



S O N D E

**RIGHTS
CATALOGUE**

**ADULT
NONFICTION**



Pediatra Carla

BABY-LED WEANING **A practical handbook**

A practical and engaging handbook answering every common question about weaning that might be worrying new parents. A fresh and effective approach to get through a worrisome phase, to enjoy meals and grow together. Parents and children can take this important step together with confidence, this book will guide them in learning to eat well and safely.

Weaning is actually simpler than it seems.

We only have to engage our children, let them watch us and accomodate their behavior. They'll let us know what they need.

Pages: 192, full color

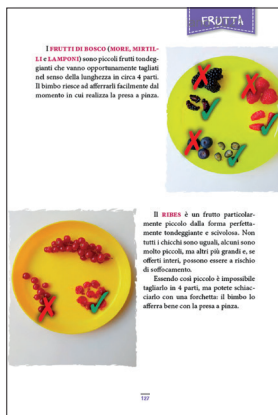
Size: 14x21 cm - 5,5x8,2 in

Format: paperback with flaps

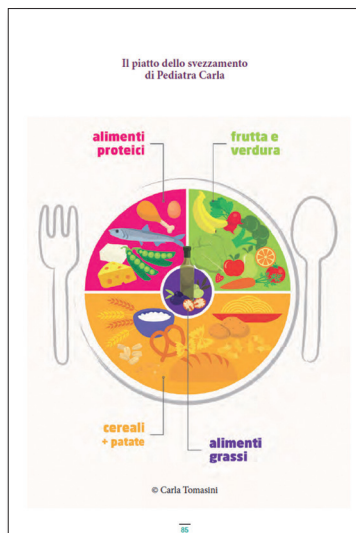
Keywords: weaning, parenting

Rights sold: Turkey

**MORE THAN
140 000
COPIES SOLD!**



With more than 100 photos showing how to cut every food to avoid choking!





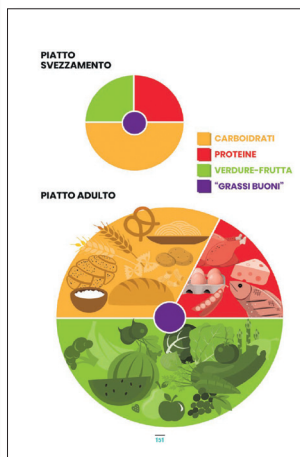
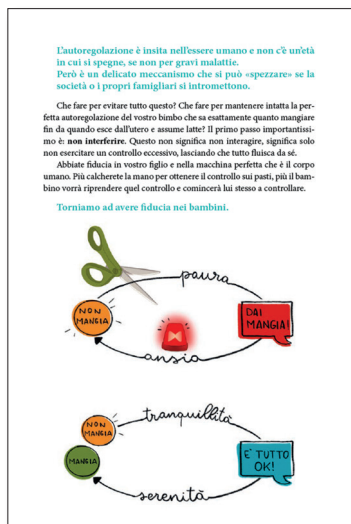
Pages: 176, full color
 Size: 14x21 cm - 5,5x8,2 in
 Format: paperback with flaps
 Keywords: children eating
 behavior, parenting
 Rights sold: Turkey

Pediatra Carla AT THE TABLE A journey into children's eating behaviors

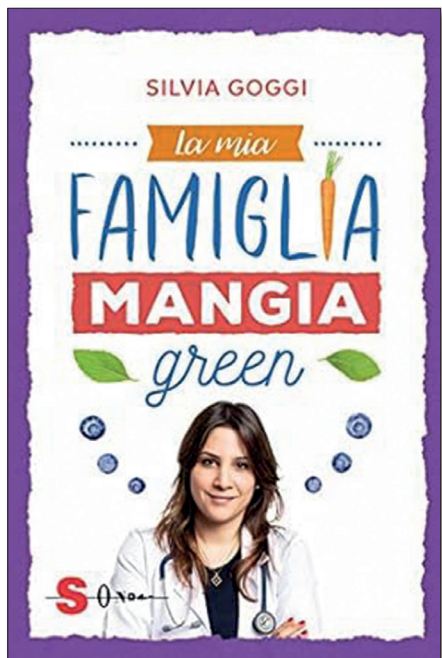
With her unstoppable enthusiasm, Carla Tomasini (Pediatra Carla) accompanies parents in their most important job: making our kids discover food while putting aside biases and fears.

