Self-Help and Body, Mind & Spirit Titles in Spanish
Fall 2016
**Naturaleza facinante**  
*Inspiraciones creativas para colorear*  
Christina Rose

**Summary**  
Color the beauty of the natural world and stimulate your mind to explore new sensations through this wonderful book. It includes rich, detailed illustrations as well as inspirational phrases that help you unwind and meditate. You can customize the illustrations using imagination and creativity; there are no rules.

**Contributor Bio**  
*Christina Rose* is a recognized expert and illustrator. She is the author of more than 15 coloring books for adults.

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**Arte-terapia**  
*Inspiraciones creativas para colorear*  
Christina Rose

**Summary**  
Explore the new, worldwide phenomenon: art therapy, and reach a pleasant state of sensation through this wonderful book. Tensions will melt away through these creative designs. Discover a sense of calmness and embark on a meditative journey through color and inspirational phrases.

**Contributor Bio**  
*Christina Rose* is a recognized expert and illustrator. She is the author of more than 15 coloring books for adults.
**Mindfulness**

**Inspiraciones creativas para colorear**

Christina Rose

**Summary**

With this book you can fight stress while finding inspiration. Let your imagination shine through as you give color to the strikingly detailed coloring sheets. Discover the pleasure of creating your own unique style. All illustrations are accompanied by a well-known quote that will help you narrow your focus and reflect on your daily life.

**Contributor Bio**

Christina Rose is a recognized expert and illustrator. She is the author of more than 15 coloring books for adults.

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**Oasis de calma**

**Inspiraciones creativas para colorear**

Christina Rose

**Summary**

Find your calm oasis through this beautifully detailed coloring book. Focusing your mind on the meditative coloring sheets will help you combat stress and anxiety, therefore improving upon your daily life. Each illustration is accompanied by original motivational quotes and is printed on a single-sided page so they can be cut out and saved.

**Contributor Bio**

Christina Rose is a recognized expert and illustrator. She is the author of more than 15 coloring books for adults.
**Felicidad**

100 diseños para sentir alegría y pensar en positivo

Angela Porter

**Summary**

The images chosen for this coloring book revolve around issues that unanimously are considered to evoke happy or optimistic responses in people. The act of coloring, combined with carefully chosen topics of this book seeks to create a sense of happiness.

**Contributor Bio**

*Angela Porter* is a self-taught artist who finds inspiration in nature. Most of her work is abstract with flowers, shapes, and colors that create detailed masterpieces.

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**Serenidad**

100 diseños para estimular los sentidos y despertar la creatividad

Angela Porter

**Summary**

This book is the perfect place to abandon the stress of everyday life. This book addresses keys to unchain common stress inducers such as disorder, chaos, personal relationships, economic difficulties, and many others.

**Contributor Bio**

*Angela Porter* is a self-taught artist who finds inspiration in nature. Most of her work is abstract with flowers, shapes, and colors that create detailed masterpieces.
Calma
100 diseños para meditar y relajarse
Angela Porter

Summary
This book is divided into six chapters dealing with different themes and motifs such as mandalas, water scenes, geometric patterns, forest scenes, and other patterns of nature. This book aims to help the reader achieve a calm emotional state.

Contributor Bio
Angela Porter is a self-taught artist who finds inspiration in nature. Most of her work is abstract with flowers, shapes, and colors that create detailed masterpieces.

Gatos
Editorial Alma

Summary
Disconnect all electronic devices, forget the worries of everyday life, and relax while you color these 72 beautiful illustrations. Featuring stylish, detailed designs, each sheet is printed on a single page on high quality paper so you can easily remove and frame it. This book, bound at the top for easy coloring, is the ideal format to carry it wherever you go. Thanks to the thick cardboard last page, it can easily be placed on one’s lap.

Contributor Bio
Editorial Alma is a publisher based in Barcelona, Spain.
**Mariposas**

Editorial Alma

**Summary**
Disconnect all electronic devices, forget the worries of everyday life, and relax while you color these 72 beautiful illustrations. Featuring stylish, detailed designs, each sheet is printed on a single page on high quality paper so you can easily remove and frame it. This book, bound at the top for easy coloring, is the ideal format to carry it wherever you go. Thanks to the thick cardboard last page, it can easily be placed on one’s lap.

**Contributor Bio**

**Editorial Alma** is a publisher based in Barcelona, Spain.

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**Flores**

Editorial Alma

**Summary**
Disconnect all electronic devices, forget the worries of everyday life, and relax while you color these 72 beautiful illustrations. Featuring stylish, detailed designs, each sheet is printed on a single page on high quality paper so you can easily remove and frame it. This book, bound at the top for easy coloring, is the ideal format to carry it wherever you go. Thanks to the thick cardboard last page, it can easily be placed on one’s lap.

**Contributor Bio**

**Editorial Alma** is a publisher based in Barcelona, Spain.
**Ilusiones ópticas**
Editorial Alma

**Summary**
Disconnect all electronic devices, forget the worries of everyday life, and relax while you color these 72 beautiful illustrations. Featuring stylish, detailed designs, each sheet is printed on a single page on high quality paper so you can easily remove and frame it. This book, bound at the top for easy coloring, is the ideal format to carry it wherever you go. Thanks to the thick cardboard last page, it can easily be placed on one’s lap.

**Contributor Bio**
Editorial Alma is a publisher based in Barcelona, Spain.

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**Mandalas del renacer**
María Rosa Legarde

**Summary**
Drawing and coloring mandalas allows us to uncover one of life’s greatest mysteries: Who are we? Where are we going? What are we searching for? By encouraging contact with our inner selves, mandalas encourage relaxation, creativity, and harmony.

**Contributor Bio**
María Rosa Legarde is the author of numerous articles on Angelology in journals across Argentina and Latin America.
**Mandalas**  
**El dibujo del alma**  
María Rosa Legarde

**Summary**  
When we express ourselves through mandalas, we are allowing our inner self to speak through form and color. Coloring mandalas is a way to converse with our interior, to learn what we desire, fear, need, and love.

**Contributor Bio**  
**María Rosa Legarde** is the author of numerous articles on Angelology in journals across Argentina and Latin America.

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**Mandalas del arcoiris**  
María Rosa Legarde

**Summary**  
Each color of the rainbow has a different vibration frequency and influences our emotions in a distinct way. Using these colors to color mandalas is a way to activate the inner being by focusing on the emotional work we’d like to do. Awaken the soul and explore its possibilities!

**Contributor Bio**  
**María Rosa Legarde** is the author of numerous articles on Angelology in journals across Argentina and Latin America.
Mandalas de Saint Germain
María Rosa Legarde

Summary
Violet light vibrates at the highest frequency with the shortest wavelength. It is the point of transition between the visible and the divine, the spiritual. It cleanses the body of toxins and chemicals and promotes emotional healing. These mandalas by Saint Germain invite us to use violet in our personal spiritual processes.

Contributor Bio
María Rosa Legarde is the author of numerous articles on Angelology in journals across Argentina and Latin America.

La energía de los mandalas
María Rosa Legarde

Summary
Mandalas and their colors fill our chakras with energy that activates areas of emotional and psychological growth. This collection of mandalas contains colors geared towards each chakra.

Contributor Bio
María Rosa Legarde is the author of numerous articles on Angelology in journals across Argentina and Latin America.
Autosuperación con mandalas
María Rosa Legarde

Summary
Mandalas provide energy to the chakras through their vibrant colors, which in turn activates various areas of spiritual and psychological growth. This book works with specific colors geared towards each chakra.

Contributor Bio
María Rosa Legarde is the author of numerous articles on Angelology in journals across Argentina and Latin America.

Francesco: Una vida entre el cielo y la tierra
Yohana García

Summary
This book has conquered all who have looked through its pages in many different countries. It is a novel that goes beyond mere literary fiction to get us closer to a story of death and rebirth. After suffering a lengthy illness, Francesco's spirit lets his body go and arrives at an unknown place. Very soon he realizes that he has died and is in Heaven. There he receives the teachings of the spiritual masters and asks to visit relatives in their dreams, and is soon sending them messages that help guide them. This work shows us that death is not the end of everything, but a step towards a transformation. If you want to comfort your soul, open yourself to new possibilities and to find purpose in your life, this book is for you.

Contributor Bio
Yohana García is a writer, lecturer and therapist. She has a Masters degree and is an International Trainer in the Neurolinguistic Program for the Southern Institute of NLP. She is the author of the successful books Francesco: The Call, and Francesco Decides to be Reborn.
### Francesco decide volver a nacer

**Yohana García**

**Summary**

After the international success achieved by *Francesco: A Life Between Heaven and Earth*, this new and fascinating book enriches the message of life and the hope of Yohana García, an author whose work has conquered thousands of readers. Here we once again find Francesco, who, after a stay in Heaven, has received advice and teaching from the great masters, now has the privilege to be born again, this time in the body of Agustin. He still remembers what he learned during his time in a higher place and now is the moment to apply this knowledge to give meaning to his new existence.

