

NON FICTION - RIGHTS LIST

SPRING 2024

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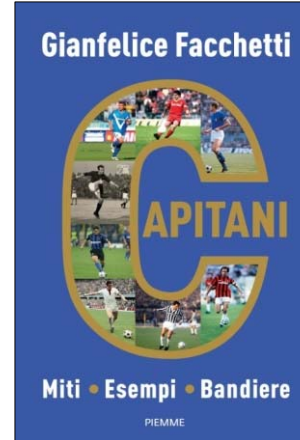
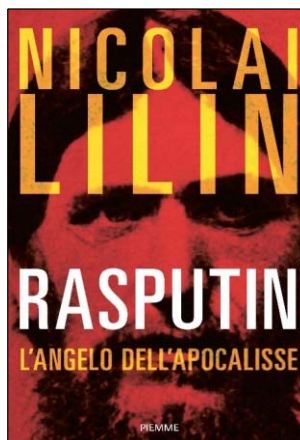
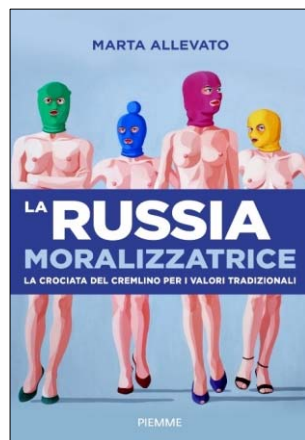
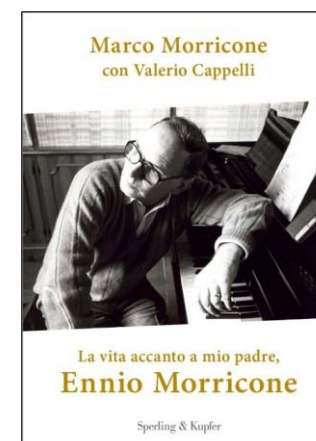

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HIGHLIGHTS



Psychology & Self-help

Maria 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

Foreign rights sold to: Serbia, Spain

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.

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.

Michele Mezzanotte



192 pages
April 2024

HAPPINESS IS (NOT) A MYTH

Lose your fear of failure

We wake up one morning and feel utterly lost. Alone and adrift, overwhelmed by trauma, grief, pain, we no longer feel at home in the world. We are riddled with questions. Have I gone mad? Am I depressed, anxious, oversensitive? Why do I feel such sadness? And such anger? Why is everyone else successful while I feel like a failure? Michele Mezzanotte teaches us that all these questions, this self-doubt, are in fact the key to tap our resources, identifying and releasing our strengths. Psychopathological symptoms, whether minor or major, are the way our psyche speaks to us, pointing the way out of the rut. And this book is a guide to decode the psyche's messages. It provides the tools we need to understand the signs and the underlying causes of our everyday malaise. We will learn to listen to ourselves and recognize the archetypal metaphors of Greek myths. And we will finally bounce back, drawing strength from a deeper knowledge of ourselves and our relationships. For self-knowledge is already recovery, and this book proves it.

8 steps to understand and manage emotions, turning our minds into a welcoming space through simple daily exercises

TRUE LOVE IS (NOT) A MYTH

How to free yourself of toxic relationships

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.



224 pages
May 2023

Foreign rights sold to:
Albania, Serbia

**OVER 12000
COPIES SOLD!!!**

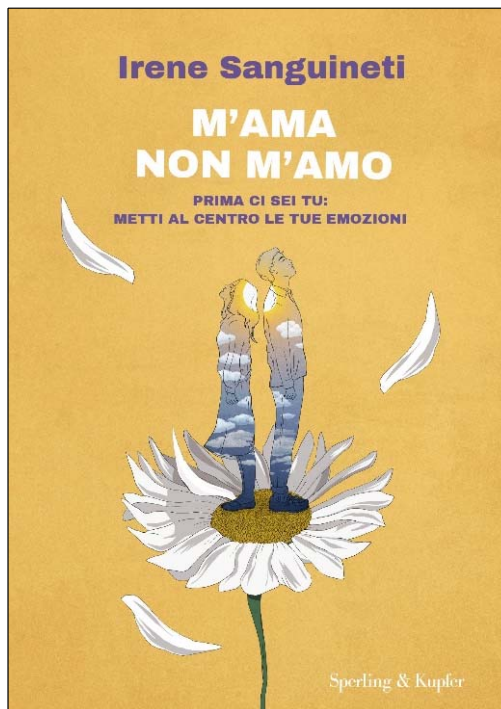
Michele Mezzanotte is a therapist and populizer born on 31 August 1984 in Chieti, where he lives and works. In 2012 he co-founded the first ever online archetypal psychology magazine «L'anima fa arte», which then became the blog by the same name. Since 2020 he has focused on spreading the knowledge of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

Irene Sanguineti

YOU DON'T LOVE ME, I LOVE ME NOT

You come first - Put your feelings front and center

A book to understand relational patterns, the fear of the future, the more and more widespread sense of inadequacy. So we can learn to focus on our own Self and our feelings.



208 pages - January 2024

Do you get the feeling other people's lives are just perfect and so much better than yours? Do you often fall in love with the wrong people? Do you constantly worry people will let you down?

If day in and day out we are faced with feelings we struggle to cope with or with potentially volatile situations, perhaps we should stop and think whether this is not just happenstance. Perhaps the underlying problem is something to do with us. Irene Sanguineti teaches us to identify recurring patterns, reminding us that who we are today is also the result of our past. As children, we inadvertently assimilate the «how to» of dealing with emotions, relationships, and life in general from those who raised us, so their attitudes and outlooks tend to resurface in our lives as adults. But this legacy is not set in stone.

We can still work on ourselves, get to know our inner selves, make sense of what we feel and learn to manage it. And most of all we can learn to love ourselves, to be compassionate with our fragilities, and to put ourselves first - so we can learn to really love others, with no anxiety and no suffering.

«I know s/he loves me, but s/he disputes my choices».

«I find it difficult to express my emotions».

«I always end up sabotaging myself».

«My outlook is gloomy; I'm scared of the future».

If you identify with one of these statements, it's high time you looked inside yourself and recognized your worth. Start over by putting yourself first.

Irene Sanguineti is specialized in Clinical and Social Psychology. She started communicating through her social channels to heighten awareness of mental health issues. She is also a content creator for Hedepy, a platform offering therapy online, and collaborates with TheWom, a social magazine for women of the new generation. She lives in Parma.

Roberto Morelli

MEET YOUR SHADOW

A journey into the practice of Shadow Work to discover your true Self

The first ever Italian book on the powerful and innovative personal growth technique of Shadow Work.



192 pages - June 2024

Shadow Work is an inner discovery practice integrating the hidden aspects of our psyche, those dark corners all too often neglected or denied that hold the key to our untapped potential. With practical examples, targeted techniques and in a straightforward style, this book guides the reader step by step along the paths not taken of the soul, where the Shadow - created by traumas, fears, anxieties - is waiting to be discovered and embraced. At a moment in time when authenticity is being recognized as the new currency of the self, this book by Roberto Morelli goes beyond a mere technical exposition to become the ideal companion for those who are ready to defy conventions, meet their Shadow and, in this dance of acceptance, reach a complete and more radiant version of themselves.

Beyond mere self-help, Morelli speaks to readers in a clear, straightforward style, encouraging them to discover and develop their inner self to improve their lives.

Roberto Morelli works in Neuro-discipline and Biohacking. Through cutting-edge psychological techniques he fosters healthy and positive habits and teaches us to condition minds - our own and other people's - to our advantage. "Roberto Morelli" is the nom de plume of a mysterious author consistently at the top of Amazon best-selling lists. His self-published books have sold millions of copies just through e-commerce sites.

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.

Foreign rights sold to: Serbia

Andrea De Simone (1980) holds a degree in Clinical and Community Psychology, and a specialization in Systemic-Relational Psychotherapy. He worked for years in the public sector, collaborating with community health centers, hospitals, and training programs. Today he has his own practice in Salerno and is one of the most acclaimed therapists online, with over 190.000 followers on Instagram and 82.000 on Facebook. He reaches over 3 million accounts monthly.

Raul Cremona and Salvatore Vitellino

WHAT MAGIC CAN TEACH US ABOUT OUR MIND

A funny and smart book about our mind and how to defend it from the "deceptions" of life



240 pages – May 2024

This is a real self-help book that, through magic and illusionism, explains how our mind works, how it is tricked, distracted, confused.

Not only when we witness a card trick, but also in everyday life, in facing the news, on social media, at work and in every sphere.

Combining anecdotes, hilarious personal stories, expert contributions and an explanation of his most famous tricks, in this book Raul Cremona makes us realize that magic is not merely entertainment, but has to do with the lives of all of us.

Raul Cremona is a magician and comedian, he has assets thousands of shows around the world.

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.

