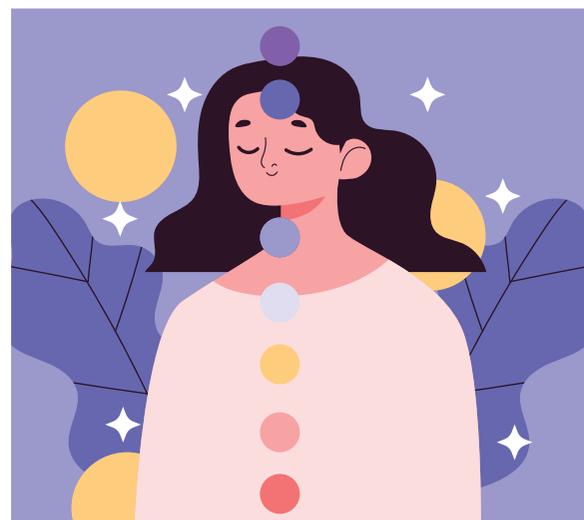




WELLNESS

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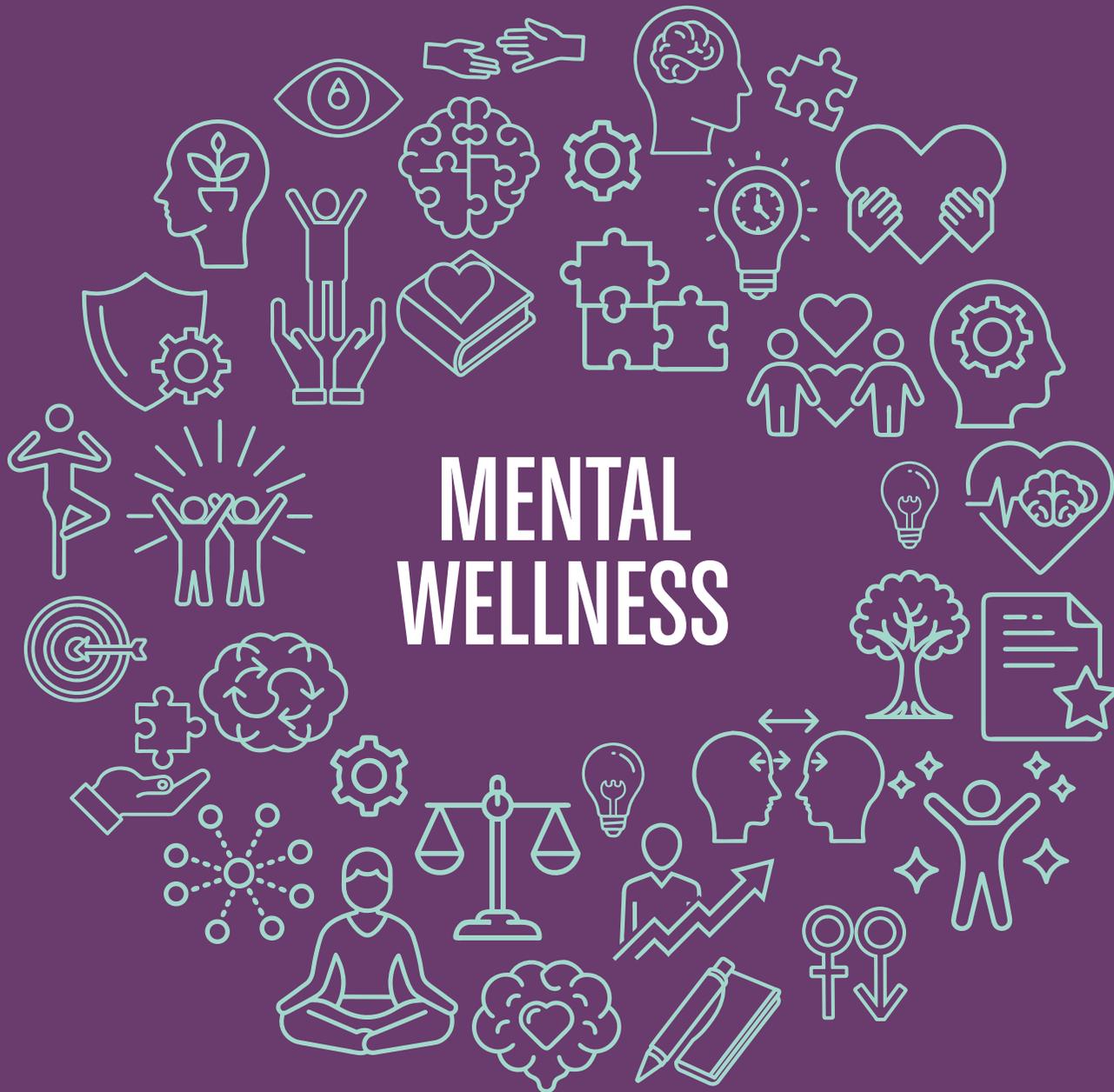
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MENTAL WELLNESS



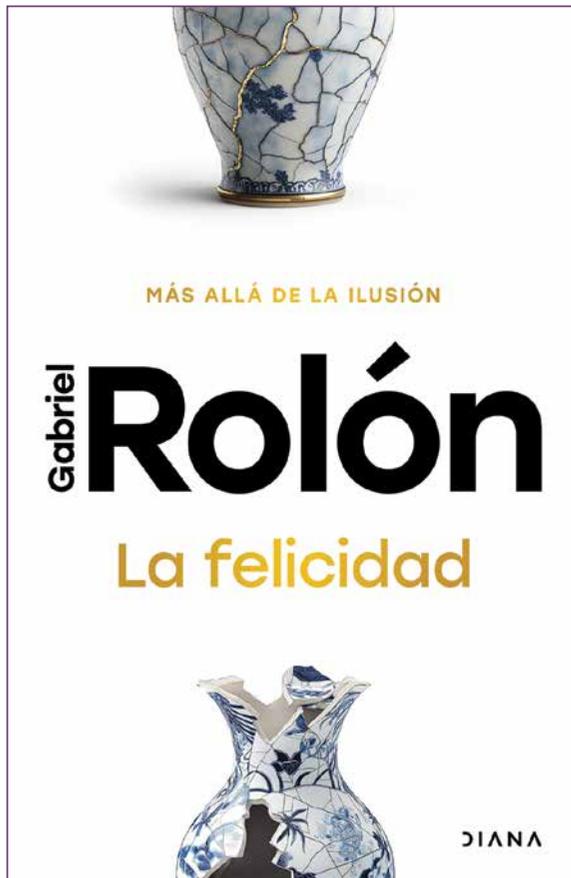


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Gabriel Rolón

Argentina

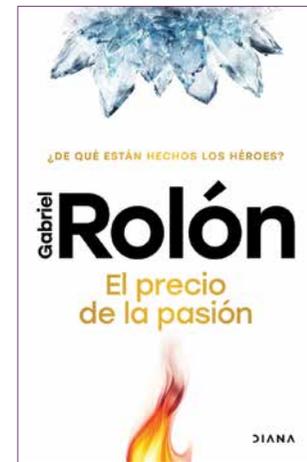
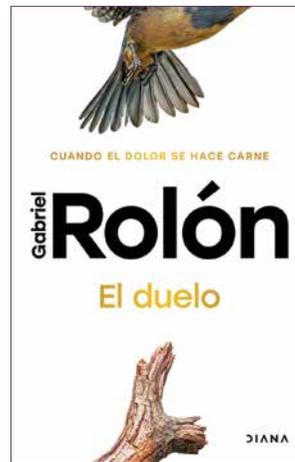
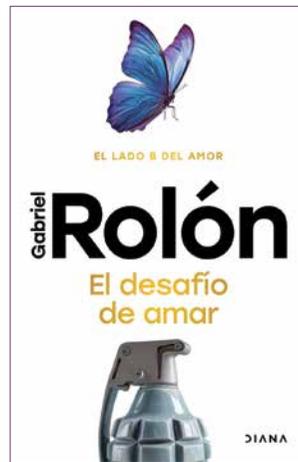
The editorial phenomenon that sold +3 000 000 copies



English Sample Available

“True happiness is not the absence of pain, but the ability to coexist with what hurts, and still find meaning.”
Gabriel Rolón.

Nonfiction / Psychology
Psychoanalysis / Philosophy
Imprint: Diana
Published in August 2025
328 pages



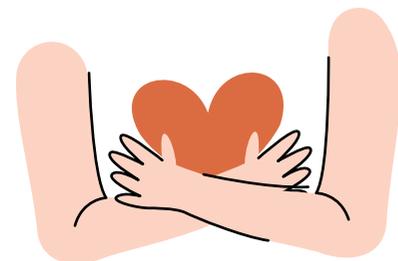
Happiness: Beyond the Illusion

In a society obsessed with positivity, productivity, and emotional “wellness,” *Happiness: Beyond the Illusion* offers a courageous and much-needed counternarrative. With intellectual rigor and emotional clarity, Rolón confronts one of the most seductive myths of our time: that happiness must be total, constant, and pain-free.

Through a psychoanalytic lens enriched by philosophy and clinical experience, the author proposes a new concept: *faltacidad*—a neologism meaning “incomplete happiness.” Far from being a flaw, this incompleteness is what makes happiness truly human. The book argues that fulfillment cannot be separated from longing, uncertainty, and even suffering.

Rather than offering formulas or feel-good advice, Rolón invites readers to ask deeper questions. The result is a profound, unsettling, and ultimately liberating reflection on what it means to live well—not by erasing discomfort, but by learning to live meaningfully alongside it.

- From Latin America’s bestselling psychoanalyst comes a powerful rethinking of what it truly means to be happy.
- “What if happiness isn’t about wholeness, but about learning to live with what’s missing?”

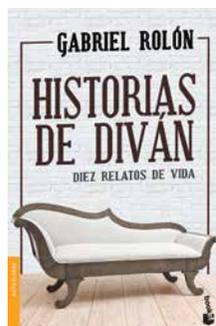


Gabriel Rolón is the most prominent psychoanalyst in the Spanish-speaking world and a household name in Latin America. A trained psychologist and experienced clinician, he is also a media personality, playwright, and bestselling author. His books have sold over 3 million copies, and many have been adapted for stage and television. Rolón is known for bringing depth and accessibility to complex psychological themes, bridging clinical practice with literature, philosophy, and contemporary social issues.



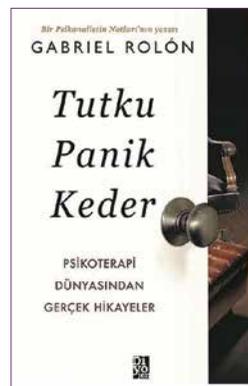
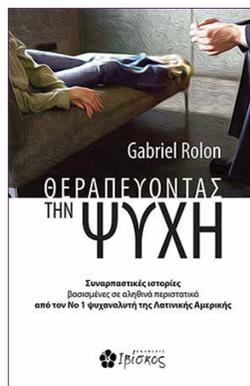
English Sample Available

“Listen to Your Pain speaks to the universal need to understand ourselves—and others—with empathy and courage.” Gabriel Rolón.



Psychology / Psychoanalysis
 Imprint: Diana
 Published in August 2025
 312 pages

INTERNATIONAL COVERS



Listen to Your Pain

In *Listen to Your Pain*, Gabriel Rolón invites readers into the private world of the therapeutic relationship. Through a collection of ten powerful stories based on real clinical cases, Rolón offers rare insight into the emotional complexity of modern life and the transformative potential of truth.

Each chapter chronicles a different therapeutic journey. The characters—drawn from actual patients—grapple with jealousy, unresolved grief, sexual dysfunction, infidelity, and guilt. Their stories unfold in the intimate space of the consulting room, where patient and therapist face what Rolón calls “the most difficult path of all: the one that leads to truth as the only tool capable of unlocking pain.”

With the sensitivity of a clinician and the craft of a storyteller, Rolón masterfully bridges the gap between psychoanalysis and narrative. He does not offer formulas or quick fixes. Instead, he opens a space for deep reflection, emotional resonance, and ultimately, connection with others and with oneself.

- “True happiness is not the absence of pain, but the ability to coexist with what hurts, and still find meaning.”
Gabriel Rolón.
- Rolón’s work has multiple translations and adapted for TV and stage.

Rights sold:

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© Ronald Santos Cruz

Alexandre Coimbra

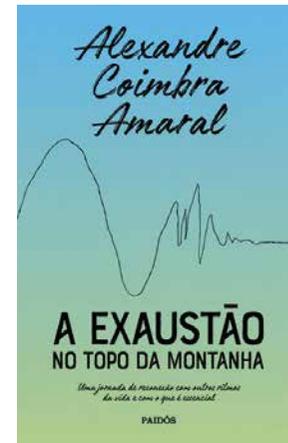
Brazil



Anxiety does not call for instant fixes; it needs spaces where it can be heard without judgment.

Mental Health / Personal Development / Psychology
Testimonial Essay
Imprint: Paidós
Published in 2023
192 pages

**+115 000
copies sold**



Every Anxiety Deserves a Hug

Anxiety is not a flaw, nor an enemy to be eradicated—it is a signal, a message from body and soul asking for pause, attention, and tenderness. Alexandre Coimbra Amaral—psychologist, writer, and family therapist—offers a profoundly human vision that seeks to transform how we understand emotional distress. Instead of quick recipes or cure—all promises, he proposes a compassionate gaze toward that part of us which trembles, hesitates, and overflows. Through intimate stories, essential questions, and serene prose, Coimbra invites us to stop fighting anxiety and start conversing with it.

With more than two decades of clinical experience and thousands of listeners to his podcast *Letters from a Therapist*, Alexandre champions words, encounter, and affection as everyday medicine. This book offers companionship—an oasis for those who have felt broken, alone, or guilty for feeling too much at once. It’s a reading that embraces, lightens, and guides, written by someone who knows that healing is not always about solving, but about understanding ourselves with greater humanity.

- An invitation to drop the demand to be “fine” and begin treating ourselves with the same compassion we offer those we love.
- More than answers, this book offers companionship: a warm pause for anyone carrying the invisible weight of anxiety.
- Bestselling author in Brazil.

