the knowledge of the mysteries, but aimed at the advantage or individual well-being. The tools, formulas, techniques and rituals described in this guide, if wisely used, will allow the reader to rise above the common man and to use the occult forces. A manual for novices that also offers an overview of the history and ancient traditions of witchcraft.



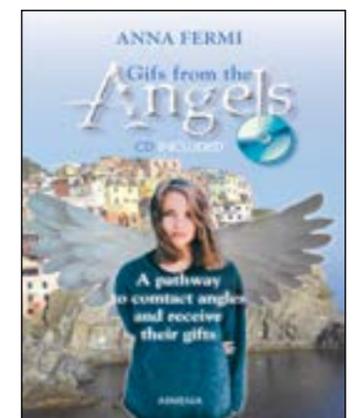
OF RELATED INTERESTED BY ANNA FERMI



PAGES: 186, b/w
FORMAT: 140 x 210 mm, paperback
PRICE: € 14,00

Rights sold in: Portuguese

PAGES: 220, b/w
FORMAT: 140 x 210 mm, paperback with flaps
+ CD with meditations
PRICE: € 14,00



The author

JEAN DE BLANCHEFORT (pseudonym of Dario Spada) writer and expert in the field for more than 30 years, is the owner of an esoteric bookshop in Milano since 1999.

PAGES: 190, b/w
FORMAT: 140 x 210 mm, paperback with flaps
PRICE: € 15,00

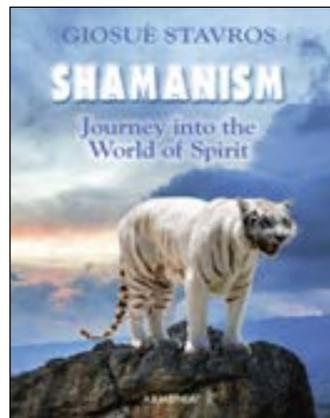


Rights sold in: Portuguese

Runes, ancient alphabetical symbols of a Germanic-Scandinavian ancestral lore used for magical purposes, express the meaning of our human experience, channeling energy potential which, if programmed for a specific purpose, are able to change the everyday world. In this way, these symbols become a formidable form of practical magic aimed at modifying reality at our will and, not least, become a means, or one of the ways to find the Inner Light which each of us can use to “create” their own future. The book explains the different ways to use the Sacred Runes in practical magic.



OF RELATED INTERESTED



by Giosuè Stavros
PAGES: 160, b/w
FORMAT: 140 x 210 mm, paperback with flaps
PRICE: € 13,00



The author

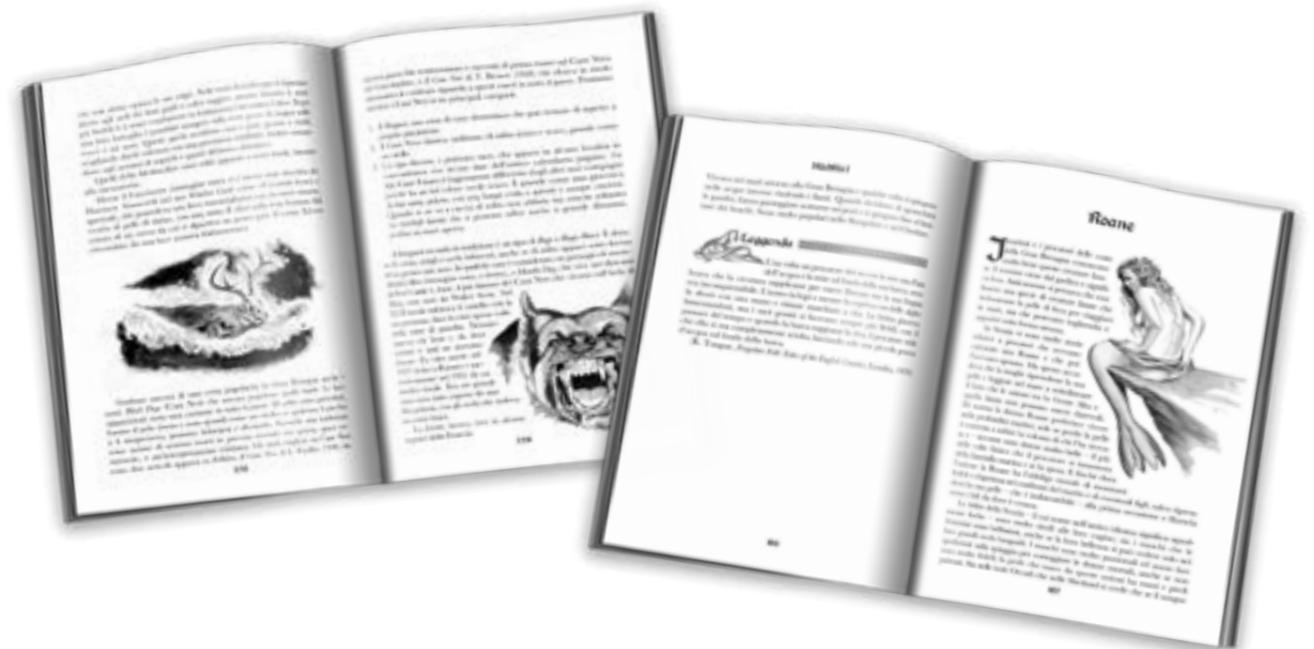
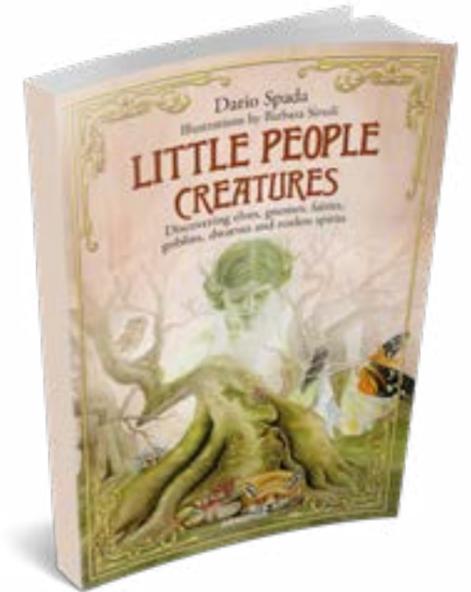
DARIO SPADA, born in 1951 in Milan. He is a scholar of popular traditions, esotericism and magic. Passionate about unusual topics, is author, even with different pseudonyms, of more than thirty volumes. He collaborates with articles and specialized magazines.