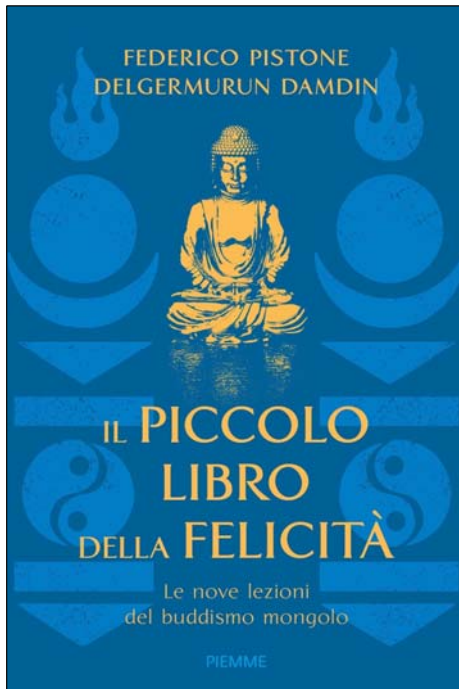
Spirituality

Federico Pistone, Delgermurun Damdin

THE LITTLE BOOK OF HAPPINESS

The 9 lessons of Mongolian Buddhism

From an ancient and unspoiled culture, nine lessons and practical exercises to learn the art of peace of mind and gratitude.



160 pages - March 2024

«Buddhism is the finger pointing to the moon on the path to happiness».

A materialist and adrift society such as ours has a lot to learn from an unspoiled, spiritual, and amazing land like Mongolia. With a rich culture steeped in shamanism, Buddhism, and ancient rituals, Mongolia bases its philosophy in solidarity, tolerance, rectitude, and in the stewardship - an art long lost in the West - for all living creatures and for Nature. Through the ages the Mongolian people has lived in harmony with all elements of creation, eschewing possessions to keep the essential. A people «travelling light» and therefore at home everywhere, following the directions of the stars and in keeping with the seasons. A happy people, despite a harsh climate and a hard life, because its happiness does not come from the outside but springs from inner peace.

A people with a lot to teach us, beginning with this book, outlining nine practices to overcome stress, reconnect with nature, cope with challenges, reclaim harmony and therefore happiness. Prepare yourselves for a transformative journey through the secrets of an ancient culture. With its teachings as well blank pages to jot down your own reflections and discoveries, what you now hold in your hands is a true guide to the soul, guiding you to a better version of yourself.

«This is not just a book. It's a faithful companion you can always keep by your side, to read, to underline, to turn to for inspiration. It's also a notebook, with blank pages you can fill with your own thoughts, meditations, memories. So every time you open it you will find yourself a little different. Happier».

Reporter for Corriere della Sera, **Federico Pistone** has travelled the four corners of Mongolia, living alongside the local population. His travels have resulted in articles, books, folk-story collections, and reportages. With Sperling & Kupfer he has published *Il leopardo e lo sciamano. In viaggio tra i misteri della Mongolia* [The leopard and the shaman. A journey to the mysteries of Mongolia] (2018), recipient of awards for travel books. Since 2000 Pistone has been the administrator of a website on Mongolian culture, news, and support, www.mongolia.it

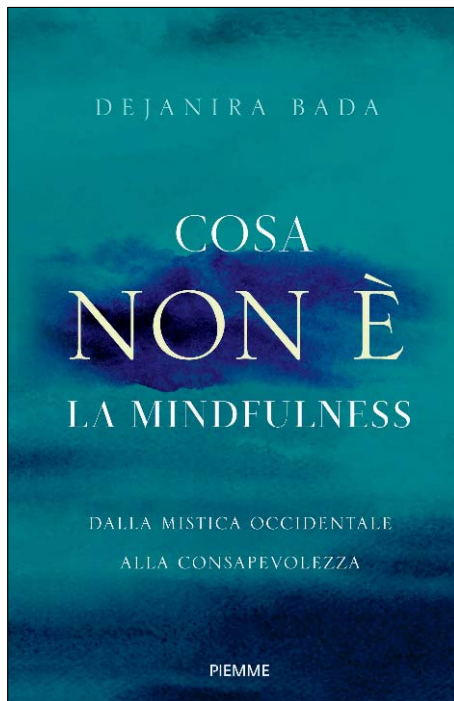
Born in Ulaanbaatar, the capital city of Mongolia, **Delgermurun Damdin** was the first ever Mongolian student to graduate from Università Bocconi in Milan. She then began a career a finance, though never lost touch with her homeland, its people and traditions. The granddaughter of a monk from the North of the country, she has been studying Buddhism for ten years under the guidance of Lama Shinendentsel, as well as organizing events for the spreading of teachings on harmony, happiness, and the mind-body-spirit connection.

Dejanira Bada

WHAT MINDFULNESS IS NOT

From Western mysticism to mindfulness

Finally, a straightforward and enlightening book to fully understand mindfulness and how to practice it.



208 pages - May 2024

In the last few years, the word mindfulness has become ubiquitous in conversations and everyday life. But what is mindfulness, really?

During her training as mindfulness and yoga instructor, Dejanira Bada, now a well-known teacher as well as a successful author, realized that the best way to explain what mindfulness is all about is to start with all the things it is NOT: it's NOT psychology, NOT relaxation, NOT religion. And Dejanira says it loud and clear in this book. But not just that. In explaining mindfulness, she also touches upon fascinating and unexpected subjects such as the Negative Way or Negative Theology, introducing the great thinkers of this doctrine, Meister Eckhart, Angelus Silesius, Marguerite Porete.

We cannot speak of God, teaches this doctrine, and describe what God IS; we can only say what God is NOT. Buddhism also teaches that the ultimate truth is impossible to describe, define, grasp with our mere intellect. And the very same lesson applies to mindfulness, which is meant to be lived, experienced, practiced. It is an experiential path that should require no explanation. Which is why this book also includes emblematic examples of mindfulness and practical introductory exercises, to start us on our journey towards awareness.

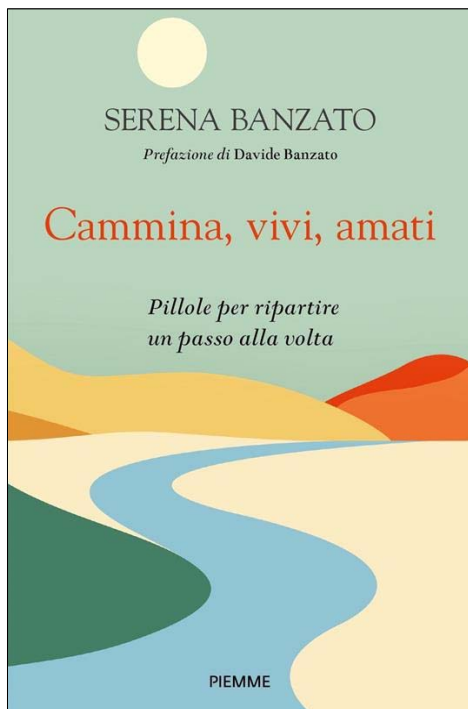
Dejanira Bada is a practitioner and connoisseur of Eastern philosophies and meditation and teaches yoga and mindfulness. She is a journalist and the author of several fiction books. In 2021 she published her first nonfiction book, *Il pensiero tibetano* [Tibetan thought] (11.000 copies) and in 2023 *Il libro della consapevolezza* [The book of awareness]

Serena Banzato

WALK, LIVE, LOVE YOURSELF

Wisdom to start anew, one step at a time

«This book will give you the strength and the inspiration you need to be warriors in life, to walk tall, learning to conquer all your fears». (From the Preface by Davide Banzato)



144 pages - January 2024

Life is unpredictable. For better or for worse, you never know what tomorrow will bring. A seemingly safe, viable path may suddenly turn steep and daunting, riddled with insurmountable hurdles. But there are no side roads or shortcuts. The only way is forward, struggling, stumbling, and starting over again, all the while keeping your sights on your goal. Serena Banzato has learned it the hard way, and shares her experience in these pages, in the hope it may help others overcome their own times of darkness. This is the true story - and a profound meditation - on the journey of a young woman, a mother and athlete, fulfilling her dream of walking the Camino de Santiago, the ancient pilgrimage trail of St. James, and recounting how the experience, in the most unforeseen way, forever changed her life. For Serena had escaped death by a whisper. What had seemed like an insignificant injury had turned into a nightmare she had never thought she'd be confronted with.

Yet, in the midst of tragedy, she learned there really are second chances, and that coloring pencils, though broken, can still create wonderful hues. Through personal experiences and snippets of wisdom acquired one step at a time, in her physical and metaphorical journey, the author lets go of those unnecessary burdens - guilt, regret, anxiety - that weigh on our shoulders and slow us down, obstructing from view the one thing that really matters - life itself, and people who are worth the effort of «tying your shoelaces and start moving forward».

«I see myself anew, now separate from the part of me I needed to let go. A new lightness has taken hold. The world outside is the same, but me, I have changed».

Serena Banzato is a clinical psychologist, a sport psychologist and therapist, a professional in providing psychological support and coping tools. She works with several national sport Federations and cooperates in educational sport and social projects for schools. In 2018, after a brush with death and the amputation of a leg following a near-fatal infection, she started over as a para-athlete, with brilliant accomplishments, such as the victory of the Italian Championship of Para Triathlon and Track. She is living her «second» life in Padua, bringing up her two children, Nathan and Santiago, practicing gratefulness and sharing her story.

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.

Selene Calloni Williams

Backlist



276 pages
March 2023

**OVER 10 000
COPIES SOLD!!!**

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

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.