**Contributor Bio**

**Yohana García** is a writer, lecturer and therapist. She has a Masters degree and is an International Trainer in the Neurolinguistic Program for the Southern Institute of NLP. She is the author of the successful books *Francesco: A Life Between Heaven and Earth*, and *Francesco: The Call*.

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### Francesco: El llamado

**Yohana García**

**Summary**

The main character, Agustin, was named Francesco in another life. He was a confused and indecisive man who had to die to understand, thanks to the teachings of his spiritual guides, the feeling of existence and of happiness. Now, Agustín has met Camila, who he knew when he was in Heaven. By the hands of a wise and exceptional teacher, they both will learn the way to self-realization that will take them on very different paths. Each one will find answers to what they have been searching for, and they will discover that the things that they need will come in due time, that we are all part of a grand, divine plan and that our actions affect the lives of others. But Yohana García also utilized as inspiration the thousands of emails and letters that have been sent by readers, sharing their personal experiences, and through this, the gifts that they received and the miracles that gave a turn to their existence.

**Contributor Bio**

**Yohana García** is a writer, lecturer and therapist. She has a Masters degree and is an International Trainer in the Neurolinguistic Program for the Southern Institute of NLP. She is the author of the successful books *Francesco: A Life Between Heaven and Earth*, and *Francesco Decides to be Reborn*.
**Salvemos al amor**
Yohana García

**Summary**
Yohana García ha escrito este libro para aquellos que toman acción para vivir una vida llena de amor y felicidad, en lugar de esperar que se les dé. Los lectores son invitados, a través de fe, reflexión, y acción, a encender sus propios fuegos que los conduzcan a su ascenso hacia la perfección. Los caminos que se describen en este libro implican relaciones consigo mismo y con otros, habilidades creativas, viajes personales, y relaciones con la divinidad. El autor presenta observaciones personales e incluye ejercicios en línea para ayudar a los lectores a obtener respuestas, amar con mayor facilidad, y crecer interiormente.

**Contributor Bio**

Yohana García es una escritora, una conferencista, un terapeuta, y un entrenador internacional en el programa neurolingüístico del Instituto del Sur. Es la autora de *Francesco: El llamado, Francesco decide volver a nacer*, y *Francesco: Una vida entre el cielo y la tierra*.

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**Descubre a los Ángeles**
Marco Rocdevick

**Summary**
Describe el fascinante mundo de la jerarquía celestial, desde los más famosos hasta los menos conocidos. En tu vida, siempre hay un ángel que te sigue, atendiendo a tus llamadas y oraciones. No importa al que nos nombre como ángel, espíritu, o demonio; lo que importa es cómo tratamos a aquellas energías que interactúan con nosotros, y que es imposible racionalesizar. Este libro, como sus personajes, pretende siempre acompañarte, ofrecer respuestas a las preguntas de la vida, y servir como consulta en el proceso de acercarse a los ángeles.

**Contributor Bio**

Marco Rocdevick es un profesor, periodista, escritor, antropólogo, e investigador de los misterios del mundo. Ha recopilado una cantidad vasta de material sobre el fenómeno de los ángeles.
Los Ángeles de Atlantis
F. E. Eckard Strohm

Summary
An inspiring book, *Los Ángeles de Atlantis* teaches us an often forgotten technique: the ability to connect with angels—forces with individualized consciousnesses. When we receive their wisdom, we are thus able to heal ourselves and those around us. This may sound like a fantastical tale; however, it is nothing but an application of the ancient Atlantic wisdom, fragmented but preserved to this day. *Los Ángeles de Atlantis*, by means of simple exercises, will open you to the possibility of accessing a new cosmic consciousness, full of wealth, joy, happiness, and harmony within your environment through animals, plants, and nature.

Contributor Bio
F. E. Eckard Strohm is the founder and president of the International Reiki Association, one of the largest organizations in the world that focuses on natural and energy healings. He travels and spreads his teachings throughout Europe and America.

Los maestros de Atlantis
F. E. Eckard Strohm

Summary
One day, archangel Uriel is presented to Master Eckard Strohm and gives him a surprising order. He urges him to visit the Akahsic Archives and travel to the remote past of Atlantis, the capital of the long-lost continent, and to write about what he finds. This book is the surprising story of his journey traveling back in time 60,000 years, where he uncovers some of the secrets from their civilization. For the first time, the 22 cards of the Major Arcana are presented in Spanish. This amazing book lets you in on the surprising truth about this lost continent.

Contributor Bio
F. E. Eckard Strohm is the founder and president of the International Reiki Association, one of the largest organizations in the world that focuses on natural and energy healings. He travels and spreads his teachings throughout Europe and America.
Un camino al cielo
Lorna Byrne

Summary
In this moving book, Lorna Byrne once again provides her readers with hope, helping them realize that no matter how alone they may feel, they always have a guardian angel by their side. In Un camino al cielo, she tells us her true-life story about how angels helped her pull her own life together after her husband passed away. Written from a direct, personal experience, the book contains an extraordinary account of the role angels play in our lives. The author also discusses discovering your guardian angel and allowing him or her to approach you.

Contributor Bio
Lorna Byrne is the author of international bestsellers A Message of Hope from the Angels and her autobiography Angels in My Hair. She has possessed the gift of talking with and seeing angels since she was a little girl and now is dedicated to talking to young girls about their teachings.

Amor desde el cielo
Lorna Byrne

Summary
In this inspirational book, Lorna Byrne presents a reflection and celebration of the potential to love that lies within all human beings. Through her experiences communicating with angels and meeting people from every continent, the author argues that love is the greatest divine gift and aims to help readers express it more fully in all of its varied forms.

Contributor Bio
Lorna Byrne is the author of international bestsellers A Message of Hope from the Angels and her autobiography Angels in My Hair, which has been translated into twenty-six languages and sold in more than fifty countries. She has possessed the gift of talking with and seeing angels since she was a little girl and now is dedicated to talking to young girls about their teachings.
Feng Shui
Angelina Shepard

Summary
Feng shui is an ancient science developed in China that reveals how to balance energies in a space to assure health and good fortune for the people who inhabit it. This book is an extraordinary introduction that is a practical and simple guide to understanding feng shui. Learn purification techniques to transform your home into a sacred space and distribute the different elements of the house to achieve maximum well-being. Discover how to utilize the space to better harmonize personal, family, or romantic relationships, whether you are starting new or revitalizing existing ones. Chapters include discovering the hidden messages of your house, the healing power of geometric shapes, keys to design, purification by sound and light, and feng shui applied to your workplace.

Contributor Bio
Angelina Shepard is a creative thinking consultant. A graduate of the Western School of Feng Shui, she has developed major projects in homes and public buildings in the United States.

Los chakras
Helen Moore

Summary
Exploring the seven energy centers located in the human body, this book is a guide to knowing the essence and location of the chakras. The author sustains that chakras connect people with their spiritual world, and health depends largely on their balance. The book includes information on how to read the signals of the chakras and how to correct their trajectories by using different postures to prevent disorders.

Contributor Bio
Helen Moore organizes seminars and conferences on inner development and workshops on massage therapy, acupressure, yoga, and psychic and psychiatric healing.
Ho'oponopono
Inhoa Makani

Summary
Ho'oponopono is an ancient Hawaiian art of problem-solving based on reconciliation and forgiveness. It provides us with the opportunity to clean and sweep away the negativity in our lives to thrive now as well as in the future. Just as the fisherman knows to patiently reel in his fishing line, the practice of this therapy helps eliminate painful memories that cause disorder and imbalance. This book proposes a methodical development, step by step, following a working protocol to achieve maximum therapeutic efficiency. Readers learn intrapersonal resolution, forgiveness, phrases that solve problems, and how Ho'oponopono applies to maintaining good health and good family relationships.

Contributor Bio
Inhoa Makani has dedicated her life to recounting what her personal initiation was to the ancestral teachings of the Kahuna through workshops and seminars, resolving conflicts and strengthening personal relationships based on loving thy neighbor.

Mandalas
Peter Redlock

Summary
A beginner's guide to mandalas, this practical guide discusses the origin and significance of these spiritual and ritual symbols, examining their presence in universal culture, the symbolism of the colors and numbers often employed in mandalas, and their application to daily life. The book includes more than 30 mandalas that readers will be able to color themselves, benefiting from a sense of peace and self-understanding as they do.

Contributor Bio
Peter Redlock is a scholar of East Asian cultures.
Ayurveda
Thérèse Bernard

Summary
Ayurveda is considered the oldest healthcare method in the world. Developed in India over 6,000 years ago, it offers a holistic look at health that takes into account every aspect of a person’s life. This book is an introduction to ayurvedic science that encourages greater awareness of the body and an understanding of the origins of disease.

Contributor Bio
Thérèse Bernard is an ayurvedic doctor and owns a private practice in Paris.

La práctica de la visualización curativa
Sharon Wayne

Summary
Visualization healing is a natural activity that involves a conscious creation of sensory impressions in order to turn a life around. These mental representations can be powerful tools to improve upon every facet of our lives, as a form of therapy and healing process. But how is visualization healing done? Is it difficult? What can it be used for? This book demonstrates your ability to visualize an outcome in order to take advantage of an activity and help you stay fit, healthy, and happy.

