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FALL 2023

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NON FICTION - RIGHTS LIST

FALL 2023

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Vincenzo Schettini, *Physics we like*

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Pop Science

Vincenzo Schettini

With a preface by Giorgio Parisi

AWESOME PHYSICISTS

“All too often, even the pioneers of fascinating scientific discoveries turn out to be boring. Communicating is an art – it can be learned but it takes dedication. And, as in all the arts, creativity and imagination are key. From this perspective especially, this book is a very successful experiment.”

From the preface by Giorgio Parisi, Nobel prize for physics in 2021.



240 pages - October 2023

What do the most innovative scientists in history have in common with the modern-day world? A lot. Beginning with the fact that, each in their own way, they were all actual influencers. They impacted the way of thinking of their time (just think of Leonardo da Vinci), they had followers (Stephen Hawking most of all) and haters (Marie Curie would have quite a bit to say on the subject).

And, just like modern-day science authors, they tried to explain how and why physics is the basis of life.

It was thinking of them that, after the huge success of *La fisica che ci piace* [The physics we like] Vincenzo Schettini, the most famous schoolteacher on the Web, decided to recount the history of modern physics through the life stories of its founders.

This book will take you on an amazing journey through space and time, to the discovery of the

most awesome physicists of all times. You will fly with Leonardo da Vinci, ride lightning bolts with Nikola Tesla, find yourself gravitating towards Isaac Newton and amid radiations with Marie Curie. You will build nuclear bombs with Enrico Fermi, discover the laws of the universe with Albert Einstein and appear in *The Big Bang Theory* alongside Stephen Hawking... all of it leading to a stunning final surprise. A blast from the past to uncover incredible oddities, breakthrough predictions, unexpected discoveries, secrets, the pop and modern sides in the lives of a band of true geniuses.

For each of them Vincenzo will explore the «physics they like», reveal the laws deduced from their discoveries as well as the theories that made them famous and are still hugely relevant in the lives of us all. But most of all he will reveal the humanity, the weaknesses and fragilities they had the courage to show to the world.

Vincenzo Schettini is a physicist, musician, an influential teacher-on-Web, and a bestselling author. In the early 2000s he earned a diploma in violin and music teaching, and then a university degree in physics. In nurturing his two souls – the artistic and the scientific soul – he came up with the idea of turning physics from abstract knowledge to pure fun and entertainment, channeling the same energy of a music concert. For years he has been the conductor of an established gospel group called *Wanted Chorus* as well as a physics teacher in secondary school. Through the *Fisica che ci piace* channels on social media, now boasting millions of followers, Vincenzo makes physics accessible and engaging with his unique captivating style. He collaborates with the Italian Teacher Program at CERN. His first book, the 2022 best seller *La fisica che ci piace*, made the publishing world stand to attention, and was the recipient of the literary award Elsa Morante Ragazzi Esperienza for 2023.

Vincenzo Schettini

PHYSICS WE LIKE

An illustrated book, simple and suitable for those who, out of curiosity or interest, want to discover the wonders of physics, from mechanics to dynamics, from relativity to quantum physics, through explanations and anecdotes.

OVER 85.000 copies SOLD!!!!



239 pages - October 2022

What does a bullet have in common with a roller coaster?

Why does toast always fall buttered side down?

How is it possible that birds resting on high-voltage cables do not get electrocuted?

It is surprising to discover how physics explains every phenomenon around us, whether we are talking about energy, forces or electromagnetism.

The fascination of this subject is often eclipsed by the fear of not being able to understand it. And this is where Vincenzo Schettini comes in: with him, physics becomes magic. It is his lively, amusing, colourful and effective explanations that make every concept easy to understand, especially because they tell the physics behind the things we see and use every day.

Because when we observe an ant can lift a crumb more than 50 times its own weight, we do not imagine that it is all a matter of forces.

When we set the GPS, we do not know that it works so well because it takes the theory of relativity into account. And, when we drive through an automatic gate in our car, we don't notice the quantum mechanics inside the photoelectric cells at the entrance.

In this book **Professor Schettini** takes us for a walk in real life, and each event becomes the starting point for a new reflection on how the world works. From the theories applied in western films and those on Time (are six hours at the beach really different from six hours spent on a train without air conditioning?), we discover that physics is in all things simple.

Tomaso Poggio and Marco Magrini

BRAINS MINDS ALGORITHMS

The mystery of human intelligence, the enigmas of AI

What should we expect from the amazing evolution of artificial intelligence?

An accessible and fascinating book for any reader, by the leading authority on neuroscience and AI.



272 pages - October 2023

Intelligence is still a mystery. It certainly is not a prerogative of the human species – there are endless degrees of intelligence in the animal world. Still, human intelligence would appear to be the only one with the ability to understand itself.

Despite the many breakthroughs in neuroscience, the secrets of intelligence are still largely to be uncovered. Discovering how learning works will lead the way to a true understanding of the human brain and to the design of intelligent machines.

After half a century of trial and error, machine learning has brought AI into our every-day life.

Today AI is capable of astounding feats that will no doubt change the economy and society. Still, it is a long way from replicating human intelligence. The two are different – non comparable.

A true understanding of the workings of the mind

is still a major frontier in science and will require the cooperation of several different areas of research. The global world desperately needs more intelligence.

With in-depth sections on:

- ChatGPT or Dall, whose myriad applications are now part of our daily lives: today AI can generate totally original texts, images, and sounds
- What to expect from this amazing evolution in AI
- What are the dangers? What will AI take from us? Which are its possible threats?

Marco Magrini, a former special correspondent for Sole 24 Ore, is now the author of ClimateWatch for Geographical, the monthly of the London Royal Geographical Society. His book, «Cervello. Manuale dell'utente» [The brain. A user's manual], was translated in 9 languages and sold over 10.000 copies.

Tomaso Poggio is the director of the Center for Brain Minds and Machines at MIT, one of the founders of computational neuroscience and a pioneer of AI. Because of his multidisciplinary research he was acknowledged by topitalianscientists.org as the «most eclectic» among Italian leading scientists.

Rocco Dedda

HAPPY MATH

In this book, Dedda illustrates practical and fun applications of math.
A book that will make you sigh, “*Oh, if only I’d had a teacher like him!*”



224 pages - September 2023

Math is too often seen as a *bête noir* – a subject so frustrating, so daunting that many can’t wait to leave it behind – after or even during their school years. This widespread aversion is probably rooted in the abstruse, abstract, arcane way math is being taught. But, in the words of Rocco Dedda, a math teacher in secondary schools and rising star in online scientific teaching, this is just «unhappy math» – a math taught the wrong way.

When taught correctly, math can be a fun, engaging and life-long pursuit for everyone, not just geeks and math wizards. The game changer is communication – a captivating narration constantly emphasizing practical applications and unfolding the story of how geometry, algebra, arithmetic, and calculus emerged in history, among peoples and cultures.

Dedda takes the reader on a fascinating journey to the discovery of «happy math», revealing the relevance of math not just in nature, physics, and engineering but also in art, music, cuisine, and literature, with a gallery of extraordinary encounters – Euclid, Pythagoras, Fibonacci, Fermat, Descartes, Leibniz, Euler... – all along the way.

While unhappy math insists on theory and rarely touches on reality, Happy Math takes the opposite path, premising on the practicalities of everyday life to finally grasp theory. All in a uniquely engaging style.

Rocco Dedda (1984) lives in Abruzzo where he teaches math and physics in secondary schools. With a degree in math, he has always felt a vocation for teaching and the drive to make notions more accessible, an aim rooted in a firm conviction: math is for everyone. He has participated in projects for scientific awareness with the PRISTEM center of University Bocconi, contributed to *Ricette matematicamente sostenibili* [Mathematically sustainable recipes] and the festival of Pi-Greco Day. On his YouTube homepage, *Un quarto d'ora con il prof* [Fifteen minutes with teach], he teaches happy math to thousands of followers, both teenagers and adults.

Marco Coletti

RADIOACTIVITY

All there is to know on radioactivity and nuclear energy

All there is to know on radioactivity and its applications.

A fascinating journey in the science and technology of the atom, a fundamental map to navigate the future.



192 pages - October 2023

Why is it always so difficult and divisive to talk of nuclear power (and nuclear plants especially)? Perhaps because radioactivity – which, believe it or not, we are exposed to every single day – is something we don't really know much about, a topic often discussed either in cursory or abstruse terms. In a wonderfully engaging and accessible style, Marco Coletti, host of the YouTube channel «*La Fisica che non ti aspetti*» [Unexpected Physics], sheds light on all aspects of nuclear power, from the discoveries of Fermi and Curie to isotopes and processes of decay, and – perhaps more importantly – clarifies its applications, whether marvelous or disturbing: in medicine, hygiene, industry, transportation, carbon dating, but also in warfare.

He unpacks nuclear power in both its misguided weaponization and its more recent and promising developments – the latter being crucial for the future of a world threatened by climatic and geopolitical crises. Radioactivity provides all the tools you need to distinguish between false alarms and actual dangers, but most of all to grasp the great potential the atom holds for the future.

Giacomo Carrozzo, Fabrizio Oliva, Andrea Ramponi

NEW WORLDS

The odyssey of humanity: from sapiens to astrology



320 pages - June 2023

What is beyond the stars?
Why are we so attracted to space?
What drives us to look up at the night sky?

Man has always observed the firmament with curiosity, fear and wonder. The desire to explore and the need to discover and evolve have always led him to search for new horizons. The distant dots on the celestial vault have always represented one of his greatest desires: to reach new worlds. In this book, F. Giacomo Carrozzo, Fabrizio Oliva and Andrea Raponi tell us how we developed that desire, how we are fulfilling it and where it will lead us.

Through a simple and clear narrative, the authors take us on a journey that spans time and space. With them, we will return to the past to discover how our drive for the stars came about.

We will walk on the Moon and board the ISS, to find out how astronauts live and how a space station works. We will search for water, not only on Mars but also in the depths of Jupiter's icy moons. We will discover why sound works differently on the red planet, why lunar soil is so precious, and why Venus, so close to us, is decidedly inhospitable.

With the popularizing tone that distinguishes the Facebook page of the same name, New Worlds tells us about the new frontiers of astronomy, moving from cryogenic sleep to time paradoxes, from Elon Musk's space tourism to the great obstacles that stand between us and the next solar system. A journey beyond the stars in search of those new worlds that will give us a clearer view of our role in the universe.

An authority speaking in a popular style; an accessible but reliable book.

Greta Cristini

GEOPOLITICS

To understand a world in war

The arcana of geopolitics finally made easy, through explanations and stories .
A tool kit to make sense of the world we live in.



224 pages - April 2023

Before Russia's attack on Ukraine, on 24 February 2022, war had largely disappeared from our collective mind, left to hover in our peripheral vision as a thing of the past. Geopolitics had become a pursuit better left to experts and analysts. Well, today it has made a comeback, and with a vengeance. But what is – and isn't – geopolitics, exactly? What do we need to know to truly understand international politics and its ominous developments?

Greta Cristini, an up-and-coming young analyst and distinguished contributor to «Limes», answers these

questions starting from 12 key-concepts, to help even beginners understand military and monetary conflicts, the balance – and imbalance – of superpowers, military and diplomatic strategies, information and intelligence, bombs and security systems, the foreign politics of nations and the life and civil resistance of peoples.

A tool kit to make sense of the world we live in. Geopolitics is the compass to find our bearings in the global chaos, and it's never been as straightforward as this.

Greta Cristini, (1993) graduated at the Sorbonne in Parigi and worked as an anti-racket attorney in New York.

An analyst of geopolitics and international affairs and war correspondent, she writes for «Limes», with a special focus on the Russia-Ukraine crisis. She is a lecturer on Vatican geopolitics at Link Campus University

Psychology

Beatrice Alonzi

YOU ARE NOT YOUR PARENTS

How to free your heart from the choices of those who ruined your life
(though they never meant to)

A book to show you your life as it is and how it could be transformed.

Beyond guilt. Beyond the need to please everyone.

An issue of universal relevance: family relationships and intra-generational trauma



224 pages - October 2023

You are not your parents. And yet you are losing your hair or can't seem to shake that extra weight, just like them. You get angry too often or never at all, just like your dad or your mom. Have they passed all their faults onto you? And what if we are «hard-wired» to repeat the same mistakes, the same bad choices of the people who brought us in this world? Or more specifically: is there such a thing as hereditary trauma? An inner world that does not really belong to you and yet somehow haunts your every dream and aspiration, dogging your every step, day in and day out. A set of obstacles someone unwittingly put on your path, making it impossible for you to be happy.

3.670 copies sold in one week!

This book will answer these questions, allowing you to understand whether you are a victim of this dynamic. Providing the tools you need to change your life's direction, to break free of self-defeating patterns, to discover whether the path you're on (or the one you can't seem to take) truly belongs to you – and finally releasing you from the mysterious legacy that has forever defeated you.

Maria Beatrice Alonzi holds a master's degree in the Methodology and Technique of Behavioral Analysis and Scientific analysis of non-verbal behavior. She is a TED-X speaker and the author of three best-sellers, with over 80.000 copies sold. She is an acclaimed science popularizer on social networks, using her pages to raise awareness on the stigmatization of mental illness and therapy. Over 800.000 people follow her every day on Instagram and TikTok.

Annamaria Carbonaro

BE A VILLAIN

A handbook to discover the worst side of yourself and live happily ever after



240 pages - June 2023

Sometimes it's just a drag to be good, admit it. Always doing the right thing, forever satisfying other people's expectations is just exhausting.

There is one reason only we behave: our compulsive need of external approval.

Yet all this virtue drags you down. We don't quite know why, for after all our lives are tolerably happy, or tolerably unhappy. But deep inside we yearn for the one power that really matters: the power of choice. Go ahead, you can say it out loud: in your heart of hearts, you wish you could just do as you liked, without worrying about other people's judgement and expectations. To do so you must learn to listen to yourself and – an even harder skill – learn to cope with confrontation. You feel a deep-seated desire, both appealing and scary, beckoning you from afar – a desire you have silenced all too often.

Guilt is always lurking, so how do you get rid of it? The solution is in this book – an actual guide to become the worst version of yourself, reclaim your happiness and finally live life your own b****y way.

With a Ph.D. in Communication and ten-years' experience in professional and motivational training for human resources in multinationals, **Annamaria Carbonaro** has specialized in assertive communication and mindfulness. Today she helps people develop the most hidden and productive side of themselves by openly expressing their true needs, and never mind the consequences. Annamaria is one of the most beloved motivators on the web, with over 130.000 followers on her social network pages.

Andrea De Simone

YOU DESERVE TO BE HAPPY

How to steer clear of toxic relationships

Toxic relationships are an increasingly widespread mental health issue, a threat to our coping skills in the personal and professional sphere as well as in the home, looming even larger in the wake of the pandemic.

A therapist shows us which inner resources we can tap to protect ourselves.



224 pages - October 2023

In a world brimming over with toxic stimuli, it's vital to identify the non-toxic elements we should aim for to live a healthy love life. How do we identify and cultivate them? How do we steer clear of traps and situations with the potential to endanger our emotional and mental wellbeing?

Andrea De Simone, a therapist and motivator, illustrates the five pillars we need to boost our immunity. The first element to work on is **self-esteem**, the ability to consciously value ourselves. **Motivation** is the fuel of all our activities, the tool we need to turn intentions into reality. **Optimism**, a blend of hope and trust that generates positivity, focuses on accomplishing projects, leaving behind the conditioning of bad experiences from the past. And then **resilience**, the ability to emerge from trauma with renewed strength, and **empathy**, the

ability to identify with others, to acknowledge their feelings and needs without getting overwhelmed.