Nourish The Soul

Stefania Abovic

Chile



Therapeutic Art & Meditation
 Self-Help / Creativity
 Imprint: Planeta
 Published in May 2025
 212 pages

Living consciousness, creativity, and authenticity through art

This book was born of a personal quest: *What truly feeds us? What reconnects us to the essential?* For Stefania Abovic, the answer emerged among brushes, silences, and shared reflections. After guiding her 48k followers online with watercolor videos and gentle insights, she gathered a transformative, accessible roadmap back to center—through art.

Nourish the Soul is not about technique; it is an invitation to paint without judgment, create without expectations, and inhabit the present with honesty and sensitivity. Divided into chapters on consciousness, creativity, and authenticity, this book offers visual exercises, writing prompts, and meditative practices that help release perfectionism and strengthen the bond with oneself. Because drawing or painting “well” is irrelevant—what matters is remembering, stroke by stroke, that art can be a way to heal.

- **Stefania Abovic turns painting into an everyday act of healing, awareness, and authenticity. This book invites you to rediscover your essence through art, presence, and true self-expression.**
- **A sacred space to release self-pressure and listen to the voice within. Here, painting is meditation.**

The Big Book of Infant Sleep

Melisa Jurozdicki & Sol Segura

Argentina



Parenting School / Respectful Parenting
 Infant Sleep / Pediatric Health / Family
 Well-being
 Imprint: Diana
 Published in October 2024
 304 pages

When a baby arrives, nights change forever. Amid the exhaustion, guilt, and conflicting advice, *The Big Book of Baby Sleep* offers something rare: a personalized sleep plan grounded in scientific evidence. Pediatricians Melisa Jurozdicki and Sol Segura don't dictate—they guide.

This book helps parents and caregivers understand infant sleep, build healthy routines, interpret signals, and trust their own judgment. With a respectful and realistic approach, it debunks myths, proposes practical solutions, and prioritizes the well-being of adults too. Topics include co-sleeping, sleep physiology, the effects of screens, and emotional wellness. It validates instinct, acknowledges burnout, and provides tools for building restful sleep—without magic formulas.

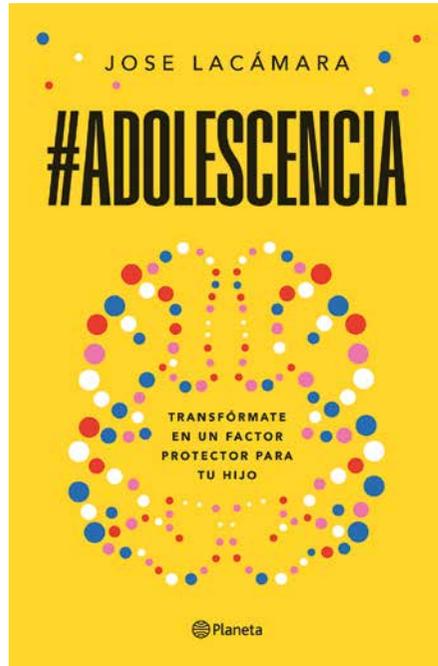
- Based on pediatric evidence and clinical experience, this book validates parental instinct and bonding at bedtime.
- Medical and emotional tools for achieving peaceful family nights, beginning in the earliest months of life.



#Adolescence

Jose Lacámara

Chile



Adolescence & Emotional Development
Family & Relationships / Parenting

Imprint: Planeta

Published in June 2025

192 pages

Become a agent for your child

When teens sail through the emotional storm of adolescence, they don't always need a lighthouse dictating the route; they need a solid shore where they can run around without fear. Being that refuge is not about controlling, imposing, or having all the answers, it's about holding space with presence, understanding, and unconditional love.

In this book, Jose Lacámara—clinical psychologist, author of the bestseller *I Am Enough*, and a leading voice in adolescent mental health—shows how to become a real and consistent protective factor for our children. Through everyday examples, personal reflections, and an emotionally intelligent approach, she invites us to examine our beliefs, acknowledge our own wounds, and embrace parenting as an act of active, conscious companionship.

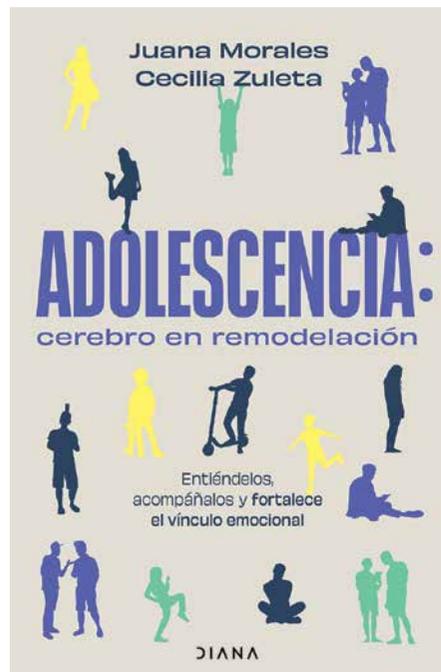
Far from rigid manuals and pre-packaged advice, *#Adolescence* starts an honest conversation with parents and caregivers eager to stop reacting out of fear and start parenting from connection.

- **When everything changes for your child, your presence can become their safest haven. This book helps you be the adult who listens without judging and protects without invading.**

Adolescence: Brain Under Renovation

Cecilia Zuleta & Juana Morales

Colombia



Adolescence & Emotional Development
 Family & Relationships / Parenting
 Imprint: Diana
 Published in June 2025
 376 pages

What do you do when your child no longer wants hugs, answers in monosyllables, and changes moods faster than their WhatsApp status? Cecilia Zuleta and Juana Morales—psychologists with decades of experience and creators of the *En Mente* program—offer a revealing, practical view for anyone raising teens. Grounded in neuroscience and emotional connection, this book explains why the adolescent brain is literally under renovation and how that remodeling shapes behavior, emotions, and decision-making.

Through real-life examples, concrete strategies, and an empathetic (and gently humorous) tone, this book helps parents and caregivers move past the myth of the “troubled teen” and connect with the real adolescent—sensitive, changeable, and profoundly human. A transformative read for accompanying this stage with respect, presence, and understanding.

- A book that helps mothers and fathers understand what’s happening in the teenage brain so they can be empathetic and patient—while maintaining connection.
- A clear, accessible guide to adolescence through the lens of neuroscience and emotional bonding.

When Living Hurts

Lina Saldarriaga & Diana Agudelo

Colombia



Psychology / Child Development
Family & Relationships / Parenting
Imprint: Diana
Published in September 2021
168 pages

How to prevent and support self-harm and suicide in childhood and adolescence

Emotional pain in childhood and adolescence—sometimes silent, sometimes expressed through self-harm or suicidal thoughts—is an urgent conversation. Psychologists Lina Saldarriaga and Diana Agudelo, each with extensive clinical and educational experience, wrote this book with a calm yet resolute voice for anyone standing beside children and teens when the world hurts too much.

With clarity, empathy, and evidence-based insight, this book translates technical knowledge into practical action. It offers tools to identify warning signs, create safe environments, and provide non-judgmental support. Whether at home, in the classroom, or in a difficult one-on-one conversation, it shows concrete ways to be present with sensitivity and responsibility.

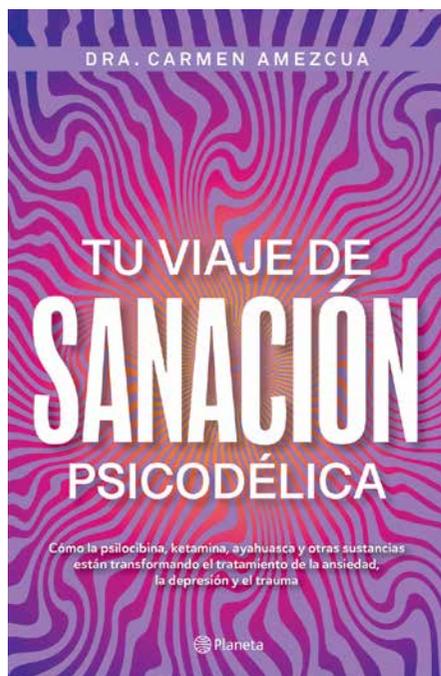
An indispensable resource for parents, teachers, and caring adults who want to listen better, care more effectively, and show up when they are needed most.

- **An urgent, compassionate handbook that teaches adults how to accompany children and teenagers experiencing emotional pain and self-harm.**

Your Psychedelic Healing Journey

Carmen Amezcua

Mexico



Mental Health & Integrative Psychiatry
 Health & Wellness / Herbal Medicines
 Imprint: Planeta
 Published in July 2025
 256 pages

After training in psychiatry, Carmen Amezcua cared for births and illnesses in rural communities where many rejected conventional pharmaceuticals. There, she discovered the healing potential of cannabis, mushrooms, and other sacred plants—reshaping her approach to mental health. Certified by the Integrative Psychiatry Institute (USA), she offers an ethical, evidence-based exploration of therapeutic substances like psilocybin, LSD, ketamine, and mescaline.

Your Psychedelic Healing Journey presents a holistic path to easing anxiety, depression, and PTSD—bridging science with mind, body, and spirit without shame or miracle claims.

- Amid a global mental health crisis, this book offers a science-backed alternative: psychedelics as the medicine of the future—without taboo or stigma.

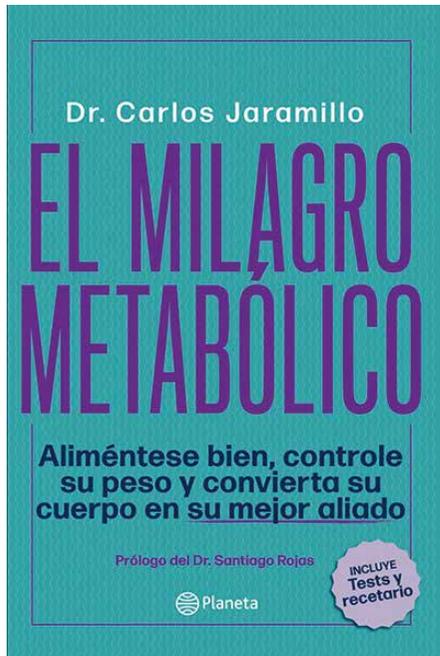




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Carlos Jaramillo

Colombia



Health & Wellbeing
Imprint: Planeta
Published in March 2019
358 pages

The Metabolic Miracle

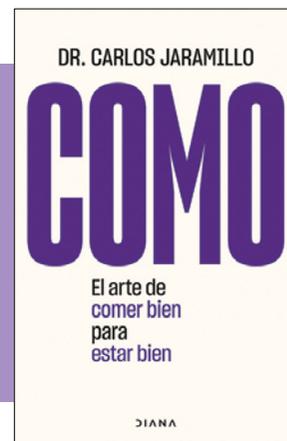
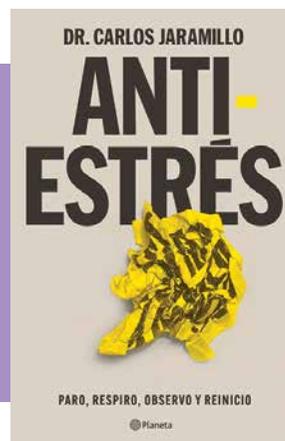
We all like to eat, but we're doing it wrong and getting worse at it. Tricked by the food industry, advertisements, and fake food news, we make terrible decisions with every bite. How can we stop this downward spiral? Who should and shouldn't we believe? How can we change our habits without becoming rigid and boring?

In this book, renowned physician Carlos Jaramillo offers compelling answers to these questions and argues that the key to optimal weight and vibrant health lies in the metabolism. Understanding what it is, how it functions, and how to make it work to our advantage is essential, and the reader will learn all this in these pages.



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Yayıncılık) and Italy
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Dr. Jaramillo's work serves as a guide to a longer, healthier life.



The Anti–Stress Miracle

Better known as “the 21st–century illness,” stress affects our physical, psychological, and emotional health. It can have permanent consequences on our bodies, even causing disabilities, but we aren’t aware enough of the risks.

Dr. Jaramillo carefully analyzes the causes of stress, proposes several useful tips to deal with and control it, and invites the reader to “take it easy,” no matter how difficult the situation may be.

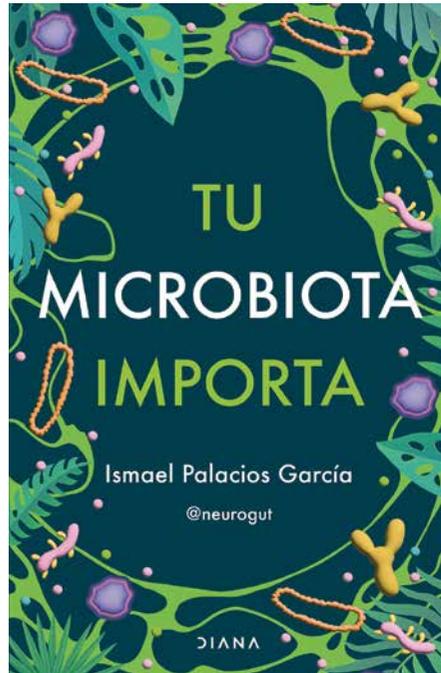
**Autopsies don't say: "Died of stress."
But the reality is that in today's world, most
deadly diseases are triggered by it.**

Health & Wellbeing
Imprint: Planeta
Published in May 2020
256 pages

Your Microbiota Matters

Ismael Palacios

Chile



Science & Health
Life Sciences / Microbiology
Imprint: Diana
Published in April 2025
272 pages

Inside the human body lives an unseen universe that is, in real time, shaping how we think, feel, and relate to the world. That universe is the microbiota: a network of bacteria, fungi, and microorganisms that not only digest what we eat but actively influence mood, immunity, and even the way we handle stress.

Ismael Palacios—biotechnologist and PhD in neuroscience—turns the language of science into an everyday tool. This book offers a broad understanding of the microbiota as a bridge between biology, emotion, and social life. Through real-world cases, practical resources, and an approachable tone, the author invites us to look within: How do our emotions affect gut flora? Which relationships weaken—or strengthen—our internal ecosystem? What personal story does our gut tell?