Contributor Bio
Sharon Wayne is a well-known therapist with more than 30 years of experience as a lecturer and consultant in human relations. Her consultant work has earned numerous acknowledgements.
Técnicas taoístas para vivir más
Iravan Lee

Summary
Energy, essence, and mind are the three great Taoist treasures. Following the natural order of things, Taoism seeks purification through control of appetites and emotions. This is done through a series of techniques such as controlled breathing, meditation, preserving energy through sexuality, and many others that bring people to pure consciousness. This book demonstrates a few of these techniques and exercises from Tao, which has been practiced for thousands of years with the objective of achieving a harmonious, healthy, and sustainable life.

Contributor Bio
Iravan Lee has been investigating the healing potential through movement techniques, relaxation, and meditation for many years. He has extensive experience leading awareness groups on health and well-being through these ancient Taoist techniques.

Comer atentos
Guía para redescubrir una relación sana con los alimentos
Jan Chozen Bays

Summary
The art of mindfulness has the power to transform our daily struggles with meals and renew our sense of pleasure and satisfaction with our food. Mindful eating is a completely novel approach that urges focus on the process of eating, with all its flavors and smells, as well as the thoughts and sensations that run through you while you eat. Whether you suffer from being overweight, have any kind of eating disorder, or simply just want to get more out of life, this book is for you. You will learn to tune into your body’s wisdom about what, when, and how much to eat; identify your habits and dietary patterns; develop a more compassionate attitude towards your struggle with food; and find out what you really crave. An audio CD with guided exercises to start the reader with a healthy, mindful eating is also included.

Contributor Bio
Jan Chozen Bays is a pediatrician and a professor of meditation. She has been teaching people how to eat healthier for more than 20 years. She serves as a priest and a teacher at the Jizo Mountain-Great Vow Zen Monastery in Clatskanie, Oregon.
La fuerza de la compasión
La enseñanza del Dalai Lama para nuestro mundo
Daniel Goleman

Summary
For decades, the Dalai Lama has guided countless people towards the path of compassion and the cultivation of the interior life. With the help of journalist and psychologist Daniel Goleman, this very readable book explains how to direct compassionate energy outwards.

Contributor Bio
Daniel Goleman is the author of Emotional Intelligence, one of the longest-lived and boldest bestsellers of recent years. He has written about behavioral and brain sciences for the New York Times for 12 years and was nominated twice for the Pulitzer Prize. He currently serves as president of the Consortium for Research of Emotional Intelligence at Rutgers University and is also a member of the American Association for the Advancement of Science.

El cuarto giro
Evolucionando hacia un budismo integral
Ken Wilber

Summary
What will be the Buddhism of the future? How can Buddhists remain true to fundamental teachings while also incorporating them into a new practice that incorporates developments from modernity and post modernity?

Contributor Bio
Ken Wilber is a Buddhist scholar specializing in issues of religion in the contemporary world. He is a prolific author of books on this topic.
La fuerza de ser mujer
El poder de Eva
Manuela Dunn Mascetti

Summary
From a psychological and spiritual perspective, this exploration unpacks themes of tremendous importance to women: sexuality, being part of a couple, the relationship with children, and menstruation, as well as different methods of self-fulfillment. The author argues that in a world with unprecedented freedoms and opportunities for women, the goddess archetypes—lover, mother, priestess, creator, virgin—can offer profound wisdom and encouragement, demonstrating traditional concepts of femininity as well as providing women with a model of what they can become. This is an illuminating guide for both men and women interested in the power of the feminine.

Contributor Bio
Manuela Dunn Mascetti is an anthropologist and a linguist. She is the author of The Song of Eve: Mythology and Symbols of the Goddess and Vampire: The Complete Guide to the World of the Undead.

Diosas para cada día
La sabiduría de lo divino femenino
Julie Loar

Summary
Exploring the qualities and origins of 366 goddesses, this book explains how to put their attributes to practical use. Each goddess is aligned with the cycles of nature and the signs of the zodiac, so readers will find a deity to appeal to for every aspiration and necessity. Principally aimed at female readers so that they may discover the Divine Feminine, this book will also prove illuminating to male readers who wish to better understand the wonders possessed by women.

Contributor Bio
Julie Loar is the author of Tarot & Dream Interpretation, Messengers, and other metaphysical and mythological books. She lives in Pagosa Springs, Colorado.
Somos energía cuántica

El secreto cuántico y el despertar de las energías

Jorge Blaschke

Summary

This remarkable analysis examines the link between quantum physics and spiritual perception and describes a revolutionary method of harnessing energy to reach health, personal, and social objectives. Using a practical approach that combines the classic and latest trends in personal development, this useful examination includes a number of practical exercises that explain how to awaken energy, understand the world, and change ways of thinking.

Este análisis extraordinario examina el nexo entre la física cuántica y la percepción espiritual y describe un método revolucionario para aprovechar la energía con el fin de lograr objetivos de salud, personales y sociales. Empleando un enfoque práctico que interrelaciona las clásicas y últimas tendencias en temáticas de desarrollo personal, este examen útil incluye varios ejercicios prácticos que explican cómo despertar la energía, comprender el mundo y cambiar maneras de pensar.

Contributor Bio

Jorge Blaschke is an award-winning journalist, a former correspondent for the Spanish newspaper El País, and the author of more than 50 books in Spanish on religion, the occult, and meditation, including Más allá de Conny Méndez and Más allá de lo que tú sabes.

La práctica del Reiki esencial

Diane Stein

Summary

More than simply an introduction to the ancient healing tradition of Reiki, this manual is designed in such a way that readers might, after having assimilated the lessons in its pages, be equipped to teach others the fundamentals of Reiki. Diane Stein, one of the world’s most respected authorities in this healing art, draws on her decades of experience to provide readers with a comprehensive teaching system. Among the topics discussed in the book are how to prepare to be a Reiki healer, how to pass attunements, how to prepare the Reiki teaching space, and how to teach a Reiki course. What was once a closely guarded secret is now available to all through this illuminating guide.

Contributor Bio

Diane Stein is a leading Reiki master and the author of more than 30 books on women’s spirituality, Wicca, psychic techniques, and natural healing, including Essential Psychic Teaching, Essential Reiki, and The Women’s Book of Healing. She lives in Florida.
**Cuéntame tus males y te diré cómo sanarlos**

Cómpome interpretar los mensajes del cuerpo para cuidar tu salud física, psicológica y emocional

Deb Shapiro

**Summary**

Explaining the connections between a person’s physical state and their emotional, psychological, and spiritual health, this useful guide places the necessary tools for self-healing in the reader’s hands. The language of symptoms is explained so that readers can learn how they themselves can heal their own bodily ailments, but also how they can use their bodies to improve their emotional and mental states. Arguing that the body is always sending signals that simply need decoding, this book details which parts of the body are related to certain thoughts and feelings and the effects that unresolved problems can have on the human body.

*Explicando las conexiones entre el estado físico de una persona y su salud emocional, psicológica y espiritual, esta útil guía coloca las herramientas necesarias para la auto-sanación en las manos del lector. El lenguaje de los síntomas es explicado de manera que el lector pueda aprender cómo él mismo puede sanar sus propios males corporales, pero también cómo puede mejorar sus estados emocionales y mentales. Arguyendo que el cuerpo siempre está enviando s...*

**Contributor Bio**

Deb Shapiro is trained in Buddhist meditation and Jungian psychology. She teaches courses on mind-body therapies and meditation and has written several books on those subjects, including *The Body Mind Workbook*. She lives in Boulder, Colorado.

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**Escucha a tu cuerpo, escucha a tu mente**

Aprende cómo funciona tu cuerpo y libéralo de enfermedades

Claudia Rainville

**Summary**

Urging us to deepen our knowledge of diseases and healing mechanisms of the body, *Escucha a tu cuerpo, escucha a tu mente* guides readers towards a better understanding of treatments for a variety of health problems so that they can choose, with clarity, the best path to healing. The author demystifies the nature of germs, cancer, and tumors and shares the main tools she successfully uses in her seminars to teach us the path we should take to resolve our inner conflicts in order to eliminate the mechanisms that lead to diseases. What happens to our bodies when we are faced with conflict? What psychological benefits does laughter produce? These questions are answered, and the book includes motivational and positive thoughts to activate healing.

**Contributor Bio**

Claudia Rainville is a therapist, an international lecturer, and the founder of the metamedicine approach. She is the author of *Crea tu nueva vida*, *La curación a tu alcance*, and *La metamedicina*. 
Las emociones y el cáncer
Mitos y realidades
Gina Tarditi

Summary
The false beliefs concerning emotions and their supposed role in the development of cancer give way to unrealistic expectations and reductions that obstruct timely attention. In addition, they hold patients’ hostage, who feel guilty for being sick. Gina Tarditi reports erroneous ideas in this book that were promoted by numerous authors of self-help books, healers, and alternative health doctors that anger, resentment, and frustration causes cancer or accelerates its development. She also questions assertions like those that claim that positive thinking alone can prevent or even cure the dreaded disease.