The illustrator

BARBARA SIRTOLI, designer, illustrator, painter and portraitist, she was born in Palermo in 1969. Her art passes with extreme naturalness from Hyperrealism to Fantasy. She loves to wander among the various techniques such as charcoal, graphite, watercolor, ink and lately acrylic on canvas. In 1998 she was selected from the Teatrio Association of Venice among the 100 best Italian illustrators.

PAGES: 384, b/w
FORMAT: 140 x 210 mm, paperback with flaps
PRICE: € 17,00

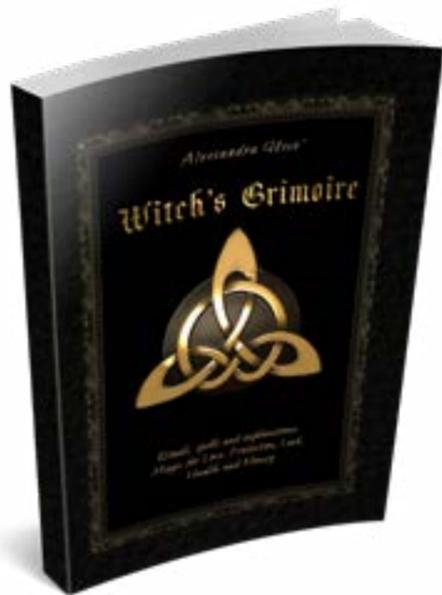
- A real “field guide” to discover the fairy beings
 - The description of each of them, accompanied by black and white illustrations
 - An interesting gift for adults and little ones
- From the depths of the earth and from the deepest recesses humid and hidden secular woods, their favorites homes, Elves, Gnomes, Dwarves, Fairies, Restless Spirits and a whole myriad of creatures, known as Little People, they watch us curiously, peeking out among the ferns of the undergrowth. Scrolling through the pages of this illustrated book, the reader will soon learn a recognize hundreds of bizarre and curious characters, immersed in their natural habitat with their uses, customs and legends.



The author

ALESSANDRA USCÈ was born in Palermo on 06/26/1979. She published WITCH'S GRIMPOURE with self-publishing and the book become an Amazon bestseller. Alessandra is an author who ranges in various genres, historical, horror, paranormal and the Fantasy. Married and mother of two beautiful girls, she dedicates to her paintings and books.

PAGES: 272, b/w
FORMAT: 140 x 210 mm, paperback with flaps
PRICE: € 15,50



Rights sold in: Spanish, South America

- A diary to keep with you, always and everywhere
• Rituals and spells of an Italian witch, explained in simple and concise way
• Keywords, candles, essences, moon phases, perfumes and more
In this book you will find everything you need to know on magic because, for the author: "Being a witch means knowledge, have a marked sensitivity, where the soul precedes the body and does not flank it ". Within the text, you will find precious rituals and spells, very basic, to make the text accessible to all readers.