She explains what happens from the moment weaning ends, which are the physiological steps of children eating, the most common challenges to face when helping them become independently when eating, all from both a physical and a psychological point of view.

The fundamental handbook
 from 0 to 10 years old.



MORE THAN
 16 000
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Silvia Goggi

GREEN EATING

With scientific and medical suggestions, the first part of this handbook provides easy tips and explanations to build a simple but strong family food culture, easy to get used to.

It is followed by more than 200 recipes divided by age (0-17), season and week, tips and fun facts to guide parents towards healthy choices for their children, from the shelf to the table.

Detailed and well-written by a real expert on the matter it is the perfect book for parents struggling to find original ideas that combine fun and healthy.

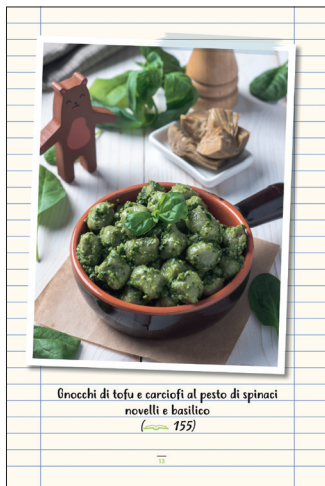
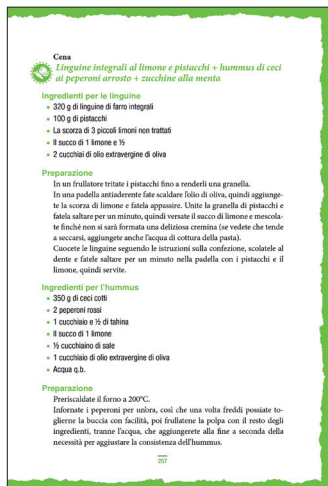
Pages: 352, black and green + photo insert

Size: 14x21 cm - 5,5x8,2 in

Format: paperback with flaps

Keywords: plant-based eating, vegan food, family meal prep

Healthy eating doesn't have to be boring, expensive and time-consuming if you know the trick!



**MORE THAN
12 000
COPIES SOLD!**



Pages: 224, full color
Size: 21x26,5 cm - 8,2x10,4 in
Format: paperback with flaps
Keywords: vegan kitchen,
ethnic cookery, food culture

Ilaria Cravero
MY CREATIVE VEGAN
KITCHEN
Traditional recipes from
around the world, but
make it veg!

This cookbook is not like the others: the author has taken up the challenge to recreate famous international dishes everybody loves, but she turns them into 100% vegan!

She has “reconstructed” their original taste using easy-to-find ingredients. Think about the flavors and emotions each country has to offer and set off for a culinary journey that will take you to China, Mexico, Japan, Peru, Brazil, the United States, Maghreb, Turkey, France, Spain and many others!

Are you ready to prepare carbonara, sashimi, tandoori chicken from scratch all 100% veg? The perfect cookbook for all those who love creativity when cooking.





Pages: 208, black and blue
Size: 14x21 cm - 5,5x8,2 in
Format: paperback with flaps
Keywords: parenting, eye-care, childcare

**Enrica Ferrazzi,
Maria Antonietta Stocchino**

KIDS'S EYES **Conditions, Causes,** **Symptoms and** **Treatment**

The first comprehensive guide on children's eye-care. We tend to believe we are born with a good sight, but it is not that simple.

The first 6-8 years are crucial and will influence posture, learning, the ability to focus, reading, performance in school and sports. So when is the right time to check if everything is ok? When should parents turn to an ophthalmologist?

Is it possible to take preventive actions?

Everything you need to know is in this book.

The first complete guide on children's eye-care, combining theory and practice to answer all questions parents may have.



Pages: 176, black and blue
Size: 14x21 cm – 5,5x8,2 in
Format: paperback with flaps
Keywords: geriatrics,
caregiving, elderly

Stefania Velitti

**TAKING CARE OF
OUR ELDERLY**
**The no-guilt guide
that helps you to
help them**

This book is for families and caregivers of frail elderly people, to help them in practical situations and with their psychological burden.