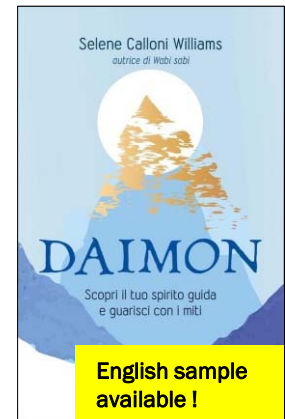
In her absorbing book, through the narration of her own live experience and the illustration of time-immemorial legends and symbols, she presents nine laws for self-healing and daily guided meditations to overcome anxiety, guilt, rage, and frustration, and to reclaim our freedom, our energy and passion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

DAIMON

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

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..

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



English sample
available !

304 pages
May 2022

**OVER 13 000
COPIES SOLD!!!**

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.



English sample
available !

384 pages
June 2021

**OVER 16 000
COPIES SOLD!!!**

Health, dieting and nutrition

Selene Calloni Williams

IMAGINAL FASTING

Reclaim balance and physical wellness in 9 days through food

Nourishing the body is not enough. True sustenance requires nourishing the soul.



320 pages - March 2024

In fixating on medical parameters - glycemia, weight, blood pressure, cholesterol, and so forth - we forget that true psychophysical wellbeing is not to be achieved by means of scales and calories but through a transformative vision of ourselves and Nature, rethinking our attitude to food to reclaim an overall balance of life. The unique 9-day program devised by Selene Calloni Williams, inspired by the rituals of the Pythagorean school of philosophy in Ancient Greece and drawing its power from both mindfulness and the core message of myths, harmonizes daily rhythms through a meal-plan of macrobiotic recipes based on the principles of naturopathic medicine integrated with progressive and structured fasting.

It is an actual journey in meditation, whereby mindful cooking, eating, and fasting become tools to nourish the soul before the body, instilling the one fundamental practice for true sustenance.

A mindful experience of fasting as sacred ritual is the gateway to a real understanding of the way we nourish ourselves. It tunes us into the invisible and divine nature of food, leading to the true knowledge that is achieved when food tells its own story, revealing itself and finally bringing true sustenance.

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. With Piemme she has published *Wabi sabi* (2021), *Daimon* (2022), *Kintsugi* (2023)

Stefania Cazzavillan

A BRAND NEW BRAIN

How to regenerate it with nutrition and mycotherapy

Memory deficit? Distraction? Bad decisions?

Here are solutions from the latest research to boost cognitive abilities..



304 pages – April 2024

Worldwide, mental abilities are declining, especially among young people, while rates of depression are rising dramatically. Meanwhile, one in forty men and one in forty women suffer from Alzheimer's disease, and the age of onset is dropping rapidly. What are the causes? Can we do anything to halt this decline? Our brains are responsible for mood, memory, sleep, the ability to think, to create strategies. Our personality and the emotions we feel, the choices we make depend on it. An inadequate lifestyle (diet, sleep patterns, stress, toxins, medications, sedentariness...) creates an inflammatory state that alters its functioning. However, we have several allies at our disposal to increase cognitive performance such as memory, concentration, lucidity and to prevent neurological diseases.

Dr. Stefania Cazzavillan, for years has been involved in pioneering studies that have identified diet, the properties of certain mushrooms and certain stimulants (nootropics found in cocoa, green tea, blueberries, ginko) as the key to boosting brain performance and keeping our brains young for a long time.

Stefania Cazzavillan is graduated in Biological Sciences with a specialization in Genetics, she served as Assistant research at the Civil Hospital of Vicenza, Consultant and then Senior Biologist at the same facility with creation of the Laboratory of Molecular Biology. A nutritionist and Naturopath, she followed a three-year course of Functional Medicine and four years of Neurotraining. She spreads the knowledge of Mycotherapy and integrated nutrition through lectures, courses, newsletters, publication of books and articles in journals in the field. In particular, he conducts training activities for specialists and companies in the field of phytotherapy and integrated medicine and consulting professionals.

David Mariani with Sabrina Lucchetti

THE DIET OF HABITS

The Healthy Habits method for eating what you like and staying fit

Neither calorie counting nor forbidden foods.

But an approach that makes habits and the brain our best allies in achieving fitness and health.



240 pages – April 2024

Habits are a very powerful tool that is often underestimated. Yet thousands of scientific researches show how they can transform everyday reality, especially when it comes to nutrition. The Healthy Habits method does not recommend a list of favorite or forbidden foods, does not count calories or quantities, but explains how our brains work when we behave in a certain way, which we later perhaps regret: *"Even last night I ate a whole packet of cookies while watching TV, But because when I'm in company I eat three times as much, At restaurants I can't restrain myself and I binge without restraint."* It happens to all of us in such situations because we are fooled by our brains.

This approach helps us manage some traps and use some dynamics to our advantage to really choose how to behave and get the results we want.

By starting with the questions most frequently asked by patients to nutritionists and dietitians, we will understand many things and have many solutions to different food-related issues.

- Eating right can seem difficult, but with the *Healthy Habits* method everything becomes easier and food turns into an ally because there are no sacrifices and no giving up.
- David Mariani and Dr. Lucchetti have been teaching doctors and nutritionists for years how to help their patients stay fit and overcome the comforting use of food.
- This is a practical and informative course that does not demonize any food and uses a method tested by thousands of people.

David Mariani is the creator of the Healthy Habits® project, which was created to facilitate the transition to healthy habits and on which dozens of scientists and researchers are converging, and director of the Healthy Habits Academy, sponsored and promoted by the National Federation of the Orders of Surgeons and Dentists, the National Order of Biologists and leading Italian scientific societies. Coauthor of the international bestseller *Ventuno giorni per rinascere* (Mondadori, 2018), written with Franco Berrino and Daniel Lumera, he collaborates and publishes in medical-scientific journals.

Sabrina Lucchetti is a nutritional biologist, researcher and university lecturer.

Giulia Biondi



240 pages
January 2024

**OVER 10 000
COPIES SOLD!!!**

THE PANTRY OF BILANCIAMO®

Is pasta or rice better? Should I avoid the croissant for breakfast? How many eggs can I consume per week? Which are the right portions to lose weight? Are there foods that are better to ban because they are bad for you or fattening?

Dr. Giulia Biondi, teacher-trainer of Nutrition, creator of the Bilanciamo® method and author of several bestsellers on nutrition, with this book wants to answer the many doubts people have before they get to the table. Her goal is to stand beside the reader and help them experience food peacefully, as an ally and not as an enemy, to manage it consciously and self-sufficient. To this end, she has collected, based on the evidence to date accepted by the scientific community national and international, dozens and dozens of tips, information, effective solutions that make it easy to make the right choices: for young people and adults, for single life and for those who need to plan meals for an entire family. In these pages she focus on everyday situations such as what to put in the cart to avoid waste and traps, how to arrange and store foods in the pantry and refrigerator, the best cooking methods, managing breakfasts, lunches, dinners and snacks with the ingenious system of "variations and substitutions," how to plan stress-free the week while enjoying food and company. A path way practical and engaging, accompanied by an authoritative and reassuring voice that teaches how to build a healthy lifestyle by respecting tastes, rhythms and needs, away from renunciations and sacrifices.

THE DIETS THAT RUINED YOUR LIFE

In recent years many people's relationship with food has sharply deteriorated. The data speak: since the first six months of 2020, the number of men, women and adolescents with eating disorders has increased by 30 percent. But how could this happen? Certainly social media has contributed to this situation, which has become a parallel health emergency: fit-influencers, do-it-yourself diets, slimming beverages and calorie-counting apps have conveyed completely wrong messages, not only about the ideal of a perfect, unattainable body, but also about eating habits that have nothing to do with science. The problem takes an even sharper and deeper turn when, as is happening, these habits no longer represent only a critical social and psychological issue, but are reflected in physical health. This is why Giulia Biondi, a doctor in Nutrition Biology, creator of the Bilanciamo® method and beloved popularizer on social media, decided to get out there and make her expertise available to help all people who want to gain clarity to restart, reset and re-educate themselves. With concrete examples, recipes and ideas for breakfasts, snacks and main meals, understandable explanations and practical advice, this book is more than a manual: it is a guide. A basic nutrition training course that will walk you through your food choices, teach you how to eat the right way and say goodbye forever to the diets that have ruined your life.



241 pages
October 2022

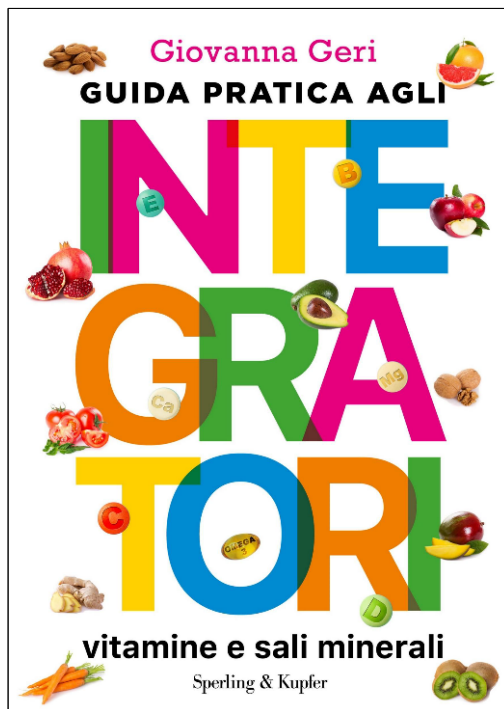
**OVER 15 000
COPIES SOLD!!!**

Giovanna Geri

PRACTICAL GUIDE TO SUPPLEMENTS

Vitamins and minerals

A complete guide to a healthier life with the right vitamins and minerals.