In learning to nourish these qualities within ourselves, and to consciously deploy them as needed, we acquire the ability to cope with and survive toxic relationships, freeing ourselves from the anxiety, depression, and constant worrying they generate, to reclaim the happiness we deserve.

Michele Mezzanotte

TRUE LOVE IS (NOT) A MYTH

Foreign rights sold to: Albania

How to free yourself of toxic relationships



224 pages - May 2023

How many times have you loved without being loved back? And vice versa.

And how many times did you think someone truly loved you, only to see it all fall apart in just a couple of months?

Narcissistic relationships, long-distance relationships, ambiguous relationships.

Or welcoming, profound, parental relationships. Does true love even exist?

Or are we forever doomed to toxic, disturbed, and disturbing relationships?

Our minds are filled with doubt, frustration, wishful thinking. And our baggage can be so cumbersome as to make it impossible to truly live in the here and now. All too often failure seems just around the corner.

Through an in-depth analysis of Greek myth, imaginal psychological exercises and self-tests, Michele Mezzanotte, a therapist and cofounder of the online archetypal psychology magazine «L'anima fa arte», helps us discover the relationship profile best suited to us, identify the root causes of our toxic relationships, and better understand the workings of our psyche, and most especially of our mysterious subconscious.

All with the confidence of a believer in true love.

All we need do is learn to recognize it, nourish it, build it.

Michele Mezzanotte, a therapist and popularizer, was born on 31 August 1984 in Chieti, where he lives and works. In 2012 he co-founded the first ever online archetypal psychology magazine, «L'anima fa arte», which then became the blog by the same name. Since 2020 he has focused on spreading the knowledge of psychological techniques through social networks

Selene Calloni Williams

KINTSUGI

Heal the wounds of your soul and turn every instant into something precious.

In this unmissable life guide, Selene Calloni Williams offers a fresh new spiritual take on the philosophy of Kintsugi



276 pages - March 2023

All too often, we feel we are victims of fate, powerless to cope with life's endless challenges.

Pain and loss are unavoidable, and yet almost impossible to comprehend and accept. So we take the easy way out – avoidance, denial, diversion. Until, soon enough, the pain we've tried to deny comes back to haunt us, often with a vengeance.

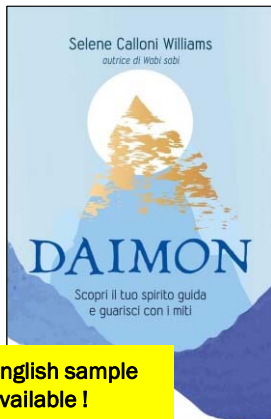
And yet there is another way – a less trodden path. The way of awareness, of beauty, of love, conveyed and exemplified in kintsugi. In Japanese culture, kintsugi is the ancient art of mending what is broken with gold. Spiritually, we can read it as the art to morph our physical and emotional wounds into unique opportunities for renewal and personal growth.

Selene Calloni Williams guides us along this original path to healing.

In her absorbing book, through the narration of her own live experience and the illustration of time-immemorial legends and symbols, she presents nine laws for self-healing and daily guided meditations to overcome anxiety, guilt, rage, and frustration, and to reclaim our freedom, our energy and passion for life. And, finally, to achieve full self-awareness.

Selene Calloni Williams, a psychologist and life coach, is the creator of several documentaries and author of several books, including *Mindfulness Immaginale*, *Il profumo della luna*, *Yoga sciamanico*, *Ikigai*. After an in-depth study and practice of theravada, the Buddhist way to meditation, she was initiated into exoteric and shamanic yoga. The world-renowned psychoanalyst James Hillman introduced her to depth psychology and imaginal vision.

Selene Calloni Williams



English sample
available !

304pages
May 2022

Over 10.000
copies sold

DAIMON

Find your spirit guide and heal yourself through the power of myths

An amazing new book teaching us to listen to the voice of our daimon and realize the mission of the soul.

With true-life stories and guided meditations. Can reading a story really heal our soul? Yes, if the story is a myth, and the myth is not told as a moral fable but speaks to our imagination and sense of beauty. Myths are about the origin of things and the way they first appeared in the world. And knowing the origin of things is the first step to changing them. Each and every one of us enacts his or her own myth on the stage of life, accessing liberation and self-realization only when we come to «recognize» the myth we are living. For it is only then that we really start to listen to the narrator that has always been by our side – the daimon, our spirit guide, keeper of the memory of an ancestral golden age. Through a dialogue with our daimon and a rereading of Greek myths and their protagonists we become cocreators of our destiny, finally able to identify the deeper sources of fear, failure, anger, sense of betrayal and disconnect, loss, sadness... So that we can change our story and access happiness.

WABI SABI

The beauty of an imperfect life. The Japanese way to happiness

A simple yet unique course in meditation, to the discovery of beauty and happiness.

Every day we are faced with our personal inadequacies, our weaknesses, our vulnerability. Riddled with doubts and anxiety, we often feel driven by circumstances, at a loss on how to take charge of our lives. In this book Selene Calloni Williams teaches us to overcome our sense of powerlessness through the life principles of wabi sabi, a crucial teaching in Japanese culture. We will learn to immerse ourselves in the natural flow of existence, acquiring the strength that comes from true peace of mind, simplicity, humility, essentiality, and love. Practice will teach us to accept impermanence and incompleteness. Finally free of anxiety and fear, we will access the energy we need to understand the beauty and complexity of the world, and to fully feel a part of it.



English sample
available !

384 pages
June 2021

Over 13.000
copies sold

Selene Calloni Williams, a psychologist and life coach, is the creator of several documentaries and author of several books, including *Mindfulness Immaginale*, *Il profumo della luna*, *Yoga sciamanico*, *Ikigai*. After an in-depth study and practice of theravada, the Buddhist way to meditation, she was initiated into exoteric and shamanic yoga. The world-renowned psychoanalyst James Hillman introduced her to depth psychology and imaginal vision.

Wellbeing

Laura Vanni

THE SECRET OF LIFE-ENERGY

Let your life flourish through the Chinese art of Yangsheng

How to cultivate your life-energy in all its uniqueness.
A fully holistic vision for the care of mind, body, and spirit.



224 pages - September 2023

Yangsheng – or the art of self-care – is a time-honored branch of Chinese medicine, a self-cultivation practice for the strengthening of body and mind, the prevention of disease and the enhancement of longevity – which in *Yangsheng* means not just a long life but – more importantly – a healthy life. For years now, in both her studies and her teaching, Laura Vanni has focused on Chinese medicine, sharing the wisdom of *Yangsheng* and distilling it in guidance and practical tips of emotional balance, breathing, food, exercise, rest, and meditation. She has developed a program promoting the harmonization with the patterns and natural cycles of the universe, positioning the individual within a holistic vision of life integrating mind, body, and spirit.

This book is marvelous roadmap to psycho-physical wellbeing, a precipitate of ancient wisdom teaching us skills both profoundly beneficial to our health and easy to incorporate in our daily lives.

Laura Vanni holds a degree in sociology and several further academic credentials, including a Ph.D. in the methodologies of social and political studies. A Tai Chi and Gi gong teacher, for years now she has focused on the study and teaching of Chinese medicine and holds a certificate as Tuina practitioner. She has published several books on the subject. She teaches classes and shares her knowledge on social networks.

Nicola Triglione

TIRED OF FEELING TIRED?

A method to reclaim your physical and mental energy through biohacking



256 pages - May 2023

We've all used it as an excuse. That nagging feeling of fatigue when we wake up in the morning and think of the day ahead. The world we live in is ever more demanding, requiring a huge amount of energy. Lucky for us, today we have a few extra elements to understand the actual meaning of fatigue. It is the sign conveyed by the body to communicate distress. Physical and mental fatigue surfaces whenever we've exceeded our energy levels. Ask your body too much for too long, and sooner or later you'll have to pay the price.

This book explains how to identify the causes of fatigue, and how to tap **biohacking** to promote and support the changes we need to fully reclaim our health. But what is biohacking? It is the science of changing both the inner and outer environment to boost our energy levels.

A scientific and practical approach to discover the inner workings of our mind and body when faced with their actual battle ground – our daily lives.

Nicola Triglione is a cardiologist and biohacking expert, has written the first exhaustive and practical book on the techniques to defeat the subtle feeling of fatigue afflicting millions of people.

Biohacking methods are rapidly gaining ground and attention, because of their scientific basis as well as the effectiveness they have shown with star athletes, extreme sports practitioners, and soldiers in elite corps.

Nicola Triglione is a medical doctor, a cardiologist and biohacking expert. While studying at his alma mater, the University of Washington in Seattle, he learned to use physical exercise as actual medical therapy. He has researched and applied lifestyle enhancement methods while working in all sorts of environments – from emergency rooms to Formula 1 teams, as well as in his private practice in Milan.

Filippo Ongaro

MISSION LONGEVITY

Based on the experience with astronauts, the new strategies for a longer, healthier life.



320 pages - March 2023

Life expectancy has certainly risen in the last decades, thanks to great strides in medicine, but the therapies that give us longer lives do not necessarily guarantee our health or wellbeing.

The scientific approach to actually reduce our biological age, keep diseases at bay and enhance our psychophysical wellbeing entails a change in lifestyle and everyday habits.

The trouble is no-one is telling us where to start and what steps we need to take to ensure a longer-lasting quality of life.

Filippo Ongaro was the medical officer of astronaut crews for seven years, working for the European Space Agency (ESA). His mission, along with other researchers and physicians, was to identify new protocols in diet and psychophysical training to

improve the performance of astronauts and prevent the accelerated aging they are exposed to in space travel.

His research, his professional experience, and the methods he has been exposed to have allowed him to turn state-of-the-art scientific knowledge into strategies, techniques, and tools for the achievement of a healthy longevity which are perfectly applicable to people «on Earth».

In this book, Ongaro presents his readers with an exclusive integrated approach, identifying eight practical pathways to cellular protection, weight loss, preservation of muscle mass, the enhancement of body and mind, of memory and resilience, with concrete and scientifically tested solutions to guarantee longer-lasting health and quality of life.

Filippo Ongaro, medical officer of astronauts from 2000 to 2007, is the first Italian MD to earn the American certification in anti-aging and functional medicine. He has studied problem solving and strategic coaching and is the author of several bestsellers, including *Il metodo Ongaro* and *Forte come l'acqua*, both published by Sperling & Kupfer. He has given up his medical practice to devote all his energies to coaching, helping people improve their style of life and their daily habits, and better manage their emotions. Ongaro lives and works in Switzerland.

Roberto Boffi, Anna Villarini, Lorella Beretta

QUIT SMOKING WITH FOOD.

WITHOUT GAINING WEIGHT

How food can help you not to lit up again

Fight your craving with food, without gaining weight - this is the promise of the innovative research by the most celebrated Italian pulmonologist.



249 pages - February 2023

Divided by seasons, Quit Smoking with Food gives scientific and practical advice for each time of year, stories and gourmet recipes developed by Chef Cesare Battisti to help smokers put out their last cigarette for good.

To quit smoking is like climbing a mountain - daunting, sometimes impossible, with pitfalls at every step, always in danger of sliding back down and just abandoning the mission:

"I don't quit smoking or I'll get fat."

"When I drink coffee I have to light a cigarette, otherwise I get nervous."

"One puff after meals, what's the big deal!"

But though the first driver of change must be our own determination, there are ways to make the climb less steep, a little easier, and to finally conquer the summit and enjoy a new life.

The best support is provided by food.

In this innovative book, pulmonologist Roberto Boffi, nutritionist biologist Anna Villarini and journalist Lorella Beretta explain how food can help us:

- Resist the impulse to light up “for the very last time, I promise”
- Avoid gaining weight
- Avoid insomnia, anxiety, constipation, and hunger
- Help our body heal from the damage caused by smoking.

Roberto Boffi is chair of Pulmonology and of the AntiSmoking Center of the National Cancer Institute of Milan. He is the author of *Spegnila!*, sold in over 15,000 copies.

Anna Villarini, a biologist specialized in Nutrition, is a researcher at the Preventative and Predictive Medicine department of the National Cancer Institute of Milan. She is also a Nutrition consultant for «Day Service Ipertensione» at the Cardiovascular department of Fondazione IRCCS Ca' Granda-Ospedale Maggiore Policlinico in Milan. With Sperling & Kupfer she has published the hugely successful *Prevenire i tumori mangiando con gusto*, written with Giovanni Allegro (60,000 copies sold), *Scegli ciò che mangi*, with Francesca Di Gangi, and *Sano e buono senza glutine*.

Lorella Beretta is a journalist.

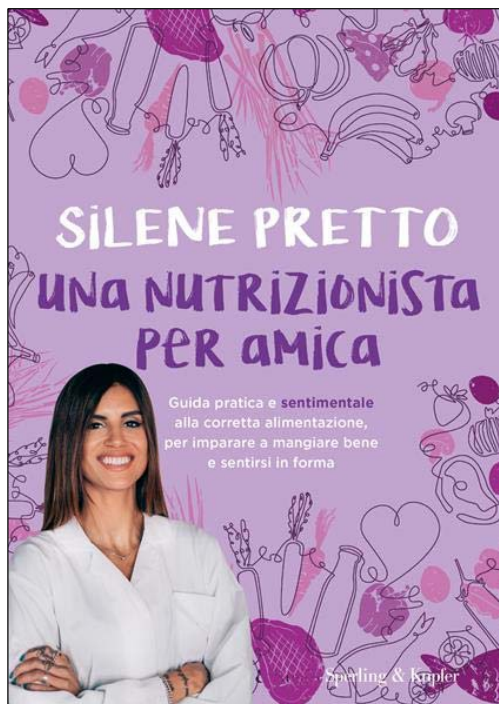
Wellness & Beauty

Silene Pretto

THE FRIENDLY NUTRITIONIST

A practical and sensible guide to good eating habits, to learn how to eat well and feel great

A method teaching you to eat well and to love yourself a little more every day



240 pages - September 2023

Aren't diets depressing? Months of deprivation, sacrifice and self-denial, to the point the foods we love become a distant memory. And all this to reach our «ideal weight», which we typically lose once more, inevitably falling back on old habits.

In her book, Silene Pretto explains that a successful diet should first and foremost provide a balanced relationship with food, a set of healthy eating habits to get to know and listen to our body, to finally understand what we really need to achieve sustained wellbeing.

Knowing what to eat and mastering the secrets of a healthy diet helps us avoid the mistakes that endanger our health and are typically useless to lose weight. It helps us debunk the myth that

dieting means reducing our meals to ridiculously small portions and living with hunger every day. The true gamechanger, reveals Silene, is not just «how much» but more importantly «what» we eat. In her no-nonsense, accessible, and congenial style, as in a conversation among friends, Silene offers us an actual guide to nutrition. Teaching us to nourish and to love ourselves.

With an ample section of healthy and delicious recipes.

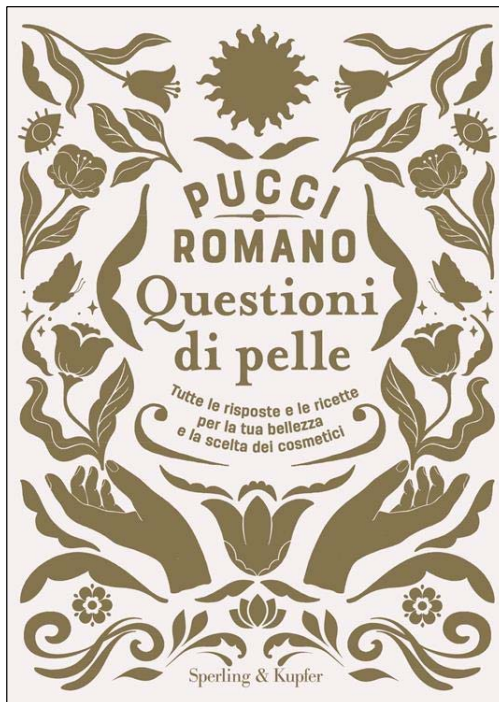
Silene Pretto is a bionutritionist. After graduating in medical biotechnologies, she started out as a researcher in forensic biology for a forensic lab, to then devote herself fully to nutrition. Passionate about healthy eating habits, she focuses on nutrition in physiological states, in sport, in cases of malnutrition and clinical nutrition for people with a medical condition. She has become a true authority on the web, with over 800.000 followers on TikTok and Instagram, channels she uses to engage directly with her patients.