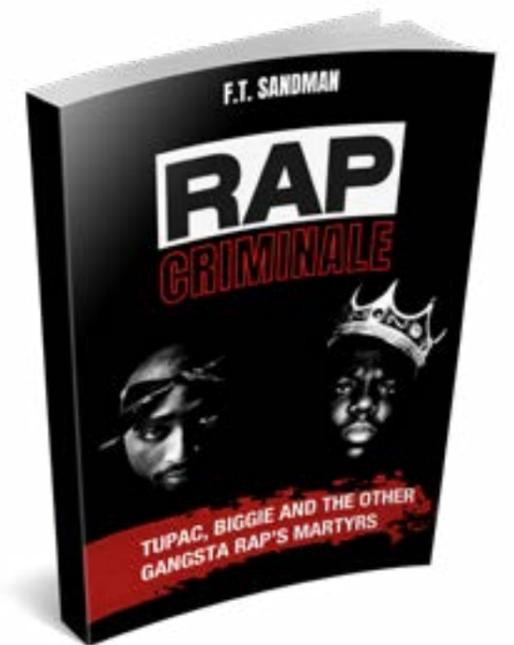


The author

FEDERICO TRAVERSA aka FT Sandman (Genoa, 1975) has been dealing with music and social questions for years. He has written books and collaborated with many well-known faces of the counterculture - Tonino Carotone, Manu Chao, Ky-Many Marley and David Lynch. He collaborates with Classic Rock and he hosts on Radio Popolare Network, the successful Rock Is Dead Show, dedicated to the mysterious deaths of well-known and lesser-known characters in the world of music.

PAGES: 336, b/w
FORMAT: 150 x 210 mm, paperback with flaps
PRICE: € 18,00

On the background of this dark story, there are unscrupulous producers like Suge Knight and Puff Daddy, heinous gangsters like Keffe D, gang members like Orlando Anderson, corrupt cops like Kevin Gaines or honest and passionate ones like Russell Poole. With an exclusive interview to Greg Kading, the detective of the investigative task force who solved the two cases in 2007, before being released from office. Criminal Rap it is not only about Biggie and Tupac. It tells also of the other famous rappers murdered later, from Scott la Rock to Proof, member of D12 and J Master Jay of Run Dmc, up to the recent disappearances of new rapper stars such as Nipsey Huggle and XXX Tentacion. 25 years after the murders of Notorious B.I.G and Tupac Shakur, a new investigation reveals all the secrets and the background of one of the most famous and tragic rivalries in the history of music.



The author

FABRIZIO SANDRINI was born in Varese in 1972. He graduated in theory and solfeggio, studying classical guitar. Always linked to the world of music and sounds, already the author of musical biographies and other publications, he plays the electric guitar, the bass and harmonizing instruments such as Tibetan bells and the steel tongue drum.

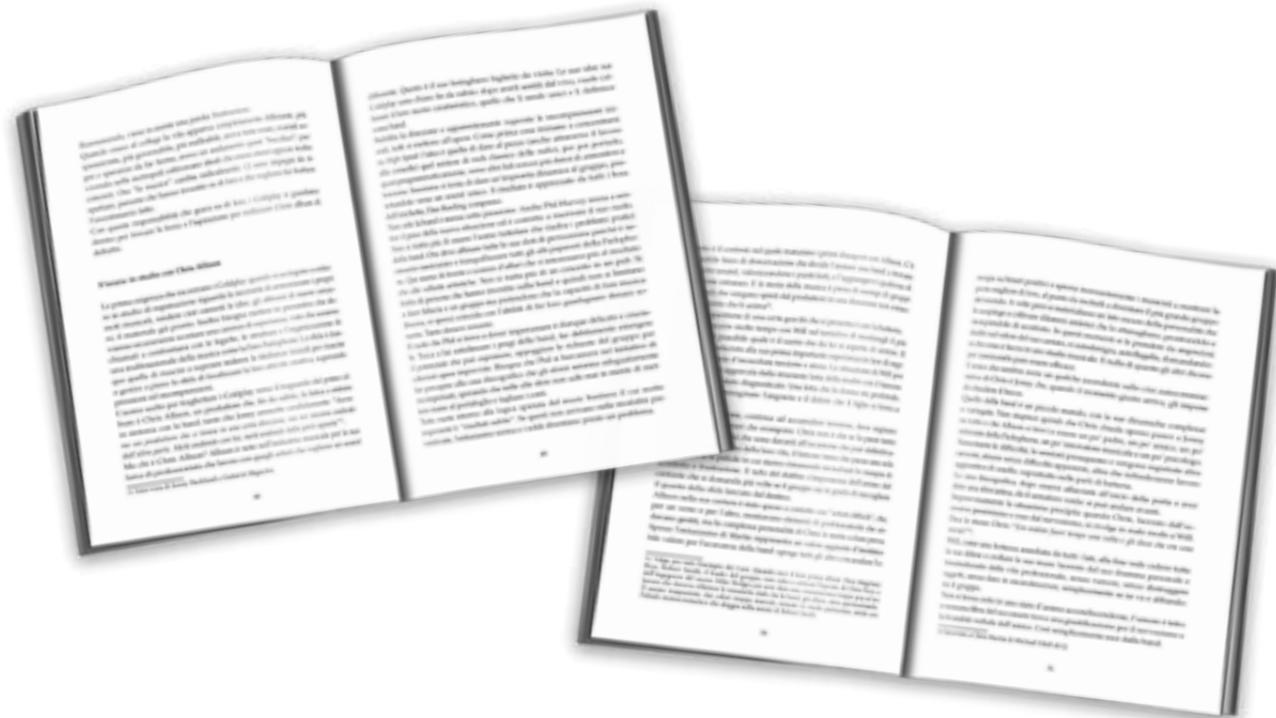
PAGES: 416, b/w
FORMAT: 150 x 210 mm, paperback with flaps
PRICE: € 20,00



This is the story of Chris, Will, Guy and Jonny: four friends, four simple guys who were able to impose their indelible mark on the music of the new millennium, becoming atypical international superstars.