240 pages - May 2024

For many of us, after the pandemic, vitamins and minerals have become part of daily routines. They stack the shelves of drugstores, pharmacies, and minimarkets, and are the talk of many an influencer.

Giovanna Geri, a chemist, is a reliable guide in the disconcerting maze of vitamins and minerals. Hers is a handbook allowing you to choose the right supplements for your specific lifestyle and constitution. Whether you aim to boost your immune system, improve your complexion, or bring back the shine to your hair, Geri will provide the right advice. For a longer, healthier life, overcoming the drawbacks of aging.

- A professional chemist and nutritionist for over 15 years, Giovanna Geri, MD, is a dependable guide in a still baffling field
- More and more people are going vegetarian or vegan. Is it a healthy choice? This book answers this and many more questions
- In pregnancy as in all ages of life and seasons of the year, Giovanna Geri points to the right vitamins or minerals to add to your diet to meet your specific needs and requirements

Giovanna Geri is a chemist and nutritionist with a degree from the University of Florence and nearly two decades of professional experience in the field. With her start-up, Take Vitamina, she brought vitamin and mineral supplements to social media.

Practical

Anna Termopoli

THE MAGIC POWER OF LAUNDRY

All you need to know about laundry

A book to discover the marvels of laundry



192 pages - April 2024

The ultimate book on the tips and secrets of perfect laundry. The best cycles for different fabrics, how to save time, how to prevent clothes from fading, how to separate whites and colors, why we should avoid dry cleaning, how to iron, how to sew, how to wash out stains, how to preserve the clothes we love, what laundry products are an absolute must.

Besides providing practical tips, the author also delves into the inspirational side of laundry - i.e., the reason why clean and tidy clothes make us feel good about ourselves.

Anna Termopoli is the founder of the online shop and blog [Olimpiahome.it](https://www.olimpiahome.it) (500.000 followers), which she runs with his partner. Olimpiahome has become the point of reference for all those seeking advice on cleaning and laundry.

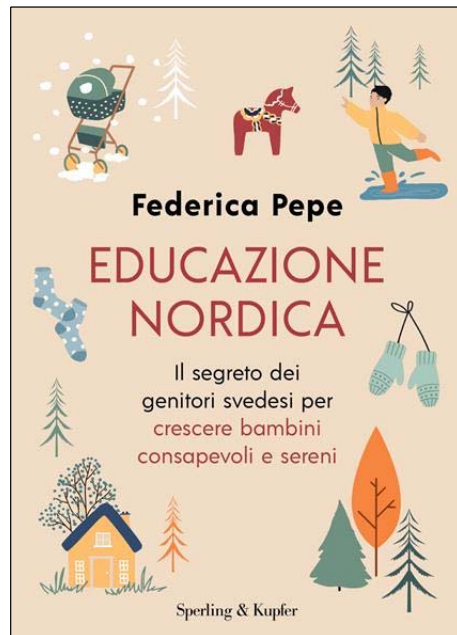
Parenting

Federica Pepe

NORDIC EDUCATION

Swedish parents' secret to raising aware and peaceful children

Children should be treated as small human beings deserving of respect and trust



208 pages - January 2024

Is it true that Scandinavian soft education helps children to grow up peacefully and become autonomous and aware adults? The Nordic philosophy is one that not only offers advice to help parents make the best choices. It concerns children as well as adults. It is centered on a simple concept: children should be treated as small human beings deserving of respect and trust. In this book Federica Pepe, a transplanted Italian mum in Sweden, tells us in a simple and direct way what values Swedish upbringing is based on and how we can also put them into practice. Starting with the basic concepts of the Nordic approach: 'In Sweden you will hardly see parents shouting or raising their voices. On the contrary, you will find them bent over their knees to level with the little ones, talking or explaining why something can be done and something else instead not. You will also hear them talk about their emotions, admit that they are tired or that they are hurt by a certain situation. You will see children involved in daily life, encouraged to make their own contribution whenever possible, for example by getting ready to go out or putting away their toys. Autonomy is taught and encouraged. Children are left free: to try, to make mistakes, simply to do. Free from scolding and imposed orders. Because Swedish children are educated above all by example. They learn respect by seeing it practised by older people, parents and others

Federica Pepe was born in Milan and grew up on Lake Garda, in Peschiera. Always fascinated by the Nordic countries, she now lives in Sweden with her partner Joakim and their child Leonard. After a course of study focused on the world of childhood, education, child development and the benefits of playing in nature, she works as an educator in a kindergarten.

Davide Michienzi

READY, GROW!

Practical guide on how to observe and accompany the growth of children
from 0 to 12 months

Everything you need to know during pregnancy and the first year of your baby's life:



272 pages - October 2023

"*You will practice when the baby comes*" is undoubtedly one of the phrases that parents-to-be hear most frequently. But why not try to arrive already informed and prepared? Why not help parents grow, day by day, together with their children, by providing them with a tool that can not only suggest what is right to do or not to do, but that helps them understand why certain gestures and actions? Why not inform parents about "how to pick up their babies, where and how to put them to sleep, the best position to hold them while breastfeeding, how to let them play, when to start weaning".

These are the questions that guided Davide Michienzi in conceiving and writing this valuable book. A simple text, accompanied by explanatory pictures, which addresses in a clear and understandable way the fundamental aspects of raising a child: the importance of childbirth, nutrition, the pacifier, physical contact, babywearing, motor development, sleep, exercises to do at home, supports, massage, things to notice and things not to do.

A practical handbook that will guide moms and dads through all the steps that will forever change their lives and will affect that of their little ones: from pregnancy, to birth, to the baby's first year.

Davide Michienzi is a certified osteopath and registered with the ROI (Register of Italian Osteopaths). He is trained at the CERDO school of osteopathy, which is recognized at the European level: a course that lasted six years, with internships held in Rome at the San Pietro Fatebenefratelli Hospital and the Santa Lucia Foundation. In his professional, he also successfully completed the ATMAN, whose qualifications are recognized by the French Ministry of Health in France, and he holds a degree in Osteopathy from Swansea University.

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, they had followers and haters.

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 Vincenzo Schettini, 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.

For each of them Vincenzo reveals 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.

PHYSICS WE LIKE

Schettini's first bestseller book published in 2022: simple and suitable for those who, out of curiosity or interest, want to discover the wonders of physics,, through explanations and anecdotes.



OVER 97000
COPIES SOLD!!!

Vincenzo Schettini is a physicist, musician, an influential teacher-on-Web. 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. 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.

Giuseppe Alonci

CHEMISTRY OF THE UNIVERSE**Strolling the cosmos among molecules and planets**

An exciting and mysterious journey in this essay that crosses chemistry, astronomy, physics, and everyday life



240 pages - April 2024

The universe is a simple place, at least chemically.

Though we are surrounded by a multitude of chemical elements, yet the universe as a whole is dominated by hydrogen and helium. From here the author takes off on an exciting and mystery journey, in this essay that meets chemistry, astronomy, physics and everyday life.

Where do the elements originate and what holds the "building blocks of life" together?

Why are they so concentrated on our planet and not equally distributed throughout the space?

Behind the emergence of life on Earth, what is hidden?

What can chemistry tell us about the composition of a comet and what is the link between two seemingly distant, yet so connected sciences like chemistry and astronomy?

Chemist and popularizer Giuseppe Alonci tries to answer these questions, enthusiastically tackling a still open debate and showing us how knowledge of chemistry can be a key ally in advancing scientific discoveries. Even in the ultimate challenge of finding traces of life on distant planets.

An engaging book that takes the reader on a walk "between molecules and planets," offering a deeper understanding of the mechanisms that govern the universe.

Giuseppe Alonci is a chemist and popularizer. He graduated in chemistry from the University of Pisa, received his doctorate at the Institut de Science et d'Ingénierie Supramoléculaires in Strasbourg. With an established track record in the field of biomaterials, he has been since 2023 a director in Research and Development for a company in the field, where he manages the chemical department and collaborates with universities and external partners. Passionate about science communication, he has been managing since 2013 the YouTube channel "Chemistry For Everyone," which has more than 80,000 subscribers.

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.

After his degree in Physics at Università degli Studi in Milano, **Marco Coletti** has dedicated himself to the spreading of scientific knowledge through his YouTube Channel, “La Fisica che non ti aspetti”.

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?

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.

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.

Nature

Andrea Bonifazi – Illustrations by Viola Baroni

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

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

Marco Morricone, Valerio Cappelli **LIFE BESIDE MY FATHER, ENNIO MORRICONE**

In the words of his son, a totally new and multi-coloured portrait of the world-famous Italian composer



256 pages - May 2024

The profound contradictions of the man, a "childlike soul combined with an infinite amount of studies", the quirks and fixations, the talent and total dedication to music.

For the first time, Marco Morricone decided to put down on paper the story of his father and their relationship: the result is a new, unpublished, and extraordinarily compelling portrait of one of the greatest creative geniuses of the last century, seen through the moving eyes of his son.