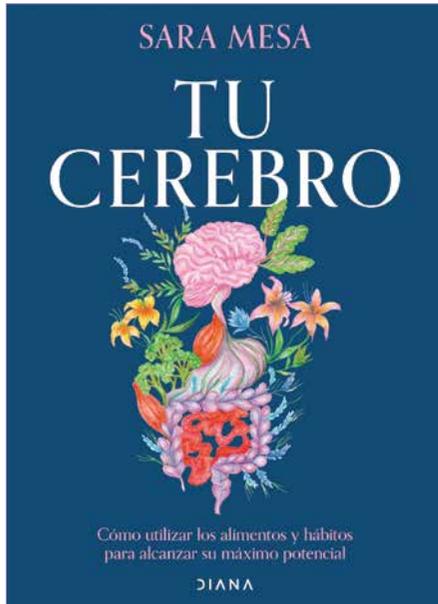
A revelatory work that marries scientific rigor with a deeply humanistic outlook.

- **A journey into the invisible universe inside your body: Caring for your microbiota can transform your physical, mental, and emotional health.**
- **An ecosystem within you also “feels.” This book teaches you to listen to it—and care for it.**

Your Brain

Sara Mesa

Colombia



Practical Neuroscience / Functional
Nutrition / Life Sciences / Neuroscience
Imprint: Diana
Published in March 2022
264 pages

How to use food and habits to reach your brain's full potential

Your brain does not just think, it also digests, breathes, moves, and desperately needs quality sleep. This book offers an integrated view of how our day-to-day choices affect the organ that governs everything: the brain. Sara Mesa, neuroradiologist and science communicator, seamlessly ties nutrition, exercise, habits, and rest with cognitive, emotional, and mental health.

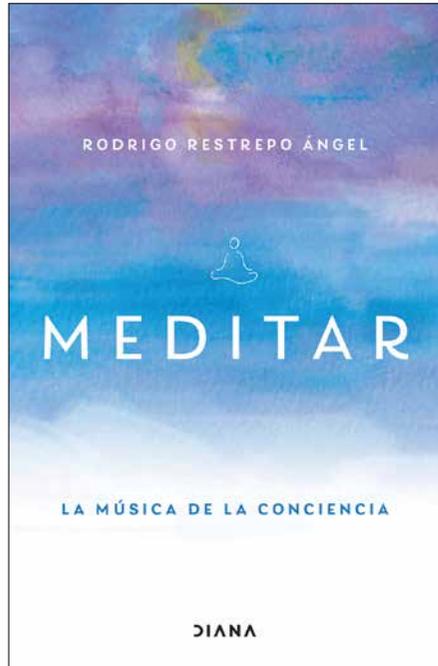
She starts from a powerful premise—what we eat shapes our emotions, influences our focus, and can even be part of treatment for conditions such as anxiety or ADHD. Through accessible scientific explanations and everyday examples, the book helps readers make informed choices, build a coherent routine, and improve their relationship with their body and mind. The book includes practical recipes, a 21-day plan, and an approach that unites science, pleasure, and mindfulness. Eating well has never been so urgent—nor so personal.

- **An invitation to think with your stomach and eat with your brain: Sara Mesa teaches us that what you put on your plate can transform your mind, emotions, and overall well-being.**
- **A hands-on proposal to boost brain health from the kitchen and through your daily routine.**

Meditating

Rodrigo Restrepo

Colombia



Wellbeing
 Imprint: Diana
 Published in September 2021
 360 pages

Outwardly, meditation seems simple: We sit down on the floor or on a cushion with our legs crossed, relax the body, clear our minds, and close our eyes, almost as if we were going to sleep. Although there are at least five different postures in which we may arrange our bodies and place our hands, it is important that when we find the one that's best for us, we remain in balance. Secondly, nothing ensures effective meditation better than proximity to a tree or a garden, since these environments are considered by Buddhists to impart the most serenity. Finally, the breath is fundamental to meditation: One should breathe in through the nose and expel air using the diaphragm. These instructions demonstrate that meditation is not so simple and that it can take years to perfect the posture and breathing techniques.

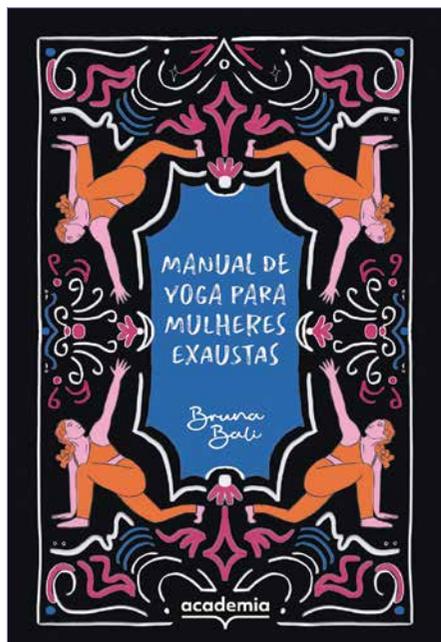
Meditating is an art and a space in which there are no metrics to be met or goals to be achieved. This art has attracted the attention of scientists around the world, who have proven how the brain learns to work differently through the application of this practice. Leading wellness specialists recommend developing the habit of meditation to improve mental, physical, and emotional health.

- **This book offers a pathway for understanding the methods, roots, and benefits of meditation through three sources of knowledge: Buddhism, yoga, and tantra.**

Yoga Handbook For Exhausted Women

Bruna Bali

Brazil

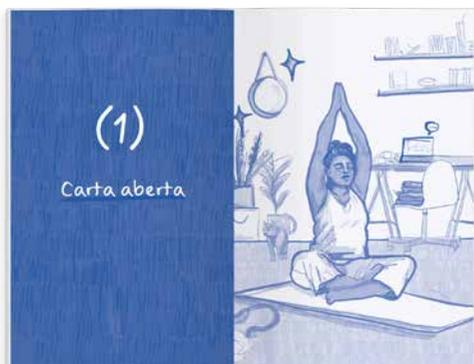


Female Self-Care / Practical Yoga
Lifestyle / Yoga & Mindfulness
Imprint: Academia
Published in 2025
176 pages

More than a demanding discipline, yoga is presented here as an accessible refuge for women who are tired, short on time, and unwilling to meet anyone else's standards. Drawing on her own experience, Bruna offers a gentle, realistic practice designed to gradually enter your daily routine—whether from bed, in the kitchen, or between tasks. You need no free time, flexibility, or expensive clothes—only the willingness to listen to yourself.

This book promises no perfection, but it does offer pathways to reconnect with your body and dial down the volume of self-pressure. Through simple exercises, mindful pauses, and illustrations, Bruna Bali invites us to stop copying poses and start moving with freedom. A self-care proposal that helps you embrace your body just as it is and reminds you that well-being can flourish even in the margins of a busy life.

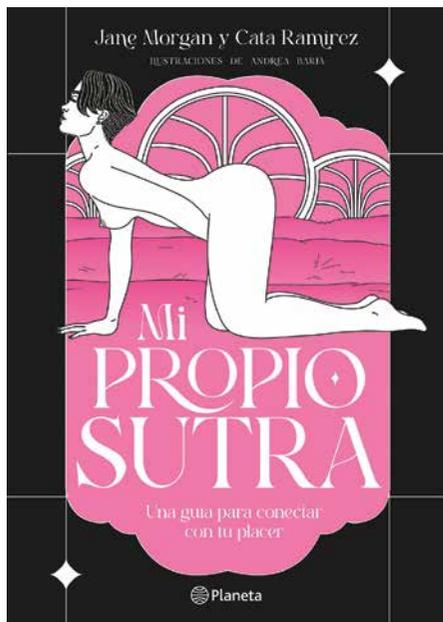
- **A realistic, warm, everyday yoga practice—not so much a goal, but a daily gesture of kindness toward yourself to withstand exhaustion.**



My Own Sutra

Jane Morgan & Cata Ramírez

Chile



Sexual Education / Sexuality
 Imprint: Planeta
 Published in December 2024
 148 pages

This book does not ask for permission, nor does it pretend to hide what many women already know, feel, and desire—personal pleasure is a right. In *My Own Sutra*, Jane Morgan and Cata Ramírez—founders of the sex shop *Japi Jane* and pioneers in sexual education—take female pleasure out of the closet and return it to its rightful place: the center of the body, of conversation, and of autonomy.

Backed by more than fifteen years’ experience, original illustrations, practical exercises, and candid reflections, the authors dismantle myths, shed guilt, and deliver an unapologetic manual for self-exploration. You don’t need an excuse to touch yourself, only the desire to know yourself. An intimate, feminist, and deeply liberating guide for anyone who wants to discover (or rediscover) desire at its source: within.

- Discover a sacred territory within your own body: This book celebrates female masturbation as an act of health, power, freedom, and zero guilt.



Desbloquea tu energía



TESTOSTERONA
CONECTA
CON TU FUERZA DE VIDA

PAIDÓS

Desbloquea tu equilibrio



SEROTONINA
MANEJA TUS ESTADOS DE
ÁNIMO Y EMOCIONES

PAIDÓS

Desbloquea tu dolor



ENDORFINAS
CONOCE LOS ANALGÉSICOS
NATURALES MÁS POTENTES

PAIDÓS

Unlock Your Hormones Series



Desbloquea tu motivación



DOPAMINA
ALCANZA TUS METAS CON
ESTA ALIADA

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Desbloquea el amor



OXITOCINA
APRENDE A ABRAZAR
TUS VÍNCULOS EMOCIONALES

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CORTISOL
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Planeta de Libros

Mexico

Emotional Neuroscience / Applied
Endocrinology / Integral Health
Imprint: Paidós
Published in Abril 2025
144 pages

A series to transform hormone habits and improve daily well-being—simple, practical, science-based.

For years, hormones were seen as invisible enemies. But what if they were allies—just misunderstood? *Unlock Your Hormones* reframes them as powerful partners in your well-being. Each book in the series offers an accessible journey through emotional neuroendocrinology: cortisol, serotonin, oxytocin, dopamine, endorphins, and testosterone. With clear explanations, practical exercises, and real-life examples, every hormone becomes a gateway to healthier habits, deeper motivation, more calm, and greater love. A powerful tool for anyone ready to stop fighting their body—and start listening to it.

• A collection to reconnect with your body, understand your emotions, and awaken a more fulfilling life from within.





SPIRITUAL WELLNESS

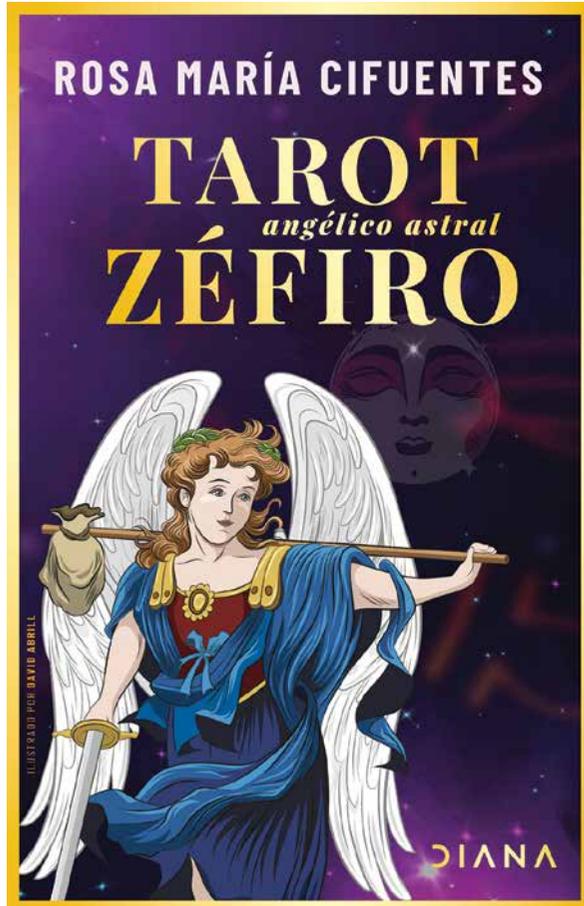




Rosa María Cifuentes

Peru

© Courtesy of the author



A spiritual compass for times of change: a unique tarot deck fusing angels, numbers, and planets to guide you from the visible to the essential.



Esotericism / Astrology
 Practical Spirituality
 Imprint: Diana
 Published in 2023
 80 pages



Zephiro Angelic Astral Tarot

Rosa María stands as one of Latin America's most influential spiritual voices—author of over 20 bestsellers and head of Resurge, an international consultancy focused on emotional development and leadership.

The *Zephiro Angelic Astral Tarot* is the culmination of her spiritual path: a deck that doesn't merely predict—it guides with deep spiritual insight. Each card blends planetary energy, numerical guidance, and an angelic message to deliver clear answers to anyone facing tests of faith, seeking purpose, or confronting their shadows.

The deck also includes a clear, accessible interpretation guide. Since its publication in 2023, the author has offered online and in-person courses to train new tarot readers. These readers learn to help others uncover how far they can go according to their inner path, recognize the gifts they possess, and know when it's their time to shine. A celestial compass to transform life from the soul.

- Created by Rosa María Cifuentes—astrologer, numerologist, angelologist, and spiritual communicator—, each card carries a celestial message channeled through the angels.

- Bestselling author in Peru.