Drawing from the author's professional experience, how to take care of our elderly describes effects of different conditions and how they should be handled: from dizziness and the risks of falling to bed rest and depression, from dementia to incontinence, from the proper nutrition to the correct physical activity.

**Useful information,
practical advice and tips
to face all difficult situations
with consciousness and peace of mind.**



Pages: 152, black and green
Size: 14x21 cm - 5,5x8,2 in
Format: paperback with flaps
Keywords: green travels,
environment, ecosystems

**Chiara Grasso,
Christian Lenzi**

TRAVEL SUSTAINABLY

With its countless tips and tricks, this book is the tool you need to change your way of planning, enjoying and remembering a trip. Its two sections focus on pre-departure arrangements and do's and don'ts while on the road and they're filled with expertise and practical suggestions. From picking the right accommodation to choosing how to get to the desired location, from fun activities to best practices to respect nature and animals, this handbook allows you to become a true green traveler!

How do you travel in a post-covid world? Can you travel with respect towards nature and local animals and populations? All you need to know is in this guide, the perfect tool to start exploring again with new eyes and a new mindset.



Pages: 208, black and green + photo insert

Size: 14x21 cm - 5,5x8,2 in

Format: paperback with flaps

Keywords: detox eating, juicing

Veronica Pacella

FIND YOUR ENERGY Cleansing as a lifestyle

With a clear and practical approach to cleansing, This book is the perfect start to a healthier and more conscious lifestyle.

Divided into three sections, explaining how the body creates energy and how it serves as our engine, painting a picture of the world of detox through healthy foods and suggesting easy menus and recipes to put everything into practice, this handbook is a great tool to start caring for your wellbeing in a brand-new way.

**Feeling tired, worn out and numb?
Turn to your body, it already has
all it needs to release stress and
reinvigorate your everyday life.**



Pages: 256

Size: 13x21 cm - 5x8, 2 in

Format: paperback with flaps

Keywords: dog rescue, fight against strays, animal rights

Rights sold: Romania, Germany



Sara Turetta

FOOTPRINTS OF JOY

Sara has everything she ever wanted: a career in advertising, a loving husband, a close family. But as soon as she hears about mass killings of stray dogs in Romania, she has to do something.

Leaving everything behind, she sets off for Cernavoda, where she starts fighting corruption and poverty and helping animals in critical conditions. This book is Sara's raw and touching journey through the remains of Romanian dictatorship, the recollection of different encounters with dogs and people showing her the final destination is always hope.

With a chapter about the war in Ukraine and Sara's experience on the border.

«Dogs never forget the ones who save them» and the opposite might also be true, at least for Sara, founder of the association Save the Dogs and Other Animals. She has helped hundreds of dogs to survive and find a home. This is her story.



**MORE THAN
5 000
COPIES SOLD!**



Pages: 424, black and blue
 Size: 12x17 cm - 4,7x6,7 in
 Format: hardcover
 Keywords: horses, ethology

**MORE THAN
 12 000
 COPIES SOLD!**

Faithful companions of men since ancient times, horses have too often been exploited and abused. This guide provides a comprehensive knowledge of the animal, the habits and its relationship with human beings, to make it respectful.

**Francesco De Giorgio,
 Valentina Muriello,
 Ester Corvi.
 Illustrated by
 Giorgio Sommacal**

BILINGUAL DICTIONARY ITALIAN/HORSE - HORSE/ITALIAN

Divided in three parts, communication from humans to horses, from horses to humans and among horses, the dictionary answers questions and clears doubts on how to have a good relationship with these animals and ensure their well-being. With 160 key-words, from training to riding, from intelligence to rearing, from halfbreeds to gallop, this book is the perfect tool to become fluent in horse language.





Elisabetta Galimi with Alessandro Lucino **SUCCESS, AS YOU LIKE IT**

How do you become an influencer with over 1 Million followers? This book offers all tips and tricks to help you turn a passion into a fruitful career.

The author, a successful influencer, shares the strategies and case studies she has tested over the years. Keep up with the Meta-universe, plan your strategy and create engaging content in the right way, analyze your audience and protect your digital safety.