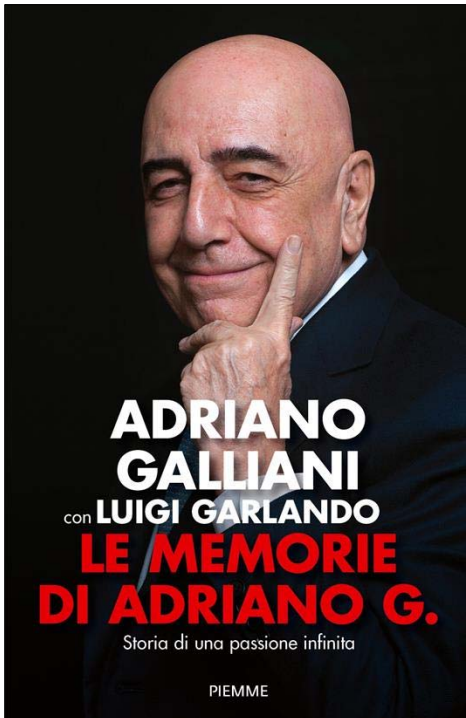
Marco Morricone was born in 1957. He is the eldest son who has accompanied his father in his career since the 1980s, supporting him in every aspect of the work.

Born in 1958, **Valerio Cappelli** he is one of «Corriere della Sera»'s leading pens.

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”.

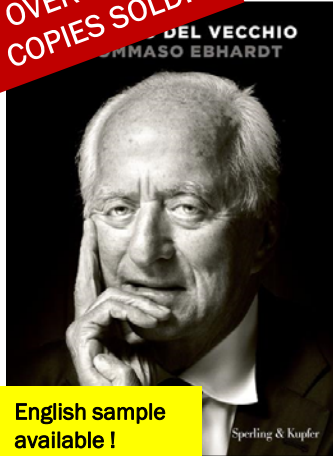
Adriano Galliani has won everything: championships, champions' cups, intercontinental cups. For the first time he tells his story in a sincere autobiography, full of anecdotes and behind-the-scenes stories about his beginnings, the 'Monza' years, about how the AC Milan adventure began, about the AC Milan 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.

Tommaso Ehardt

OVER 40 000
COPIES SOLD!!!



English sample
available !

336 pages
May 2022

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.

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.

Tommaso Ehardt, (Treviso, 1975) is editor-in-chief of Bloomberg News in Milan. For Bloomberg News, he has covered some of the world's most important corporate transactions. His biographies on Sergio Marchionne and Leonardo Del Vecchio, published by Sperling & Kupfer, soon became bestsellers. He persists in playing scrum rugby and playing the ukulele with his two sons. He is married to Anna, who designs illustrations for children.

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.



English sample
available !

320 pages
First edition: april 2019
New edition: may 2023

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

Stories

Stella Pecollo

I'M BEAUTIFUL

The lightness of being is not a matter of weight



144 pages - May 2020

"I've never been skinny."

So begins the tale of Stella, an actress in film, theater and TV series. A very personal tale that coincides with the story of a struggle: the battle against prejudice, body shaming, and "fatphobia" that Stella began to sustain as a child. Starting from the walls of her home, from gymnastics classes at school: "When the teacher would ask the two captains to form the teams for the volleyball game and they would start to choose, I would always stay at the back, last: I was the weak element, 'the fat girl,' nobody's favorite."

The Stella of those days seems to come from another planet than the self-aware, overflowing, confident woman who decided to write this book. But if Stella has changed – it took years of insults, disappointments, discrimination, but also of achievements, successes and accomplishments – the planet is still very much the same. As long as the equation of "fat" equals "lazy" or, worse, "sick" applies; as long as oversize actresses are assigned exclusively secondary roles; as long as parents, peers, and colleagues do not understand that arrogating the right to give health, nutrition, or beauty advice to people who do not have their form weight is for all intents and purposes violence; as long as all this continues to happen, things will not really have changed. *I Am Beautiful* is many things.

It is the story, at times hilarious at times painfully dramatic, of a journey of liberation. It is an indictment of all forms of discrimination, from the most egregious to the most subtle and creeping. And it is, before anything else, an open letter to the people who still tend to shrink, to disappear, in order to prevent anyone from laying eyes on them and their bodies that "do not conform to the standards imposed by society".

Born in Savona in 1985, **Stella Pecollo** began acting at a young age. She lived in New York and London for long periods of time, during which time she took acting classes, held unlikely jobs and took part in major film productions. She is a burlesque and tap dancer, and she has also been a radio host. Recently she was part of the cast of the musical *The Chocolate Factory*, the TV series *ExtraVergine*, directed by Roberta Torre, and *Sibera* by Abel Ferrara.

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.

Foreign rights sold to: Estonia

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.

Sociology

Ange Fey

IN THE END YOU DIE

Understanding death, guiding life

We have a whole lifetime to prepare for death.
So why is it that in our society we are all so sorely unprepared when nearing the end?



144 pages - January 2024

Ange Fey has a unique job. He accompanies terminal patients and the elderly, standing by them through the last stages of their lives. Supporting not only the dying but their families as well. He is neither a clergyman nor a therapist. With deep respect and profound empathy for what makes us human, he puts himself to the service of others, assisting and helping them cope with all aspects of their passing.

Alla fine si muore is a powerful memoir, recounting the intense experiences of the author from the very first instance the issue of death became part of his life. A tale of poignant and meaningful encounters, of difficult questions, of bold statements. A meditation to prepare for death seen as a natural event but most of all to reflect on the complexities of life, on the biological meaning of existence and our own individual baggage.

With the wisdom one can only acquire through experience, Ange Fey engages with a universal theme, tackling what is perhaps the greatest taboo of our times, a topic typically obscured by fear, pain, and misunderstanding.

«I am not a clergyman, a physician, or a psychologist. I hold no certainties on death and in this book, you'll find nothing resembling a teaching. I accompany people in their passing. I am a human being who, free of all dogma, stands beside the dying and their families.

I am curious about all facets of life - its beginning and its end».

Born in France, **Ange Fey** has for years now been living in Italy. Since the Nineties he has been counseling terminal patients and helping their families cope. He is the founder of *Il bruco e la farfalla* [The caterpillar and the butterfly], a non-political, non-confessional association providing support for the dying and promoting awareness for a culture of end-of-life care. He is a lecturer and organizer of workshops for a deeper understanding of death and dying and for end-of-life care training both in Italy and abroad.

Mauro Crippa, Giuseppe Girgenti
HUMAN, ALL-TOO-LITTLE HUMAN
 Spiritual exercises against artificial intelligence

A survival manual for the digital era.
 An act of psychological and cultural resistance.



240 pages - February 2024

A «thinking» machine poses huge questions to human beings. Will we become expendable in the workplace, in personal and professional relationships, in the cognitive processes that are basis of our civilization?

What we urgently need to understand is not how intelligent Artificial Intelligence really is, but what havoc it may wreak on our soul. One thing we not for certain is that something not human is taking over our lives. And our best line of defense is not to try and see in the future but to turn to the past, through a reasoned and well-documented foray in the ancient world. In returning to ancient Athens and Rome, according to the authors of this brave and timely book, we set our minds on a journey back to the wisdom of the classics. For there is the well of wisdom we can rely on for the new spiritual exercises so direly needed in our present times. As the one true sovereignty is that of the mind.

We are being taken over not by other people but by technology - devices, algorithms, and neural networks progressively stripping us of faculties and skills. The defining trait of «cutting-edge» AI are not its latest - and always temporary - achievements, but the actual and ongoing inroads it is making in the inner sanctum of our minds. Only an act of psychological and cultural resistance and the strength provided by classical philosophy can make us resilient and - hopefully - allow us to control AI.

Mauro Crippa is a Mediaset executive and manager for news programs and communication

Giuseppe Girgenti is a lecturer in the History of Ancient philosophy at the San Raffaele Vita-Salute University in Milan.

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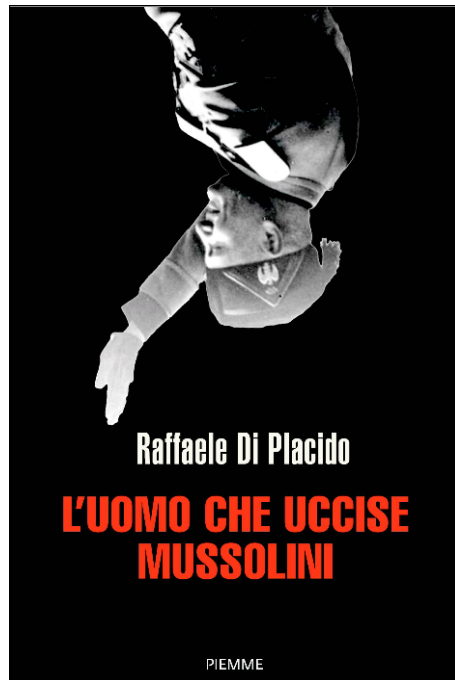
History & politics

Raffaele Di Placido

THE MAN WHO KILLED MUSSOLINI

The last days of the Duce and of the freedom fighter who carried out his execution

The story of a turning-point in Twentieth century history - the execution of Mussolini by a Resistance fighter and the end of fascism.