**+388 000
copies sold**



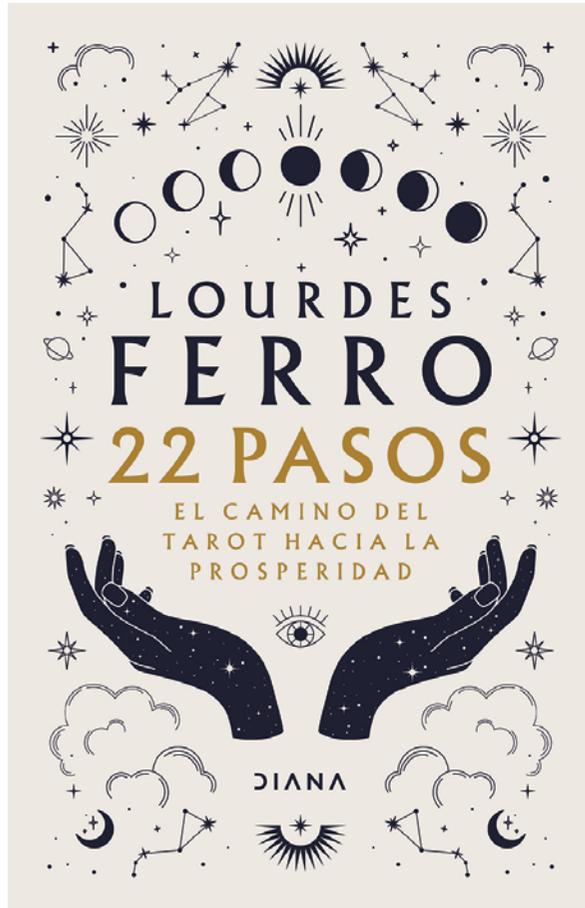
Lourdes Ferro

Uruguay

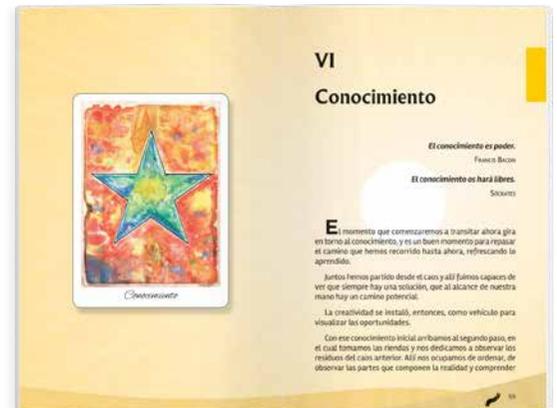
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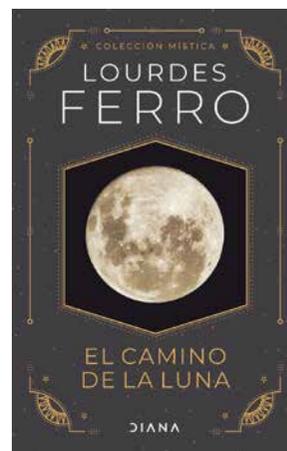
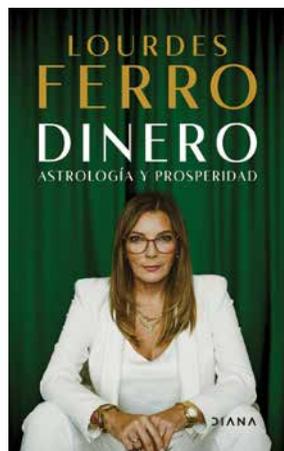
Symbolic languages to find and create new paths towards our destiny.



Esoterism
Imprint: Diana
Published in 2023
208 pages



+130 000
copies sold



22 Steps: The Way of Tarot for Prosperity

The author offers 22 steps inspired by the Arcana of the Tarot as a challenge to readers to achieve self-knowledge with reflections, experiences, and guidelines for advancing in life. This book is a gateway to the immense possibilities of meeting our most intimate selves and an invitation to devote time to understanding and healing our inner lives.

Each arcanum (or step) includes guided meditations by the author, available on her YouTube channel and accessible via QR codes, as well as cards inserted at the end of the book so the reader can apply the insights offered by each step.

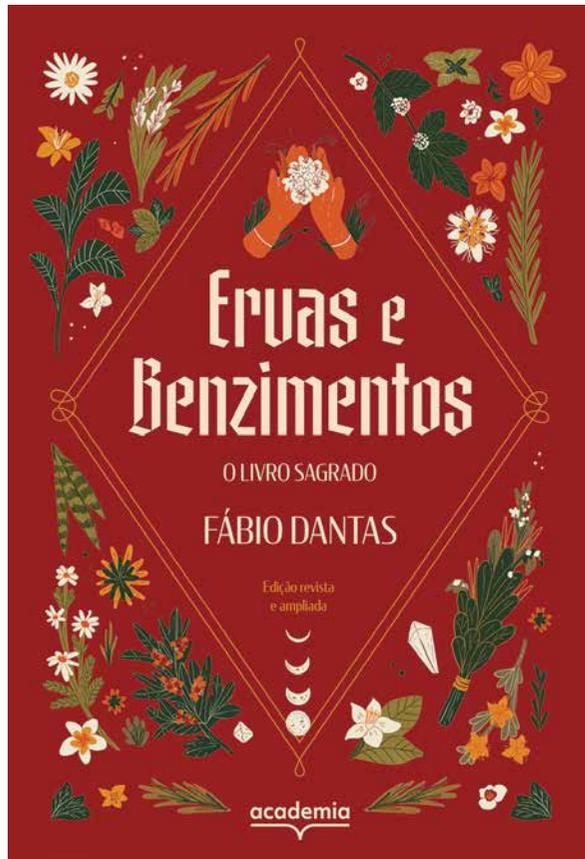
- Lourdes Ferro is an astrologer, tarot reader, actress, and visual artist. She is also a Reiki Master and is an expert in acupressure, reflexology, and in reading Akashic Records.
- Ferro has won five Golden Book awards, the highest recognition awarded annually by the Uruguayan Chamber of Books to national and international bestsellers.
- Bestselling author.



Fábio Dantas

Brazil

© Courtesy of the author



A guidebook for those who wish to delve into the fascinating world of herbs and the healing blessings derived from praying with herbal arrangements.

Esotericism / Spirituality
 Imprint: Academia
 Published in May 2023
 352 pages

His works combine spirituality, popular knowledge, and ancestral practices.

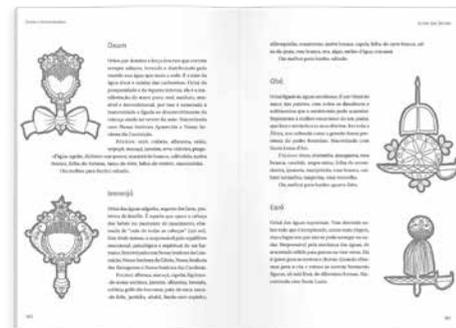


The Sacred Book of Herbs and Blessings

In this book, Dantas explores the use of herbs in baths, infusions, incense, aromatherapy, worksheets, blessings, and rituals, all of which can benefit us in various ways, like warding off negative energy, combating insomnia, eliminating physical and mental fatigue, neutralizing anxiety, and curing our bodies on the spiritual plane.

The author invites us to set sail on a journey into the mysteries and ancient wisdom of herbs, and to bathe in the ancestral experience and knowledge available to human beings so that we may experience a journey in which protection, self-healing, self-knowledge, and belonging in nature all combine to help each person generate a unique consciousness.

+50 000
copies sold

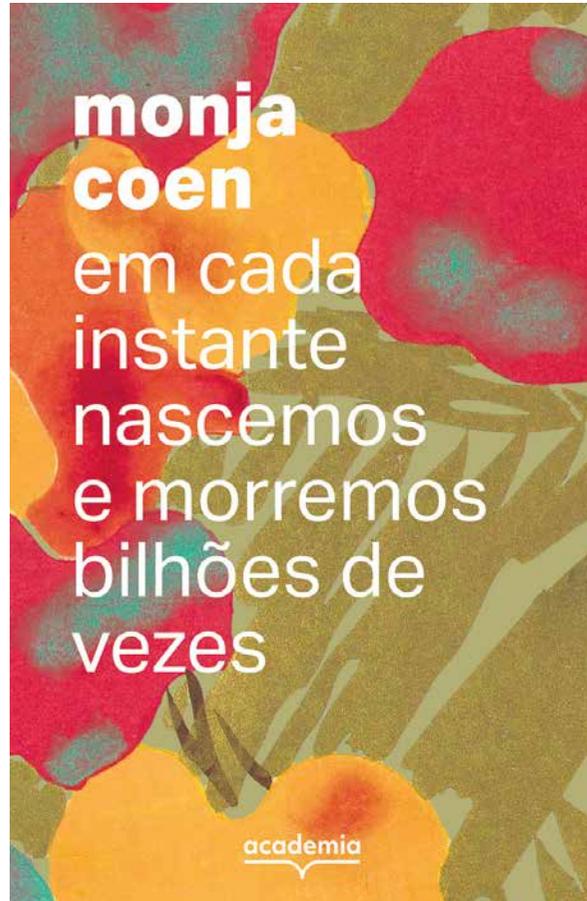




Monja Coen

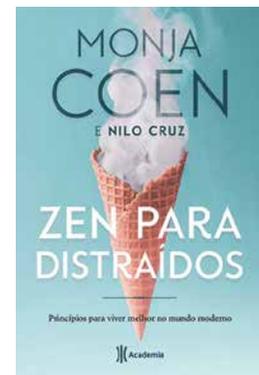
Brazil

© Leandro M. de Melo



In a world that forces haste, Monja Coen invites us to take a pause. She reminds us that each breath is a beginning and every sigh a farewell.

Self-Help / Emotional Healing
Religion / Zen Buddhism
Imprint: Academia
Published in 2024
224 pages



In Every Instant We Are Born and Die Billions of Times

We are different every day, and in every instant we can be reborn. Drawing on her experience as a Zen nun trained in Japan, founder of Zendo Brazil, and a central voice of Buddhism in Latin America, Monja Coen offers a deep reflection on impermanence, aging, and death. Through personal stories, ancestral teachings, and everyday observations, she weaves philosophy and compassion together to remind us that living with awareness of change is itself an act of love.

Inspired by the writings of Master Eihei Dōgen and Zen practice, this work invites us to accept life's fleeting nature with serenity and wisdom. Coen shows that every thought, emotion, and breath is both a birth and a goodbye, and that only by inhabiting the present with humility can we make peace with aging, with our changing bodies, with illness, and with loss.

Offering no formulas or promises, the book provides a space of stillness for those who wish to grow old with dignity, let go of control, and cease fearing the passage of time.

+450 000
copies sold

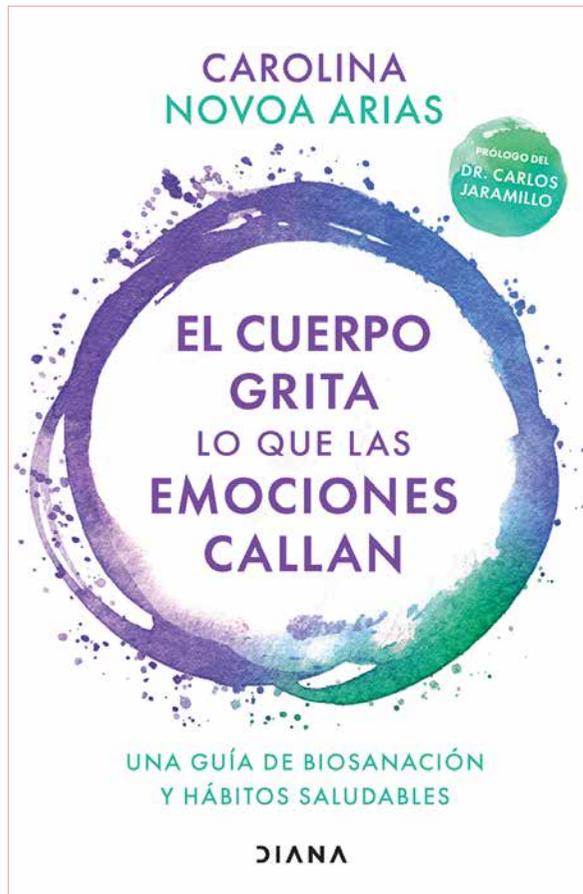
- She teaches that cultivating mindfulness is an everyday spiritual practice, one that allows us to inhabit the present with gratitude, humility, and purpose.
- A delicate, transformative, and deeply human text.



Carolina Novoa

Colombia

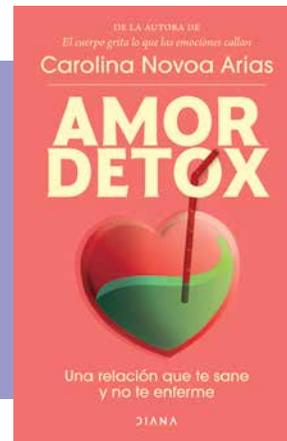
© Ernesto Studio Photography



This book is an invitation to explore our innermost being and to face those things that the mind wants to keep quiet but the body cries out loud.

Wellbeing
Imprint: Diana
Published in August 2022
176 pages

A guide to biohealing and healthy habits.



The Body Screams What Your Emotions Won't Say

When Carolina started working at the Colombian news channel RCN, her daily routine began at 3:00 a.m. After a while, she began to have headaches and some digestive problems, and the doctor's diagnosis was that the fast pace of her life had made her insulin-resistant. In an attempt to slow down while continuing to follow her professional passion, she moved to the United States, where she won an Emmy award for her work as a court reporter. Just when everything was going well, her husband was diagnosed with brain cancer, and all the signs indicated that he had 11 to 15 months to live.

Carolina contacted her doctor in Colombia again, and he told her that her husband's optimism would be a deciding factor in whether he could beat the cancer or not. Around the same time, Carolina took a course in emotional bio-healing and spiritual therapy, which showed her that many of the body's afflictions are directly related to emotional and spiritual ailments.

- Aliments may be physical, but they also have an important emotional factor that can only be understood with a holistic approach. Aches and pains are ways in which our body demonstrates unprocessed feelings, traumas, and relationships.

Heal Your Mother Wound

Lydiana García

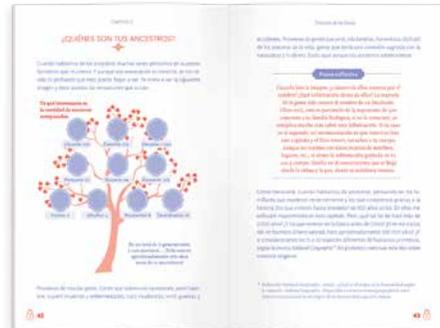
Mexico



Holistic Therapy / Family
 Constellations / Conscious Femininity
 & Inner Mothering
 Imprint: Diana
 Published in May 2025
 224 pages

The mother wound is not merely a painful memory—it’s an emotional echo passed down through generations. It appears when the maternal figure is unable to protect, nurture, or guide us—whether through absence, excessive demands, or unprocessed pain. Lydiana García offers a compassionate roadmap combining psychology, spirituality, and ancestral wisdom to dissolve beliefs like “I’m not deserving,” “I’m not worthy,” or “I don’t matter.” Through rituals, reflections, and therapeutic exercises, this guide seeks not to place blame—but to foster understanding. Healing the mother wound is a radical act of self-love and a brave step toward breaking cycles of inherited pain and planting dignity—for ourselves and for those to come.