Yes, because today Coldplay are everywhere: in the songs we sing when we wake up; in the music that floods the radios; in the most remote places; in the hottest stages; at the top of the charts around the world.

Rich in background, interviews, anecdotes, precious reviews of each album and with the electrifying story of the most spectacular concerts, "Viva Coldplay" is the definitive journey to discover Chris Martin and the band, between legendary shows, relationships sentimental paparazzi, social commitment, criticism, accusations of plagiarism, loyal fans and an exorbitant quantity of records sold.



The author

MICHELE MONINA is an Italian writer, artistic director, music critic and television author. He has published different works, ranging from Italian literature to sport, through music and popular culture. He has worked for the main Italian publishers, written for television, radio, theatre, and collaborated as a music critic and reporter for the main sector magazines; he is also the official biographer of Vasco Rossi. He lives and works in Milan.

PAGES: 304, b/w
FORMAT: 150 x 210 mm, paperback with flaps
PRICE: € 18,00

From Senigallia to the top of the charts, from the province to becoming the most authoritative spokesperson of Italian rap and then beyond, remaining at very high levels in a scene that changes daily. Years pass but Fabri Fibra remains one of the most famous and successful rappers in Italy.

The famous author and music critic from the Marche Michele Monina, alongside Fibra even before he was kissed by success, talks about the life, the struggles, the contradictions, the dissings, the controversies and the poisonous rhymes of the one who more than anyone else is managed to find an Italian way to rap. Accurate and passionate collection of episodes and unpublished interviews, considerations and reviews, "Everyone Wants a Phenomenon" is a work with a hip-hop rhythm, with the sarcastic language of someone born in the province and who only entered the limelight of the big city adult. Inside here is everything you wanted to know about Fabri Fibra, from the beginning until today.



The author

STEFANO MANNUCCI (Rome, 1958). Journalist, writer, radio host. As a music critic, in his forty-year career he has interviewed all the biggest names in rock and pop, and witnessed the live events that have marked the history of the genre. Dean of the Press Room of the Sanremo Festival, he was a special correspondent of the periodical "Rockstar", central editor of the newspaper "Il Tempo", and currently writes for the "Fatto Quotidiano". Author of two bestsellers focused on "music in history, and history in music" such as "Il Suono del Secolo" and "L'Italia Suonata". He hosted 14 editions of the legendary Rai-Ste-reonotte program and has been the popular "Doctor Mann" of Radiofreccia's "Rock Morning" for six years.

PAGES: 332, b/w
FORMAT: 150 x 210 mm, paperback with flaps
PRICE: € 19,00



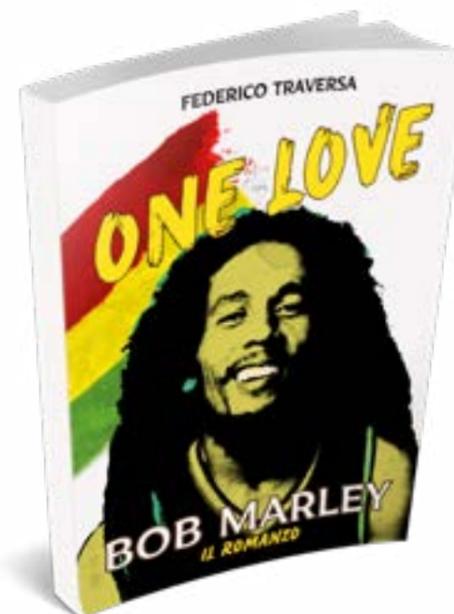
"Beat time" is the gallery of "unfinished portraits" of talented men and women caught in the moment in which everything can change: fragments of biographies and careers in the swampy water of great history, which decides everyone's fate. The crucial Sixties and Seventies of America and Western Europe served as the backdrop for unrepeatable artistic undertakings. The story with obliquely intertwined plots of an era before this one, very remote and yet so close, which the young people of Generation Z of the Twenty-first Century, lost in the neurosis of digital mis-education, risk not knowing. We talk about incredible stories and facts about music giants, from the Rolling Stones to Pink Floyd, from Frank Zappa to the Beach Boys, passing through Janis Joplin, Syd Barrett, Joni Mitchell, Johnny Cash, Robert Wyatt, Nick Drake and many others. This book is also for children born around September 11, 2001, who today are men and women of the age of their fathers and grandparents when they believed they could ride history. With foreword by Fast Animals and Slow Kids