208 pages - April 2024

As riveting and compelling as a novel, a book on the last days of two protagonists of Italian history; Benito Mussolini, Il Duce, a man about to lose everything, and the Resistance fighter who shot him, Walter Audisio, nom de guerre Commandant Walter, about to step into the limelight of world history. Raffaele Placido leads us by the hand to Lake Como, recounting the hectic last stages of the chase, the capture, and the execution, up until the final curtain in Piazzale Loreto, Milan, following the sentence of the Resistance tribunal.

In a perfect balance of history, narration, and historiographical inquiry, this book, like the best true crime in which the killer is known from the start, recounts what are perhaps the most crucial events Twentieth century Italy. The events that started a new era.

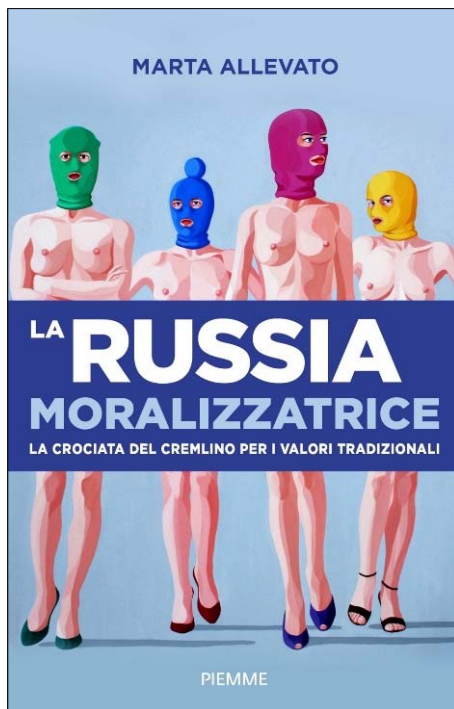
Raffaele Di Placido is an author and television science communicator. In 2023 he was chosen as anchor for the tv show Una giornata particolare [A special day], a new tv format created by Aldo Cazzullo taking viewers to a fascinating journey in a crucial day in the life of a historical figure, a day that marked or changed history.

Marta Allevato

RUSSIA THE MORALIZER

Kremlin's crusade for traditional values

A deeply researched and enlightening essay on the ideology propagandized by the Russian government



288 pages - February 2024

Aside from news on the economy and the war, only a trickle of what is really happening in Russia today, in its society and politics, reaches beyond its borders. This book, the result of meticulous research and close analysis, and underpinned by the unique understanding of the Russian world afforded to an author with first-hand experience of both its every-day life and historic events, delves into the last decade of Putin's rule, bringing to light the revival of a conservative image of Russia, depicted as bulwark of traditional values against the «corruption of the West». This dramatic turning-point came about at the start of Putin's third term in office, in 2012, when the Russian president launched a new, eclectic ideology hinging on reactionary ideas, appeals to orthodox values, militarization, mistrust of the urban middle class, and anti-Americanism. All in an effort to promote a new national identity, in stark contrast with a «sinful» West, a harbinger of moral corruption from which Russia needed to defend itself. Today, liberalism, secularism, pacifism, homosexuality, and feminism have become the targets of persecutory laws and campaigns, in the context of a system steadily becoming more authoritarian. A crusade against the outside world, but more often against Russian's own population, to silence all opposition.

«Our way of protecting our traditional values has earned huge support all around the world, a support that is growing exponentially».

Vladimir Putin, 14 December 2023

Born in Rome in 1979, **Marta Allevato** is a journalist in the Foreign Affairs department of the Italian agency AGI (Agenzia Giornalistica Italia), where she covers the post-Soviet space, Russia, and Iran. A graduate in Russian language and literature, she worked as freelance journalist in Moscow from 2010 to 2018 for various media outlets, including Sky TG24, «Il Foglio», and RSI (Radiotelevisione svizzera italiana). During this time, she reported on key events in the political, economic, and cultural life of the country, ranging from the return of Vladimir Putin to the Kremlin, in 2012, to the World Cup, and covered the rise of opposition figure Alexei Navalny and the annexation of Crimea, the prelude to the current conflict with Ukraine. and manager for news programs and communication

Claudio Tito

NATION EUROPE

Why the ideology of sovereignty is bound for defeat

Claudio Tito recounts the three years that have radically changed Europe. And shows how a political federation of the continent is no longer an utopistic dream but has become a viable political outcome.



176 pages - March 2024

«Europe will be forged in crises», said Jean Monnet, and indeed the latest crises seem to have brought about a radical change in the Union, with the overturning of dogmas that had hindered its development in order to cope with the Covid-19 pandemic, the dire economic climate and finally the war in Ukraine. Perhaps more out of necessity than choice, the EU has accepted the issuing of common debt for the creation of the Recovery Fund, has implemented cohesive action in the health sector with the collective purchase of vaccines, and has included supranational elements in the organization of its Defense, most especially with the sharing of military aid for Ukraine. These developments all mark an irreversible turning-point.

The turbulent years of Covid have planted in the soil of the Old Continent the seed of European sovereignty, of a European Nation.

A seed that now needs to grow into a vigorous tree, with the progressive abandonment of deals and embargoes between individual countries for the transfer of powers to common institutions, and the rethinking of the governance of the single currency for the adoption of a shared budget.

«The ideologues of national sovereignty still associate the idea of Nation with the narrow dimension of individual countries. They invoke national interests while remaining blind to the limits imposed by a parochial management of problems. They cannot accept the fact that the only possible solution to the present problems of citizens is the expansion of borders. To make Europe into one nation, so it will have the means to compete with other world giants».

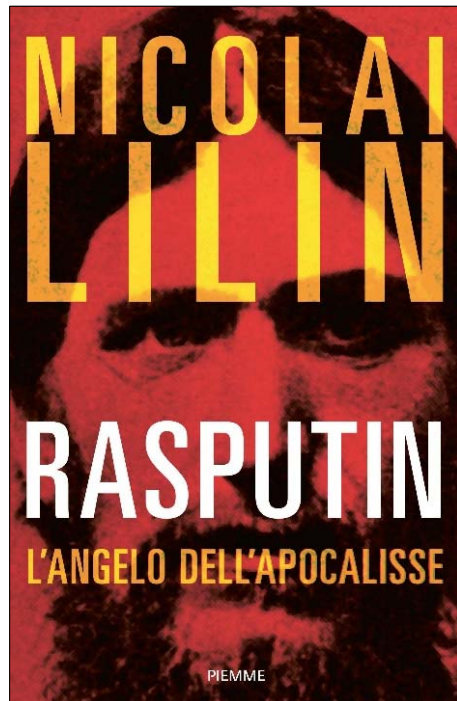
Claudio Tito is the correspondent from Brussels and columnist on European Affairs for the national Italian newspaper «Repubblica». His previous assignments for the newspaper were as columnist on politics and economy and as editor-in-chief of the political desk. Before working for «Repubblica» he wrote for «La Stampa», «L'Espresso», and the news agency Asca.

Nicolai Lilin

RASPUTIN

Angel of the Apocalypse

Claudio Tito recounts the three years that have radically changed Europe.
And shows how a political federation of the continent is no longer an utopistic dream but has become a viable political outcome.



176 pages - March 2024

After the success of *Putin* (20.000 copies sold) and *Ucraina* (10.000 copies), Nicolai Lilin tells us the story of Rasputin, one of the most fascinating and mysterious figures in Russian history. A mystic, a politician, a shrewd strategist, Rasputin had the entire Romanoff family at his feet. How did he become the consigliere of the czar? Who was this seemingly oafish peasant of extraordinary charisma? Lilin takes us inside the history of prerevolutionary Russia. In exploring the man and his charisma, he paints an amazing canvas of Russia in the early Twentieth century.

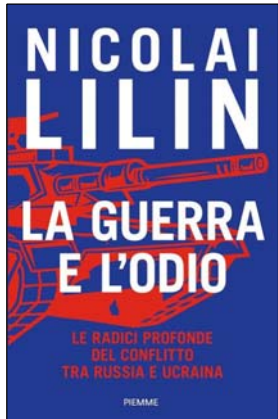
A vast, backwards country, with a royal family among the most refined in the world, doomed to be swept away by Lenin's revolution. The biography of a mythical figure and the story of an empire on the brink.

Lilin's essays have sold over 40.000 copies and counting.

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. With Sperling & Kupfer he has published *Putin, l'ultimo zar* (Putin, the last czar), *Ucraina: la vera storia* (Ukraine: the true story), *La Guerra e l'Odio* (War and hate) reaching the 40.000 copies sold.

Nicolai Lilin

Backlist



192 pages
June 2023

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.

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 Linin, 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.

UKRAINE: The True Story

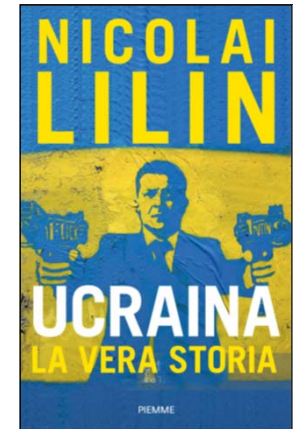
Who is Zelensky? And who wields the real power in Ukraine? The untold truths on a country dominated by oligarchs

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.

PUTIN. THE LAST CZAR

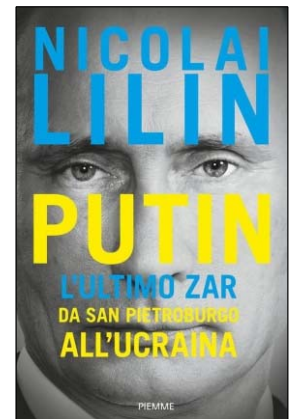
Who is the man behind this modern-day “czar of all the Russias”?