- A guide to trace pain back to its root, break inherited patterns, and begin a compassionate transformation that can rewrite your story—and generations to come.



Of This and Other Lives

Fiorella Fuentes

Peru



Self-Help / Emotional Healing
 Mind-Body & Spiritual Therapies
 Imprint: Diana
 Published in April 2025
 172 pages

After leaving behind a successful career as a financial auditor, Fiorella Fuentes embarked on a spiritual journey that took her to more than 50 countries. Along the way, she trained with renowned teachers like Brian Weiss, Joe Dispenza, and Marisa Peer—discovering the power of subconscious and past-life regression healing.

Of This and Other Lives shares real-life stories of people who, through hypnosis and regressive therapy, overcame physical blocks, trauma, fear, and deeply rooted emotional scars. The book reveals how the subconscious stores critical memories that, when brought to light, enable faster and longer-lasting healing.

Divided into three sections—regressions to childhood, the womb, and past lives—,this book invites readers to look inward, break free from limiting beliefs, and achieve well-being. A transformative guide to healing from the very beginning.

- A healing guide that explores the power of the subconscious and how regression therapy and hypnosis can transform emotional wounds including infertility, trauma, phobias, and inherited family patterns.
- A profound yet accessible tool for those seeking to heal their subconscious wounds and reprogram their life with purpose.

The Soul's Secret Memory

Andrea Novoa

Colombia



Wellbeing
Imprint: Diana
Published in February 2023
240 pages

When she took her first trip to Europe, Andrea realized that all the antennas and cables provoked in her a kind of “mental interference” that she was unable to explain. The author also recalls having passed by the tomb of Napoleon, of whom she knew very little, and this had the effect of upsetting her soul to the point of leaving her depressed for a large part of the vacation. By the age of 25, a series of depressing events had marked Andrea’s life: Her grandmother became seriously ill, her sister left Colombia, and she was diagnosed with polycystic ovary syndrome, thyroid disease, and insulin resistance. While facing these physical ailments, she realized that her dreams were prophetic: One night she dreamed that a relative living in the United States was going to die, and indeed, a month later, it happened.

She consulted two spiritual healing specialists who, after a couple of sessions, discovered that Andrea was a born “healer.” Thus, she decided to study Spiritual Response Therapy (SRT), Reiki, and the use of the universal pendulum. Andrea is now considered by those who visit her as a channeler of powerful and healing energy through meditation.

This book gathers the healing experiences of some of Andrea’s patients who, before meeting her, had strong sensorial experiences and, like the author, developed a “special sensitivity” to the energy of those around them.

- **This book explains the contracts we make with other souls before coming to Earth, why we choose to experience certain challenges, like to love people who hurt us or to live with pets that behave one way and not another.**

Lunar Synchronicity

Daniela Morel & Alejandra Pérez

Chile



Astrology, Practical Spirituality
Body, Mind & Spirit / Astrology
Imprint: Diana
Published in October 2021
228 pages

For Daniela and Alejandra, the Moon became a compass for self-care, their purpose, and intuition, their shared language. What began as a friendship between two engineering students grew into a community of thousands of women gathering each month to plant intentions under the new moon. From that movement came *Lunar Synchronicity*, a guide to rediscover feminine power through the bond between astrology, lunar cycles, and body wisdom.

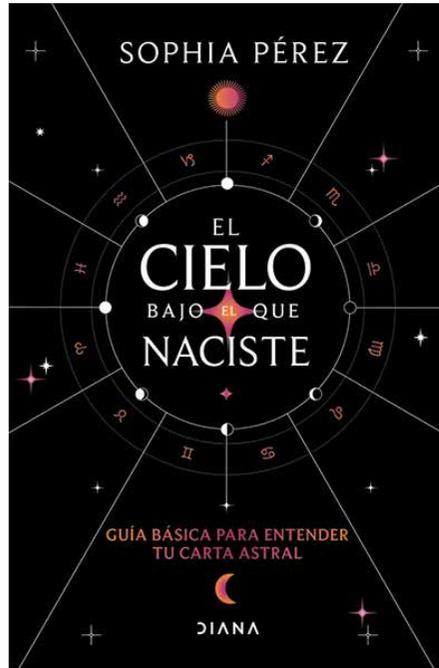
Blending formal training in astrology with intimate, collective experience of self-discovery, the authors trace a practical and spiritual journey through the four phases –new, waxing, full, waning– exploring archetypes, emotions, rituals, and key days for connecting with your deepest self.

- Every lunar phase is both mirror and energetic doorway. This book invites you to see yourself in it—owning your shadows and blooming with each new light—, aligning with the Moon’s influence and turning the cycle into a personal roadmap for transformation.
- A lunar self-knowledge manual for modern witches: feel, flow, release, create. The Moon will guide you.

The Sky Under Which You Were Born

Sophia Pérez

Colombia



Astrology / Self-Discovery
 Contemporary Astrology / Modern
 Spirituality
 Imprint: Diana
 Published in March 2024
 200 pages

The Sky Under Which You Were Born is a warm, eye-opening invitation to use astrology as a tool for self-knowledge, not for labels. Sophia Pérez—renowned astrologer and creator of the project @esophterica—opens the doors of astrological language to readers with no prior experience through a serious, empathetic, and emotionally honest approach.

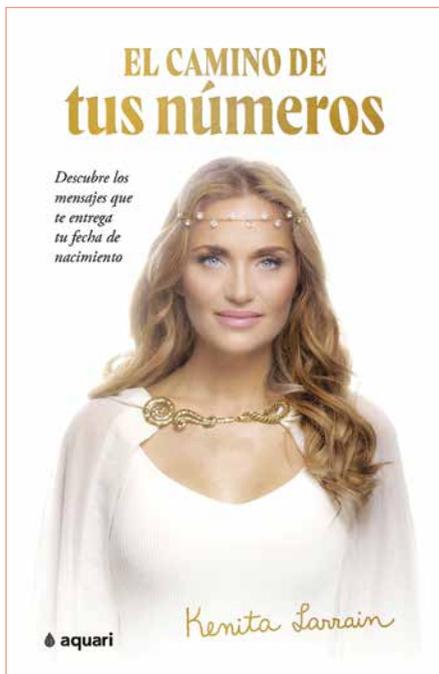
With this book you will learn to interpret the Sun, Moon, and Rising as energies that shape how we feel, act, and relate. Far from justifying behavior or pigeonholing personalities, Pérez proposes reading the birth chart as a symbolic compass for understanding who we are and taking responsibility for our own transformations. A simple yet profound guide to gaze at the sky with awareness and learn, step by step, what it says about you.

- Astrologer Sophia Pérez shows how to read the Sun, Moon, and Rising signs as mirrors that reveal how we feel, love, and move through the world.
- You are not just your Sun sign—you are an entire map, and this book teaches you how to read it.

The Path of Your Numbers

Kenita Larrain

Chile



Numerology / Self-Knowledge
 Body, Mind & Spirit / Numerology
 Imprint: Planeta
 Published in October 2023
 280 pages

Kenita Larrain invites us to see our birth date as a sacred code containing critical information about our soul and life mission. Drawing on two decades of study and practice, she blends Tantric, Tibetan, Hindu, and Egyptian numerology to create a deep yet accessible tool for self-discovery. This book offers a spiritual and energetic reading that helps heal blockages, make aligned decisions, and understand life's cycles.

Through practical exercises, teachings, and reflections, the author builds a bridge between numbers and consciousness, turning your numerological chart into a personal guide for evolution. If you are seeking a compass that connects your story to your essence, this book is the ideal starting point.

- Every person is born under a unique combination of numbers that reveal purpose, life lessons, and transformative power. This book teaches you how to decipher them.
- Your birth date is no coincidence: It is a sacred code that discloses your soul, karma, and destiny in this incarnation.
- A mystical journey to uncover the universe's hidden messages in the numbers that have been with you since birth.

Angelic Reiki at Home

Teresa Salazar

Colombia



Wellbeing
Imprint: Booket
Published in September 2016
168 pages

Angelic Reiki at Home strikes the perfect balance between traditional Reiki and the healing power of angels. It is a healing technique that uses the laying on of sacred symbols and subtle angelic energy to alleviate your physical body as well as your energetic field. For many centuries, Reiki symbols were kept secret, handed down only to therapists and initiated masters. However, the time has finally come to expand this knowledge and share it equally with everyone. This book reveals this ancient technique's mysteries so they can be used in the service of humanity's well-being.

- A guide to understand and practice alternative methods of healing and wellbeing.

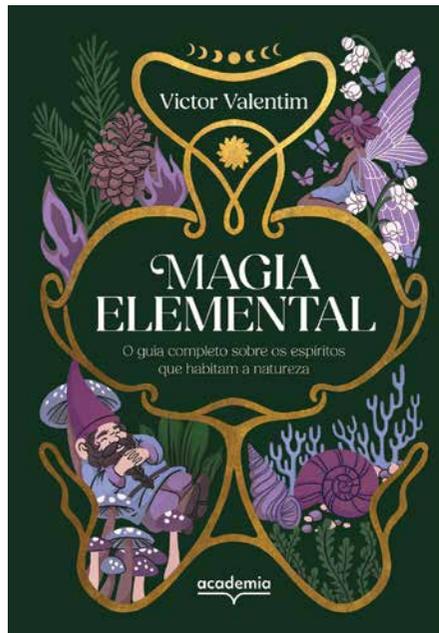
Rights sold:
Italy (Armenia)



Elemental Magic

Victor Valentim

Brazil



Esotericism / Magic & Witchcraft

Natural Magic

Imprint: Academia

Published in 2023

240 pages

A complete guide to the spirits that inhabit nature

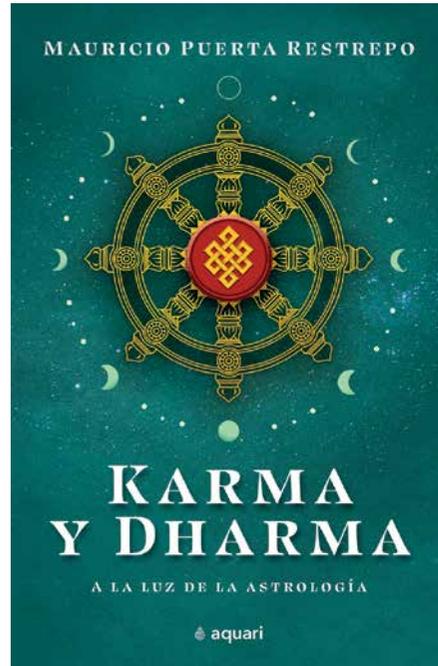
Believing in the unseen can transform the way we relate to the world. Victor Valentim—contemporary wizard and founder of the *Bosque dos Gnomos* school—offers a hands-on manual of natural magic that blends spirituality, nature, and ritual. Beyond solemn esotericism, this book invites readers to engage earth, water, fire, and air through simple practices, everyday enchantments, and intention-filled recipes: from dances that awaken joy to spells with ice or candles that transmute emotions. Valentim reminds us that true magic happens when we breathe deeply, feel grass beneath our feet, and listen to intuition, because all magic begins within ourselves.

- A book that invites us to reconnect with nature and discover that magic demands not perfection but presence and connection.
- Gnomes, djinn, and sylphs populate this practical guide to natural magic and Earth-centric spirituality, opening portals to the invisible through a free, transformative approach to the craft.

Karma & Dharma

Mauricio Puerta

Peru



Esotericism / Astrology / Ancestral
Wisdom

Imprint: Aquari

Published in August 2024

312 pages

Mauricio Puerta has lived many lives in one. Trained as an archaeologist, he later became Colombia's most influential astrologer and a consultant to presidents, international artists, and spiritual leaders. His turning point came during his time in Tierradentro, where he discovered Karma Yoga by Indian philosopher and spiritual reformer, Swami Vivekananda. From that point on, his journey intertwined with astrology, Vedanta wisdom, and indigenous worldviews.

Karma & Dharma is an intimate, reflective work that reveals how karma is shaped by conscious action, purpose, and service. Through anecdotes, myths, and planetary cycles, Puerta reminds readers that awakening requires not only looking to the sky, but also inwardly, at ourselves. A book for anyone seeking to understand their path, their purpose, and their freedom.

- **A life guided by the stars in service of consciousness: a journey through mountains, ancestral wisdom, and planetary cycles to understand the soul's purpose.**
- **The author combines astrology, Vedanta wisdom, and experience with indigenous communities to explore karma as a path of consciousness.**

It's Not You, It's the Cosmos

Mela Pabón ["Checkinmela"]

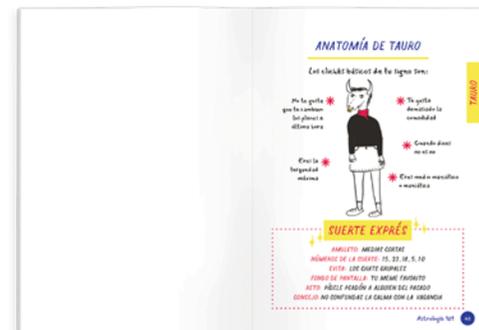
Mexico

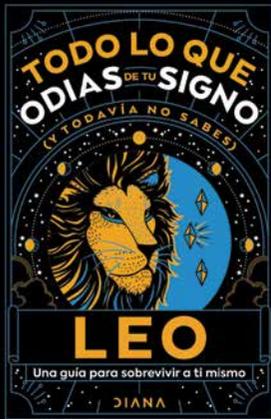
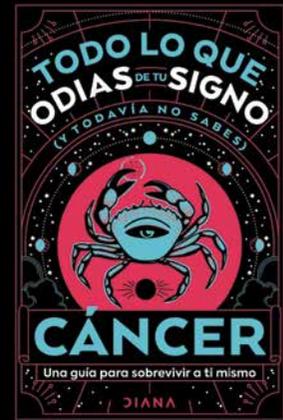
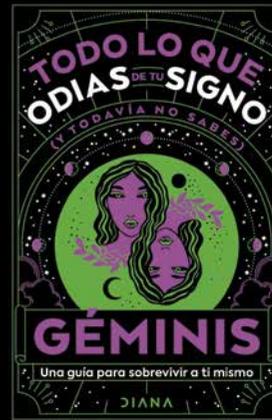
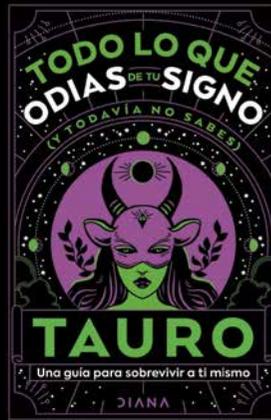
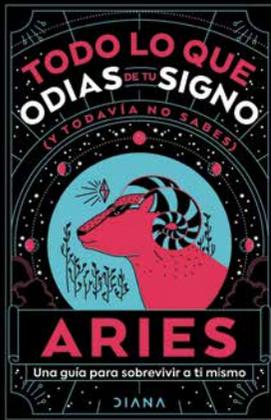


With over 900k followers, Boricua astrologer Madame Mela offers more than horoscopes—she delivers cosmic therapy and laughter with Caribbean soul. *It's Not You, It's the Cosmos* is no traditional book—it's a spiritual-comic amulet packed with humor, real talk, and empathy. Learn how to read your birth chart without drama, conquer love with J Balvin's help, and survive those moments when everything feels *algarete*. Featuring satire, illustrations, exercises, and even zodiac awards, this is astrology that entertains, enlightens, and heals—with full Caribbean flow.