Contributor Bio
Gina Tarditi is a psychologist and a specialist with the National Cancer Institute. She has concentrated on the field of palliative care and the terminally ill and their families. Currently she is an advisor to the Mexican Association for the Fight against Cancer.

Usa tu cerebro para rejuvenecer
Cómo verte, sentirte y pensar mejor cada día
Daniel G. Amen

Summary
The human brain is one of the most sophisticated, dynamic, and powerful instruments that exists. Thanks to our brains, we can accomplish extraordinary things. Psychiatrist Daniel G. Amen demonstrates how our brains can help us live longer, look younger, reduce the risk of diseases such as Alzheimer’s, and be happier. This can be achieved by adopting a number of strategies that, together, can produce extraordinary benefits. It doesn’t matter our age, economic background, IQ, or education. Beyond those factors is a program that helps our neurons grow and develop, and this book contains the details.

Contributor Bio
Daniel G. Amen is a physician and an adjunct professor of psychiatry and human behavior at the University of California–Irving. He founded Amen Clinics, which specializes in helping patients with memory problems, learning disabilities, and addictions. He is an eight-time New York Times—bestselling author. His books include Change Your Brain, Change Your Body; Change Your Brain, Change Your Life; and Magnificent Mind at Any Age. He lives in Orange County, California.
**Usa tu cerebro para rejuvenecer**

Daniel G Amen

**Summary**

The human brain is one of the most sophisticated, dynamic, and powerful instruments that exists. Thanks to our brains, we can accomplish extraordinary things. Psychiatrist Daniel G. Amen demonstrates how our brains can help us live longer, look younger, reduce the risk of diseases such as Alzheimer’s, and be happier. This can be achieved by adopting a number of strategies that, together, can produce extraordinary benefits. It doesn’t matter our age, economic background, IQ, or education. Beyond those factors is a program that helps our neurons grow and develop, and this book contains the details.

**Contributor Bio**

Daniel G. Amen is a physician and an adjunct professor of psychiatry and human behavior at the University of California–Irving. He founded Amen Clinics, which specializes in helping patients with memory problems, learning disabilities, and addictions. He is an eight-time *New York Times*–bestselling author. His books include *Change Your Brain, Change Your Body; Change Your Brain, Change Your Life*; and *Magnificent Mind at Any Age*. He lives in Orange County, California.

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**Una curación completa**

Cuando el alma duele . . . el cuerpo enferma

Rubén Poplawsky

**Summary**

What role does illness play in life? With extensive experience as a homeopath, Dr. Poplawsky explains different ways to accept or reject the language of the soul: fear, anger, sadness, and happiness. He demonstrates cases in which fear attacks situations, and he argues that people tend to try to hide their emotions. This book will help you better understand why people fall ill and how to let go of the emotions that illness provokes. Illness of the body can be seen as a step toward healing the soul.

**Contributor Bio**

Rubén Poplawsky is a homeopathic doctor and a former mechanical and electrical engineer who worked for IBM.
Sendino se muere
Pablo d'Ors

Summary
Serving to calm the spirit, this book brings light and hope to people that suffer from pain. In a spiritual tone, the author describes his experience caring for Dr. África Sendino during her last few months of life. In this volume, he has collected and interpreted her commentary about life and her sense of death and pain.

Sirviendo para calmar el espíritu, este libro trae luz y esperanza a quienes sufren del dolor. Con un tono espiritual, el autor describe su experiencia cuidando a la doctora África Sendino durante sus últimos meses de vida. En este volumen ha coleccionado e interpretado los comentarios de la doctora sobre la vida y su sentido de la muerte.

Contributor Bio
Pablo d'Ors is a Spanish priest and the author of El amigo del desierto, Andanzas del impresor Zollinger, El estreno, El estupor y la maravilla, Las ideas puras, and Lecciones de ilusión.

Pídeselo al Universo
Cómo conseguir que se cumplan nuestros deseos y nuestros sueños con la ayuda del Universo
Bärbel Mohr

Summary
This perceptive polemic outlines the key ideas and principles to interpreting signs from the universe. Exploring a wide variety of concepts—understanding intuition, modifying one's thoughts, making dreams a reality—this accessible text presents practical approaches to listening to one's inner voice and increasing self-awareness.

Contributor Bio
**Mensajes con amor**
Pensamientos positivos para recobrar la autoestima y alcanzar la paz interior
Susan Jeffers

**Summary**
Filled with daily affirmations, this inspirational guide demonstrates that positive thinking can lead to inner peace, confidence, improved self-esteem, and healthy relationships. Offering ways to overcome personal problems by finding wisdom from within, this informative handbook explains how to peacefully deal with situations and eliminate negative thoughts that can cause fear and anxiety.

**Contributor Bio**
Susan Jeffers is a doctor of psychology at Columbia University and the author of numerous books, including *Feel the Fear . . . and Do It Anyway* and *Feel the Fear . . . and Beyond: Mastering the Techniques for Doing It Anyway*. She lives in Los Angeles.

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**El libro del perdón**
El camino de sanación para nosotros y nuestro mundo
Desmond Tutu, Mpho Tutu

**Summary**
In a world marked by hatred and rivalry, and against ideologies based on resentment and exclusion, 1984 Nobel Peace Prize Winner Desmond Tutu and his daughter Mpho Tutu vindicate the importance of forgiveness. For them, this value is one of the most effective spiritual tools to build unity between humans and restore the love for your neighbors. In these pages, the social activists send a message of peace. Desmond, who experienced firsthand the repressions of his native South Africa and contributed to the founding of a free and just nation, knows that the path to achieve peace is not an easy one. However, his thoughts and opinions are seen as valuable contributions to the overall effort.

**Contributor Bio**
Desmund Tutu studied theology in England and was ordained an Anglican priest in 1960. In 1975, he was ordained Bishop of the Church of Providence of Southern Africa. In 1984, the Swedish Academy awarded him the Nobel Peace Prize for his struggle against apartheid. Mpho Tutu is the youngest daughter of Desmond Tutu. She studied at the Episcopal Divinity School in Cambridge, Massachusetts. In 2004, she was ordained into priesthood of the Episcopal Church. She is the founder and director of the Tutu Institute for Prayer & Pilgrimage.
**El libro del estilo**
Antonio González de Cosío

**Summary**
For journalists and fashion experts, the word "style" does not simply mean fashionable dress. Dressing in a certain way does not define someone as having specific tendencies or attitudes. Rather, fashion can demonstrate inner strength and serve as a way to convey oneself to the world. The concept of style is very personal and is based on individual personalities and interests. Focusing on growth and personal development, Antonio González de Cosío introduces readers to a wide variety of style and urges them to adopt one to make their own.

**Contributor Bio**
Antonio González de Cosío is a fashion correspondent for Editorial Televisa and is a judge on Mexico's Next Top Model. He formerly worked as a fashion editor in New York for many years and was chosen by GQ as one of the top-10 best-dressed men in 2007.

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**365 pensamientos de paz y esperanza**
Various

**Summary**
Everyone likes to start the day with a smile and a positive thought, and finish it with serenity and beauty. In this book, images and thoughts of peace and hope through renowned figures such as Nelson Mandela, Mother Teresa, Oscar Wilde, Bob Dylan, and John Paul II come together. 365 pensamientos de paz y esperanza contains a message of optimism for each day of the year and is ideal gift for loved ones or anyone who needs a bit of encouragement.

**Contributor Bio**
Various
**Abrazando tu alma**
**Pasos para sanar**
Akari Berganzo

**Summary**
In this book, Saint Germain, communicating through Akari Berganzo, aims to guide readers one step further towards their own personal evolution. Through the practice of self-confrontation, she teaches that individuals who feel ready may shed spiritual imperfections and advance their vision of themselves, the universe, and their reality. A CD with additional material is included.

**Contributor Bio**
Akari Berganzo works at Prosperidad y Armonía Integral in Mexico. She is the author of *Curso autodidacta*, *Decretando con Saint Germain*, *Yo puedo ser un maestro ascendido con las enseñanzas de Saint Germain*, and *Violetas de amor*.

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**Correr para pensar y sentir**
Francesc Torralba

**Summary**
The philosopher Francesc Torralba has been running every day for the past 25 years. He has participated in long-distance running, marathons, and fun runs, and here he shares with the reader his most personal experiences and feelings: how running gives him time to be alone and meditate, how it connects him to his own body, recharges his batteries, and ties him to nature and the environment. Throughout the book, Torralba explores the importance of this practice for his daily activities and his life attitude, given that “running is a perfect metaphor of life.”

**Contributor Bio**
Francesc Torralba studied philosophy at the University of Barcelona and theology at the Faculty of Theology in Catalonia. He is currently a professor at the Ramon Llull University in Barcelona and teaches courses and seminars in other universities in Spain and South America.
La vida viene a cuento
Relatos de ecología emocional
Jaume Soler, M. Mercè Conangla

Summary
Brief, direct, and profound, imbued with wisdom and sensitivity, the stories of Jaume Soler and M. Mercè Conangla confront us with fundamental questions about how we live, how we relate with one another, and what meaning we give to our lives. This book includes 150 stories of emotional ecology that teach us how to live happily with ourselves and to live in fulfillment with others.