Pucci Romano

SKIN DEEP

All the answers and recipes for your beauty and the right choice in cosmetics

An unmissable book to discover everything you need to know about an ideal beauty routine. With tips and suggestions, secrets made accessible, myths and fake news finally debunked.



272 pages - January 2023

Skin never lies. Perhaps it reveals more than we'd like. What we eat, how we sleep, if we love the outdoors, even whether we're happy or not.

Caring for our skin and adapting to its changes is not just about beauty. It's about our health. Which is why we are forever riddled with questions and often end up with contradictory or incomplete answers.

Pucci Romano, MD, a renowned Italian leader in dermatology, decided to make her thirty-something years' experience available in this book, answering the myriad questions asked by her patients as well as by her followers online.

How do I get rid of circles and bags under my eyes? Is it true that acne is caused by what I eat? Is scrubbing recommended for all skin types? Can cellulite be cured? Which aftershave is best for my skin type? And which perfume?

From skincare secrets to epilation methods, from sunscreens to cosmetics, from wrinkles to hair, each question will find an answer and a practical tip for beauty and health.

Pucci Romano is a medical doctor, a specialist in Dermatology and Venereology, and a teacher at Università Cattolica del Sacro Cuore, Rome. She is the author of several scientific studies and a member of dermatology associations, both in Italy and abroad. She writes for a number of magazines and newspapers and is a frequent expert guest on television. She is the president of Skineco, a scientific association of ecodermatology (www.skineco.org) and of the association *Il Corpo Ritrovato* [The body reclaimed], for the dermatological and cosmetological care of cancer patients. For years now she has been an advocate of sustainable and dermo-compatible cosmetics.

Essays

Gianmarco Parodi

IN THE INVISIBLE CITY

Imaginary journey through Calvinian places

On the occasion of the centenary of Italo Calvino's birth a guide to the places, real or imagined, visible or invisible, that inspired him.



176 pages - September 2023

Do the places that inspired Italo Calvino's great classics really exist?

From the dock in the harbor filled with shipwrecks to explore, to the bakery under the house chosen to carry out a greedy robbery, from the old casbah perched where grow trees with communicating branches, to the dark path full of spiders where to hide a gun stolen, "Sanremo keeps popping up in my books, in the most varied views and perspectives, especially seen from above."

One small town, that of his childhood and adolescence, visible and invisible at the same time; the first and perhaps last imagined by him, containing - like a casket - all his "ancestors" and more. With Gianmarco Parodi, born in Sanremo, we accompany us on a walk to discover the true anecdotes, streets and the views transfigured in the most famous pages of the rampant writer.

I believe that narrating a place (but also a person, an object, a fact) is always a transformative action. It adds material to reality, so to speak.

The narrated things always transfigure, they are no longer what that we may find before us, but they change in status, they become enriched with myth. What has always fascinated me in reading Calvino, however, is to find a certain familiarity with the places that I myself have experienced and still experience today. Imagining how the spark that gave birth to a classic can have for me a domestic counterpart. It amazed me the first time, it gave me courage often, continues to amaze me to this day. (...) Fiction has no constraints; rather, it shapes reality (and even time) to its will. The goal is to fascinate us and perhaps make us remember what we never experienced or accompany us to a place that has never existed, but in which we perhaps feel we have already been. This, probably, without telling us the truth.

Gianmarco Parodi was born in Sanremo in 1986 and graduated in Agrarian studies. He has written and published several fantasy novels. All his stories are rooted in the place his was born, the Western tip of Liguria. He teaches creative writing at the Holden school and elsewhere, organizes literary trekking trips, storytelling trips and writing workshops online. He is the recipient of several national awards for fiction and poetry and is the founder of Vivaio del Verso, a group of new poets in the old town of Sanremo. With his novel *Non tutti gli alberi* (Piemme) in 2021 he was shortlisted for the XXXIV Italo Calvino literary award, won the Nabokov Prize, the Sarzana Prize and the Young Holden Prize and was finalist for the Zeno, Michelangelo and Le Grazie Porto Venere Awards.



Sebastiano Fusco

THE GREAT BOOK OF H.P. LOVECRAFT

The life and works of the Providence recluse

The ultimate guide on one of the most beloved authors in world literature.
And an absolute must for fans.



564 pages - November 2023

He is considered the only author on a par with Poe, a master of the horror and the fantasy genres. His works have inspired writers, film directors, and painters. His influence spans generations. Few writers have become myths. Lovecraft is undoubtedly one of the few, with a cult following of millions the world over.

Sebastiano Fusco, a leading Italian expert of Lovecraft, has succeeded where so many have failed. His book embraces the Lovecraft universe in its entirety, retracing the full arc of the writer's life and work. A unique opus, rich in insights and resources, many brought to light for the first time ever (unpublished letters, photographs, materials on Lovecraft's first editions, and much, much more).

Sebastiano Fusco, a journalist and an author, is a leading Italian expert on H.P. Lovecraft, the focus of all his research and scholarly studies.

Irene Canino

THE GREAT BOOK OF YŌKAI

Stories and legends of Japanese folklore

Malevolent spirits or benign, bearers of good luck or bad luck: the origins, stories and legends of the most beloved supernatural creatures of Japanese mythology.



540 pages - November 2023

Yōkai, supernatural creatures of Japanese mythology, are the protagonists of this book. Whether benevolent or mischievous, bringers of luck or misfortune, these supernatural entities and their stories are a fundamental part of Japanese literature.

In her book, Irene Canino recounts the History and the stories of yōkai, their representations in mythology and art, the evolution of their narratives, the origins of ancient and urban legends. An exhaustive book, enriched by illustrations, to discover everything there is to know about the fascinating and always relevant yōkai.

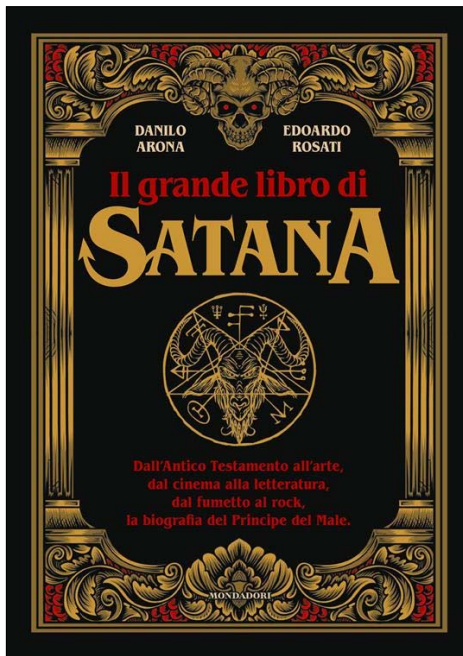
"Once upon a time there were yokai. Along the folds of history they made their way through the centuries, spirits and creatures capable of mutating and adapting to the spirit of the times. This path led them from the thick of pristine forests to the busier streets of major metropolises. It has made them irreplaceable presences as much in purification ceremonies as in festivals dedicated to children. It has made them the protagonists of stories whispered in the dim light of lanterns and the most famous video games. It has seen them decorate both ancient Buddhist scrolls and smartphone cases with their unusual likenesses. Here is the incredible journey taken by yokai. An evolution from terror to kawaii. It all originates in ancient Japan..."

Irene Canino is a lawyer and lives in the Bari area. She has a passion for all things Japanese, and especially Japanese culture and literature. Her pages on social media and her book club are among the most followed on the subject.

Danilo Arona, Edoardo Rosati

THE GREAT BOOK OF SATAN

From the Old Testament to art, from cinema to literature, from comics to rock music, the biography of the Prince of Darkness



432 pages - October 2022

Who is Satan?

Seductive and charismatic, the Devil has been a universal and pervasive figure from the dawn of time to our present-day lives. He is still a tangible presence in today's culture and customs, transcending religious boundaries to touch upon the contemporary and the everyday. Because he is still very much a part of our imagination (just think of the success of the Netflix series *Lucifer*), of local folklore (there are "Devil's bridges" the world over), crime and current news (think of ritual murders), tales of the supernatural (as in the blood-curdling testimony of Gabriele Amorth, the exorcist par excellence).

This book is a true multimedia journey in the universe of the Prince of Darkness, with authors Danilo Arona and Edoardo Rosati capturing each of his manifold frightening facets.

An exploration as riveting as a novel, taking the reader from the Synoptic Gospels to *Dylan Dog*, from Dante's *Lucifer* to Goethe's *Faust*, from Medieval iconography to the masterful movie by William Friedkin, *The Exorcist*.

Diego Fusaro

THE END OF CHRISTIANITY

Western society is beset by desacralization and dechristianization: the only way to defeat this zeitgeist is an ally between the Church and the non-religious forces fighting capitalism.



450 pages - January 2023

The civilization of ruling capitalism, basing its dominance on relativistic nihilism and the technoscientific will to power, has not only lost its traditional reliance on religion as an instrument of power. It needs to actively promote its annihilation. With its appeal to sacredness and transcendence, to the dignity of the person as an image of God and its adherence to a non-utilitarian concept of truth, Christian thought is a powerful roadblock to the commodifying of life and to economic fanaticism. Diego Fusaro believes this nefarious process of desacralization has found its most alarming expression in the doctrine of Pope Francis, in its attempt to find a compromise with consumeristic society by adopting its language and its world vision – though with a sprinkling of progressivism.

Just like the Perestroika that Gorbachev thought would «modernize» communism actually caused its collapse into capitalism, in the same way the modernization condemned by Ratzinger and promoted by Bergoglio will not ensure the survival of the Christian faith but its extinction.

La Fine del Cristianesimo is a philosophical *j'accuse* against a faith that is «liquid» and «low-cost», as well as an invitation to rediscover the message of Pasolini, who said that «*opposition to the new power cannot help but also be religious*».

Born in Turin in 1983, **Diego Fusaro** studied in Turin and Milan. He lectures in Philosophy at the Istituto Alti Studi Strategici e Politici [Institute for Advanced studies in strategy and politics] in Milan. He is a pupil of Costanzo Preve and Gianni Vattimo in Turin and a scholar of history, with a special focus on Fichte, Hegel, Marx and the German “history of concepts”. He is a frequent lecturer at universities around the world (Bielefeld, Singapore, Harvard). His best-known works include *Bentornato Marx* (2009), *Il futuro è nostro. Filosofia dell'azione* (2014), *La passione di essere nel mondo* (2015), *Glebalizzazione* (2019), *Caro Epicuro* (), *Golpe globale* (2022)



Marco Marzari, Lorita Tinelli

CULTS

A journey to the depths of the human mind, through both notorious and obscure cases.
An enlightening and necessary journey to understand the dynamics between victims and executioners.



192 pages - January 2023

How do people get stuck in a cult?
How does mind control work?
And how do you extricate yourself from manipulation?

Cults analyses this wide-spread and still largely unstudied phenomenon. A phenomenon conditioning the lives of a great many people, for years on end, often inflicting permanent damage.

The book is an in-depth analysis of cults and of the mind control that some people – their leaders – can exercise on hundreds of victims. Such self-appointed leaders, gurus, charismatic figures are sadists and nefarious manipulators feeding on their followers' weaknesses, losses, fears, and traumas. But those

who fall prey to their manipulation are no different than the rest of us.

No-one is immune.

The authors of this book are professionals who, in different though synergetic fields, have been focusing on the ever-spreading phenomenon of cults, studying their root causes, and assisting the victims. In their book they recount the stories of the victims, their horrifying experiences, the reasons they become entrapped in a cult and their ways of escape. A journey to the depths of the human mind, through both notorious and obscure cases. An enlightening and necessary journey to understand the dynamics between victims and executioners

Marco Marzari Born in Milan, he is a criminal lawyer. In his professional capacity, he has protected the interests of several «cult» victims.

Lorita Tinelli A therapist specializing on clinical and community psychology, she is the founder of CeSAP, focusing on the care and therapy of victims of mind control and psychological abuse at the hands of cults, self-appointed charismatics, and authoritarian groups. A university professor, an author, and a sought-after consultant of public health agencies, she is a leading expert in mental manipulation.

Nature

Andrea Bonifazi

TWO THOUSAND SPECIES (OR ALMOST 2.000) UNDER THE SEA

An exploration of the biodiversity of the Mediterranean Sea, among sand-dunes, the sea depths, and alien creatures

An extraordinary journey, from land to the depths of the sea, as riveting as a great adventure novel
A truly immersive experience



256 pages - September 2023

Researchers believe only 5 per cent of large bodies of water have been explored systematically, so it stands to reason there are innumerable surprises still to be uncovered in the depths of the oceans and seas. Two thousand (or almost 2.000) species under the sea is the ideal first step for those wishing to embark on this fascinating journey of discovery. Which begins with the Mediterranean Sea, Europe's main and yet still mysterious body of water; from the amazing habitat of dunes through the exploration of beaches, sea ponds and coastal areas to then dive deeper and deeper into the sea, reaching the realm of total darkness. An adventure to the discovery of fascinating ecosystems, of «species still waiting to be described, of astounding adaptations, of animals with forms so strange they would rightfully belong to the zaniest of sci-fi B-movies».

A book to help us understand how high the stakes of global warming really are, and the role of humankind in facing the challenge of climate change

Beautifully illustrated by Viola Baroni

The Mediterranean is under attack, a massive assault that is impacting the whole planet: global warming. An ever-more tangible threat that is already causing immeasurable damage and yet is still the object of fake news, conspiracy theories and denial.

With a degree in Natural Science from La Sapienza University in Rome and a Ph.D. in Marine ecology, **Andrea Bonifazi** has focused his research on the monitoring of ecosystems, most especially the smallest and strangest marine invertebrates, such as sea worms and crustaceans. More recently he has been studying alien species, and his research has been published on international scientific journals. Since 2009 he has been spreading scientific knowledge through the online page he founded, «Scienze Naturali», now boasting a community of over 220.000 users, both professionals of the field and amateur nature buffs.

Francesco Cinelli, Giovanni Scapagnini

THE UNDERWATER EDEN

The science of seaweeds for wellness, longevity and sustainability

This book, unique in its kind and illustrated with amazing underwater photographs, reveals all the benefits and the secrets of seaweeds



The sea is home to organisms that could save our future because they produce energy and oxygen, they are an infinite source of miraculous properties for beauty and longevity, and they are the perfect food for humanity. Science has long identified seaweeds as the reservoir for the preservation of the human species. In this book, two renowned researchers explore the secrets that are bringing us closer to the actual discovery of the fountain of youth. From Australia to Turkey, from Ireland to the Mediterranean, the authors reveal the amazing uses of seaweeds, which many companies have already started to take into consideration as recipes for fitness and longevity.

A fascinating book on the wonders of sea-life written by two internationally acclaimed experts.

Francesco Cinelli is a leading authority in oceanography, as well as a passionate researcher of marine biology and a long-time scuba diver.

Giovanni Scapagnini is a renowned Italian researcher in nutrition, nutraceuticals, and longevity.

288 pages - May 2023

Francesco Cinelli, holds a degree in Biological Science and held the chair of Marine ecology at the University of Pisa. From 1998 to 2009 he was director of the Department of Environmental Science and Science of the Territory. He is the founder of the School of Scientific Deep-Diving Researchers (ISSD). He is the author of dozens of scientific studies and books on the sea, and is a member of several scientific associations, both in Italy and abroad.