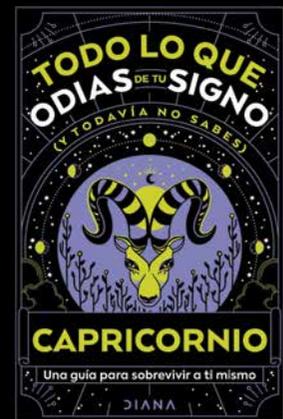
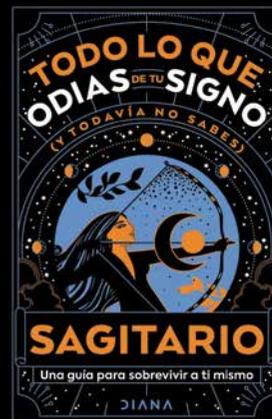
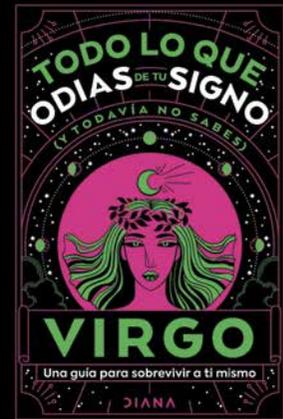
- A zodiac manual laced with Boricua humor, unfiltered astrology, and *pana* power to survive cosmic—and emotional—chaos.
- Astrology with a Caribbean flow: an illustrated guide that hugs you, scolds you, and reads your birth chart while you laugh (and cry) with Madame Mela.

Non-Fiction / Astrology & Esotericism
Astrology / Humour / Pop Culture
Imprint: Planeta
Published in May 2021
216 pages





Everything You Hate
About Your Sign
(and Still Don't Know)
Series



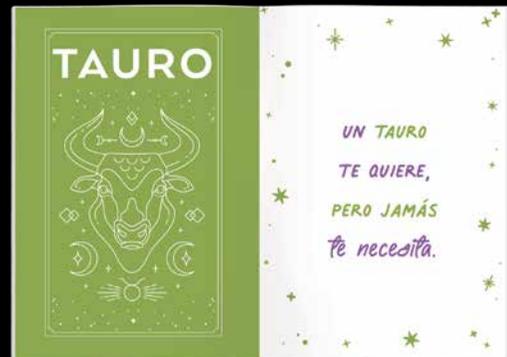
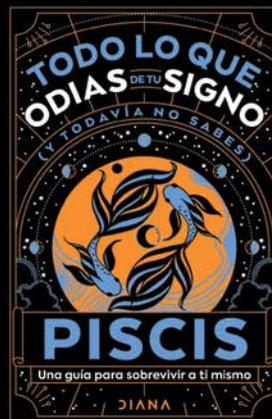
Planeta de Libros

Mexico

Everything you hate about your sign—
served with sarcasm and
zero anesthesia.

Get ready to hate yourself a little—and laugh a lot. This collection isn't here to flatter your star sign; it's here to expose it, mercilessly. *Everything You Hate About Your Sign* is unfiltered, relentless, and hilarious. Libra? Make a decision. Cancer? Stop weaponizing your tears. Each book is a no-filter look at your worst astrological traits, mixing sarcasm with self-awareness. Between sharp truths and cutting humor, you'll discover that confronting your less glamorous side is the first step toward breaking the cycle of cosmic déjà vu. Because yes, the universe conspires... but let's be honest—you self-sabotage too. An uncomfortable, accurate, and necessary guide to surviving yourself.

- Self-awareness through pop culture references, dark humor, and brutal truths about your birth chart.







Ana Suy

Brazil

© Kizzy Tonegawa



ANA SUY

A gente
mira no
amor e
acerta na
solidão



PAIDÓS

Love is a fascinating
experience that one
experiences both alone and
with others.

Essay
Imprint: Paidós
Published in March 2022
160 pages





People Live in Love and Succeed Alone

“In Suy’s book we read that love contains solitude within itself, because at the heart of love there is always loneliness, and that is why those who cannot bear loneliness cannot bear love, either,” comments one reader.

Based on a series of interviews and conversations, this work is drawn from the author’s experiences in the classroom, in analysis sessions (as analyst and analysand), with friends, and from readings in theoretical research. Without claiming that it is a manual or an academic treatise on the topic, the author, a psychoanalyst and professor, seeks to engage in dialogue with the reader.

Suy offers a candid look at the challenges and increasingly close relationship of love and loneliness in contemporary society.

**+645 000
copies sold**

- A book about universal feelings such as love and loneliness approached from a psychoanalytic perspective to apply in present day.
- Bestseller in Brazil.



© Blanca Charolet

Gaby Pérez Islas

Mexico



GABY PÉREZ ISLAS

TU HUELLA EN MI VIDA

Cómo transitar el duelo por
la pérdida de un animal de compañía



DIANA

Your Mark on My Life is the first thanatology book to address the profound grief of pet loss with sensitivity, professionalism, and deep empathy.

Grief / Thanatology
Animal Bond
Imprint: Diana
Published in 2025
224 pages

+425 000
copies sold



Your Mark on My Life

In *Your Mark on My Life*, Pérez addresses a theme few talk about but many feel deeply: the loss of a pet.

This book is both a hug and a guide. Through real-life stories, thanatological insights, and practical exercises, the author gently walks readers through the mourning process—whether due to natural death, accident, or euthanasia. She invites them to navigate grief with dignity, remembrance, and gratitude. It also explores the emotional role of animals across all life stages—childhood, adulthood, and old age—and raises the importance in including death in our emotional education.

Written with tenderness and clarity, this is a must-read for pet lovers, emotional health professionals, and families who have deeply loved a four-legged companion. Because letting go is also an act of love. And because everything that brought us joy deserves to be remembered with tenderness.

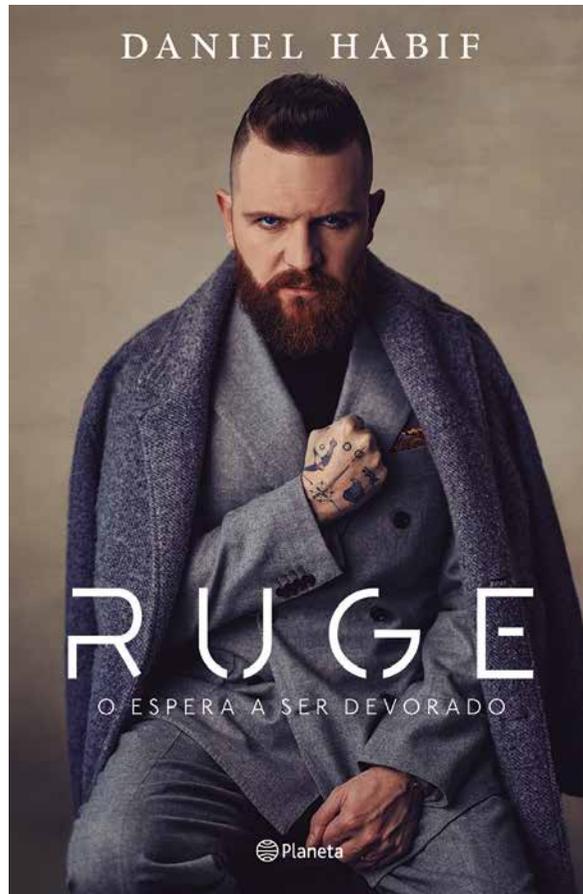
- Because they're not "just a pet"—they're family. This compassionate guide helps us say farewell, process the pain, and begin to heal from the loss of those who gave us unconditional love.
- With over 2 million followers, thanatologist Gaby Pérez Islas has helped thousands navigate grief.
- Bestselling author.



© Lalo Olarte

Daniel Habib

Mexico



This is Habib's third book. He is also the author of *Unbreakable* and *The Traps of Fear*. Both books have sold more than 350 000 copies.

Wellbeing
Imprint: Planeta
Published in March 2023
296 pages

He is regarded as one of the most renowned and influential speakers in the Spanish-speaking world.

ROAR! Or Expect to Be Eaten

Metaphorically speaking, every person carries a load of dynamite inside. If you combine that with a spark and an oxygen-rich environment, the result will be an explosion that could set off some fireworks. Nevertheless, there is a slight difference between ordinary combustion and the explosion of your inner “emotional dynamite”: The first may cause serious damage, while the second could bring joy to the lives of others.

Everyone should follow three steps to be considered a potential leader: a) inspire; b) inflame, and c) roar. The first step has to do with the amount of energy we invest and how we can turn it into something bigger and better. The second step is to accumulate tons of positive energy until we obtain a generous and uniform charge. Finally, roaring means “to expel that load of energy with all your strength”.

Before roaring, make sure to forgive yourself for past mistakes and learn from them. They can become a remarkable source of energy for your “emotional combustion”.

Rights sold:
Simon & Schuster
(USA)

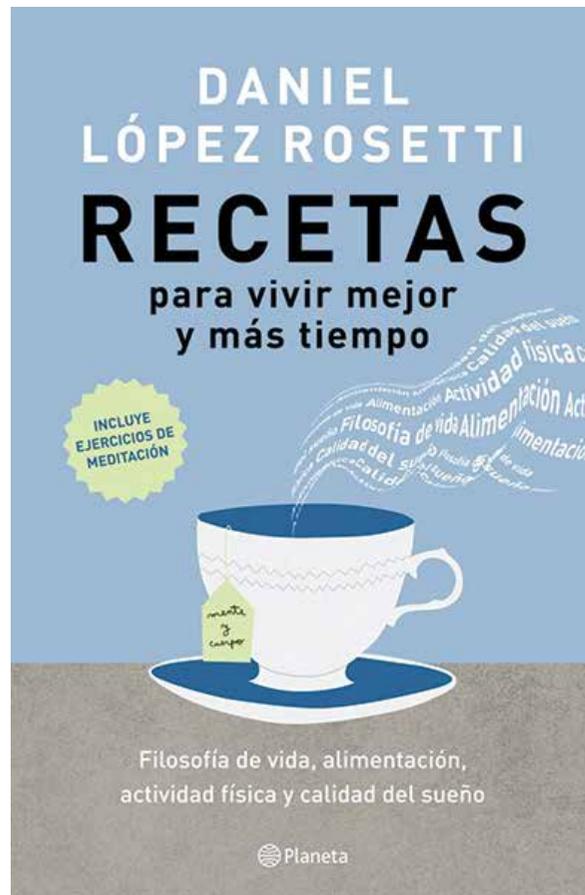
- **The author has close to 27 million followers on social media.**
- **Between March 2022 and February 2023, Habif led his *Roar* World Tour through 60 cities in the United States, Latin America, and Spain, selling out more than half the venues, with more than 300 000 people in attendance.**



Dr. Daniel López Rosetti

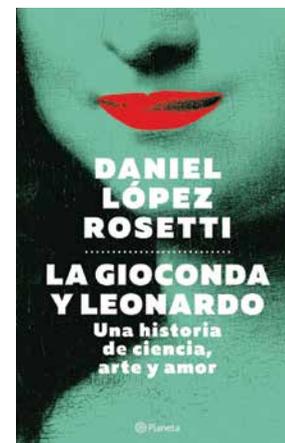
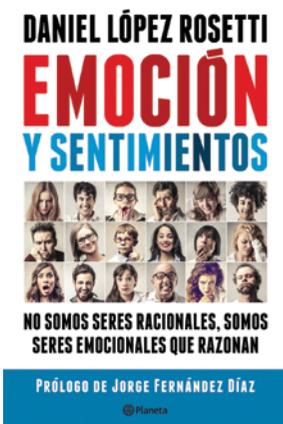
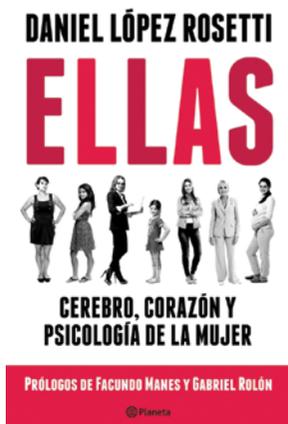
Argentina

© Alejandra López



A realistic guide focused on small, sustainable changes over time to achieve lasting personal transformation.

Self-Care & Quality of Life
Health, Wellness & Personal
Development
Imprint: Planeta
Published in April 2025
384 pages



Prescriptions for a Better Life

After a personal crisis tested his limits, López Rosetti realized that mind and body are inseparable. This turning point gave birth to *Prescriptions for Living Better and Longer*, an integral vision of well-being built on four pillars: life philosophy, nutrition, physical activity, and sleep quality.