Pages: 224, full color
Size: 16x23,5 cm - 6,2x9,2 in
Format: paperback with flaps
Keywords: social media,
Instagram, entrepreneurship

**Tips, strategies and solutions to turn
your digital dreams into reality!**

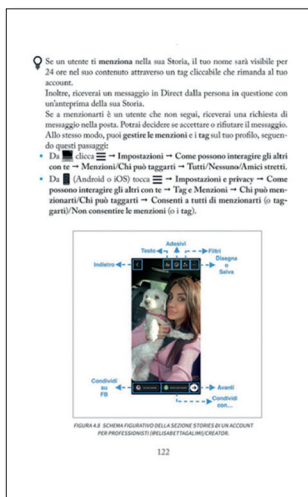


FIGURA 4.6 SCHEMA FIGURATIVO DELLA SEZIONE STORIES DI UN ACCOUNT PER PROFESSIONISTI (ELISABETTA GALIMI/CREATOR)

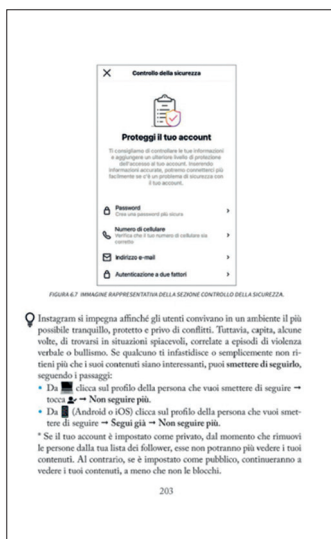


FIGURA 4.7 IMMAGINE RAPPRESENTATIVA DELLA SEZIONE CONTROLLO DELLA SICUREZZA

Instagram si impegna affinché gli utenti convivano in un ambiente il più possibile tranquillo, sereno e privo di conflitti. Tuttavia, capita, alcune volte, di trovarsi in situazioni spiacevoli, correlate a episodi di violenza verbale o bullismo. Se qualcuno è infastidito o semplicemente non ritiene più che i suoi contenuti siano interessanti, puoi smettere di seguirlo, seguendo i passaggi:

- Da **Android** o **iOS** tocca **Non seguire più**.
- Da **Android** o **iOS** tocca sul profilo della persona che vuoi smettere di seguire → tocca **Segui già** → **Non seguire più**.
- Se il tuo account è impostato come privato, dal momento che rimossi le persone dalla tua lista dei follower, esse non potranno più vedere i tuoi contenuti. Al contrario, se è impostato come pubblico, continueranno a vedere i tuoi contenuti, a meno che non le blocchi.



Pages: 224, black and orange
Size: 13x21 cm - 5x8,2 in
Format: paperback with flaps
Keywords: epigenetics,
genetics, wellbeing, balance,
laughter, meditation

Richard Romagnoli
Pier Mario Biava

THE HAPPY GENE

DNA can't be changed, but it can be influenced. How?

By laughing for example! With the right skills, you can laugh out our stress, anxiety and diseases and bring back a lasting well-being.

This concept is the basis of happy-genetics, the epigenetics of happiness.

This revolutionary approach was conceived by Richard Romagnoli and based on the researches of professor Pier Mario Biava, nominated for a Nobel Prize in Medicine.

An innovative mix of modern scientific studies and ancient spiritual disciplines, helping us to feel better.

**Restore the balance among your body,
your mind and your emotions with the five
practices of happiness and teach your DNA
how to be happy!**



Pages: 176, black and white
Size: 13x21 cm - 5x8,2 in
Format: paperback with flaps
Keywords: wellbeing,
nutrition, alternative medicine

**The intellectual legacy of
one of the most important
nutrition scientists
on a global scale.**

Colin T. Campbell
with Marco Fiorese
and Nicla Signorelli

HEALTH IS IN YOUR HANDS

Author of The China Study, the most important and comprehensive epidemiological study on the world's population's nutrition and health, Colin T. Campbell is recognized as one of the most influential personalities in the nutrition field.

With this book, he looks back on his life and his work. Having devoted his entire life to research, he has shaped a new vision of food science, verifying and testing some of the most fundamental thesis of natural medicine to reach a healthy lifestyle. This is his professional legacy, the tracing of the guidelines for the future of food, organic and plant-based nutrition, well-being and health.