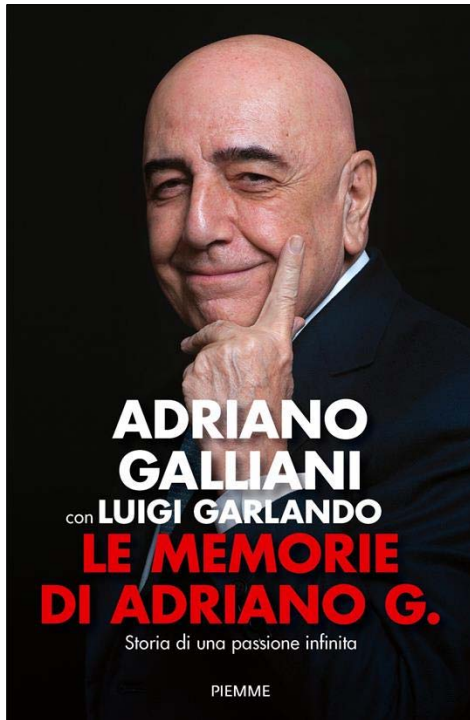
Giovanni Scapagnini teaches Biochemistry and Molecular Biology at the Department of Medicine and Health Science, Università degli Studi, Molise. He earned a degree in Medicine and Surgery in 1992, at Università degli Studi, Catania, where he also earned a PhD in Neurobiology in 2000.

People

Adriano Galliani with Luigi Garlando

MEMORIES OF ADRIANO G.

Story of an infinite passion



206 pages - May 2023

“I wasn't interested in a detailed compilation of goals and matches, there are already plenty of them; I wanted to collect and give order to the emotions that have marked twenty-five years in which I have been the managing director of the AC Milan football club. I have not written a volume of history, I have composed a songbook of love for Milan, which has been my life. It was the heart that selected my memories and, since the heart cannot be ruled, it is useless to wonder why some things are there and why others are missing.

These are The Memoirs of Adriano G. and they should be taken like this”.

Adriano Galliani has won everything: championships, champions' cups, intercontinental cups.

For the first time he tells his story in a sincere autobiography, full of anecdotes and behind-the-scenes stories about his beginnings, the 'Monza' years, about how the AC Milan adventure began, about the AC Milan of the Immortals and the Invincibles, about the champions who played for the Rossoneri from 1986 to 2011, about the wonderful relationship with President Silvio Berlusconi. The memoirs of Adriano G. is a roundup of vivid and moving memories, from Arrigo Sacchi to Ancelotti, from the most beloved champion, Marco Van Basten to Andriy Shevchenko, Ricardo Kaká and Zlatan Ibrahimović.

Adriano Galliani (born 30 July 1944) is an Italian entrepreneur and football executive who is the CEO of Serie A club Monza. He is known for being former vice-chairman and CEO of AC Milan from 1986 to 2017, a period in the club's history known as the “Silvio Berlusconi era”. During his tenure, Milan won five UEFA Champions League and eight Serie A titles among other achievements.

Luigi Garlando, journalist of the Italian sport newspaper «La Gazzetta dello Sport». For years he has been writing successful books for adults and children. Among others, the bestseller *Per questo mi chiamo Giovanni* and *L'estate che conobbi il Che*, Premio Strega Ragazzi 2018.

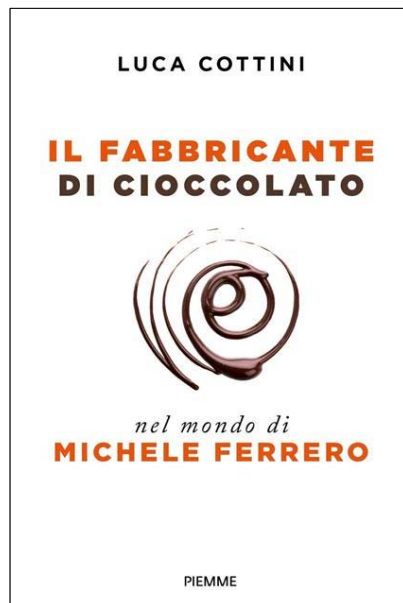
Luca Cottini

THE CHOCOLATE MAKER

Deep into the world of Michele Ferrero

Michele Ferrero is the inventor of Nutella, Kinder Surprise, Ferrero Rocher.

The Chocolate Maker is the epic biography of a man but most of all an in-depth journey in the creative world of an inventor, an innovator, a genius who made history in the Italian and global confectionary industry.



160 pages - September 2023

The year was 1968, the world was on the verge of tidal changes and revolutions, and Michele Ferrero had just come up with the idea of Kinder Surprise. The concept of a milk chocolate egg concealing a surprise to delight kids every day epitomizes Michele Ferrero's personality, as summed up in his motto: «Work, create, give». These three imperatives are the key to his entrepreneurial philosophy. And in pursuing this vision, Michele Ferrero, his family, and his company have become a source of pride and international prestige for Italy, as well as the symbol of the country's unique way of thinking, producing, and creating value.

This earnest and engaging portrait tells the story of an enlightened man, a man who exercised entrepreneurship as a form of communication and sharing and saw the product as the result of cooperative work.

From small local company to global brand, the arc of Ferrero is an amazing success story – the success

of a man who knew that it's people who make the difference, not machines or strategic plans. This belief – the source of Michele Ferrero's unconditional dedication to workers and society – was rooted in his upbringing, in his adherence to ethical capitalism and the faith, in his being a son and father first and an entrepreneur second, in his preference for authenticity over glitter and self-promotion.

Luca Cottini, a storyteller and a scholar of great entrepreneurial stories, gives us a true-to-life portrait of the Piedmont entrepreneur, including all he created, designed and built. An in-depth inquiry into Michele Ferrero's family life (so reserved and sober), his company mission, his faith, his industrial model, as well as the anthropological and social background of land that made the Ferrero family as prominent as royalty. A biography blending the story of a man and of a great visionary.

Luca Cottini, associate professor of Italian studies at Villanova University (Philadelphia, USA), has been investigating for years the connections between literature, design, and entrepreneurship. His work as a scholar of Italian industrial culture was the inspiration for his Italian Innovators project, a YouTube channel in which Cottini traces the profiles of the men and women behind the top Italian brands.

Giorgio Cuscito

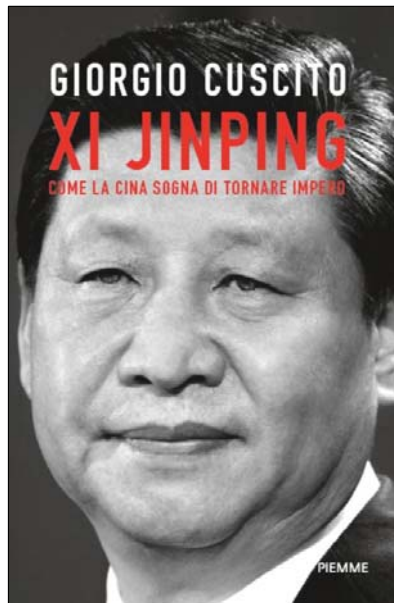
With a preface by Lucio Caracciolo

XI JINPING

How China dreams of returning an empire

Who is Xi Jinping? What is his story, and what ideas, national interests, economic and geopolitical visions is he aiming for?

“Free of political bias and partisanship, painstakingly researched and politically insightful, a unique guide to the maze that is the mind of Xi» - Lucio Caracciolo



192 pages - October 2023

The long march of a boy – the son of a prominent Mao adviser first purged then rehabilitated – destined to become a world leader. The dreams, ambitions, and guiding beliefs of a «great helmsman», from his banishment to the countryside during the Cultural Revolution through his relentless climb to his final positioning as the unrivalled leader of the Chinese Communist Party. For ten years Xi has single-mindedly concentrated executive power into his own hands, finally establishing himself as the official hexin («core») of the Party as well as the third most influential Chinese political figure of all times, after Mao Zedong and Deng Xiaoping. For all intents and purposes, he has it taken up himself to restore the grandeur of the Imperial era, putting the Chinese People’s Republic on a geopolitical par with the United States, possibly even superseding American power.

A book rich in information and insights by one of Italy’s leading scholars in Chinese geopolitics. An essential tool to understand China and what the country is aiming for in the immediate future.

Tommaso Ehardt



LEONARDO DEL VECCHIO

Leonardo Del Vecchio is the most charismatic and reserved entrepreneur of the last few decades.

His story and strategies come to the fore in this riveting and meticulously researched biography.

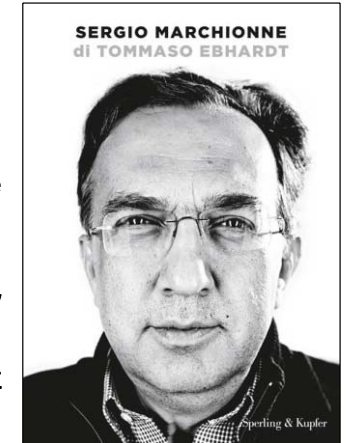
Ehardt has a unique talent in unravelling the complex personalities and visionary outlook of major contemporary figures.

336 pages
May 2022

ENGLISH SAMPLE
AVAILABLE

SERGIO MARCHIONNE

The leadership, the daunting challenges and the secret thoughts of a world-class ceo, recounted by the journalist Marchionne himself used to call «my most affectionate stalker». Not just another biography but a blow-by-blow account of the choices, strategies and everyday life of the CEO who turned Fiat around.



341 pages
March 2022

ENGLISH SAMPLE
AVAILABLE

From poverty in public housing to an orphanage, from a workshop in the suburbs to a factory in the Dolomites, to becoming number one.

With a fixed idea in his head: "to be the best."

After first sifting through sources and documents, including the file at Martinitt Orphanage, talking to admirers and detractors, collaborators and competitors, and finally meeting the shy entrepreneur, Tommaso Ehardt recounts, in this exclusive and unofficial biography and in his very personal style the patron of Luxottica.

Leonardo Del Vecchio has been an entrepreneur known for his extreme reserve. A visionary who became an influential global leader by following a few simple and essential rules but also a source of inspiration even for the young top managers of technology giants.

A book that fascinates and moves.

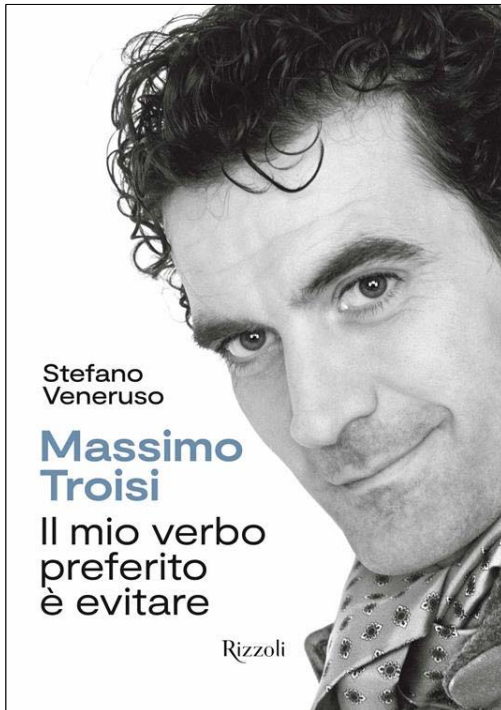
Five years after the passing of the unforgettable manager, Tommaso Ehardt returns to bookstores with an updated edition of the best-seller that forever changed the genre of entrepreneurs' biographies. In this new much-awaited new edition, the acclaimed author takes up the thread of his narration, recounting Sergio Marchionne's life and vision, but also analyzing the consequences of his choices for the FCA Group. In his inimitable style Ehardt illustrates present-day scenarios and new developments and their relationship to the strategies and goals set by Marchionne. Seen from today's perspective, Marchionne's powerful clarity and convictions appear in a new light, revealing surprising sides of the manager's personality and the brilliance of his vision, in business and in life. An in-depth analysis of a complex man and his strategies, a paragon for leaders to this day.

A visionary and a contrarian, reserved to the point of reticence, Marchionne was a controversial and contradictory figure – a leader under the spotlights and yet still largely enigmatic

Tommaso Ehardt, (Treviso, 1975) is a special correspondent for Bloomberg, the American financial news giant he has been collaborating with since 2005. For many years he was the reporter closest to Marchionne, and a witness to paramount events in the CEO's professional and personal life.

Stefano Veneruso

MASSIMO TROISI. MY FAVORITE VERB IS TO AVOID



240 pages - February 2023

«There is a fifteen-years' difference between me and Massimo. He was born on 19 February 1953. I was born on 26 December 1968. He grew up in a wonderful family of six children. My mother, Annamaria, was the eldest, and Massimo the second to last. They had a wonderful relationship. They were always so close. And no one in the family was an actual artist, and yet they all were – and are to this day. Artists in the way they cope and deal with life».

Il mio verbo preferito è evitare is a journey through the artistic and private life of Massimo Troisi, written by his nephew, Stefano Veneruso (screenwriter, film director and producer).

A book full of tenderness, a homage in words and pictures – many of which published for the very first time and coming from the family archives –

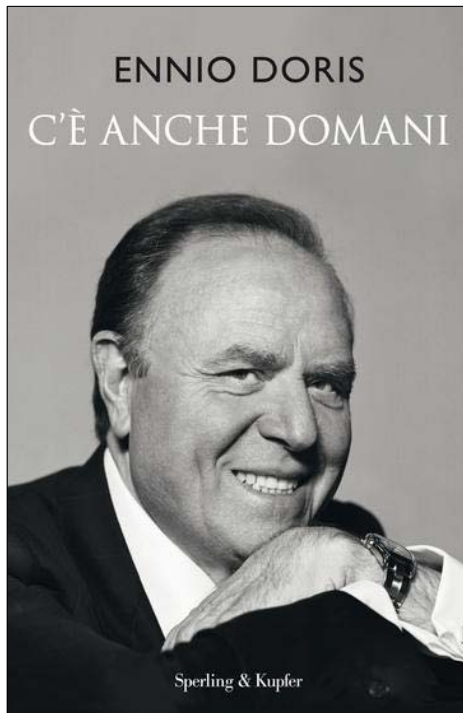
celebrating the great Massimo Troisi on the seventieth anniversary of his birth. Stefano and Massimo – separated by just fifteen years in age, united by a strong personal and professional bond. For it was uncle Massimo himself who encouraged his nephew to cultivate their shared passion for cinema, and to hire him as assistant director at the very inception of *The Postman's* project. And it was with his nephew that Massimo spent his last evening – with a long slow stroll around Cinecittà, as if to say his last goodbyes – before he went to bed for one of his «naps», the one he never woke up from. Later that day they were both supposed to leave for London, where Massimo was to receive a heart transplant, with Stefano by his side. It never happened.

After his early debut as assistant director for the film *Il Postino* [*The Postman*, 1994], **Stefano Veneruso**, screenwriter, film director and producer, directed *Backstage*, distributed all around the world and the recipient of several industry awards. He then moved to Los Angeles, to study film direction and cinematography at UCLA and AFI. In 2000 he was assistant director on the set of *Gangs of New York*, by Martin Scorsese. In 2003 he was assistant director for *The Passion of the Christ*, by Mel Gibson. In 2004 he directed and produced *I Bambini Invisibili* [*All the Invisible Children*], distributed in over 120 countries and co-directed, amongst others, by Ridley Scott, Spike Lee, Emir Kusturica, and John Woo. He has directed theatre plays, documentaries, and music videos, working with stars such as Giancarlo Giannini, Tina Turner, Elisa, Franco Califano, and Massimo Troisi. In 2019 he was the creator and director of the theatre show and multimedia exhibition *Troisi Poeta Massimo*. In 2002 he directed, wrote, and produced the film *Da Domani mi Alzo Tardi* [*Starting Tomorrow, I'll get up late*], starring John Lynch and Gabriella Pession.