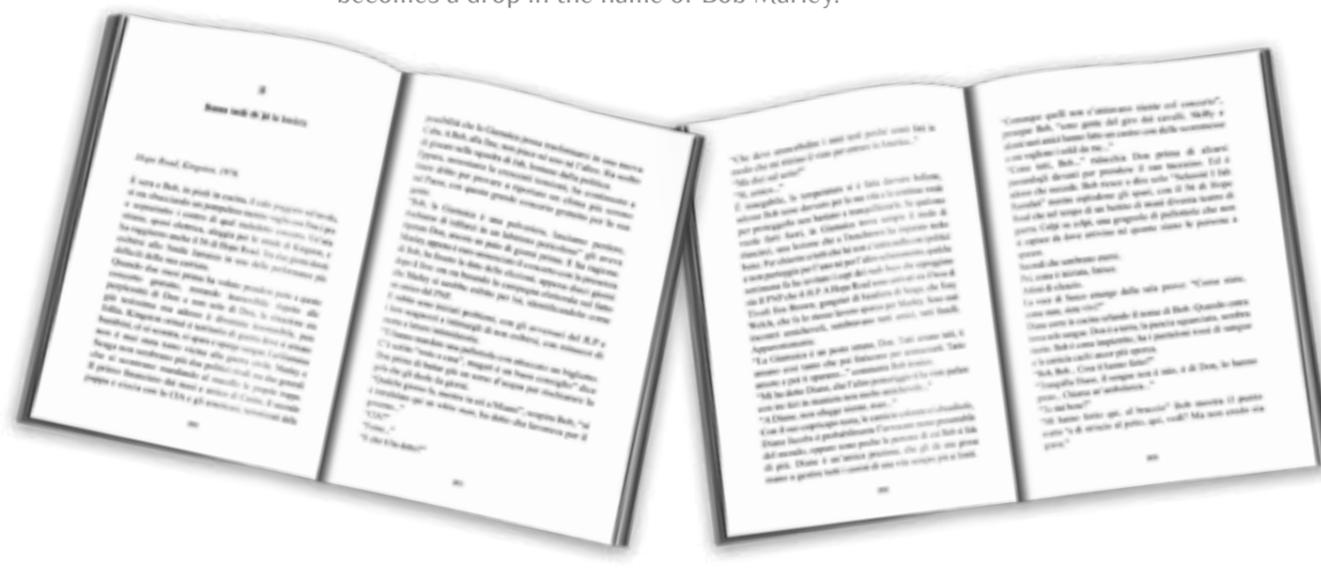
The author

FEDERICO TRAVERSA (Genoa 1975), has been dealing with music and spiritual issues for years. He has written books and collaborated with many well-known faces of the counterculture – Toni-no Carotone, Africa Unite, Manu Chao, Ky-Mani Marley – without ever neglecting the themes of those at the back of the line. His turning point as a man and as a writer came about thanks to his meeting with the well-known Genoese priest Don Andrea Gallo, with whom he wrote two successful books. He occasionally collaborates with the magazine Classic Rock Italia and since 2017 has hosted, on the frequencies of Radio Popolare Network (together with Episch Porzioni), the successful program "Rock is Dead", from which the book of the same name was based.

Shortly before the pandemic broke out, Federico Traversa, who has been writing about reggae in Italy for years, was asked by the radio station he collaborates with to create a long podcast series on the life of Bob Marley. It is not an easy period for Federico, who is supporting his beloved brother in the most difficult moment of his life. Episode after episode, Marley's life takes shape, with the unthinkable story of the greatest rock star of the Third World. Bob emerges from the pages blazing like a fire that illuminates many different photographs: the fatherless, mixed-race child running through the hills of Nine Miles; the young musician who tries to establish himself together with his friends Bunny and Peter in the Trenchtown ghetto; the husband and father seeking fortune who emigrates to the States; the Rastaman who finds in God that father who never wanted him; the footballer with dreadlocks blowing in the wind who loves women and marijuana... Page after page Bob becomes a legend, a myth, the prophet of a nation one step away from civil revolution. He is the politician who is shot trying to take him out; the king of reggae playing before a nation for the liberation of Zimbabwe; the man who must face his own sins and ghosts. And while Federico tells Bob's life, that life that becomes legend and burns, his journey through "the great evil" comes to an end: a double true story, where Federico's story is completed and becomes a drop in the name of Bob Marley.



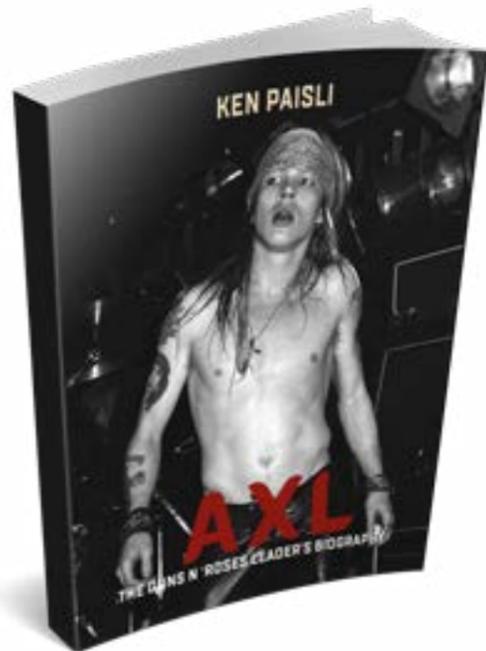
PAGES: 304, b/w
FORMAT: 150 x 210 mm, paperback with flaps
PRICE: € 19,00



The author

KEN PAISLI New Zealand broke the charts with Michel Jackson Dossier (2009) but got into the hearts of rockers thanks to the bestseller Guns N'Roses The Truth (2005), now at its fifth edition. In 2020, his Ozzy - The story was greeted by the trade press with excellent reviews.