With a contribution by Karen Campbell on her experience with cancer.



Pages: 112, black and white
Size: 13x21 cm - 5x8,2 in
Format: paperback with flaps
Keywords: philosophy,
environment, nature

Leonardo Caffo

**THE WOOD
INSIDE US
Life and Philosophy
from H.D. Thoreau**

A certain fascination for nature has always drawn people to adventurous stories like *Into the wild* by J. Krakauer and *Wild* by C. Strayed, suggesting that the natural world might be the solution to many of the modern issues.

Not many know that behind these choices is the philosophy of the American thinker H.D. Thoreau.

**How can we live a life tamed
by society and not
by the environment anymore?
The connection to nature could
become the foundation on which to
rebuild ourselves and a better future.**

Martina Micciché

FEMMINISMO DI PERIFERIA



S *0 no*

Pages: 176, black and white
Size: 13x21 cm - 5x8,2 in
Format: paperback with flaps
Keywords: feminism,
marginalization, cities'
organisation, gentrification

Martina Micciché

URBAN FEMINISM

This book tells the story of suburbs as objects and subjects, as social environments, as spaces of exclusion and inclusion. It tells the story of the center, with a double meaning: a geographical one, the city center, but also a social one, the center of power. It tells the story of a system of injustice that perpetuates inequalities and social injustices. The author examines the sexist arrangement of cities, on urban and institutional racism.

She analyzes gender stereotypes, bringing to light subjects who are often silenced and topics that aren't associated with the idea of suburbs, like the climate crisis and the expulsion of animals.

**Social change and gender equality
can only be achieved with an
inclusive approach, welcoming
all women, regardless of their
geographical situation.**



Pages: 192, black and white
Size: 13x21 cm - 5x8,2 in
Format: paperback with flaps
Keywords: polyamory,
non-monogamy, relationships

Dania Piras

POLYAMORY Why there isn't just a way to love

Is romantic love really superior to the other kinds? Can you only be happy in a couple, built on the promise of forever?

What about all other realities, that have no place in this type of story?

Polyamory gives us a new perspective on relationships, redefining all we think we know about bonds and feelings.

This not a book just for polyamorous people, it can be a useful read for anyone curious and willing to know more about themselves and the relationships they've built.

**You can love more than one person
at once, what matters is
doing it with respect and
self-awareness.**



Pages: 192, black and hot pink
 Size: 15x21 cm - 5,9x8,2 in
 Format: paperback with flaps
 Keywords: Bible, romance, relationships, pop culture



Maria Teresa Milano

21 LOVE STORIES **An unexpected look** **at the Bible**

The Bible is a collection of great stories, fascinating characters and human feelings.

This book portrays them with passion and expertise, starting from the original text but with a contemporary approach.

21 stories exploring all shades of love: not only romantic love, but seduction, dedication, passion, betrayal, forgiveness, violence and redemption. Because the Bible is a text that can always answer new questions.

Thousands of years later, the Bible
can still surprise us.
This time with 21 of the most beautiful love stories.



Pages: 240, full color
 Size: 14x21 cm - 5,5x8,2 in
 Format: paperback
 Keywords: LGBTQ+ rights,
 LGBTQ+ culture, tourism



Giovanni Dall'Orto Illustrated by Massimo Basili **RAINBOW ITALY**

From Turin and Milan to Venice, Florence and Rome: this is the perfect guide for tourists who are willing to have a different experience of these cities, but also a great book for those who want to learn and discover without leaving their home.

Detailed suggested itineraries featuring important characters of the past belonging to the LGBT community, quotes, interesting facts, valuable pictures and beautiful illustrations make up a one of a kind must-read.