From Stoic practices to meditation, plus accessible insights on nutrition and neuroscience, he offers a grounded guide to improving health without obsession. Backed by scientific evidence, each chapter ends with a handwritten “prescription” for medicines money can’t buy—rest, affection, and purpose.

López Rosetti—a respected Argentine physician, professor, and educator—reminds us that perfection is the enemy of good, and that true healing lies in the small, everyday actions we take to care for ourselves.

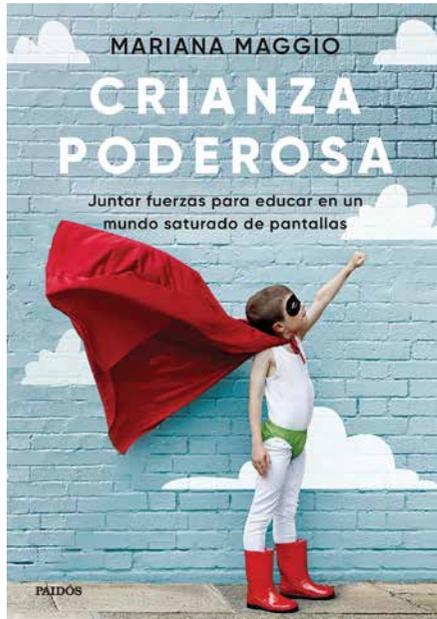
- Daniel López Rosetti, clinical physician and educator, delivers an integrative wellness approach grounded in psychoneuro-immunoendocrinology.

+425 000
copies sold

Powerful Parenting

Mariana Maggio

Argentina



Digital–Age Parenting & Family Well–being / Parenting School
 Imprint: Ediciones Paidós
 Published in February 2025
 200 pages

Educational technology leader Mariana Maggio confesses she’s full of questions. *Powerful Parenting* springs from the same doubts shared by millions of adults raising children without a manual in an era of screens, algorithms, and exhaustion. *When do we set limits? How do we connect without resorting to empty bans? And what about our own digital disconnection?*

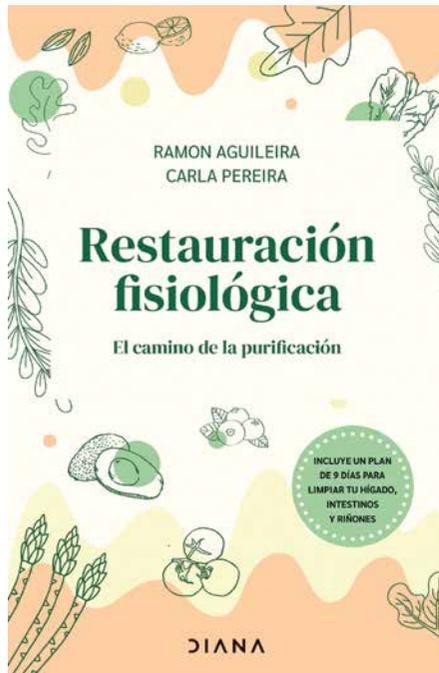
Rather than offering definitive answers, this book invites us to pause, observe, engage in conversation, and build deeper human bonds, transforming parenting into a collective act rooted in experience, pedagogy, and daily mindful engagement.

- **An honest reflection on raising children in an age of hyperconnection. With pedagogical sensitivity, Maggio proposes reconnection through dialogue, presence, and active listening.**
- **If you were shaken by the show *Adolescence* and found yourself questioning our roles as adults, this book offers a necessary pause to reflect on how we raise, educate, and support children in the digital age.**

Physiological Restoration

Ramón Aguilera & Carla Pereira

Uruguay



Health & Wellness / Lifestyle
 Healthy Eating
 Imprint: Diana
 Published in November 2024
 192 pages

The Path of Purification

Sometimes healing doesn't require medication—it requires releasing old patterns. Detox is presented not only as a physical process but as a profound act of self-care. Toxins reside in our thoughts, in chronic anxiety, in self-criticism, and in the exhaustion we have come to accept as normal.

The authors share their personal stories: Carla, a nutritionist, healed her irritable bowel by reconnecting with foods from the earth; Ramón found, through functional cooking, a path to overcome addictions and transform his life. Together, they created the 28-day *Physiological Restoration Programme*, which has helped hundreds of people regain their vital energy.

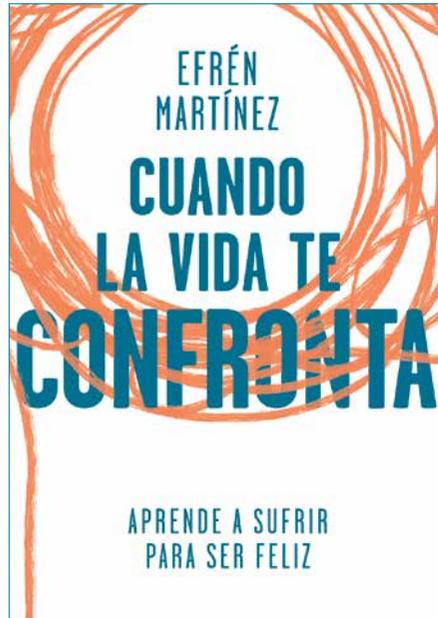
Through anti-inflammatory eating, rest, therapeutic fasting, and communion with nature, this book offers a journey where perfection is irrelevant. What matters is returning to a rhythm the body can sustain—freeing both body and mind from what they no longer need.

- **When the body becomes ill, it doesn't ask for drugs—it asks for attention. This book is a practical guide to cleansing the body, calming the mind, and relearning to trust the body's wisdom once more.**

When Life Confronts You

Efrén Martínez

Colombia



Self-Help / Motivational &
 Inspirational / Emotional Intelligence
 Imprint: Diana
 Published in September 2022
 200 pages

Learn to Suffer to Be Happy

At 12, Efrén Martínez was diagnosed with neurofibromatosis. An emergency surgery left him immobilized, encased in a body cast from neck to hips for nearly a year. He lost not only movement but also the certainty that everything would be all right. In that stillness, he faced sadness for the first time.

When Life Confronts You begins with that experience and explores a potent, seldom-addressed idea: Suffering is not only unavoidable, it can also be necessary. Learning to face it consciously, without denial or melodrama, makes us stronger. It helps us get through loss, accept what cannot be changed, and act upon what can. Far from a defeatist outlook, the author presents suffering as a path of transformation that, when traveled with purpose, makes us more resilient, more clear-sighted, and more human.

- **A brave reflection on suffering as an inevitable—and powerful—part of existence. Efrén tells us the point is not to avoid pain but to learn to move through it with meaning and strength.**
- **Suffering is not the enemy but the silent teacher that reveals what we are capable of enduring, changing, and understanding.**

Step Out of the Labyrinth of Loneliness

Carolina Alonso

Colombia



Self-Help / Emotional Well-being
Social Sciences / Women's Studies
Imprint: Diana
Published in July 2024
272 pages

Loneliness is not always loud; sometimes, especially when everything else seems fine, it is but a whisper. Carolina Alonso—writer, philosopher, and coach focused on transformational processes for women—invites us to traverse that uncomfortable silence that can arise even when we are surrounded by others. Though we may have love, success, or friendships, a sense of emptiness can settle in and grow if left unattended.

Drawing on her own experience, the author opens a courageous conversation about this invisible pain and charts a transformative path to identify the beliefs that isolate us, understand their origins, and accompany ourselves more honestly. With practical tools, personal stories, and a voice that guides without judging, this book is a sensitive map back to ourselves—one that helps us embrace who we are and build more authentic relationships.

- **Healing loneliness is not about filling the void, but about learning to inhabit it with love.**
- **A journey of self-discovery that dismantles beliefs, redefines emptiness, and guides us toward a more conscious way of enjoying our own company.**

Maybe Your Journey Right Now Is Only About You – Chronicles

Iandê Albuquerque

Brazil



Personal Growth / Emotional
Chronicles
Imprint: Outro Planeta
Published in 2022
160 pages

Some days the only thing we can do is retreat into our own shell, like a snail. Not out of fear, but out of respect. Because the healing process—as the snail well knows—doesn’t need speed; it needs steadiness.

This book is an emotional log written with the quiet of someone who has learned to dwell within. Iandê Albuquerque offers an intimate journey where the reader isn’t pushed to “improve,” but invited to listen to themselves: to make peace with guilt, recognize limits, forgive oneself for staying, for leaving, for not knowing.

The image of the snail threads through the entire book as a symbol of that inward trek, where we carry our wounds yet hold the possibility of making them lighter.

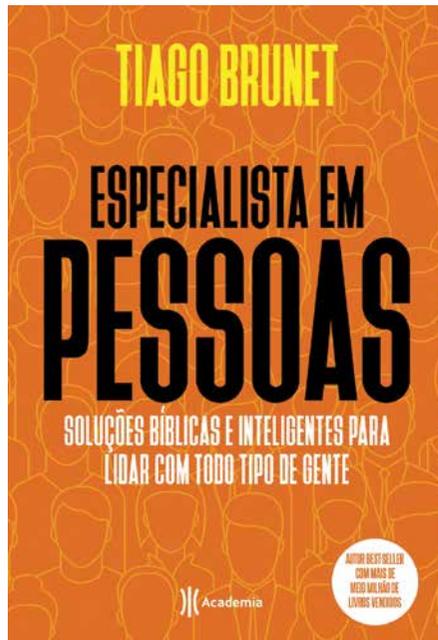
Each chronicle is a gentle stop amid chaos: a reflection on reciprocity, intuition, grief, forgiveness, and slow beginnings

- Like a snail, this book invites you to walk inwardly, carrying your story with tenderness rather than haste.
- Intimate chronicles for anyone who has realized that sometimes healing requires moving as slowly as a snail.

People Smarts

Tiago Brunet

Brazil



Wellbeing

Imprint: Academia

Published in February 2020

224 pages

In this book, Brunet discusses human interactions: how to establish partnerships and friendships for success and happiness, how to understand who to trust, and how to help those around you resolve conflicts. He defines types: the “unavoidables”, those we are forced to live with despite a lack of desire or affinity; the “joy thieves”, friends, colleagues or family members who specialize in sucking the joy out of our positive life events.

Brunet offers original re-readings of the Bible to address problems as old as humanity itself and cites thinkers from different disciplines. The book also addresses the difficulties faced by young people today in the face of consumerism and social media.

- **Bestselling author, with more than 500 000 copies sold, and a world-renowned specialist in personal development and analysis of interpersonal relations. He is a phenomenon on social networks with 5 million followers on Instagram alone.**
- **CEO of Destiny Institute, founder of Destiny House and one of the most popular spiritual influencers in the world, Tiago realized that the key to personal and professional fulfillment is knowing how to relate to people: “At the end of the day, it’s people who define whether our life was worth it or not. The best wine is not one of European origin or a special vintage, but one that has been shared with someone special.”**

For You, on the Days That Break You

Victor Fernandes

Brazil



Self-Help / Personal Growth / Short Narrative / Emotional Chronicle

Imprint: Outro Planeta

Published in 2019

192 pages

Some days the world weighs more. When that happens, you don't need advice or speeches, only words that hold you. This book is a brief, heartfelt refuge for anyone who feels a little broken inside. Victor Fernandes writes about emotional fatigue, the need to disappear for a while, setting boundaries without guilt, and choosing yourself even when others don't understand.

He offers honest comfort and gentle reminders that surviving still counts. From a simple list of soothing actions to texts that validate your sadness without judgment, these pages accompany without pressuring and console without intruding. Because sometimes the only thing we need to keep going is someone to say it's okay not to be okay.

- Short pieces to survive shattered days and remind you that feeling bad is also part of the journey.
- An exercise in letting go that turns nostalgia into freedom.



The Day I Choose to Love Myself

Psychologist Carla Lorenzo

Uruguay



Self-Help / Personal Growth /
Emotional Well-being
Imprint: Planeta
Published in December 2024
144 pages

The Day I Choose to Love Myself is more than a book, it's a vibrant, colorful, and thought-provoking journal. With its cheerful, interactive design, this work—now in its third edition—offers a profound journey toward self-love.

Carla Lorenzo—psychologist, actress, and journalist—guides the readers with empathy and therapeutic depth through exercises, QR codes, songs, meditations, and questions that don't shy away from discomfort: *How do I speak to myself? Do I love myself—a lot, a little, or not at all? Am I listening to my needs?*

Each page gently challenges, comforts, and invites introspection. This is not a magic formula, it's emotional training designed to rewrite the inner narrative we tell ourselves.

This book is meant to be written in, underlined, reflected on, and perhaps even cried over. But above all, it invites us to put ourselves at the center of our own stories. This is an emotional revolution that stems not from ego, but from conscious self-care. Self-love is something we learn, practice, and cultivate. And through this journey, Carla invites us to act, direct, and write the most important role of all: our own lives.

- **Not just a book—an emotional mirror. A journal that challenges, embraces, and reminds us that the most important role we play in life is to love ourselves.**
- **An interactive journal with key questions, exercises, meditations, music, and sensory exercises.**

Your Personal Brand

Renata Roa

Mexico



Public Image & Strategic
Communication / Personal Branding
Imprint: Planeta
Published in October 2024
336 pages

In a rapidly changing professional landscape, *Your Personal Brand* is essential for leaders, entrepreneurs, and professionals seeking to communicate with purpose and authenticity. With 19 years of consulting experience, Renata Roa offers a profound yet practical roadmap: identify your strengths, rewrite limiting beliefs, and project your unique value. Whether in a startup or a corporate setting, this book shows how a personal brand can foster trust, connection, and lasting impact—far beyond the digital noise.

- **Behind every personal brand is a story worth telling. This guide helps you turn experience into message, vulnerability into strength, and journey into inspiration.**
- **For leaders who know that true impact comes not from a title but from consistency.**
- **A practical guide to leadership, personal development, and brand coaching with an emotional perspective.**

Being Sensitive Doesn't Make Us Any Less Badass

Romina Sacre

Mexico



Feminism / Female Empowerment
& Personal Development
Imprint: Planeta
Published in January 2024
224 pages

Romina Sacre failed as an actress, came home broke, and found something stronger: her voice—funny, raw, and brutally honest—resonating with women who’ve felt broken, lost, or not enough. In this book, she transforms setbacks into lessons with humor, vulnerability, and zero filter: therapy, cellulite, sex, self-love, and letting go of expectations. Like a real friend who makes you laugh while also making you face yourself, her stories and exercises are both a hug and a wake-up call—inviting you to say goodbye to drama and hello to your sparkle by being unapologetically you.