Contributor Bio
Jaume Soler is the founder and president of the Fundació Àmbit Ecologia Emocional. Together with Maria Mercè Conangla, he co-created the “Emotional Ecology” model and he co-directs the Instituto de Economía Emocional. He is also the author of Ecología emocional para el nuevo milenio, Aplicate el cuento, Sin ánimo de ofender, and many others. Mercè Conangla is a renowned professional in the field of psychology, personal growth, and emotional management, and, together with Jaume Soler, is the creator of the “Emotional Ecology” model. She is also the Director of the Instituto de Economía Emocional.

El cansancio moral
La epidemia del siglo XXI
Mercè Conangla, Jaume Soler

Summary
It is easy to detect in our society a sense of psychological and emotional exhaustion that seems to become deeper every day. When added to the demands of today’s busy lifestyle, dominated by technology, emergencies, and frustrations, negative events overwhelm us and cause emotional stress. The authors model their principles after genuine role models (Montessori, Krishnamurti, Mandela …) and propose 10 antidotes to protect us from this terrible modern disease. Following these guidelines we learn to reconnect with ourselves and achieve full control over our emotional life.

Contributor Bio
Jaume Soler is founder and president of Foundation Àmbit Emotional Ecology. Maria Mercè Conangla is director of the Institute of Emotional Ecology.
Las bendiciones ya existen

John Morton

Summary

Revelando una perspectiva profundamente espiritual para la vida cotidiana, este libro se basa en una variedad de ejemplos de la vida del autor para ilustrar el hecho de que las bendiciones se pueden hallar en cualquier situación, sean cuales sean las circunstancias. Las bendiciones contenidas en este libro tienen como intención inspirar y llevar hacía un estado elevado de consciencia acerca de la perfección de todas las cosas, ofreciéndole al lector la oportunidad para ver la vida a través del amor y la aceptación.

Contributor Bio

John Morton, DCE es un doctor de ciencia espiritual y el director espiritual de la iglesia nondenominacional Church of the Movement of Spiritual Inner Awareness. Es el autor de You Are the Blessings. Vive en Los Ángeles.

Manual teórico práctico de Meditación

Gabriel Guerriero

Summary

A detailed and exhaustive guide to meditation techniques, concepts, and physical positions, this indispensable resource is adaptable to any level of experience and interest.

Contributor Bio

Gabriel Guerriero es un instructor argentino de yoga y meditación.
Ayurveda hoy
Enseñanzas milenarias desde la actualidad.
Fabián Ciarlotti

Summary
The ancient and profound teachings of the Vedas, Hindu sacred texts, offer a new and unfamiliar perspective on themes such as education, religion, the mind, conscience, and spirituality, presented here for application to contemporary life.

Contributor Bio
Fabián Ciarlotti is an Argentinean doctor and kinesiologist. He is a professor at the University of Buenos Aires and Universidad Maimónides, where he directs programs in kinesiology and Ayurvedic medicine. He is the author of Ayurveda y Sexo tántrico, Ayurveda y Filosofía, and Ayurveda y la Mente among other books.

Estás aquí
La magia del momento presente
Thich Nhat Hanh

Summary
In this guide, Thich Nhat Hanh, one of the most renowned Zen meditation masters, explains the essence of Buddhist practice and demonstrates how mindfulness can transform lives by awakening individuals’ spirits, healing their emotional wounds, and improving their relationships with others—in short, helping individuals break the chains that tie them to the circle of birth and death. The book also serves as a guided meditation, as the author describes practices for cultivating mindfulness, including awareness of walking and breathing, deep listening, and skillful speech. En esta guía, Thich Nhat Hanh, uno de los maestros de meditación Zen más conocidos, explica la esencia de la práctica budista y demuestra cómo la atención plena puede transformar vidas al despertar los espíritus de los individuos, curar sus heridas emocionales y mejorar sus relaciones con los demás—en suma, al ayudar a las personas a romper las cadenas que las atan a la rueda del nacimiento y la muerte. El libro sirve también como una meditación guiada, mientras el autor describe prácticas para cultivar la atención plen...
**Meditación para principiantes**
Jack Kornfield

**Summary**
A beginner’s guide to meditation, this book shows how meditation can calm the spirit and clear the mind to achieve a deeper understanding of the world. In this complete introductory course, a celebrated teacher provides a gradual and direct method to integrate meditation into everyday life. The book also includes an audio CD of guided meditations.

**Contributor Bio**
Jack Kornfield is a Buddhist monk, a meditation teacher, and the author of *Vipassana*. He cofounded the Insight Meditation Society and the Spirit Rock Meditation Center. He lives in Woodacre, California.

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**Meditar día a día**
25 lecciones para vivir con mindfulness
Christophe André

**Summary**
Conceived as an introductory manual on meditation—and mindfulness, specifically—this book includes 25 practical and poetic lessons for beginners. Each lesson includes texts designed for the reader to learn and grow, reproductions of works of art by famous painters on which to ponder, and, in the included CD, a guided meditation to practice. The author discusses both the basics of meditation—how to breathe correctly, the optimal body position, and a consciousness of the present moment—as well as its deeper applications, such as confronting suffering, stabilizing emotions, and achieving peace of mind and heart.

**Contributor Bio**
Christophe André is a psychiatrist and a psychotherapist who teaches courses on meditation at Sainte-Anne Hospital in Paris. He is the author of *Los estados de ánimo, Prácticas de autoestima*, and *Psicología del miedo*. 
El poder curativo de la meditación
Diálogos científicos con el Dalái Lama
Jon Kabat-Zinn, Richard J. Davidson, Zara Houshman...

Summary
Presenting the entirety of the 13th Mind and Life dialogue, this book gathers the thoughts and contributions of the Dalai Lama, Jon Kabat-Zinn, Richard J. Davidson, and other leading researchers in the fields of meditation, medicine, psychology, and neuroscience. Each contributor explores a particular aspect of the convergence between meditative practice and modern science, thus providing a greater understanding of the potential of the human mind. The participants in the discussion seek to answer questions such as What effect does meditation have on suffering and pain? What role does the mind play in emotional and physical well-being? To what extent can the mind influence illness? and What impact does this all have on the development of the human species? This book is a considered, engaging look at the nature of the mind, its capacity to refine itself through training, and its role in physical and emotional health.

Contributor Bio
Jon Kabat-Zinn is the founder and director of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School, as well as the founder of the Stress Reduction Clinic. He is the author of several books on mindfulness, including Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. He lives in Boston. Richard J. Davidson is the William James and Vilas Professor of Psychology and Psychiatry at the Waisman Center at the University of Wisconsin–Madison, and the director of the Waisman Laboratory for Affective Neuroscience and founder and chair of the Center for Investigating Healthy Minds at the same. He has won numerous awards, including the first Mani Bhaumik Award from UCLA for advancing the understanding of the brain and conscious mind in healing. He lives in Madison, Wisconsin. Zara Houshmand is an Iranian-American writer and the editor for the Mind and Life Institute, where she has been responsible for several books representing a long-term dialogue between Buddhism and Western science.

Un canto de amor a la Tierra
Thich Nhat Hanh

Summary
This book is a passionate invitation from the Zen master Thch Nhat Hanh for ecological mindfulness and the strengthening of our relationship with the Earth. Focusing on the destruction of our ecosystem and the disappearance of species, Nhat Hanh explores the most essential aspect that has the potential to create a true turning point. Beyond the concept of “environment” he focuses in on what aspects cause us to feel separate from the Earth and view it solely in utilitarian terms. Rejecting conventional economical approaches, Un canto de amor a la Tierra teaches us how to free ourselves from addiction to consumerism, protect nature, and be mindful of climate change. Our personal happiness is inseparably linked to the happiness of our planet.

Contributor Bio
Thich Nhat Hanh is a Buddhist monk and teacher, a poet, a peace activist, and the author of Be Free Where You Are, The Miracle of Mindfulness, and Peace Is Every Step. He was nominated for the Nobel Peace Prize by Martin Luther King Jr. in 1967.
**Tierra, alma, sociedad**  
Una nueva trinidad para nuestro tiempo  
Satish Kumar

**Summary**  
Inspired by the great philosophies of his native India (Hindu and Buddhism), Satish Kumar teaches us with great simplicity that caring for the natural environment, maintaining personal well-being, and defending human values are the moral imperatives of our time. To facilitate the birth of a sustainable and peaceful future, we must make educational transformations in which reading, writing, and arithmetic are replaced by our minds, hearts, and hands. This book contains a guide on how to conduct a quiet revolution in the way we think and how we live.

**Contributor Bio**  
**Satish Kumar** is the founder and director of Schumacher College in England, the editor of the magazine *Resurgence & Ecologist*, and the author of *La brújula espiritual; No Destination;* and *Tú eres, luego yo soy.*

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**Siéntate como un Buda**  
Guía de bolsillo para meditar  
Lodro Rinzler

**Summary**  
All that you need to begin your meditation practice can be found in this fun and playful pocket guide to opening the heart and focusing the mind. Rinzler begins by challenging readers to set their intentions for meditation. *Siéntate como un Buda* offers solutions for fitting meditation into a busy lifestyle and applying the wisdom and compassion they discover in meditation to other areas of life.