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.



128 pages
November 2022

OVER 11000
COPIES SOLD!!!



224 pages
March 2022

OVER 21000
COPIES SOLD!!!

Antonio Caprarica

THE END OF ENGLAND

Who killed Cool Britannia?

In the sharp (and best-selling) style of a leading expert on the Royal Family and the United Kingdom, an essay to finally understand British devolution from Cool Britannia to Brexiland.



224 pages – May 2024

It seems ages since the times of Cool Britannia, the “roaring” decades when London’s star shone above all others, a universal beacon and forerunner of all that would come next. The time of the Spice Girls in pop, Damian Hirst in art, and Alexander McQueen in fashion, when *Trainspotting* exemplified the fragility of a whole generation and England was the hub of all new trends and innovations, when Tony Blair swept away the old with a welcome breath of fresh air.

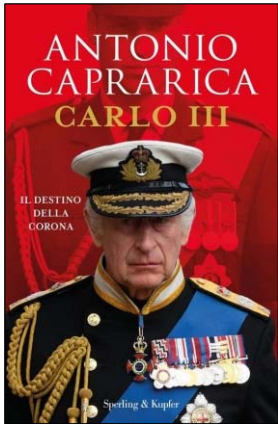
Thirty years later, what is left of that wonderland? After Brexit, with the economic crisis, the passing of the Queen, the Royal Family falling apart, and a string of forgettable prime ministers, the light seems to have gone out in the UK, with the country falling deeper and deeper into self-doubt and shutting itself off from the rest of the world.

From his time as London correspondent for RAI to the present day, Antonio Caprarica has been a keen-eyed witness and narrator of the rise and fall of the Empire. In this new book he delves into the most intimate workings of the monarchy as well as current events, and, in his signature mordant style, draws an accurate and penetrating depiction of the critical junctions that brought the UK from a starring role to that of bit player.

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

Backlist



WILLIAM & HARRY

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.

The path of Charles III 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.

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?

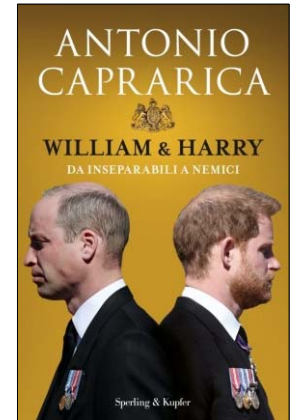
336 pages
April 2023

Foreign rights sold to:
Finland

WILLIAM & HARRY

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

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.



200 pages
June 2022

ELIZABETH. QUEEN FOREVER

The life, the reign, the secrets

In this book Antonio Caprarica, 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

The great books - SERIES

Roberto Pagani
THE BIG BOOK OF ICELANDIC LORE
Legends and fairytales from the Land of Ice

Trolls, elves, magic, and unexpected creatures - the ultimate book on Icelandic lore, with gorgeous illustrations by the author.



516 pages - May 2024

Roberto Pagani describes his adopted homeland through the traditions, legends and myths enveloping Iceland.

In this book the author recounts the stories recorded in medieval manuscripts or told around the fire for generations, stories both famous and little known. He talks of bizarre creatures, such as the King of Bears, the Seal-Man and the Horse Demon, whose hooves and ears are reversed, but also of trolls and elves. And he illustrates these stories with his own photographs and pictures. A rich, lively volume on a fascinating topic, ideal for both the connoisseur and the beginner.

Roberto Pagani was born in Cremona in 1990. In 2014 he moved to Iceland, and the following year earned his degree in Medieval Icelandic Studies at the Icelandic University in Reykjavik, where he is now a lecturer and postgraduate researcher in Icelandic Linguistics and Paleography. Since 2016 he has been teaching Icelandic Medieval Manuscripts, Italian grammar and literature, and History of Italian Opera.

As eclectic as the Icelandic soul, he is also a tour guide, a translator, and blogger.

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.

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.

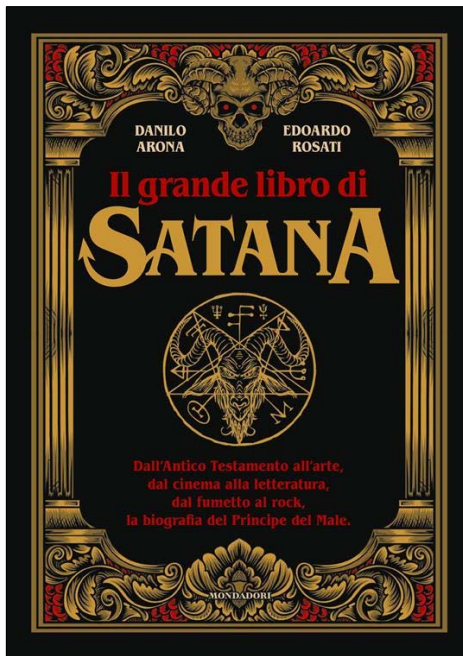
Sebastiano Fusco, a leading Italian expert of Lovecraft, has succeeded where so many have failed. His book embraces the Lovecraft universe in its entirety, retracing the full arc of the writer's life and work. A unique opus, rich in insights and resources, many brought to light for the first time ever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

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

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*.

Crimes and Mysteries

Elisa De Marco

ELISA TRUE CRIME

Two anthologies 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 40.000
COPIES SOLD!!!



192 pages
November 2023

MANIPULATION MINDS

Melania Rea
Jan Broberg
Jchandra Brown
Bestie di Satana (Beasts of Satan)

18.000 COPIES
SOLD!!!

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.

Marco Cesati Cassin
MAKING CONTACT
Signs from the world of the invisible

The new book by a leading expert and researcher in the spiritual sphere and the field of fate, coincidences and the supernatural



208 pages - May 2024

Spiritualism began in the United States in mid-Nineteenth century, with the Fox Sisters. It immediately gave rise to a debate between followers and skeptics that is ongoing to this day. But proof of interactions between the everyday and the transcendent is too strong to be ignored. In this book, Marco Cesati Cassin investigates spiritual phenomena both as a researcher and an eyewitness. His countless experiences with mediums tell of one fascinating truth - the invisible is all around us, in the here and now. A testimony on the continuation of life after death, invaluable for both secular and religious seekers.

An author with over 70.000 copies sold

Marco Cesati Cassin is an author and researcher in the realm of destiny, coincidences, and the spiritual sphere. He gives lectures and seminars all over Italy. His publications with Sperling & Kupfer include *Non siamo qui per caso* [Not here by chance] (2012), *Presenze positive* [Positive presences] (2014), *Le coincidenze che cambiano la vita* [Life-changing coincidences] (2018) *La legge del Karma* [Karmic law] (2021) and *La formula di Dio* [God's formula] (2022).

Andrea Puttolu

WHEN THE LIGHT GOES OUT

Nightmare legends and creatures

By a storyteller of nightmares and the paranormal



208 pages - May 2024

The abandoned psychiatric hospital of Auguscello.

The story of the "Monastery cursed Monastery of the Devil's Monks".

The Sardinian legend of s'ammuntadore (Creatures from Sardinian mythology that would attack people in their sleep through nightmares).

The jannare (the witches of Benevento)

The American myth of Cropsey, the bogeyman of the woods.

The forest of Japanese suicides.

And many other tales that seem to come directly from the territories of the nightmare, told by the unmistakable voice of Andrea Puttolu, creator of the famous and much-followed 'Endriu Files' page.

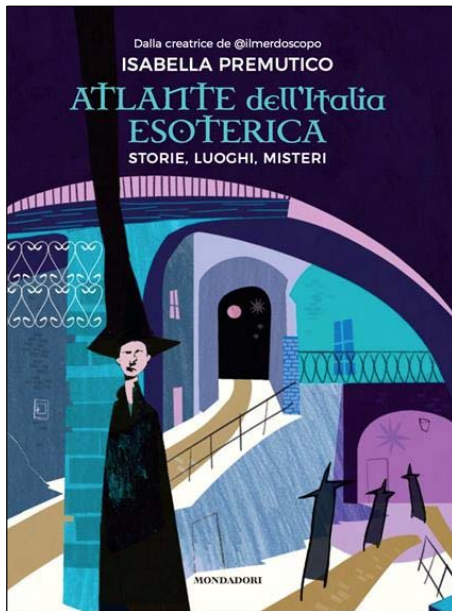
Andrea Puttolu is the creator of the ENDRIU FILES page. He has always been passionate about horror and paranormal phenomena. A couple of years ago he decided to open a Tik Tok account where he could tell the stories that have always obsessed him. Since then, his popularity has never stopped growing.

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: esoterism 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.