PAGES: 336, b/w, 8 pages photo section is also included
FORMAT: 150 x 210 mm, paperback with flaps
PRICE: € 19,00



Sexual abuse. Religious fanaticism. Problems with the law. Millions of records sold. Beautiful and famous women. Sold out concerts all over the world. Arrests, lawsuits, millions of dollars spent. Years of silence. A record postponed for seventeen years. A millionaire tour with old bandmates. This and much more is William Axl Rose, frontman of Guns N'Roses, the band that has set fire to more than a generation. The definitive biography of Axl Rose, the incredible frontman of Guns N'Roses updated to 2021



The author

KEN PAISLI is Italian rockers' most loved writer. He wrote Guns N'Roses-The Truth, which has seen five editions printed, AXL, Bad Obsession and the best seller Michael Jackson Dossier, which remained in the top ten best-selling books in Italy for over two months. He is never seen in public, rarely gives interviews, doesn't go to the presentations of his books, and is against any form of classism and abuse of freedom. He deeply loves his readers.

PAGES: 336, b/w, 16 pages photo section is also included
FORMAT: 150 x 210 mm, paperback with flaps
PRICE: € 22,00

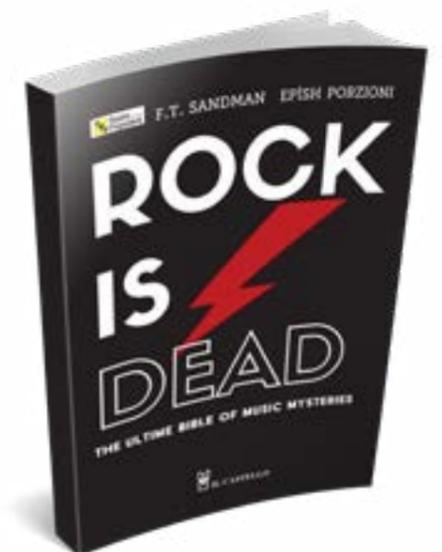
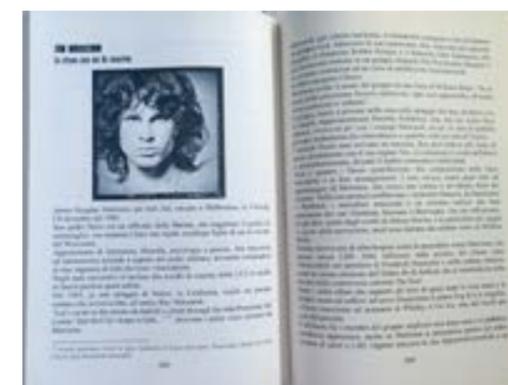


The author

FEDERICO TRAVERSA aka F. T. SANDMAN has been active in the field of music as well as social issues for years. As a writer he has managed in few years to collaborate and write successful books with many well-known counterculture representatives (Tonino Carotone, Africa Unite, Manu Chao, Don Andrea Gallo, Ky-Mani Marley), without ever neglecting the issues of those left at the bottom of society.

EPISCH PORZIONI feeds on bread and music. He has published, among his many books: Lo Spettro, the first authorized biography of rapper Fabri Fibra, Trent'Anni in Levare (together with Bunna and Madaski from Africa Unite) and Il Caso Cobain. He asks the world to love him but from a distance.

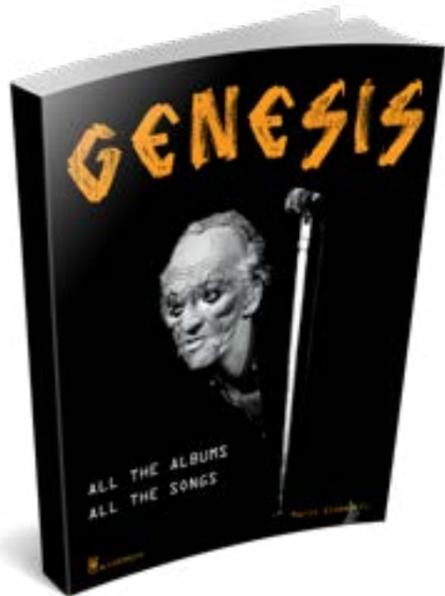
PAGES: 448, b/w illustrated
FORMAT: 150 x 210 mm, paperback with flaps
PRICE: € 19,00



The author

MARIO GIAMMETTI has been collaborating for over thirty years with the main Italian music magazines (“Ciao 2001”, “Rockstar”, “Jam”, “Classic Rock”). He has written 15 books on the world of Genesis, one of which has been translated into English (Genesis 1967-75 - The Peter Gabriel Years, published by Kingmaker in 2020). Among them, also the seven volumes (one for each of the band members) of the Genesis Files series, published by Edizioni Segno between 2005 and 2016. He is the editor of the only Genesis magazine in the world, founded in 1991 (www.dusk.it).