Ennio Doris with Leopoldo Gasbarro

THERE IS ALWAYS A TOMORROW - New edition

*Freedom is the most precious asset but it must be earned, because in life you can be a little freer every day.
Tomorrow a little freer than today."*



208 pages - November 2023

A man who was able to foresee the future while having clear the importance of the past, where his roots run deep. A man who revolutionised the concept of 'bank'. But who has not lost sight of the true spirit of banking: to be supportive and not a hindrance to those who rely on them. A man who, starting from nothing, has become one of the richest in Italy. But who considers altruism the best form of selfishness. Ennio Doris is all this, and much more. From his poor and happy childhood in Tombolo, near Padua, to the foundation of Banca Mediolanum and to international successes. In his story the threads of private life and that of professional experience intertwine in to a single, inextricable fabric. *C'è anche domani* is the exciting narration of this life and, at the same time, a formidable business story, where constant and invariable remain the

fundamental values: family, honesty, transparency, freedom, the centrality of the person. In a sincere and emotional first-person narration Ennio Doris retraces this journey, starting from one of the worst moments: the collapse of Lehman Brothers and the beginning of the great economic crisis. On that day Doris did not hesitate to take the side of his customers with a decision which appeared surprising to many, but not to those who knew him closely. His choice was nothing more than the natural realisation of his principles, and one in particular: it is never a time to be pessimistic.

In 1982 **Ennio Doris** (Tombolo 1940 - Milan 2021) founded the Mediolanum Group. He had two children, Massimo and Sara, to whom he entrusted the leadership of the company. His bank, within a very few years, has become one of the most important financial institutions in Italy, and certainly one of the most innovative.

Leopoldo Gasbarro was born in Naples on 5 July 1964. He grew up in Abruzzo, in Castel di Sangro, he has been living in Milan, where since 2002 he has been in charge of broadcasting the TV Aziendale® of Banca Mediolanum. In 2000 he published his first book, *L'Urlo* (Carsa Edizioni). Today he edits and hosts an economic tv show that daily deals with the difficult world of savings management.

Stories

Anna Benvenuti, Lorenzo Sanna

THROW-AWAY BODY

Our daughter and anorexia



208 pages - May 2023

A routine visit to the paediatrician and suddenly the parents of the young patient see bewilderment and concern in the doctor's eyes.

The 11-year-old girl's weight is far below normal.

How could this happen?

How did we not understand?

And now who can help her?

What can we do? ask the father and mother, staring at the little girl who until recently was joking with her siblings and reading mountains of books, always full of interests and friends.

Shock and terror grip them when they realise that she might even die. Because the diagnosis of anorexia nervosa opens up a chasm in which there are few certainties about treatment and recovery but a very real risk of very serious damage to health. In this book, two parents like many others

recount a painful and chilling journey, an exhausting struggle at the side of their daughter who stops eating, communicating, smiling, who can no longer even sit up.

Saving her life is the only mission.

A book that takes one's breath away, a devious disease that causes children to hide it with a thousand tricks, so much so that even the most attentive adults arrive late to realise it. And, when the light returns, the desire to send a message to the many parents struggling with eating disorders in their children.

Anna Benvenuti teaches Italian literature in an high school and Catalan language and literature at the University of Milan.

Lorenzo Sanna teaches Latin and Greek in high schools in Milan, is a tutor for students and families, a school manager and a PhD in Greek and Latin philology. He is married and has four children.

Giulia Paganelli

REBEL BODIES

Human stories of revolution

A book on body positivity and self-acceptance.

A clear statement of the validity of all bodies, beyond prejudices, canons, and stereotypes.



272 pages - September 2023

“Just by walking on the streets and showing the world they can live in the full light of day non-conforming bodies are bringing about a true Revolution. They are Rebel Bodies, for they upend the established order, but also because their movement lets through a different, unexpected light”.

We know full well that bodies are not all the same. They are part of a whole, like planets in a galaxy, but each has qualities and features that make it unique and different. «Different», not less valid. And yet, all through history bodies that did not conform, that fell outside the paradigms defining who you are based on the body you inhabit, were discriminated, marginalized, labeled as «monstruous». Seen as objects of pity. Perhaps in need of guidance - «Maybe if you tried harder... »; «If you would just... ». For it was unthinkable those bodies could love themselves and be loved just the way they were.

Now something is changing. More and more voices are being raised, stating that our outer shell does not define us. A multiplicity of voices such as the ones in this book, for you cannot speak of bodies if not in many voices, each speaking its own truth, as well as reflecting as many other truths as possible. Fat bodies, disabled bodies, survivor bodies, queer bodies, bodies of color, trans... all rebel bodies, all fighting social norms that would want them concealed and compliant, all proudly breaking the rules and thereby changing them. In these pages, opinion makers, professionals, and activists speak their truth, bringing to life a passionate collective narration, made of a myriad different visions, all looking towards an inclusive future. A future when all bodies are acknowledged and validated, and can reclaim their inalienable right to be part of the world.

Giulia Paganelli is an anthropologist, author, and historian investigating all that concerns the Body, including the discursive practices and cognitive patterns that derive from it. From witches and monsters to contemporary non-conformities, with a specific focus on fat bodies and the phobic discrimination they are subjected to, she unveils and analyses stories, representations, and stereotypes.

Loveth Kingsley

THE GIRL FROM THE SEA

From Nigeria to Lampedusa. The story of a quest for life

«Help me, God. I promise to do everything you ask, anything your boundless wisdom may require. But right now, I need you to save me. Please, God. I'm only sixteen. I cannot die like this».



170 pages - July 2023

A prayer. There was room for nothing else in Loveth's mind, as she scrambled to climb aboard the rubber dinghy that would take her across the sea, to an unknown destination holding the false promise of a better future. In Nigeria, Loveth had a family, friends, an ordinary life, a future already written out for her. Soon she would be compelled to drop out of school, get married, have children. But like many girls her age, Loveth had larger dreams than this. She wanted to keep studying, to be free. An ardent wish that led her straight into the trap of the ruthless who prey on the naïve and the desperate to make a profit. A kind lady offered her a position as a babysitter, a job that – so Loveth was told – would allow her to support herself, perhaps even go to university. What the lady hadn't told her was that she would be brought to Europe and

forced to sell her body to pay off a debt she never even knew she had. It is only when the journey has already started that Loveth understands what is really in store for her. Her harrowing crossing of the desert and the Mediterranean Sea will be a journey in fear and deprivation, with violence as a constant threat and reality, death staring her straight in the face.

Loveth Kingsley as had to dig deep to find the courage of bearing witness to the hell she was subjected to – the hell of so the innumerable men and women victims of human trafficking. People whose names should be remembered, whose stories need to be told.

Loveth Kingsley is twenty-three years old and lives in Turin. After facing the horrific journey from Nigeria to Italy, on her own and when she just sixteen, today she has decided to tell her story.

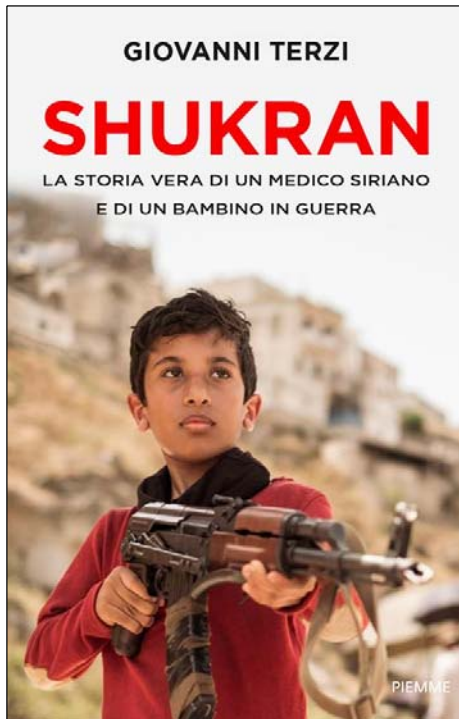
Giovanni Terzi

SHUKRAN

The story of the heart surgeon who saved thousands of children

The inspiring and dramatic true story of Tammam Youseff, the heart surgeon who saved the lives of thousands of children during the war in Syria.

The book has inspired the film to be released in 2023 and to be showcased at the Cannes Film Festival.



160 pages - May 2023

War shakes everything to the core – including our very souls, threatening to tear apart our deepest bonds and beliefs. Which is precisely what happened to Tammam Youseff. A Syrian heart surgeon, Youseff had created a partnership with Alessandro Frigiola, a leading Italian specialist of pediatric heart surgery, collected the necessary funds and built the Hospital of Damascus.

When the war broke out, in 2011, he was faced with daily tragedies in the Syrian capital city, and risked his own life to save thousands of children, firmly believing that a sincere «thank you» – *Shukran*, in Arabic – made any sacrifice worthwhile.

This book is a work of fiction but recounts the true story of Tammam Youseff's life.

The story of a good man, a man with the ability to see beyond ideological and social barriers to focus on the bond that truly connects us all – the sacredness of life. Tammam navigates the war ruins of Syria, a scenario so disruptive as to bring out both the worst and the best in human beings. Until he finds himself faced with a seemingly impossible decision. He has been called to operate on the son of a terrorist, member of the cell who killed Tammam's own brother.

Will he honor his Hippocratic oath?

Giovanni Terzi is an Italian journalist, author, and television personality. He holds a degree in Architecture and for years was a university lecturer. From 2006 through 2011 he was councilman for Industrial production, Fashion, Design and Events for the City of Milan. He has hosted radio and television programs and is the author of several books, including *Eroi quotidiani. Storie eccezionali di gente comune* (Cairo, 2018).

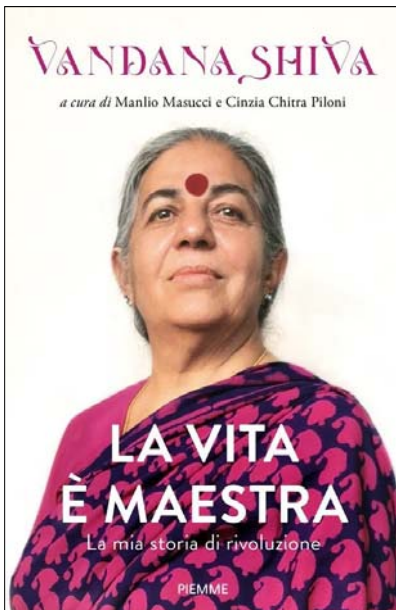
Vandana Shiva

Edited by Cinzia Piloni and Manlio Masucci

LIFE IS A TEACHER

An autobiography

The first ever autobiography of the best-known environmental activist for the protection of native seeds, biodiversity, and the rights of rural communities all around the planet



276 pages - March 2023

Vandana Shiva is known the world over for her forty-years' commitment to the protection of natural landscapes, locally based agriculture, and biodiversity. A struggle deeply rooted in her motherland, India, a country she left in her twenties to pursue her studies in Canada.

Returning home after her PhD, Vandana found her beloved forests and rivers had disappeared, replaced by intensive farming and dams. Thus began her research for the restoration of Indian food and culture threatened by globalization. In this book she recounts the years growing up on her mother's farm, the wisdom of local farmers, the beauty of forests protected by the women of the non-violent movement *Chipko*, who stood by the trees so they wouldn't be cut down.

And she retraces the steps that brought her to become a leading advisor of international agencies, advocating a renewed peace with the Earth, for the survival of all.

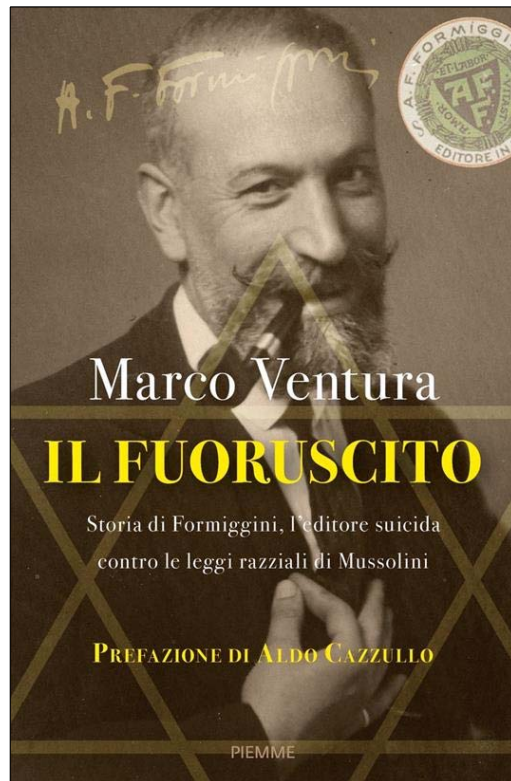
Her teachings are the mainstay of all progressive environmental thinking, from Greta Thunberg's protests to Pope Francis' exhortations for the protection of the Amazon Forest.

Vandana Shiva Born in 1952 in Uttar Pradesh, India, Vandana grew up in a family of progressive thinkers and followers of Gandhi. After a degree in physics at Punjab University in Chandigarh she moved to Canada, completing her studies with a PhD on the philosophy of physics. Returning home as a researcher on agricultural and environmental policies, in 1982 she founded the Research Foundation for Science, Technology and Ecology, and launched her fight for the protection of biodiversity against GMO's and the biopiracy of multinationals. A consultant on agricultural policies for governments in both Asia and Europe, she is equally at home in the cosmopolitan environment of the UN and the Indian rural world. She is the author of several books, translated the world over. Among others, her best-known works are *Il mondo sotto brevetto* (2002), *Le guerre dell'acqua* (2004), *Il bene comune della Terra* (2006), *Fare pace con la Terra* (2012), *Storie di semi* (2013), *Chi nutrirà il mondo? Manifesto per il cibo del terzo millennio* (2015), *Il pianeta di tutti. Come il capitalismo ha colonizzato la terra* (2019).

Marco Ventura

THE OUTSIDER

With the meticulous care of a historian and the narrative talent of a novelist, Marco Ventura draws the great fresco of an exceptional life, up until its final, terrible cry: «Italia, Italia, Italia!».



303 pages - January 2023

On 29 November 1938, Angelo Fortunato Formiggini, a Jew, a publisher, and a leading figure in Italian culture in the Twenties and Thirties, resorted to a desperate measure to protest the fascist regime and its Racial Laws.

He threw himself from the Ghirlandina Tower, in Modena. His suicide was a political act, as he himself wrote to his wife: «I cannot renounce that which I consider my duty. I must show the absurdity and evil of these racist laws».

A visionary, a wit, an endlessly creative mind and a tireless advocate for books and culture, Formiggini was a thoroughly nonconformist intellectual. He styled himself as a radical outsider, loathe to identify with any clique, class, race, or party. Perhaps it's one of the reasons why his story has remained buried for so long, the victim of a conspiracy of silence.

And yet it was Formiggini's idea to launch an Italian Encyclopedia, though later Giovanni Gentile, his great rival, took credit for it. He was the coiner of the Italian word identifying the publishing sector – editoriale – and the founder of several successful magazines and publishing projects. He even launched the first ever Italian mobile library. A scion of the Estensi, an illustrious family of jewelry makers, he devoted all his resources and energies to his life's work: publishing «good» books.

He corresponded with the foremost Italian intellectuals of his time, from Giovanni Pascoli to Benedetto Croce.

A Diasporic Jew and a believer in the brotherhood of man, he turned irony into a philosophy of life. And he had an extraordinary woman by his side – Emilia Santamaria, a pioneer in education who, after his death, refused to pledge allegiance to fascism, and thus lost her livelihood as a teacher.