**Contributor Bio**  
**Lodro Rinzler** is a practitioner and teacher of meditation in the Buddhist tradition of Shambhala. In the last decade, he has led numerous workshops in mediation centers and universities across the United States. He lives in New York City.
**Respirad**

*Mindfulness para padres con hijos adolescentes*

Eline Snel

**Summary**

Adolescents are lively, fragile, unpredictable, and sometimes difficult. They crave independence, yet are often unsure of what to do with it. It’s a demanding situation for the adults who care for them. *Respirad* is intended to provide a guide to this challenging time for parents and caretakers of adolescents as well as for therapists and teachers. A CD with 13 meditations for parents is included as well as a download link for exercises for children on their website.

**Contributor Bio**

Eline Snel is the founder of the Dutch Academy for Mindful Teaching, where she offers training courses for teachers, psychologists, parents, and children.

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**Tres pasos para el despertar**

*La práctica del mindfulness en la vida cotidiana*

Larry Rosenberg

**Summary**

The insight found in *Tres pasos para el despertar* is the result of more than four decades of spiritual practice and teachings. Based on the various schools of Buddhism, Larry Rosenberg describes three forms of meditative practice that, together, provide a set of resources applicable to any of life’s challenges.

**Contributor Bio**

Larry Rosenberg is the founder of the Cambridge Insight Meditation Center in Massachusetts. He teaches meditation there as well as at the Insight Meditation Society in Barre, Massachusetts. He is the author of *Breath by Breath* and *Living in the Light of Death*.
**Iniciación al mindfulness**

Guía práctica con meditaciones guiadas inspiradas en su libro Focus

Daniel Goleman

**Summary**

Is it possible to calm the mind and create a space of serenity, far away from the demands of email and social media? Is it possible to dedicate time to what’s truly important and avoid falling into distraction? *Iniciación al mindfulness* is an original and accessible response to these concerns, combining principles of meditation with the latest scientific advances in neuropsychology, emotional intelligence, and learning.

**Contributor Bio**

**Daniel Goleman** is the author of *Emotional Intelligence*, one of the longest-lived and boldest bestsellers of recent years. He has written about behavioral and brain sciences for the *New York Times* for 12 years and was nominated twice for the Pulitzer Prize. He currently serves as president of the Consortium for Research of Emotional Intelligence at Rutgers University and is also a member of the American Association for the Advancement of Science.

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**La fuente de tu poder (2nd Edition)**

John-Roger, D.S.S.

**Summary**

*La fuente de tu poder* presents that the tools for creating what you want are within your reach. This book describes how the greatest tools and resources lie within us. Included are methods for discovering the powerful, positive use of the conscious, subconscious, and unconscious minds; practicing and developing the skill of working with inner success mechanisms; and how to expand your personal power. Newly added to this revised version is a section within each chapter titled Tools and Techniques.

**Contributor Bio**

**John-Roger, D.S.S.,** is the founder of the Church of the Movement of Spiritual Inner Awareness, the University of Santa Monica, the Peace Theological Seminary & College of Philosophy, and the Institute for Individual & World Peace. He appeared on numerous radio and television shows and was a featured guest on *Larry King Live* and *Politically Incorrect*. He is the author or coauthor of more than 50 books.
Los mundos internos de la meditación
John-Roger

Summary
A guide to meditation, this book helps readers discover powerful keys to peace, relaxation, and spiritual awareness. An excellent introduction for novices, as well as a refreshing review for those long-accustomed to meditating, this book enhances readers’ technique and introduces them to a wealth of new meditation practices and experiences. Included among the meditations are short chants and sacred tones, as well as meditations involving water or fire. An entire section is devoted to attuning to different color rays, as well as tuning the aura.

Una guía a la meditación, este libro ayuda al lector a descubrir claves poderosas que llevan hacia la paz, la relajación y la conciencia espiritual. Una introducción excelente para principiantes, a la vez que un refrescante repaso para aquéllos ya acostumbrados a meditar, este libro mejora la técnica del lector y le presenta una gran variedad de nuevas prácticas y experiencias de meditación. Incluidos entre las meditaciones hay cantos breves y tonos sagrados, además de meditaciones que involucran agua o fuego. Una sección entera está dedicada ...

Contributor Bio
John-Roger, DCE, is the founder of the Church of the Movement of Spiritual Inner Awareness, the University of Santa Monica, the Peace Theological Seminary & College of Philosophy, and the Institute for Individual & World Peace. He has appeared on numerous radio and television shows and has been a featured guest on Larry King Live and Politically Incorrect. He is the author or coauthor of more than 50 books. He lives in Los Angeles.

Perdonar
La llave del reino
John-Roger, John Morton

Summary
In this uplifting guide, practical keys, insights, techniques, stories, and quotes are provided in bite-size passages, educating readers on what forgiveness is, how it is carried out, and what the results of practicing it are. The author argues that forgiveness is the key to unlocking a heart imprisoned by anguish and condemnation and moving toward a knowledge and experience of an all-overcoming love. No matter what page readers turn to, this manual for a healthier soul will provide them with a much-needed dose of inspiration.

Contributor Bio
John-Roger, DCE, is the founder of the Church of the Movement of Spiritual Inner Awareness, the University of Santa Monica, the Peace Theological Seminary & College of Philosophy, and the Institute for Individual & World Peace. He has appeared on numerous radio and television shows and has been a featured guest on Larry King Live and Politically Incorrect. He is the author or coauthor of more than 50 books. John Morton, DCE, is a doctor of spiritual science and the spiritual director of the nondenominational Church of the Movement of Spiritual Inner Awareness. He is the author of You Are the Blessings. They both live in Los Angeles.
**Mitos y misterios del mundo**
Pedro Silva

**Summary**
After years of studying various unexplained mysteries from around the world, author Pedro Silva has gathered in this volume 10 of the enigmas that generate the most fascination among the public. Among the topics he discusses are the mysteries of ancient civilizations such as the Egyptian, Aztec, Incan, and Mayan; the relationship between Lucifer and Lilith; and the concept of Paradise or heaven in a variety of world cultures. The final chapters of the book discuss some of the most intriguing secret societies and also delve into the shadowy details surrounding the deaths of figures such as Elvis Presley or Princess Diana.

**Contributor Bio**
Pedro Silva is a historian, a sociologist, and a researcher of historical mysteries. He has published more than 40 books in many different categories, including historical essays, fiction, and travel guides. He also works with various history magazines in Brazil and Portugal.

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**Cambia tu vida en 30 días con la ley de la atracción**
Olivia Reyes Mendoza

**Summary**
One of the few books to offer clear and precise guidelines and tools for making the most of the law of attraction, this manual demonstrates how to use the power of positive energy and thought to achieve concrete and immediate results in any aspect of life, whether economic, social, personal relationships, and health. While Rhonda Byrne's *The Secret* brought the law of attraction to the attention of millions, it is still necessary to discover how to apply this energy in everyday life. This guide provides readers with the keys for transforming their lives and attracting abundance and success.

**Contributor Bio**
Olivia Reyes Mendoza is a psychologist and a law-of-attraction expert and coach. She is the founder of the Attracting Prosperity project as well as the Laboratory for Self-Improvement. She is the author of *Conciencia de prosperidad, Ley de atracción en la pareja, El mágico poder de la autoestima*, and *El viaje hacia la fe*. 
Autodesño personal
Félix Torán

Summary
Combining teachings about the law of attraction with the structured principles of engineering, this guide seeks to help readers on the path to happiness and success. Pointing out that rarely, if ever, will engineers seek to design complicated or unintuitive tools or machinery, the book argues that individuals should similarly strive for simplicity as they build a life around core values. The straightforward advice provided in this manual will help readers discover their “inner engineer,” realize that they are capable of transforming grand ideas into reality, and design a life engineered for success and well-being.

Contributo Bio
Dr. Félix Torán is a motivational and self-help writer and speaker. He has published more than 100 essays and books on topics pertaining to science and engineering and is the author of La respuesta del Universo, in which he elaborates on the law of attraction.

ECM Experiencias Cercanas a la Muerte
Penny Sartori

Summary
Challenging the impact of near-death experiences, Dr. Penny Sartori opens our eyes to all the possibilities to learn from them. This book challenges conceptions of death and dying and—as paradoxical as it may seem—life and living.

Contributo Bio
Penny Sartori is a doctor, nurse and expert on near-death experiences. She is also the author of The Near-Death Experiences of Hospitalized Care Patients.
**Qué nos espera en el más allá**
*El viaje entre la vida y la muerte*
Daniel Behar

**Summary**
In this book, Daniel Behar explores interface, or the idea of life between lives. He details cases of people who have returned to our earth after death, with the aim of helping readers understand the soul’s path through physical bodies. Death, for Behar, is simply a threshold of consciousness separating one incarnation from another.

**Contributor Bio**
Daniel Behar is the author of *Un buen morir* and *Cuando la vida ya no es vida*. He is a scholar with a vide view of death and the psychological, social, and physical phenomena that surround it.