PAGES: 240, colour illustrated
 FORMAT: 220 x 285 mm, paperback with flaps
 PRICE: € 24,00



- The author, Mario Giammetti, one of the main experts of Genesis in Italy, analyzes all 15 albums recorded in studio by the band, examining the historical context and circumstances that led to their creation, at together with the recording processes.
- There are also synthetic information for outtakes and live albums, as well as a complete final discography.
- Beautifully illustrated with rare performance photographs and collectible material, it is a must-have book for collectors and enthusiasts or for young people who want to rediscover the music of this extraordinary band in all its evolution.

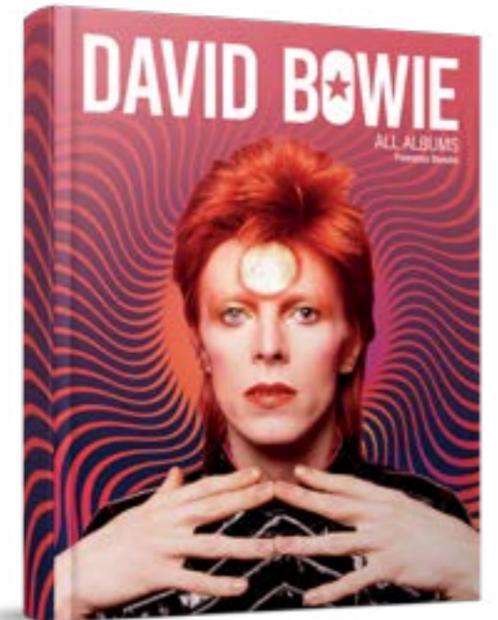


The author

FRANCESCO DONADIO (Rome, 1963), researcher and writer, collaborates with “Classic Rock” and is editor-in-chief of the newspaper «Extra! Music Magazine». He has published several books on musical themes and is one of the most accredited David Bowie's Italian experts to whom he dedicated other three books.

PAGES: 208, colour illustrated
 FORMAT: 220 x 285 mm, hardback
 PRICE: € 24,00

A 360-degree portrait of one of the most unpredictable figures in the history of rock
 Describing Bowie as musician, with insights dedicated to its parallel movie activity and its video clips.
 A recording analysis album by album, including his fantastic live concerts, anthologies, retrospective box sets and special issues.



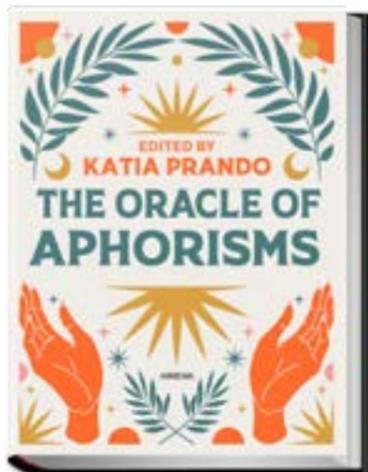
The author

KATIA PRANDO, translator, author, freelance editor for various Italian publishers and book bloggers, has been working for over a decade as a translator and editor. She recently started one praiseworthy initiative: “The Bookshelf”, a series of live Facebook meetings from the Rica Hub platform, where she gives space for authors, of the most diverse literary genres, helping them with the presentation of their works.

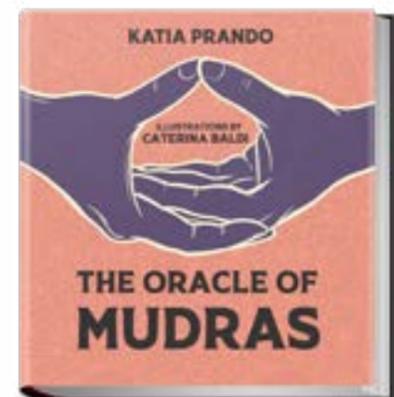
PAGES: 388, b/w
 FORMAT: 120 x 155 mm, HB with foil
 PRICE: € 14,00

- Discover the power of famous phrases as a guide to focus on intentions, channel emotions, receive an answer to your questions.
- This book is structured as an oracle: in addition to know the 188 aphorisms collected here and the corresponding Words of Power, you can also open it at random and find out what is your aphorism of the moment.

As every oracle, it is advisable first of all to be quiet for a few minutes; hold the book in your hands without opening it, closing the eyes, take a deep liberating breath and focus on the question or advice to ask. After that, without thinking too much about it, open the book where the heart, instinct, or chance decide and read the answer.



Rights sold in: Portuguese, French



Rights sold in: French

PAGES: 128, b/w
 FORMAT: 160 x 160 mm, HB with foil
 PRICE: € 14,00

The illustrator
 CATERINA BALDI is an illustrator and author of children’s books, translator and English teacher for children. She collected degrees and certificates of all kinds, but above all adventures around the world. She has been working for almost twenty years with national and international publishing houses.

Mudra is a symbolic gesture of yogic derivation used to obtain benefits on the physical, energetic and spiritual level. Each mudra in the book is associated with the description of the position to be taken with the hands, the explanation of the meaning, the benefits and a phrase-mantra to repeat while taking the position.