Marco Ventura Born in 1960, is journalist, an author, and a television writer.

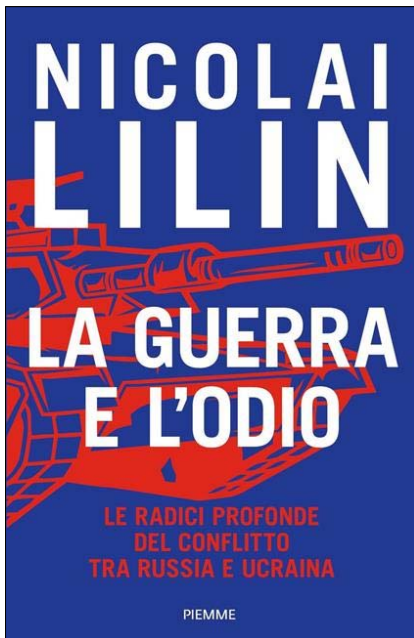
Current Affairs

Nicolai Lilin

WAR AND HATE

The deep roots of the conflict between Russia and Ukraine

Nicolai Lilin takes the reader on a journey of memory, between the 19th and 21st centuries, in which he recounts how the horrors and discrimination he suffered generate unbridgeable rifts that present day struggles to heal.



192 pages - June 2023

Putin has always used war as leverage for domestic politics, to enhance his own power and to defend Russia – or his own idea of Russia. In Chechnya in the past and today in the Ukraine, his endgame remains the same; to fight external threats – whether it's fundamentalist terrorism or Ukraine nationalism – with military force, so as to show the world that Russia is still a powerful country, perhaps even an empire.

Nicolai Lilin, a novelist and essayist, has led many lives, including the life of a soldier. He is well-versed in the military code. He understands the inner workings of the army and the thinking of Putin and his generals. And he has a profound and first-hand knowledge of the Russian world in general.

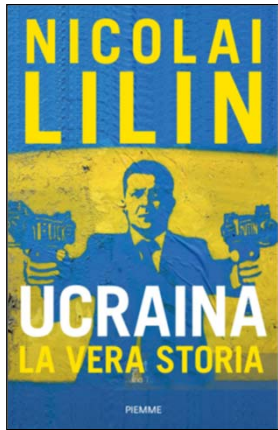
In this new book, Lilin illustrates the deeper causes of war beyond the propaganda, explaining why the West «provoked» Russia's reaction and putting the war in the Ukraine in context – within the present, the past, and most of all the future of the world.

Lilin's non-fiction works are always provocative, refreshingly against-the-grain. And they read like novels.

Lilin's perspective is unconventional, yet he has a huge following, because he lends a voice to the public's skepticism of mainstream narrations on the conflict in the Ukraine.

Nicolai Lilin Nicolai Lilin is the author of the cult-book *Siberian Education*, the inspiration of the feature film by the same title starring John Malkovich. With Piemme he has published *Putin* and *Ukraine. The True Story* (almost 10.000 copies sold in two months).

Nicolai Lilin



128 pages
November 2022

**Over 10,000
copies sold**

UKRAINE: The True Story

Who is Zelensky? And who wields the real power in Ukraine? The untold truths on a country dominated by oligarchs

Through never-before-published documents and provocative analysis, Lilin reveals a much more complex and baffling country than the one portrayed in mainstream media. Because Ukrainian history has been grossly oversimplified by propaganda. But who is really in charge of Ukraine today? What groups, lobbies, and hidden powers are keeping Zelensky hostage? The country's post-Soviet history is anything but clearcut – with hugely powerful oligarchs, the different and clashing cultures of nationalists and Russian-speakers, the spread of firearms, militias, and far-right extremists. Not to mention an economy that has been nosediving for years. Between Atlantic ambitions and post-Soviet realism, Ukraine is anything but the heroic united country we've been told so far...

An acclaimed narrator, Lilin has a profound and first-hand knowledge of the world he comes from, portraying it with powerful and provocative strokes.

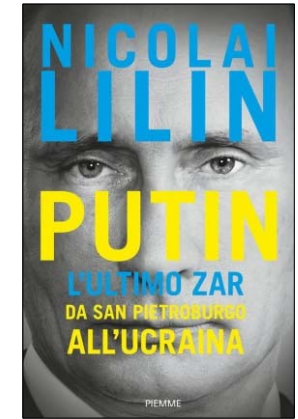
Nicolai Lilin reveals a much more complex and conflicted country than the one presented in mainstream media.

PUTIN. THE LAST CZAR

Who is the man behind this modern-day “czar of all the Russias”?

Nicolai Lilin recounts the stunning, dazzling political career of Vladimir Putin, from the slums of Leningrad to the presidency at the Kremlin. In his trademark style - gripping from start to finish - Lilin not only investigates Putin's life story but also delves deep into the soul of the man. In a tale that reads like a novel, he reveals the background, describes the metamorphoses, analyses the talents that have made Putin the man we have all come to know - feared and idolized, debated and divisive. A boy who learned ruthlessness and ambition from life on the street. A young man fascinated by the exploits of Soviet spies, who dreamt that one day he too would join the ranks of the KGB. A man seeing firsthand the political bloodbath of the Yeltsin years, and whom old Boris himself wanted at his side at the end. A president who in reaching the Kremlin found the country on its knees, under the yolk of an obsolete and corrupt administration. A president who wields power, for so many years, with an iron fist.

In this new edition, Lilin tells us about his perennial conflict with neighbouring states, his aggressive new foreign policy, and even the crisis and war with Ukraine and his reckless defiance of the entire West.



224 pages
March 2022

**Over 20,000
copies sold**

Nicolai Lilin is a Russian author with a Siberian background. He was born in 1980 in Bender, in Transnistria (now the Republic of Moldova) in 1980, when the country was still part of the Soviet Union. Since 2010 he has lived and worked in Milan. All his novels have been published by Einaudi.

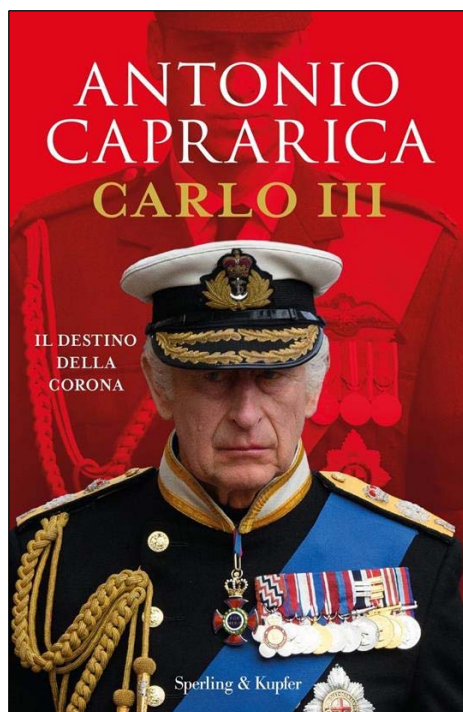
Antonio Caprarica

CHARLES III

The fate of the Crown

Foreign rights sold to: Finland

A new book to mark the coronation of Charles III and Camilla, the Queen Consort.



336 pages - April 2023

On 6 May 2023, in Westminster Abbey, Charles will be crowned king of England.

His path to the throne has no doubt been long and steep and this book retraces it from the very start. Charles' childhood years as a shy and insecure boy, bullied by his father and desperate for his mother's approval.

The suspended time of his early adulthood, in the awkward role of eternal king-to-be. The book then recounts Charles' forced marriage to Diana and his impossible love for Camilla, revealing the secrets and hidden corners of the most talked about love triangle of all times. Until the final tragedy that will throw a shadow on the Royal family and leave an indelible mark on the prince's life.

Certainly, over the years Charles has had his share of challenges – dealing with a complex family life, with his sons' upbringing, and with Harry's rebellion, up until Harry's unprecedented decision to follow his wife Meghan to the United States.

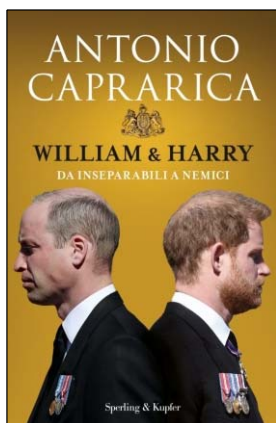
Page after page the author reveals the man behind the monarch, his politics and ideas for reform, and his determination in facing scandals and challenges to finally ascend the throne alongside the woman he somehow never forsook. Though the suspense is far from over. For what will Charles be like, as king?

And what will Camilla be like, as consort queen, taking the place that was meant for Diana?

And what does the future hold for the British monarchy?

Antonio Caprarica is a veteran of Italian journalism, with thirty years' experience as foreign correspondent. He was the first war correspondent for RAI in Afghanistan and Iraq, then foreign correspondent from Jerusalem, Cairo, Moscow, Paris and London. He has also worked for the print media, as political commentator for «L'Unità» and «Epoca», and later was co-editor-in-chief of radio news for Rai and Radio1. He is the recipient of the most prestigious awards and accolades in journalism. He is the author of novels, travel books and essays. Among his many successful books, all published by Sperling & Kupfer, *La ragazza dei passi perduti*, *Dio ci salvi dagli inglesi... o no!?*, *C'era una volta in Italia*, *Il romanzo dei Windsor*, *Il romanzo di Londra*, *Intramontabile Elisabetta*, *L'ultima estate di Diana*, *La regina imperatrice*.

Antonio Caprarica



200 pages
June 2022

WILLIAM & HARRY

The war of brothers - the latest, riveting chapter in the Windsor saga

Is Meghan Markle the true reason for the falling out of two brothers who had seemed inseparable, joined as one by the loss of their mother, Diana? Or was Meghan just an excuse, to finally express the deep-seated frictions between the heir to the throne and his “understudy”, the underestimated brother, and the more fragile and rebellious of the two? There were many bumps on the road they travelled together, from their parents’ divorce to the loss of their mother, but it all came to a head when Meghan accused the royal family of racism and then fled to Canada with Harry. Harry’s choices were body blows on the monarchy, and yet the bond between the brothers remains strong. Antonio Caprarica, a recognized expert on the royal family, delves into this new chapter in the Windsor saga, bringing to light the background and precedents, and analyzing the relationship between the two blueblood brothers with the wealth of detail and the riveting style that have made all his books best-sellers.

ELIZABETH. QUEEN FOREVER

The life, the reign, the secrets

At the time of her coronation, in 1952, Truman was at helm in the United States and Stalin steered the course of the Soviet Union. Sixty-nine years later, after the end of the British Empire, the fall of communism and the upheaval of all traditions, she is the one still standing, with her anachronistic pastel-colored ensembles and her inflexible court etiquette, undaunted by the many tragedies and scandals that have battered the lives of the Royal Family - from the many divorces to the death of Diana, from the rebellion of Harry and Meghan to the sex tapes of prince Andrew. Still her popularity shows no sign of abating, and she is acknowledged as the last true Queen. In his latest book, Antonio Caprarica, the number one Italian expert on the British Court, give us an irresistible and painstakingly researched portrait, drawing from his vast knowledge of royal life and revealing the Crown’s best guarded secrets, such as Elizabeth’s father’s initial Nazi leanings and the fear that her passing may spell the end for the British monarchy itself.

All books by Caprarica on the House of Windsor have been enthusiastically received by the public, with thousands of copies sold.



560 pages
April 2021

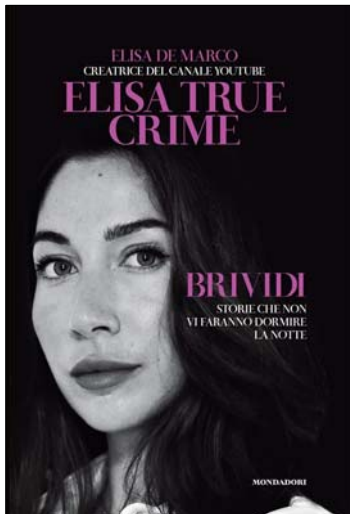
Antonio Caprarica is a veteran of Italian journalism, with thirty years’ experience as foreign correspondent. He was the first war correspondent for RAI in Afghanistan and Iraq, then foreign correspondent from Jerusalem, Cairo, Moscow, Paris and London. He has also worked for the print media, as political commentator for «L’Unità» and «Epoca», and later was co-editor-in-chief of radio news for Rai and Radio1. He is the recipient of the most prestigious awards and accolades in journalism. He is the author of novels, travel books and essays. Among his many successful books, all published by Sperling & Kupfer, *La ragazza dei passi perduti*, *Dio ci salvi dagli inglesi... o no!?*, *C’era una volta in Italia*, *Il romanzo dei Windsor*, *Il romanzo di Londra*, *Intramontabile Elisabetta*, *L’ultima estate di Diana*, *La regina imperatrice*.

Crimes and Mysterries

Elisa De Marco

ELISA TRUE CRIME

Two anthology collected and masterfully narrated by the new undisputed lady of Italian crime. The stories told by Elisa De Marco on her "Elisa True Crime" channel have now become a must-read for hundreds of thousands of people. The crime stories collected by Elisa are true borderline cases, unique for the heinousness of the crime committed, for the motive that generated them, for the evolution of the investigation that ensued or for its final outcome. The first book is an investigation of **worldwide** large and heinous murder cases, whereas her second book takes us even deeper deep into the exploration of criminal minds and the theme of **manipulation minds**.



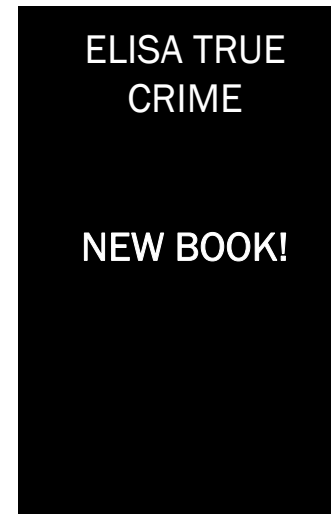
192 pages
November 2022

SHIVERS

Stories that won't let you sleep at night

Yoo Young-Chul
Katarzyna Zowada
McStay family
Rui Pedro
Elizabeth Smart
Danilo Restivo

OVER 35.000 copies SOLD!!!!



192 pages
November 2022

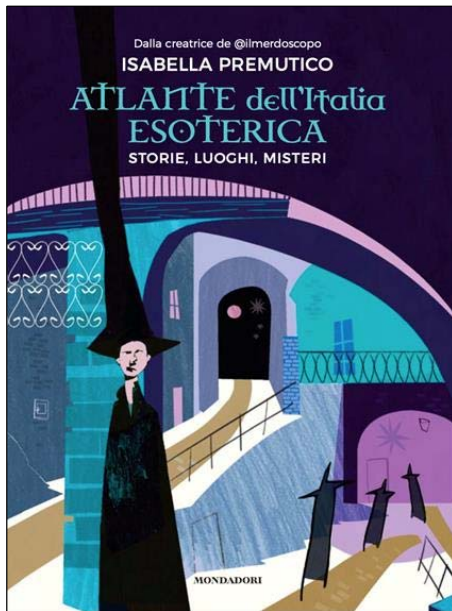
Elisa De Marco is an Italian storyteller, youtuber, and influencer. Her career as a storyteller began in 2020 when she began telling and sharing online crime stories from her home in Shanghai. In just two years she achieved resounding success with the public, bringing her youtube channel Elisa True Crime to an incredible number of subscribers. From this experience was then born a podcast of the same name that managed to top all the streaming charts, surpassing far more popular voices.