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**La cueva y el cosmos**
*Encuentros chamánicos con otra realidad*
Michael Harner

**Summary**
Based on years of shamanic experiences and more than 2,500 interviews with people during his shamanic ascension, Michael Harner details the parallels among his discoveries. Indicating that the heavens and spirits found in ascension also exist in reality, he also provides instructions to aid readers in ascending to celestial reigns to which they can return at will for further healing.

**Contributor Bio**
Michael Harner is a globally recognized American anthropologist. He is the founder of the Foundation for Shamanic Studies and the author of *La senda del chamán*, among other books.
**Tu guía interior**

El camino más rápido para volver a casa  
Diana Jaramillo

**Summary**

Inspired by the teachings of the successful book *A Course in Miracles*, this resource contains a practical 52-week spiritual program designed to restore life's balance and help readers strengthen the most important relationship in their lives: that with themselves. This book of reflection and inspiration helps readers reconnect with their internal guides one chapter at a time, completing the cycle over the course of a year. Each weekly course has a specific purpose and represents a foundation for restoring communication with oneself.

**Contributor Bio**

*Diana Jaramillo* is a growth-development and spiritual advisor and a Reiki Master. She teaches weekly classes inspired by the tenets of *A Course in Miracles*. She is a former TV host, actress, and model. She lives in Miami.

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**Amada a vuestros enemigos**

Cómo acabar con el hábito de la ira y ser más felices  
Robert Thurman, Sharon Salzberg

**Summary**

Often we feel as victims of others and circumstances outside of our control. We feel wounded, and, motivated by anger, we adopt defensive attitudes. We see each other as enemies and, in turn, end up becoming enemies ourselves. But what if we could learn to put aside those feelings, the hurt, and the defensiveness? Inspired by Buddhist philosophy, this book teaches us to identify the four classes of enemies that we face on a daily basis. Most importantly, it describes how to transform our relationships using set principles including freeing ourselves from thoughts such as "us versus them;" developing compassion, patience, and love; accepting what is beyond our control; and other fundamental concepts.

**Contributor Bio**

*Robert Thurman* is a professor at the University of Columbia. He is the author of *Inner Revolution* and the translator of *El libro tibetano de los muertos*. *Sharon Salzberg* teaches meditation and is a cofounder of the Insight Meditation Society. She is the author of *Faith, Loving-Kindness, Real Happiness*, and *Real Happiness at Work*. 
**Matices del amor**
Sanando con las enseñanzas de Volutier. Descubre el amor en ti
Shanya

**Summary**
Love makes the world go round. It frees us from bad feelings, it’s cleansing, and it helps us keep moving forward. Shanya, who channels ascended master Volutier, offers a way to understand love from a universal perspective and challenge our most deeply held assumptions about our lives.

**Contributor Bio**
Shanya, also known as Marcela Robles Mac Farland, is a medium and an expert in human development, meditation, and alternative therapies.

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**Comprender a Osho**
Las claves de su pensamiento
Jorge Blaschke

**Summary**
The belief systems of modern society and psychology are explained as Osho's thought and spiritual philosophy are interpreted in this book. The great teachers of spiritual beliefs, such as Krishna, Buddha, Jesus Christ, Lao Tzu, Socrates, Heraclitus, and George Gurdjieff, helped Osho shape his thought and spiritual philosophy. This book explores deep wisdom, ancestral traditions, and ways to find a state of harmony through meditation.

**Contributor Bio**
Jorge Blaschke studied astronomy, paleontology, comparative religions and ancient traditions. He is the author of more than 50 books such as *Los gatos sueñan con física cuántica*, *Los pájaros se orientan con la física cuántica*, and *El día que Hawking perdió su apuesta*. 
**DESPERTAR**
*Una guía para una espiritualidad sin religión*
Sam Harris

**Summary**
Neuroscientist and philosopher Sam Harris focuses in this book on the 20-some percent of Westerners who identify with no religion but who believe that the experiences of figures such as Jesus, Buddha, Lao Tsé, Rumi, and others might contain profound truths. This is a lucid investigation into the scientific foundations of spirituality.

**Contributor Bio**
Sam Harris holds a doctorate in neuroscience from the University of California, Los Angeles, and is the director of Project Reason, a nonprofit organization focused on spreading scientific knowledge in society.

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**Claudio Naranjo. La vida y sus enseñanzas**
*Un encuentro con Javier Esteban*
Javier Esteban, Claudio Naranjo

**Summary**
Claudio Naranjo has become a global touchstone in the integration of Western psychology and Eastern spiritualism. The intimate story portrayed here spans from California counterculture to esoteric practices of meditation, from light to darkness, and from therapy to spirituality, in the form of a profound dialogue with Javier Esteban.

**Contributor Bio**
Javier Esteban is a Spanish writer and professor. He holds a doctorate in psychoanalysis and specializes in dreams and the imaginary. Claudio Narango is a Chilean psychiatrist and a key figure of the Psychology transpersonal movement.
Ciencia y Más Allá
Espiritismo y su repercusión en el mundo científico
Mado Martínez

Summary
Do spirits, reincarnation, the plurality of inhabited words, and life after death exist? How has the spiritualist movement evolved from Allan Kardec until now? Mado Martínez, after reviewing the history of spiritualism, enters the laboratories of different universities to examine the major scientific studies underway around the world in order to find one or more answers to a question accompanying humankind since its very beginning.

Contributor Bio
Mado Martínez is in charge of the international science magazine, Ispectrum Magazine, and has spent several years interviewing scientists around the world. She is the author of several books, and has repeatedly received awards for her investigative work. Obtaining a PhD from the University of Seville, she has studied philology and anthropology. She is a regular contributor to Año/Cero, Más Allá, Enigmas, and Historia de la Iberia Vieja.

De la ignorancia a la sabiduría
El camino de Shimriti
Jorge Bucay

Summary
In this newest edition, the author offers us, by means of sharp reflections, ingenious stories, and revealing observations taken from everyday life, a personal narrative of achieving wisdom. For Jorge Bucay, no one is obligated to travel a long path from ignorance to obtain knowledge. Because such a route is a possibility, we have the liberty to either take it or refuse it. All it takes is for us to board the train that will lead us to awareness (of ourselves, of others, and of the world around us), is the decision to leave behind the tranquilizing certainties, the wounded truths, and the wisdoms established by customs. Only if you can value who you are, can you accept yourself and be true to yourself.

Contributor Bio
Jorge Bucay is a doctor and psychotherapist. His books have sold well in all Spanish-speaking countries and have been translated into more than 24 languages. Apart from conferences and seminars, he has become one of the most influential thinkers of today’s society.
El camino de la autodependencia
Jorge Bucay

Summary
No one can walk down the personal path that leads to happiness for us. Everyone must take the course at their own risk. There are, of course, those who are slightly lost and arrive a bit late, as well as those that discover the shortcut and become the leaders. In this book, Jorge Bucay shares with us the first of his Roadmaps: personal maps that help us stay on course and better cope with obstacles that we inevitably find in our way.

Contributor Bio
Jorge Bucay is a doctor and a psychotherapist. His books have been translated into more than 24 languages, and he has become one of the most influential thinkers of today’s society. He is the author of Amarse con los ojos abiertos, Cartas para Claudia, Cuentos para pensar, De la autoestima al egoísmo, De la ignorancia a la sabiduría, and Hojas de ruta.

Un cuento triste no tan triste
Jorge Bucay

Summary
Successful therapist Jorge Bucay uses his storytelling talent to delve into literature to address issues that concerns us all. This tale exposes truths that are essential in order to live more happily. Narrated from the point of view of a young girl whose parents have separated, this story describes the relationship between the girl and her grandmother. The woman is a difficult character who at first appears to be cold but slowly reveals her secret. The result is as emotional as it is enlightening.

Contributor Bio
Jorge Bucay is a doctor and a psychotherapist. His books have been translated into more than 24 languages, and he has become one of the most influential thinkers of today’s society. He is the author of Amarse con los ojos abiertos, Cartas para Claudia, Cuentos para pensar, De la autoestima al egoísmo, De la ignorancia a la sabiduría, and Hojas de ruta.
**Recuentos para Demián**

**Summary**

*Can I tell you a story?* Jorge Bucay asks Demián, his new patient. This simple question sets off a journey of self-discovery that enriches readers along the way. This volume compiles the fables, anecdotes, and stories both old and new that Bucay has turned to in his therapeutic methods. Apart from the wisdom contained within them, these stories are valuable tools for readers seeking to restore equilibrium and grow during life’s most challenging moments.

**Contributor Bio**

**Jorge Bucay** is a doctor and a psychotherapist. His books have been translated into more than 24 languages, and he has become one of the most influential thinkers of today’s society. He is the author of *Amarse con los ojos abiertos*, *Cartas para Claudia*, *Cuentos para pensar*, *De la autoestima al egoísmo*, *De la ignorancia a la sabiduría*, and *Hojas de ruta* among others.