**History doesn't speak through dates
 and names, but through people.
 And to get to know them, you need to
 go where their footprint was left.**



**Silvia Casini,
Raffaella Fenoglio,
Francesco Pasqua**

50 SHADES OF COFFEE

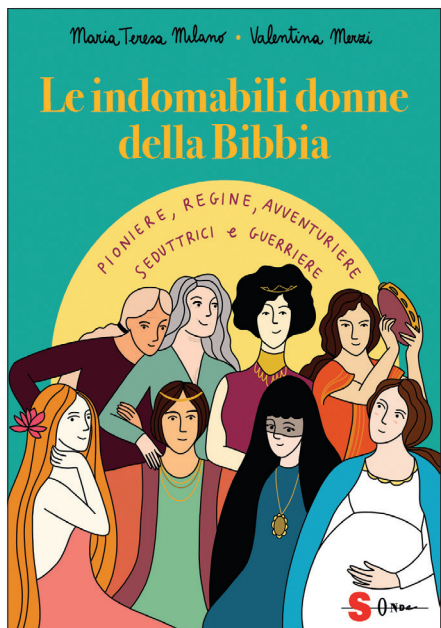
As the ultimate guide to this iconic drink, 50 Shades of Coffee is the book to keep in your kitchen: you can read it in the morning while you drink your first cup or find inspiration for a special recipe during the day.

50 fun facts, 50 ways to order it, 50 quotes, 50 unexpected secrets... add infographics, interviews and its pop tone and illustrations, and you get the perfect blend.

Pages: 256, full color
Size: 15x21 cm - 5,9x8,2 in
Format: hardcover
Keywords: coffee, pop culture

**Whether you take your espresso
black or prefer a caramel macchiato,
if you love coffee, you'll love
everything about this book.**





Pages: 160, full color
 Size: 18x24 cm - 7x9,4 in
 Format: hardcover with jacket
 Keywords: religion, feminism,
 pop culture

Maria Teresa Milano

Illustrated by

Valentina Merzi

UNTAMABLE WOMEN OF THE BIBLE

The past holds fascinating stories, but those of women have often been forgotten or lost in time.

Untamable Women of the Bible blends religion and feminism, drawing the portraits of 25 rebellious and strong female characters; from the most famous, like Eve and Mary, to the lesser-known, like Abigail and Micol.

Each portrait is made up by the woman's story, told in first person narration, fun facts and references in pop culture and her influence in arts and entertainment.

How many times have we heard about the women of the Bible?

But do we really know them?

**This book sheds a light on these figures
and shows how similar they can be to contemporary girls.**





Pages: 128, full color
 Size: 18x24 cm - 7x9,4 in
 Format: hardcover with jacket
 Keywords: music, feminism,
 pop culture

Alice Mammola
Illustrated by
Valentina Savi
SONGWRITERS
The world's greatest

Discover 40 international female songwriters through their stories, their most loved hits, those who have influenced them and those who they have influenced.

The music genres that made the history of music: folk, flamenco, fado, blues, jazz, pop, soul, rock, rap, raggaeton etc.

The legendary voices that have inspired battles for civil rights and gender equality and against racism and war.

**This is the book that shows you,
 if you don't know it already,
 that music is female.**





Pages: 224, black and white
 Size: 13x21 cm - 5x8,2 in
 Format: paperback with flaps
 Keywords: vintage, fashion, sustainability, second-hand

Serena Autorino

THANK YOU, IT'S VINTAGE! **Wear(ing) the Past to Say Who You Are**

«Vintage» isn't only a term commonly referred to all old styles of clothing: it's a lifestyle.

Vintage shopping is slowly becoming part of our daily life more and more. You might feel like you need a guide to this complicated but beautiful world: this is the perfect handbook to do so.

It covers every area of secondhand shopping, from its history to its practical applications, providing an essential tool for those who want to look back on the past and use it to build a sustainable and original present.



Second-hand is not just about shopping, it's about creating and expressing who we are;
buying vintage is not just about clothes, it's about second chances.