Isabella Premutico

ATLAS OF ESOTERIC ITALY

Stories, places, mysteries

An alternative guidebook – unusual, magnetic, eccentric – inviting us to look beyond appearances and find yet another reason for wonder, discovering the vast reservoir of stories hidden in the most remote or unexpected corners of Italy



208 pages - September 2023

Demons, girls locked up in dungeons, missing children, witches, legends dating from ancient times, mummies, charismatic figures. After shedding light on the arcana of astrology and the Zodiac, Isabella Premutico takes us once more by the hand and leads us to the discovery of her other great passion: esotericism and the sites of the occult. A collection of stories and mysteries from each and every Italian province, ranging from tiny ghost towns to great castles haunted by spirits (and tourists), all sharing a dark and cryptic past.

An illustrated guide to legends (and gossip) from ancient times; a ramble in the world of the occult, with explanations of the astrological meanings of events and places in the author's trademark humorous style, to discover the thousand and one magical sites (most known only to a select few) in Italy.

Born in Rome in 1994, **Isabella Premutico** earned a degree at the Art, Music, and Drama Institute (DAMS) of the capital in 2015. In 2018 she moved to London, immersed herself in her passion for astrology and launched her Instagram page (@ilmerdoscopo), sharing her knowledge, her amusement, and her love for all things occult.

P.I.T.

THE VOICES OF THE SPIRITS

Stories from the most haunted sites in the world

15 inquiries by P.I.T. (Paranormal Investigation Team), to the discovery of the most haunted and mysterious sites in the world



240 pages - October 2023

P.I.T. (Paranormal Investigation Team) are the most famous Italian ghost hunters. On YouTube, Instagram, and Facebook they thrill hundreds of thousands of followers with their horror videos and have collaborated over the years with major television shows. In this book, they take us to the 15 most haunted sites in the world: cursed houses, villages and buildings that were the scene of blood-curdling crimes and unexplained paranormal events and much, much more.

A journey that will keep you on the edge of your seat from cover to cover.

"In these pages you will discover that horror and mystery can lurk around every corner, and that wonder can be found in places that, despite their darkness, exude a unique beauty. Thanks to PIT you will discover that fear can reveal the deepest secrets of humanity. In darkness and in light."

P.I.T. (Paranormal Investigation Team) are the most famous Italian ghosthunters.

Music

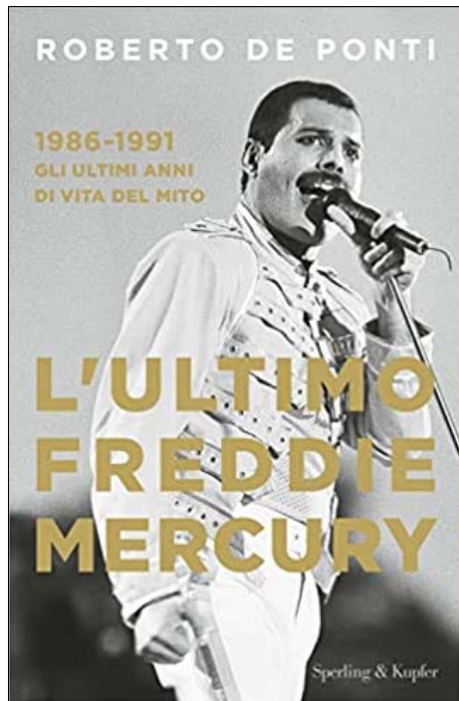
Roberto De Ponti

FREDDIE MERCURY

1986-1991 The last years in the life of an icon

The little-known story of the last five years in the life of Freddie Mercury, as researched and revealed for the first-time ever by a major journalist.

An unmissable book for all Freddie's fans, recounting the twilight of the singer and the dawn of a legend.



384 pages - October 2022

«I won't just be a rockstar. I'll become a legend». Freddie Mercury used to say this even before he met Brian May, Roger Taylor, and John Deacon. And he was right. Today, over thirty years after his passing, the love his fans feel for him is still boundless and very much alive.

But every legend is made of both truth and lies, certainties and innuendos, facts as well as conjectures. And if this was true of Freddie at the time when he was center stage as lead vocalist of the Queen, it became even truer from the moment he stepped off the stage, after his last live performance with the three members of his band. The 1.933 days between his concert at Knebworth Park and the last goodbye in his bedroom at Garden Lodge compose the least told – and no doubt the least known – chapter of the Freddie Mercury story.

And yet, in his last years and despite his terminal illness, Freddie composed some of his most beautiful songs, realized his dream of performing with an opera diva, and made unforgettable recordings, belting out his songs in his superb, still pristine voice.

In this book Roberto De Ponti has collected the fragmentary information on the last years in the life of Freddie Mercury as well as the rare accounts of people truly close to him, analyzing it in depth though never with morbid curiosity, and carefully discriminating between truth and fiction, between fact and fabrication. To show once and for all – if anyone could still doubt it – that his friend Brian May's epigram summed up the ultimate essence of the man: «*Lover of life, singer of songs*».

Roberto De Ponti, born in 1962, is the editor-in-chief of «Corriere Fiorentino». He has worked for «Corriere della Sera» as vice editor-in-chief of the sports section and is an acknowledged expert and commentator in the world of basketball. He is an avid fan of rock music and is recognized as a leading expert on the Queen.

Sport

Nicola Pietrangeli

IF IT RAINS, WE WILL POSTPONE THE MATCH

My life

The life of Nicola Pietrangeli. A free spirit who always managed to remain master of his time, and never let anyone else dictate to him.



256 pages - September 2023

The life of Nicola Pietrangeli is not only that of an extraordinary champion, but is the screenplay of a kolossal in which adventures, exoticism, high society, passions and controversies alternate with international tennis matches at the highest level. He was born in Tunis on 11 September 1933 to an Italian father and a Russian mother. In 1946 his arrival in Italy and his passion for football, which, although an excellent player, he gave up for tennis. His career still consecrates him the most successful Italian tennis player ever. But Pietrangeli was and is a character with a thousand faces: tombeur de femmes, actor for pleasure, frequenter of the jet set, friend of VIPs and movie stars, always at home in Monte Carlo. How many lives has he lived? He certainly enjoyed every day intensely, without ever giving up being himself: controversial, ironic, rebellious.

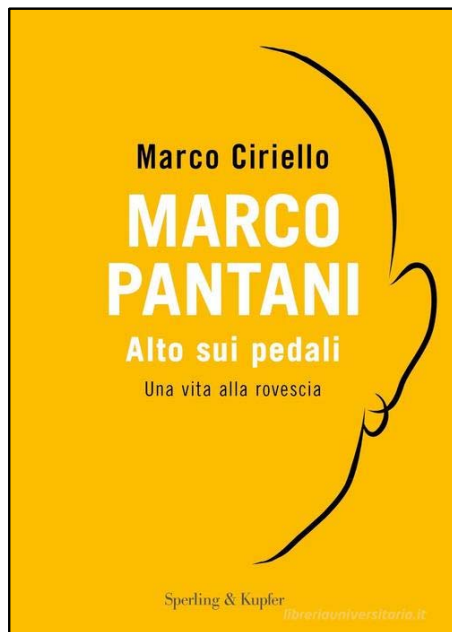
Reading his story one envies the lightness with which he went through triumphs and slips, the recklessness with which for better or worse he lost and won in life. His truth disconcerts, scandalises, amuses. His motto in the face of any event, never quite enough, embodies tennis itself: *if it rains, we will postpone*. A free spirit who always managed to remain master of his time, and never let anyone else dictate to him.

Marco Ciriello

MARCO PANTANI. PUSHING ON THE PEDALS

A life upside down

The innovative biography of a champion who became a legend.



224 pages - Novembre 2023

Who was the real Marco Pantani?

We know him as the champion whose triumphs were the dream of a nation. We remember his decline, the doping scandal that engulfed him, the media coverage that went from sports to crime. But of the many that wrote about him, no-one truly delved into his inner world.

Marco Ciriello, a journalist and author, offers a different take on the «Pantani case». He focuses on the many nuances of Pantani's personality, his human complexity. He goes beyond the scandals, the inquiries, the rumors, to reveal the core – both human and athletic – of a unique individual.

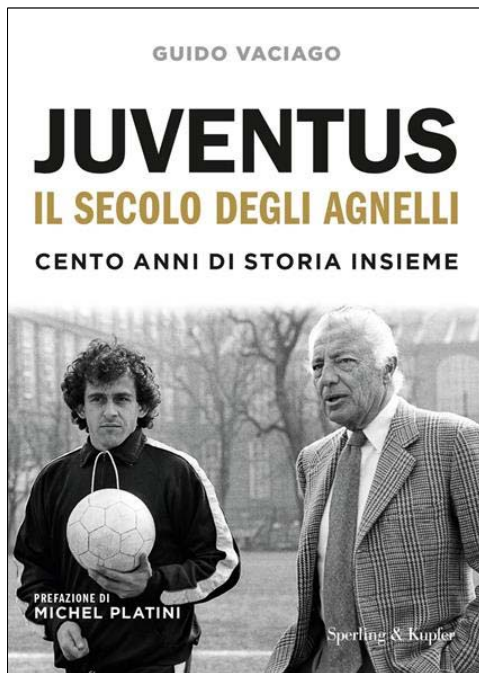
To this day, 20 years after his death, Marco Pantani remains one of the most beloved and renowned champions in sports.

He is a barbarian, a pirate - everyone repeats it -, an anomaly. Or simply a guy who likes to fly away on his bike like the wind. Uphill and downhill the wind goes, without wondering whether it is going up or down: the wind blows, runs, jolts, slaps, shakes, revolts. And then it disappears, after howling. As if running is a way of forgetting. Hours of pedaling in the name of forgetting. Pedaling and pedaling, a billion pedaling, and all just to disappear. For that is how memories are born.

Marco Ciriello is a journalist and an author. He writes for «Il Mattino», «Il Messaggero» and «La Gazzetta dello Sport», and has published several books to wide acclaim. In 2020 he was shortlisted for the Bancarella Sport Award.

Guido Vaciago
 Preface by Michel Platini
JUVENTUS AGNELLI
 A Century of history together

A journey through a century of triumphs and challenges, a celebration of a family that has given Juventus a unique identity and made the club synonymous with greatness.



224 pages - June 2023

In July 1923 the Agnelli family took over the helm of the Juventus Football Club.

It was the beginning of a long and fruitful cooperation, a story filled with league victories, national and international cups, triumphs, and passion. Guido Vaciago, editor-in-chief of «Tuttosport», retraces the story of the Agnelli chairmanship – the longest in Italian football – while at the same time recounting the changes within the country, the influence of the Agnelli family on the sport as well as the lifestyle and economy of a whole nation.

A blend of sport report and family saga, this book is a must to understand the story of one of the most prestigious football clubs in the world.

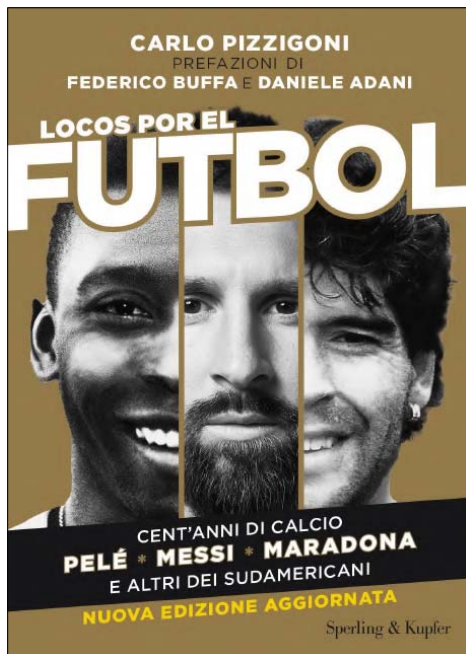
Including never-before-published testimonies and interviews with members of the Agnelli family

Carlo Pizzigoni

LOCOS POR EL FUTBOL

One hundred years of football: Pelé, Messi, Maradona, and other Latin American stars

A new edition, updated to include the World Cup in Qatar with new prefaces by Federico Buffa and Daniele Adani



336 pages - May 2023

Carlo Pizzigoni, a renowned expert and huge fan of Latin American football, recounts – country by country, god by god – stories of pitching fields, footballers, champions, and great coaches, whose ideas and innovations often took Europe by storm. Written in Pizzigoni's inimitable style, a riveting narration of sport, society, history and humanity, a compelling journey to the discovery of football legends, now also including the triumph of Messi and the Argentina national team at the World Cup in Qatar and the passing of Pelé.

A celebration of the River Plate "Máquina" and Biela's Argentina, of the great Brazil of the 70's and of 1982, and of the uniqueness of the Uruguay national team, of Maturana's Columbia and Sampaoli's Chile. And all the while exploring the lives of their stars – from Leo Messi to Neymanr, from Arturo Vidal to Luis Suárez, from Valderrama to Andrés Escobar, from Pelé to Maradona, up until Pepe Schiaffino.

"*Locos por el fútbol*" is a declaration of love for Latin America and an anthem to sheer talent.

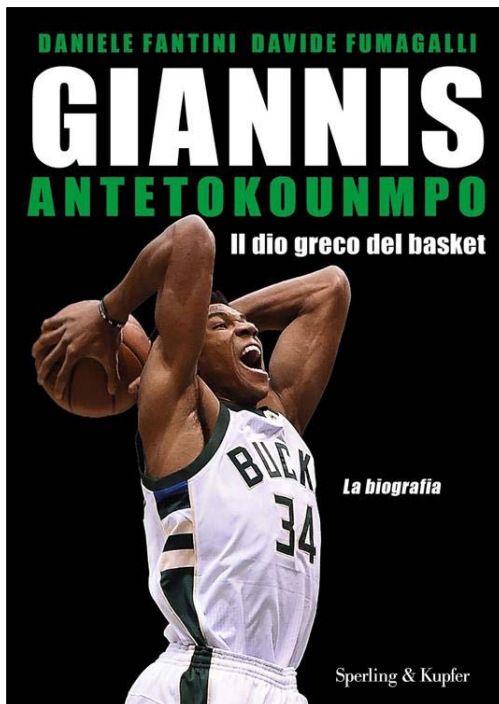
Carlo Pizzigoni was born in Pero, at the outskirts of Milan, where he still lives. He is generally to be found sitting in the stalls of a stadium – though most often not a new one – or in a bar – though most often not a trendy one – and preferably in Latin American, either watching or discussing fútbol. He has written profiles of Bielsa and Guardiola for Sportivi Edizioni, collaborates with Sky and with major newspapers, both in Italy and abroad. With Sperling & Kupfer he has published *Nuove Storie Mondiali* (with Federico Buffa) and *Locos por el fútbol*.

Daniele Fantini, Davide Fumagalli

GIANNIS ANTETOKOUMPO

The Greek god of basket. The biography.

The biography of a new basket prodigy already idolized by millions of fans.
With an arc straight out of a Hollywood film, the life of an illegal immigrant turned international



213 pages - May 2022

«With the fifteenth pick in the 2013 NBA draft, the Milwaukee Bucks choose ... Giannis Antetokounmpo! From Athens, Greece. His last team was Filathlitikos.»

When NBA commissioner David Stern utters these words on June 27, 2013 at the Barclays Center in Brooklyn, New York, many are tempted to think that the parable of Giannis Antetokounmpo, an 18-year-old of Nigerian descent forced to live his childhood as a stowaway in Sepolia, a working-class neighborhood on the northwestern outskirts of Athens, has come to a happy ending, closing the circle. But that's just the beginning. The starting point of the story of one of the most dominant players that the NBA has ever seen trample the parquet on the playing fields. A story that sports journalists Daniele Fantini and Davide Fumagalli retrace in its entirety, in an exciting and

extraordinarily rich story of anecdotes and details. A story that has its roots far from Milwaukee, the cold city of Wisconsin where Giannis has become a legend, dragging the Bucks to the conquest of a title that has been waiting for fifty years. A story that touches three continents: that begins in Africa, develops in Europe and explodes in the epic of the American dream.