You can consult the oracle by asking the question “What do I need for...” and, opening the book at random, you will find the mudras to practice for the corresponding benefits: awareness, fortitude, perseverance etc. You can also look for the qualities you want enhance by consulting the book in alphabetical order.



The author

KATIA PRANDO, translator, author, freelance editor for various Italian publishers and book bloggers, has been working for over a decade as a translator and editor. She recently started one praiseworthy initiative: “The Bookshelf”, a series of live Facebook meetings from the Rica Hub platform, where she gives space for authors, of the most diverse literary genres, helping them with the presentation of their works.

The illustrator

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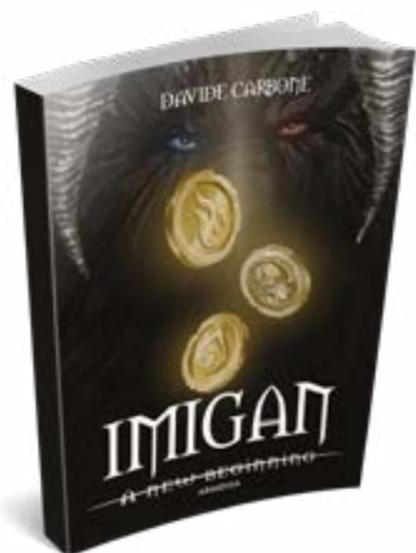
PAGES: 160, colour illustrated
 FORMAT: 160 x 160 mm, HB with foil
 PRICE: € 14,00

To harness the power of flowers, you don’t need fresh flowers, you can also use the illustrations that accompany this book or images of flowers you like. You may decide to tattoo one of these flowers, or draw one of them and bring it with you as an evocative symbol of spiritual and mental energy. Flowers reflect the cyclical nature of human life: they sprout, grow, bloom and when they are at the height, they die and reborn. The attribution of a meaning to each flower dates back to the Middle Ages and during the years, florigraphy, the language of the flowers, changed along with changes occurred in people and in the world in general.



The author

CARBONE DAVIDE, was born in Milan, in 1990. Good sportsman level at a young age, at twenty-one years he became an entrepreneur, and today he is father of two wonderful little girls. Passionate “writer” of fantasy stories since middle school, he has never felt the need to get to the large audience, in fact he always has used pen and paper like one private outburst, the only pastime capable of making him escape from the frenzy of modern life.

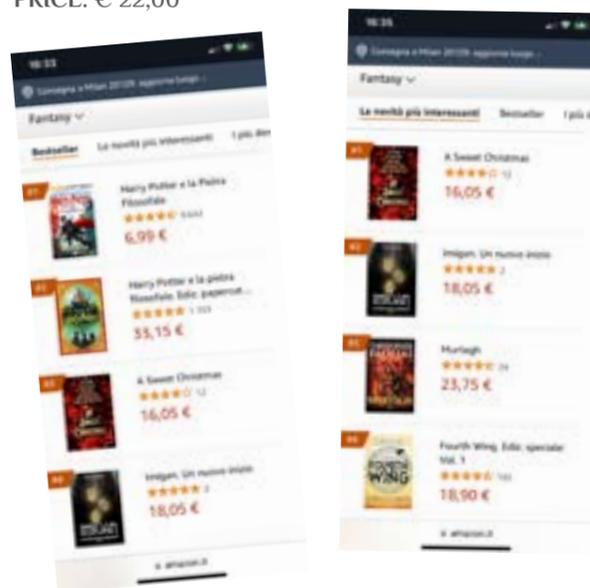


ILLUSTRATIONS BY ALESSIO VOLPI

PAGES: 336, b/w illustrated

FORMAT: 140 x 215 mm, paperback with flaps

PRICE: € 22,00



Xadra, is torn apart by an interminable conflict and the three realms that compose it (the Land of Fires, the Land of Metals and the Land of Lakes) seem powerless, incapable of reacting to the attempt made by the evil and ambiguous Madcus to unify the Three Kingdoms in a single empire under his personal rule.

Yet, when all seems lost, new heroes appear in the limelight, ready to oppose the tyrant's aims. First of all, the young Nagi, messenger and explorer of the Land of Metals, who embodies hopes of oppressed peoples. The boy, the only son of a hero, universally praised and who died in the early stages of the conflict, seems destined to make a difference and take the place that his father held.

He is supported in his daring attempt by his mentor Zesh, a Bek of the Lakes who possesses the gift of the water domain and his mother Lâmina, the Decapitator, an Avasin capable of forging the fearsome Soul Weapons; the heroic Cinitia, as well as her half-sister Aila, gifted with mysterious powers that struggle to emerge from her subconscious...

Other heroes are destined to enter the scene to fight this all-out war for freedom: the fiery Ders, the mysterious Varli, in addition to judicious King Olmis, sovereign of the Land of Fires, and to the wise man Bolàn, assisted by the faithful Yoria, her partner.

As events unfold until the inevitable and surprising ending, the reader will be dragged into a vortex of heroic deeds, loves, acts of dedication and generosity.



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