Pages: 128, black and white
Size: 13x21 cm - 5x8,2 in
Format: hardcover with jacket
Keywords: yoga for beginners

Francesca Senette

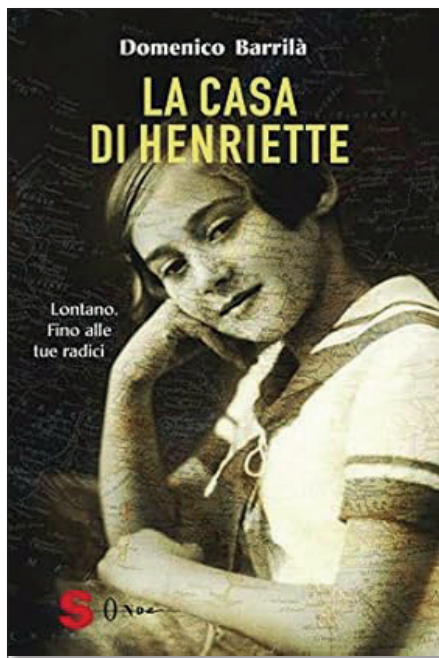
THE LITTLE BOOK OF YOGA

Ten fundamental words to build a solid knowledge of yoga and its roots: The Little Book of Yoga is a small and precious dictionary that clearly explains a famous and fashionable discipline not many know in depth.

Starting from its name to the word *namaste*, *via om* and *chakra*, the explanation of different positions and breathing techniques satisfies anyone, beginners and enthusiasts, letting every reader become confident in this amazing ancient discipline.

The union between mind and body and the balance between soul and spirit are the ultimate goals of yoga.

**A guide for everyone,
inviting those who are interested to
try and clearing doubts for those
who already practice it.**



Pages: 192, black and white
Size: 13x21 cm - 5x8,2 in
Format: hardcover with jacket
Keywords: history,
autobiographical novel

Domenico Barrilà

THE HOUSE OF HENRIETTE

Late 60's. The author's autobiographical childhood gets entangled with a mysterious little girl's from the past. On a journey that begins from a cemetery in Sicily and embraces all Europe, The House of Henriette is an overwhelming story of migration and the choices that shape our life.

It is the tale of invisible threads that connect humans, the narration of how Henriette's grandparents' decision to move to Southern Italy will somehow shape Domenico's destiny and the circumstances of his future life and work.

As private as an existential novel and as fascinating as a psychological thriller, this book reflects on borders, both exterior and interior. Connecting centuries, countries and people, it shows how the life of a man is the sum of circumstances and coincidences.



Pages: 160, black and white
Size: 13x21 cm - 5x8,2 in
Format: paperback with flaps
Keywords: self esteem, self confidence

Cinzia Mammoliti

WOMEN WHO DON'T LOVE THEMSELVES ENOUGH

**And how they can love
themselves more**

Why do so many women lack self-confidence if they are competent and capable?

How did their negative image about themselves take shape? Why are they often dependent on their partners and why are they more likely to fall into toxic relationships?

This handbook tells you how to avoid falling - or falling again - into this trap, how to learn to choose for yourself, how not to fear abandonment and loneliness.

A book to build defenses against emotional dependency, providing the tools to love yourself more and re-build your self-esteem.

PSYCHOLOGICAL VIOLENCE AND MANIPULATION

Books to help you build strategies to protect yourself

Cinzia Mammoliti

Violence is a common social problem many readers will be able to relate to: these books provide the tools to defend oneself from any kind of manipulation.

Cinzia Mammoliti is well-known in the field and respected for her knowledge of the subject and the clarity of her style. Through real testimonies and accounts, she is able to make the reader live the victim's experience.

Clear explanations and tips provide useful tools for the reader against manipulating behaviors, while testimonies and stories help them relate to and relive the experience.



SERIAL KILLERS OF THE SOUL

Psychologic violence can affect anyone, but too often the victim is to be found among women, and their partners are the ones manipulating them. Weakened and subjected, women often feel unable to defend themselves and report abusive behavior. This book is both a tool and a weapon: it helps to learn and watch out for warning signs and empowers women to act and take back their life.

Pages: 144, black and white

Size: 13x21 cm - 5x8,2 in

Format: paperback with flaps

Keywords: criminology, psychological violence

**MORE THAN
11 000
COPIES SOLD!**



THE AFFECTIVE MANIPULATOR AND HIS MASKS

There are ten types of emotional manipulators, all aiming at psychological and physical violence on their partners. To recognize them is to know how to fight them. This book is an important read against femicide and a concrete tool against any kind of domestic violence: a complete analysis enriched by testimonies and clear guidelines to recognize red flags.