«The story of the first Greek to win not one, but two NBA MVP titles. The first Greek to drag an overseas franchise to conquer a ring. The man who represents the embodiment of growth, triumph and success, against all odds».

Daniele Fantini, born in 1982, has been a basketball addict for thirty-four years: first as a player and coach in the Milan and Pavia minors, then as a journalist, television commentator, columnist and correspondent for Eurosport and other newspapers.

Davide Fumagalli, born in 1986, began his career as a reporter in 2008. Since 2017 he has been a journalist for Eurosport, and since 2019 also as a commentator. He has followed the Euroleague Final Four and the NBA matches in London as correspondent, including the first of a young Giannis Antetokounmpo, in 2015.

Marcell Jacobs

FLASH

My story

The thrilling official autobiography.



208 pages - May 2022

During the Tokyo 2020 Olympics (that took place during the Summer of 2021), no one expected that the fastest man would be Italian. Marcell Jacobs thus wrote a new and epic page in the history of athletics, mirrored in his incredulous exultation after winning the gold medal in the 100 meters competition.

Who is Marcell Jacobs, and where does he come from? In this book he answers the questions that everyone has been asking, especially after the second Olympic gold medal won in the 4x100 relay with Patta, Desalu and Tortu. With the straightforwardness and the candor that immediately struck a chord with the public, Jacobs tells his story openly and without hesitation.

Flash: like the thrill of those 100 meters, and like the flashes of a life full of obstacles that illuminate a thrill of 9 seconds and 80 hundredths.

His Olympic triumph comes from afar. Raised alone by his mother in Desenzano, a small town on Garda Lake, Jacobs' childhood was marked by the absence of his father, an American soldier.

Ever since he was a child, he cultivated a passion for speed, but it was only when he was older that he moved on to the 100 meters: for many years of his competitive career, he dedicated himself to the long jump, a dream cultivated with effort and intensity but thwarted by a thousand injuries.

It was only thanks to an iron character, hard work, the intuition of his trainer and the decisive help of a mental coach, that a shattered dream was transformed into an even greater ambition, and then into a goal against all odds. But always believing in it, right from the start.

In *Flash*, the 26 year old Jacobs does not limit himself to telling an extraordinary sports epic.

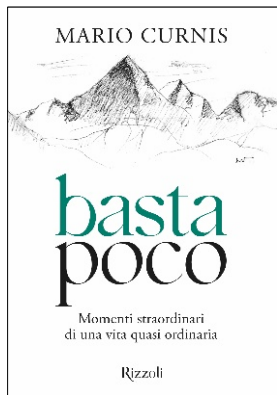
He also opens up on the more intimate folds of his life: the conflictual relationship with his father, with whom he only reconnected in the months leading up to the Olympics; his gratitude for an extraordinary mother who made a thousand sacrifices for him; his three children (the first of whom he had at the age of 19) and his sense of family; his lifelong friendships and the new friends found during the race; unforeseen turns, insurmountable obstacles, and an amazing force of will. The victories haven't changed him, and Jacobs is already thinking about new challenges, with the same passion and commitment he's shown until now.

In this book, he proves that you can rise to Olympian glory by staying true to yourself.

Lamont Marcell Jacobs Jr. Born in El Paso (Texas) in 1994 to an Italian mother and an American father, he became Olympic champion in the 100 meter sprint at the Tokyo 2020 Games, winning the individual gold medal with a European record time of 9'80". Together with Lorenzo Patta, Fausto Desalu and Filippo Tortu, in Tokyo he also won the gold medal in the 4x100 meter relay. Before dedicating himself to the 100 meter sprint, he competed in the long jump until 2017. He is the father of three children: Jeremy, Anthony and Meghan.

Mountaineering

Mario Curnis



192 pages
October 2023

WE DON'T NEED MUCH

Extraordinary moments in an almost ordinary life.

The wisdom and frugality of a life immersed in nature have taught Mario Curnis how to live. The unconventional thinking of a man showing us the way back the simplicity and poetry of nature.

"Many have climbed our mountain to speak with us. Some were curious to see with their own eyes what this happiness is all about – or what is happiness for us, at least. They feel a lack but can't put their finger on it. Our way is to stop wanting, to understand that it's not about grabbing or buying. Happiness costs nothing and is often achieved by renouncing. If you are seeking, let it go!"

Mario Curtis

The feeling of immersing yourself in the woods or walking on an expanse of blindingly white snow. The gratification of a job well done and the thrill of exploring, whether on mountain peaks or in your own backyard. These are but a few of the simple, accessible pleasures that Mario Curnis knows so well and writes about in this book.

The mountains, nature, and animals have been his teachers, and the lesson they imparted is we don't need much to be happy. After the story of his life, told in *Diciotto castagne* [Eighteen chestnuts], Mario returns to share with his readers, the youngest most of all, his rigorous and poetic view of life and the world. A book that was born from the questions of people who sought him out, wishing to know him better, to talk to him, to discover his recipe for happiness.

Through excerpts from his journals, poems, meditations, the stories of animals around him (goats, donkeys, or chickens), and through sheer silence, we once more encounter the wisdom of an "old soul" and his vision of the future, of life and death, of solitude, love, and friendship.

Mario Curnis (1936) has climbed several Alpine peaks, and has opened a number of new climbing paths, also for winter ascents. He has participated in many mountaineering expeditions outside Europe, including climbs in Patagonia, Lhotse, Makalu, Tien Shan and the Everest - in 1973 and again in 2002, with Simone Moro.

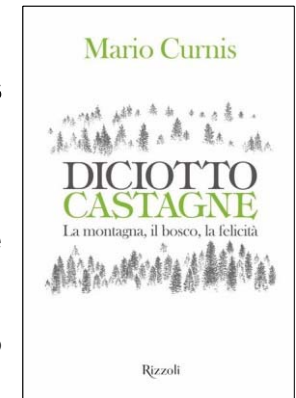
EIGHTEEN CHESTNUTS

The wood, the mountain, and happiness

A story of redemption, resiliency, and resurrection. A lesson in the simple life in tune with the environment. And a tale showing how, by the easiest of means, we can achieve the most arduous goal of all – happiness.

"Mountaineering instills a deep sort of freedom, something to do with everything that is challenging, unknown, mysterious. Its true beauty was not in facing a hard climb, overcoming a strenuously hard technical problem, or even reaching the highest peak and looking down. Its true beauty was in what mountaineering allowed me to discover within myself."

Mario Curtis



250 pages
March 2022

Cassin, Bonatti, Messner, Casarotto, Moro, Urubko - Mario Curnis has made ascents with the very best in four generations of climbers. He has climbed the Alps, the Andes, the Himalayas, and faced the Everest more than once (reaching its peak in 2002, at 66 years of age). At thirteen he started work as a mason, discovered mountaineering, and became one of the best climbers around. In 2010 his construction company went bankrupt, wiping out the work of a lifetime. The following year he was diagnosed with cancer. So he relocated to a place high up in the mountains, tending a hundred goats, taking the medicines he needed and living like a hermit for a year, keeping a journal in which he recorded his daily experiences. After his recovery, feeling stronger than ever, he moved with his wife to a cabin away from it all.

The overriding message of the book, narrated in flashbacks, anecdotes, and excerpts from the journal, is Mario's "ancient soul" wisdom, the utter independence of his thinking as he meditates on his life, on mountaineering, both past and present, on modern life, sharing his unique understanding for nature and his vision of life and death, isolation and friendship, work, and passion.

Federica Mingolla

with a preface by Manolo

AS BRITTLE AS ROCK

Stories of mountain climbing, of love, of vertical dreams

Mountains and climbing as a metaphor for life
An intensively inspirational book to cope with life's challenges



208 pages - June 2023

From indoor climbing walls to the peaks of Patagonia; from climbing competitions to climbing as a way of life. This is the «vertical dream» of Federica Mingolla, one of the best-known and most talented climbers in recent years: a story of personal growth and development that took her from competing to sharing, from climbing as a competitive sport to climbing as a way of life – a way to get in touch with others and be attuned to the world. Whether she is facing a mountain crag or ascending an alpine peak, Federica is mainly searching for meaning, going beyond the appearance of senselessness to find her inner center, a unique balance of the physical and the emotional. Doggedly moving from one handhold to the next, to discover there's always a new path hidden behind the rocks, an unexpected opportunity, a way to move on.

And isn't this the very essence of mountain climbing, the true appeal of this «grand little game», of this endless search for the gratuitous? Nine autobiographical stories in which climbing, rock, mountain faces and ascensions become allegories and metaphors for something that concerns us all. For in the end these are mostly stories of love and friendship, of passion, strength, and vulnerability.

Federica Mingolla is a unique mountain climber. Moving from indoor competitions to mountain climbing feats, she has shown herself to be one of the leading talents in her sport, an internationally acclaimed champion and one of the best-known mountain climbers in recent years. She has free-climbed the entire Alpine chain, put herself to the test abroad, recounted her experience in documentaries, interviews, and successful TED talks.

Mythology

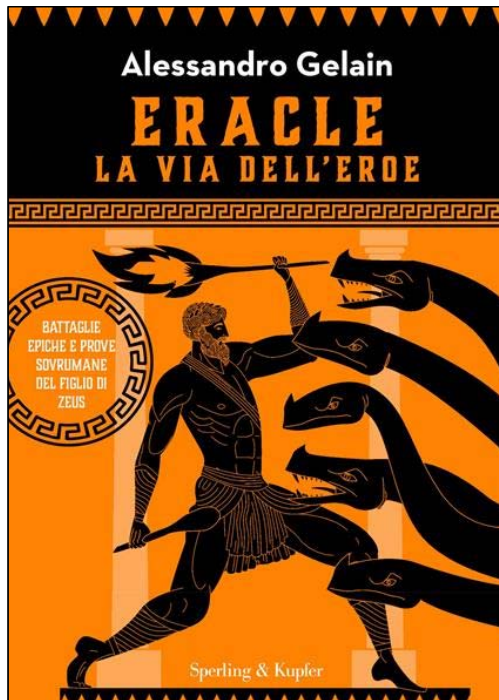
Alessandro Gelain

HERACLES, THE WAY OF THE HERO

The epic battles and superhuman feats of the son of Zeus

Epic. Magnetic. Extraordinary.

«This book tells the story of extraordinary and terrible feats, of discoveries and deceits, of revenge and self-sacrifice».



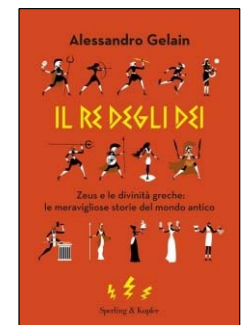
224 pages - October 2023

A son of Zeus and of the princess Alcmena, Heracles is destined from birth to extraordinary feats. Classic mythology celebrates his epic achievements, from the killing of a serpent when he was just a baby in his cradle to the famous twelve feats. Collective imagination identifies him with his club and lion skin, his powerful body, his unrivalled strength.

But Heracles is the most beloved ancient figure because of something different, a trait that makes him unique among heroes: he is human. Heracles is a tormented figure, forever seeking his place in the world, struggling with the opposing sides of his nature to discover who he truly is – whether a demigod or a man.

In the pages of this book, Alessandro Gelain, famous author of the podcast Mitologia (3.500.000 downloads), retraces the story of the muscular son of Zeus, from his conception to his apotheosis, recounting his madness and twelve feats as well all his amazing and less known adventures. Through triumphs and tragedies, bravery and vulnerability, stories of friendship and love, encounters with incredible beasts and fantastic places, Alessandro Gelain conveys the full aura of the myth in his unique narrative style: fascinating, evocative, epic.

Alessandro Gelain was born in Montagnana (PD) in 1962 and teaches philosophy in a school of Noventa Vicentina. He adores the theatre, won four best-actor awards, teaches courses in theatre appreciation for school children, holds and co-directs drama workshops for adults organized by the Prototeatro Company in Montagnana. He worked as dubber and documentary narrator for the Centro Sperimentale di Cinematografia [Experimental Cinema Center] in Padova. In 2019 he created the podcast Mitologia. Le meravigliose storie del mondo antico [Mythology: The wonderful stories of the ancient world], today one of the most followed channels on the web. He is the author of Il re degli dei [The king of the gods].



Practical Books

Mariella Cortés

THE GREAT BOOK OF UNWRITTEN STORIES

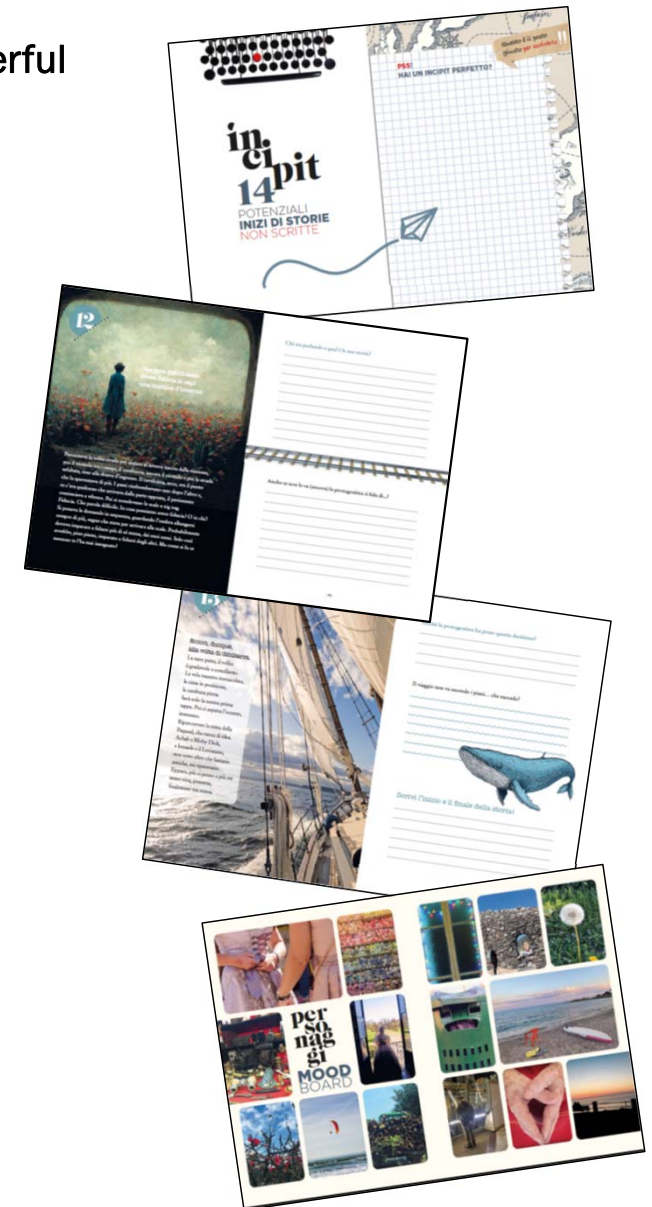
A book to collect, read and write

The only book waiting for you to become wonderful



272 pages - May 2023

Why do we enjoy making up and telling stories so much? And why at least once in our lives have we said, perhaps only to our own mind, or to a person close to us, that we would like to write a book with our own, of story? And again, what if all those ideas, born a little bit for fun and a little bit somewhat by chance, became the guides for the realization of a thousand other writing projects? This book was born from a series of narrative ideas that would like to become something more. Seven illustrated thematic sections (incipits, endings, fragments, turning points, dialogues, character scenarios), two extras, (reviews and marketing ideas) and a space for pure creativity bring them together and invite the reader to get involved and build a story by mixing, integrating, and flipping them.



Mariella Cortés. Sardinian roots, lives in Milan. Journalist and lecturer in communication and marketing, has made storytelling the starting point of her entire activity..



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