- An unfiltered manifesto to tell excuses to screw off, embrace your emotions, and empower you to own your life like the badass you already are.

A Beautiful Way to Heal

Lulú Sommaruga

Uruguay



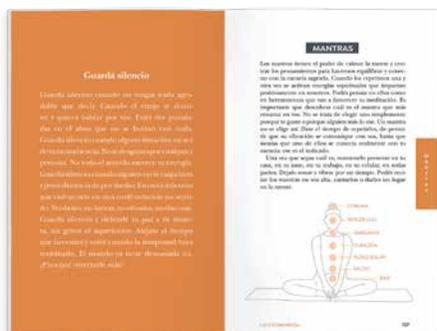
Therapeutic Yoga / Active & Healthy Aging
 Imprint: Diana
 Published in May 2025
 264 pages

This book asks for neither flexibility nor perfection—only the desire to inhabit your body with love. At 62, Lulu Sommaruga offers a gentle yoga manual for anyone living with pain, anxiety, or the simple exhaustion that comes from rushing through life. It is a compassionate guide to feeling better without strain.

Well-being is built on what is possible: chair poses, conscious breathing, acupressure, healing infusions, and “forgiveness journaling.”

Drawing inspiration from her personal experiences as a mother, wife, and yoga teacher living with arthritis, Lulú provides a daily toolkit that soothes and supports with empathy. Each practice is a simple, practical recipe for reconnecting with the present—delivered with grace, depth, and kindness.

- You don't have to be flexible to do yoga—only willing to reconnect with your body and find calm through simplicity.
- A kind and realistic approach to physical and emotional well-being in later life.



The Exu Within Me

Vagner Òkè

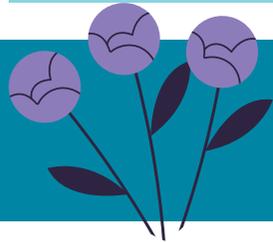
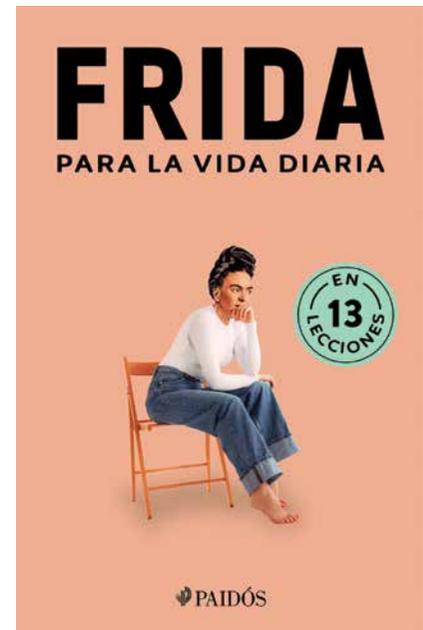
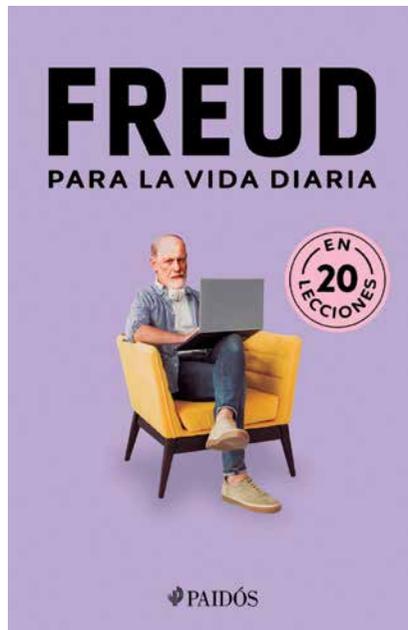
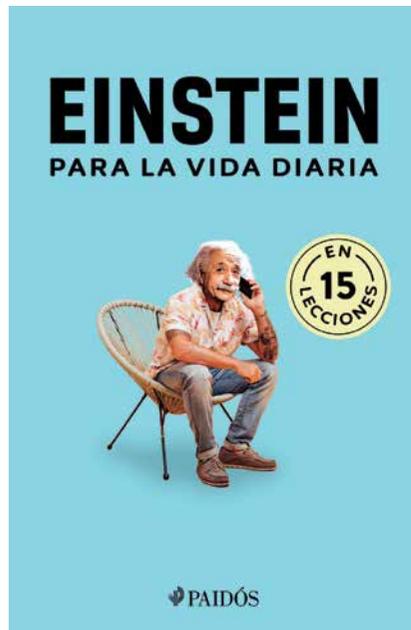
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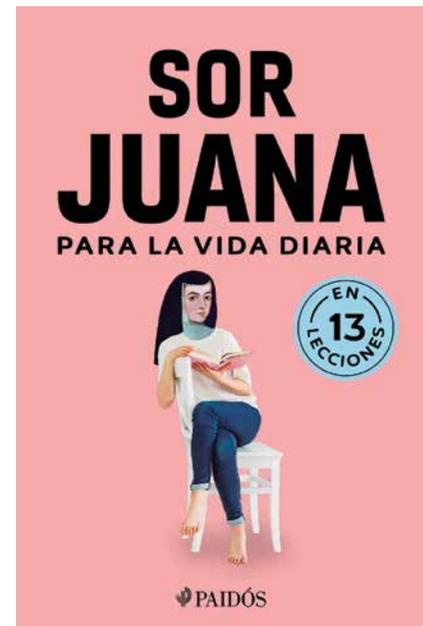
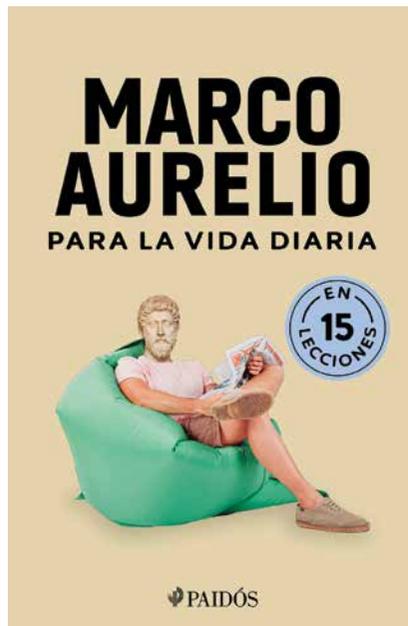
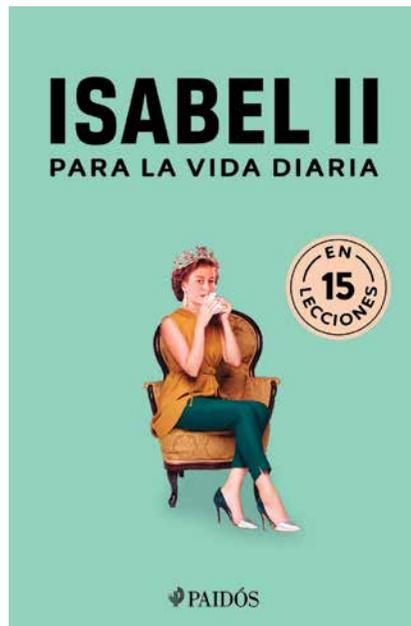
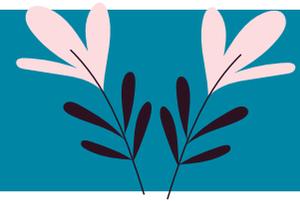
Religion & Spirituality / African Traditions / African Spiritual Philosophy / Yorùbá Mythology
 Imprint: Academia
 Published in 2024
 224 pages

In the Yorùbá cosmogony (a worldview rooted in Nigeria), Exu is the principle of motion, the first individual being, born when Olódùmarè's breath struck a living, reddish stone. In this book, Vagner Òkè—priest and scholar of Traditional Yorùbá Worship—reclaims that ancestral myth to reveal Exu as a founding energy, a guide at every crossroads, and a symbol of transformation. Blending personal stories, oral wisdom, and spiritual reflection, the author confronts the centuries—old stigmas that have clouded Exu's image and invites us to reconnect with a force that opens paths, questions order, and amplifies freedom. This book invites us to live consciously, to hear the sacred in the everyday, and to re—embrace a Black, decolonial, and profoundly vital spirituality.

- **Vagner Òkè weaves spirituality, mythology, and personal development into a work that restores dignity and depth to the Yorùbá tradition.**
- **An invitation to explore the symbolic universe of Exu—the African divinity of movement, speech, and transformation—as a guide to self—knowledge and personal growth in today's world.**



Everyday Life Series



Planeta de Libros

Mexico

Historical Figures / Thematic Biographies
Applied Philosophy & Critical Thinking
Imprint: Paidós
Published in January 2025
192 pages



Lessons from key people in history: *Frida Kahlo, Queen Elizabeth II, Freud, Marcus Aurelius, Sor Juana and Einstein.*

- **Lessons from the past to solve the present—six extraordinary lives become practical guides for our own dilemmas.**
- **A collection that reveals how great figures like Frida, Einstein, and Sor Juana faced the same questions we do: who we are, what we want, and how to live better.**

This series offers a fresh, vital perspective on six extraordinary figures who wrestled with conflicts as deeply human as our own: love, pain, power, freedom, identity, and purpose. Each concise biography serves not as a chronological account but as life—map—transforming personal struggles and revelations into tools for today. From the stoicism of Marcus Aurelius to the emotional intelligence of Elizabeth II, this collection weaves history, philosophy, and critical thinking to illuminate our most intimate dilemmas. It's an invitation to recognize that many of our questions have already been lived—and answered—by those who turned their lives into a legacy.



Feline Justice

Planeta de Libros

Mexico



Mass Market Books
Imprint: Diana
Published in October 2022
96 pages

Contrary to humans' usual beliefs, cats are not as distant and territorial as they seem. Indeed, we have much to learn from these creatures, like their ability for dialogue and agreement, as cats take turns meowing at night to avoid interrupting the sounds of another feline companion. Cats also have no problem sharing their space with other humans (as long as it is respected), accepting someone who is different, or sacrificing their nighttime schedule to care for others. Humans, unlike these animals, are intolerant and only willing to sacrifice the minimum for their peers. That's why all the felines across the world have come together to give them a wake-up call: It's time to be more like cats and less "human."

Treated as divinity by the Egyptians, chosen as one of Muhammad's favorite animals, and considered "good-luck charms," cats have enjoyed greater popularity than dogs and, of course, humans, although this doesn't mean they can't all live together on the same planet.



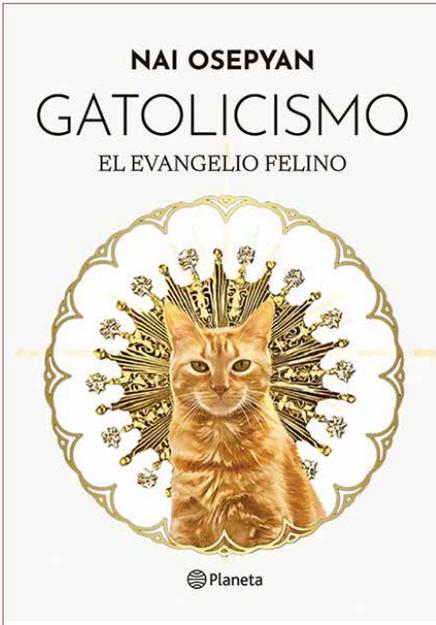
- With this book, humans will learn about cats' characteristically independent spirit in order to apply it to their daily lives. This will help them uncover the importance of setting boundaries, resting when they need to, and respecting themselves as a species.

Catholicism

Nai Osepyan

Argentina

The Feline Gospel



With over 135k followers and a life devoted to feline behavior, Osepyan delivers an illustrated ode where cats are domestic deities and living with them is a sacred act. From commandments –“Honor playtime,” “Glorify the litter box”–to sins like pride or sloth, this book dispels myths that harm feline well-being.

Tender stories and charming illustrations celebrate a new, dogma-free religion: the love that meows and transforms our homes—*Cat-holicism*.

- The gospel of a generation that no longer has pets, but feline family. Nai Osepyan turns her love story with cats into an illustrated faith uniting feline psychology, tenderness, and community.

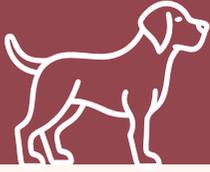
Current Affairs / Pets / Pop Culture

Imprint: Planeta

Published in July 2025

208 pages





Pet Series



Self-Help / Emotional Grief
Illustrated Guide
Imprint: Diana
Published in March 2025
96 pages

Farewell, Dear Dog



Kahu is Hawaiian for caregiver or guardian—this book is a hug for anyone who misses their four-legged best friend.

A compassionate guide that reminds us that grief is a process taken step by step. Through the six stages—denial, anger, bargaining, sadness, acceptance, and healing—, this book offers comforting words, reflective questions, and space to remember.

Complete with an emotion glossary, prompts, and tribute phrases, it becomes a portable altar of love—where your dog lives on, because the heart never forgets those who gave it peace.

- An emotional refuge for navigating grief with tenderness and structure, honoring the unconditional love of our dogs.



Planeta de Libros

Mexico



Self-Help / Emotional Grief
Illustrated Guide
Imprint: Diana
Published in March 2025
96 pages

Farewell, Dear Cat

When a feline soul departs, its light remains. This intimate altar helps honor their presence, heal with love, and say goodbye without forgetting.

You become a *Kahu*—guardian, in Hawaiian—the moment a cat enters your life. With their stealth and tenderness, they become faithful companions and an irreplaceable part of the family. When they leave, the pain is immeasurable.

Like its canine counterpart, this guide walks through the six stages of grief with gentleness and structure. It offers space to write, draw, and express gratitude. Because goodbye takes time—but is necessary,—this book becomes a warm refuge where your cat lives on in memory.

- A heartfelt farewell for those who were chosen by a cat—and are now learning to let go without ceasing to love.



2025 Wellness Rights Catalogue

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