Pages: 136, black and white

Size: 13x21 cm - 5x8,2 in

Format: paperback with flaps

Keywords: manipulation, true stories



IN A PSYCHOPATH'S TRAP

Francesca's story is the story of many: a wrong kind of love that feels right because it comes from someone able to play with words and actions. Raw and honest, the victim's recollection of her emotional manipulation covers a little more than a year. Inspired by a true testimony, this is a diary that should be read as a novel, but remembered as a real story.

Pages: 128, black and white

Size: 13x21 cm - 5x8,2 in

Format: hardcover with jacket

Keywords: diary, psycopathology, emotional manipulation



THE WORDS THAT SAVE US

Composed by guidelines, lists, facts and real stories about manipulative communication, this book is the most detailed and clear handbook on the subject. It helps the reader see through others' words and actions, to recognize manipulation in different situations and to fight back, with a simple language and clear examples many will be able to relate to.

Pages: 144, black and white

Size: 13x21 cm - 5x8,2 in

Format: paperback with flaps

Keywords: communication, self-confidence, relationships

THE VEG PLATE **Books that make you** **and your family eat better** **and feel better**

Luciana Baroni

A plant-based diet is good for our bodies in any phase of life to an elderly age, even during pregnancy. Benefits are objective and worth finding out. These books offer a broad approach to the subject, clear guidelines and practical suggestions to start with your new healthy lifestyle now. These books provide help and suggestions on how to start a plant-based diet no matter what stage of life the reader is living in: there is one for each phase, from pregnancy and weaning to elderly age. The scientific and medical approach to the subject, with complete facts, data, charts and nutritional values, makes tips reliable; easy menu suggestions help to put everything into practice and start new habits.



THE VEG PLATE. THE NEW VEGETARIAN DIET FOR EVERYONE

A modern guide for vegetarians, divided into three parts: the concept of nutritional adequacy in a plant-based diet and the tight interrelation between nutrition and health; the different foods and nutritional groups, as well as practical information about the setting up of an ideal plant-based diet and healthy lifestyle; weekly menus, simple and tasty, to start following.

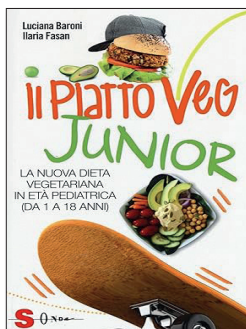
Pages: 216, black and white

Size: 13x21 cm - 5x8,2 in

Format: paperback with flaps

Keywords: well-being, plant-based diet

**MORE THAN
10 000
COPIES SOLD!**



THE VEG PLATE FOR KIDS

Parents are led by the hand to discover the principles of a healthy and balanced plant-based diet for their children. But paediatricians and everyone who is professionally involved in the physical development of kids can also benefit from guidelines and recommendations.

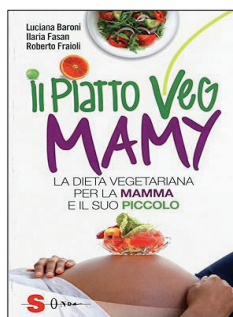
A rigorous but clear style is interspersed by nutritional tables, graphs and schedules and completed by easy-to-follow ideal menus.

Pages: 144, black and white

Size: 13x21 cm - 5x8,2 in

Format: paperback with flaps

Keywords: children's diet, plant-based eating



THE VEG PLATE FOR MOMS

The ultimate guide to a vegetarian diet, for the mother and her baby, from the moment of conception until one year after birth. Every pregnant woman will be able to understand the different biophysical mechanisms involved in different phases of pregnancy, how her body will develop and what she needs to do to take care of her and her baby.

Pages: 288, black and white

Size: 13x21 cm - 5x8,2 in

Format: paperback with flaps

Keywords: pregnancy, parenthood, plant-based diet



THE VEG PLATE FOR 50+

Being older than 50 shouldn't keep you from feeling healthy and living well a new phase of your life. Following the right diet can help you stay in shape, deal with menopause, osteoporosis, arthritis symptoms and many other problems. This guide provides all the tips you need to start and suggests a well planned and low-fat plant-based diet, that includes foods from every food group.

Pages: 160, black and white

Size: 13x21 cm - 5x8,2 in

Format: paperback with flaps

Keywords: menopause, well-being, plant-based diet



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