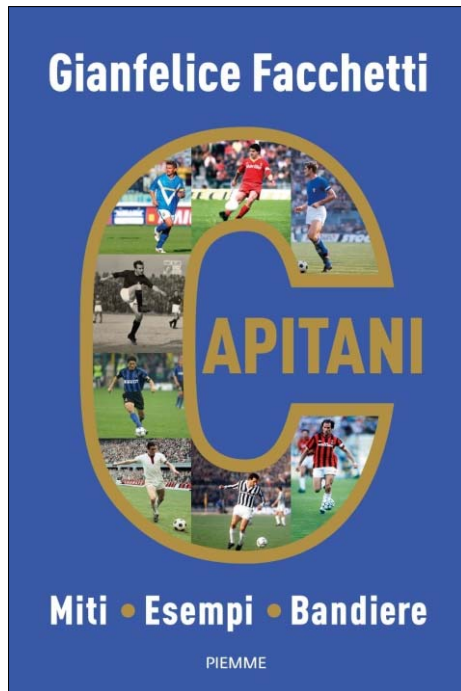
Sport

Gianfelice Facchetti

CAPTAINS

Myths, Examples, Flags

Those armbands are a symbol of a wonderful sport.
Captains Are the essence of soccer.



224 pages - April 2024

This book tells where the armband we see on the arms of some soccer players around the world came from and what it represents.

In Italy, this sign has appeared on soccer fields since the 1949/50 season, although captains have always been talked about albeit somewhat confusingly because they were pioneers, figures who held different positions within their respective clubs. Even though the faces on the cover are mainly of Italian champions, there is no question that the genesis of this symbol, takes the tale where soccer started to get so far: England.

Indeed, especially in the first part of the book, there are chapters devoted to figures and teams that have etched their names in football history: Dr. James Spensley, founder of Genoa; the story of Captain Nevill, who in World War I led his soldiers into the conflict using the game of football to hide the ferocity of bloodshed; the downward parable of Manchester United, the team with the most fans in the world, but emptied of sporting and historical meaning by continuous changes of ownership.

This and more, in a journey through the faces of champions, matches, and the emotions of fans, to understand whether there is still a place in the sport for words like identity and loyalty.

Actor, author and theatre director, **Gianfelice Facchetti** writes for the main daily newspapers and works for several national tv programs on sports. Son of world renown inter football player Giacinto Facchetti, he has devoted to his father the best seller *Se no che gente saremmo* (2012 Bancarella Sport prize). He authored the book *Inter 110*, and drew his last theatre piece from *The Soccer Tribe* by Desmond Morris. He is Author of *C'era una volta a San Siro*, published by PIEMME in 2021

Rafael Leão

SMILE**My life between soccer, music and fashion**

176 pages - February 2024

"I smile because God has given me an incredible gift and so far the work I have done - because I have done so much work - has been repaid by this success".

Rafael Leão is one of the most promising and strongest players in the world. A striker for AC Milan football club and the Portuguese national team, his goals, his dribbles, his unmistakable style of play have become iconic to his fans, but also to the many fans outside the world of soccer. Rafa has an infectious smile, a sculptural beauty, an uncommon spontaneity.

His personal history, his relationship with his father, his soccer rise, his way of communicating on social media, his passion for trap music and fashion make him a trendy icon of sports but also of style.

In short, Leão is more than a soccer player.

Between anecdotes about the Italian championship, stories on Ibrahimovic, Maldini and his teammates, confessions and revelations about his private life, about the deep meaning of fame and celebrity, about his musical passions, in this book Rafa is not only the champion who lays himself bare, the boy from Almada who dreams of the big stages, of feats on the field, victories and trophies together with his team, but the emblem of a generation that eschews easy labels.

Rafael Alexandre da Conceição Leão, known simply as **Rafael Leão**, born in Almada, June 10, 1999, is a forward for the AC Milan and the Portuguese national team. He grew up in Sporting Lisbon, in 2018 he moved to Lille. After just one season with the French he was bought by AC Milan, with whom he won a championship (2021-2022).

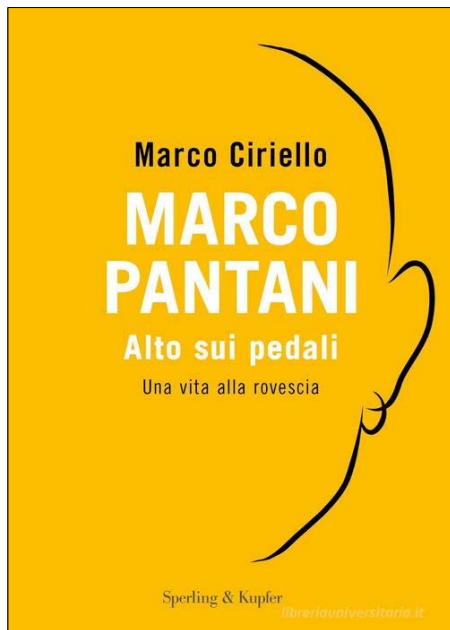
Music and fashion are the other two strong passions of Rafa: in early 2021, in fact, he released his first record. In addition, he designed the streetwear brand *Son is son*.

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.

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.



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.

256 pages - September 2023

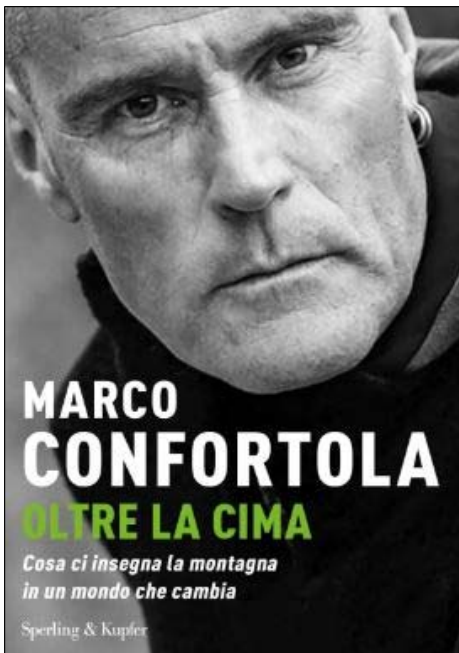
Mountaineering

Marco Confortola

OVER THE TOP

What mountains teach us in a changing world

A motivational book on mountains as metaphor



224 pages – May 2024

The Hunter of 8000 - that's Marco Confortola's nickname - from the mountains he has learned everything and much he continues to learn, day after day. He has learned respect, care, dedication, but above all the importance of being able to adapt to the most diverse situations and contexts.

This book, which takes inspiration from the author's mountaineering experience, speaks precisely of the mountains as a metaphor for understanding how important it is to adapt in a world that, for better or worse, is constantly evolving, constantly changing.

Once again, Marco Confortola brings the mountain, with its fascination and its challenges, into the lives of all of us.

Marco Confortola is among the best-known international mountaineers. He is a best-selling author, this is his fifth book.

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



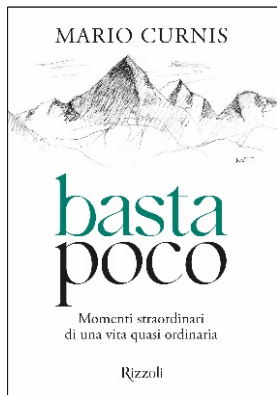
208 pages - June 2023

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.

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.

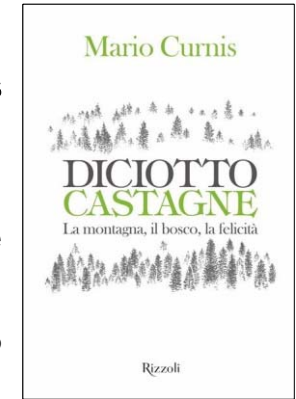
EIGHTEEN CHESTNUTS

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.

Literature

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?

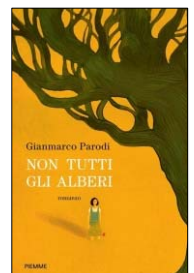
From the dock in the harbor filled with shipwrecks to explore, to the bakery under the house chosen to carry out a greedy robbery, from the old casbah perched where grow trees with communicating branches, to the dark path full of spiders where to hide a gun stolen, "Sanremo keeps popping up in my books,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



Mythology

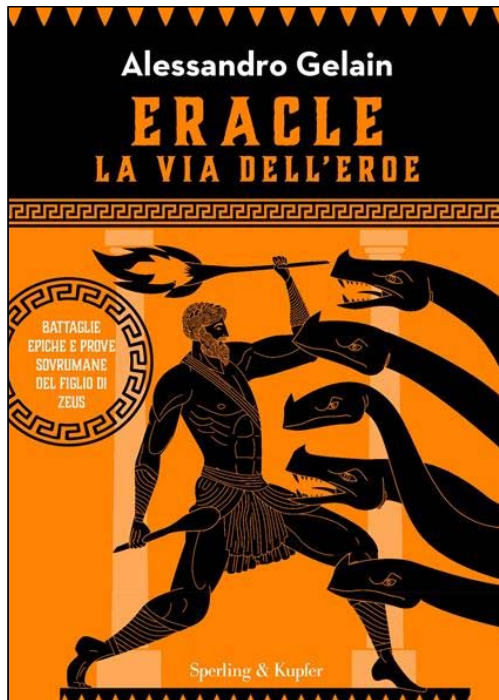
Alessandro Gelain

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».



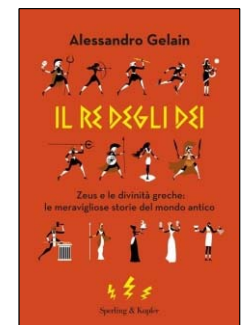
224 pages - October 2023

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].

A son of Zeus and of the princess Alcmene, 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.





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