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**Las tres preguntas**

**Summary**

Converted into a reference work, the *Hojas de ruta* series is a milestone within Jorge Bucay’s library. Sensitive to this circumstance and insightful to the content, the author provides a revitalized proposal in this volume. It attempts to answer questions that human beings have had throughout history: *Who am I? Where am I going? With whom?* Thus, Jorge Bucay teaches us an important lesson about our own human nature.

**Contributor Bio**

**Jorge Bucay** is a doctor and a psychotherapist. His books have been translated into more than 24 languages, and he has become one of the most influential thinkers of today’s society. He is the author of *Amarse con los ojos abiertos*, *Cartas para Claudia*, *Cuentos para pensar*, *De la autoestima al egoísmo*, *De la ignorancia a la sabiduría*, *Hojas de ruta*, and many others.
El difícil vínculo entre padres e hijos
Jorge Bucay, Demián Bucay

Summary
Jorge and Demián Bucay analyze the link between parents and children and seek to answer fundamental questions such as, What is parenting? Why become parents? What does it mean to be a mother? A father? Drawing on clinical and personal experiences, the authors develop various ideas about parental issues. The reader will learn about a classification of different types of parenting styles and a number of useful tips that will help establish a better relationship with their children.

Contributor Bio
Jorge Bucay is a doctor and a psychotherapist. His books have been translated into more than 24 languages, and he has become one of the most influential thinkers of today’s society. He is the author of Amarse con los ojos abiertos, Cartas para Claudia, Cuentos para pensar, De la autoestima al egoísmo, De la ignorancia a la sabiduría, and Hojas de ruta. Demián Bucay is a psychiatrist and psychotherapist. He studied medicine at the University of Buenos Aires and continued his training in psychiatry residency Hospital Psychiatric Emergency Torcuato de Alvear. He holds a Ph.D. in Gestalt Therapy.

El camino de la felicidad
Jorge Bucay

Summary
All human beings wish to achieve happiness. A large part of our efforts, dreams, and everyday anxieties are directed toward this ultimate goal. However, few concepts result in being more elusive and difficult to define. What does happiness really mean? How is it achieved? True to his style, Jorge Bucay doesn't pretend to provide foolproof recipes or tell us how to be happy. He accompanies readers and helps them discover, on their own, their individual keys to happiness.

Contributor Bio
Jorge Bucay is a doctor and a psychotherapist. His books have been translated into more than 24 languages, and he has become one of the most influential thinkers of today’s society. He is the author of Amarse con los ojos abiertos, Cartas para Claudia, Cuentos para pensar, De la autoestima al egoísmo, De la ignorancia a la sabiduría, and Hojas de ruta.
Lo que toda mujer debe saber acerca de los hombres

La afectividad masculina

Walter Riso

Summary

The stereotype of masculinity imposed on us by cultural norms is contradictory, absurd, and limits human affection. This model confronts social demands with personal needs, which is difficult to break free from without being branded as weak, cowardly, or a failure. Using this as a starting point in his clinical experiences and analysis of contemporary reality, the cognitive therapist Walter Riso puts these assumptions that govern our understanding of “masculinity” into question. This book, aimed primarily at women, shows how the archetype we have created is not only an impossible idealization, but it also causes emotional imbalance that sometimes harm individuals and affect their relationships within their families.

Contributor Bio

Walter Riso is a psychologist, specializing in cognitive therapy and bioethics. For over 28 years he has worked as a therapist, practicing alternately as a university chair while contributing with scientific publications and psychological disclosures. He is a professor of cognitive therapy in different psychological schools in Latin America and Spain, and is the honorary president of the Columbian Association of Cognitive Therapy. His previous works include El camino de los sabios, La afectividad masculina, Amores altamente peligrosos, and many others.
Maravillosamente imperfecto, escandalosamente feliz
Diez premisas liberadoras que transformarán tu vida de manera radical
Walter Riso

Summary
As understood by psychologist Walter Riso, one of the keys to living better is to accept ourselves as we are, despite our faults, to learn to live with them and compensate them with our strengths. In his most recent book, Riso proposes cognitive keys to accept every aspect of our personalities, to understand how it affects our social, love, and work life, and to strive to improve our performance every day. Without self-acceptance and a high self-esteem, it is not possible to garner a deep knowledge of ourselves as it is a key to our happiness as human beings.

Contributor Bio
Walter Riso is a psychologist, specializing in cognitive therapy and bioethics. For over 28 years he has worked as a therapist, practicing alternately as a university chair while contributing with scientific publications and psychological disclosures. He is a professor of cognitive therapy in different psychological schools in Latin America and Spain, and is the honorary president of the Columbian Association of Cognitive Therapy. His previous works include El camino de los sabios, La afectividad masculina, Amores altamente peligrosos, and many others.

Sabiduría emocional
Walter Riso

Summary
These pages constitute a call to restore the balance of mind and body, by rescuing one of our most valuable resources, one that we find more and more regulated and discredited every day. In the expert opinion of the therapist Walter Riso, rational intelligence is one of the greatest adaptive tools that humans can count on, and thank for their daily survival. Nonetheless, this does not guarantee equilibrium, internal harmony, or physical and psychological health. It is necessary to complement this part of one's self with the innate power and wisdom that inhabits our emotions. This book shows us how to integrate these components in a constructive manner and to take advantage of them for our benefit.

Contributor Bio
Walter Riso is a psychologist, specializing in cognitive therapy and bioethics. For over 28 years he has worked as a therapist, practicing alternately as a university chair while contributing with scientific publications and psychological disclosures. He is a professor of cognitive therapy in different psychological schools in Latin America and Spain, and is the honorary president of the Columbian Association of Cognitive Therapy. His previous works include El camino de los sabios, La afectividad masculina, and Amores altamente peligrosos.
El poder del pensamiento flexible
De una mente rígida, a una mente libre y abierta al cambio
Walter Riso

Summary
A rigid mind is that which grasps the dogmas and irrational beliefs, that is not willing to change its opinion nor is able to look for distinct solutions to its problems. For Walter Riso, this rigidity not only favors intolerance, prejudice and discrimination, but it also produces twisted psychology in people. On the opposite side of this is the liquid mind, which accepts everything in a passive manner, your own opinions fall by the wayside, accommodating any situation, even though it goes against your interests. Facing these two attitudes, the author proposes a third alternative; the flexible mind, which allows you to live a more creative, healthier and happier life. It is a critical and open reason that recognizes change and is capable of adapting without renouncing your nature.

Contributor Bio
Walter Riso is a psychologist, specializing in cognitive therapy and bioethics. For over 28 years he has worked as a therapist, practicing alternately as a university chair while contributing with scientific publications and psychological disclosures. He is a professor of cognitive therapy in different psychological schools in Latin America and Spain, and is the honorary president of the Columbian Association of Cognitive Therapy. His previous works include El camino de los sabios, La afectividad masculina, and Amores altamente peligrosos.

Cuestión de dignidad
El derecho a decir no
Walter Riso

Summary
How many times do we say "yes" when we would rather say "no"? Why do we submit ourselves to unbecoming situations and controlling individuals when we can avoid them? Why do we stay quiet when we should be talking, and feel guilty when we exert our rights? In this illuminating book, Walter Riso, a well-known cognitive therapist, reminds us that respect for oneself is one of the most precious traits of a human being. It is, also, a fundamental factor to guard our psychological health and our spiritual well-being. When someone is treated in an unjust manner, when their dignity is trampled on or humiliated, they usually respond in a submissive or aggressive way. The author invites us to consider a third option: assertiveness. This is the ability of an individual to defend their personal rights with decisiveness, without yielding to or reacting in a violent way.

Contributor Bio
Walter Riso is a psychologist, specializing in cognitive therapy and bioethics. For over 28 years he has worked as a therapist, practicing alternately as a university chair while contributing with scientific publications and psychological disclosures. He is a professor of cognitive therapy in different psychological schools in Latin America and Spain, and is the honorary president of the Columbian Association of Cognitive Therapy. His previous works include El camino de los sabios, La afectividad masculina, and Amores altamente peligrosos.
**Treintona, soltera y fantástica**

Juana Inés Dehesa

**Summary**

Clearly, all the women around me—those who go through life choosing boyfriends, fiancés, and husbands as if they were picking which fruit to buy at the grocery store—received some kind of instruction manual that did not make its way to me. Someone must have deceived me at some point in time. If not, how can I explain that I am a 30-year-old woman, reasonably cute, sympathetic, and professionally successful, yet single? Why do I spend my Friday nights in pajamas, watching endless TV series and playing Candy Crush? This book is a manual on how to be in your 30s and fantastic, despite being single.

**Contributor Bio**

**Juana Inés Dehesa** is in her 30s, single, and fantastic. She is the author of the novels *Pink Doll* and *Rebel Doll* and is a weekly columnist for the newspaper *Reforma*.

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**El poder de tu belleza**

Lucy Lara

**Summary**

Being pretty is not everything, the image we Project to the world is made up of various aspects such as personality, intelligence, and self-esteem. In *El poder de la belleza*, Lucy Lara invites readers to embark on a quest of physical and psychological well-being to build upon interior beauty. This is a comprehensive guide that explains the importance of accepting ourselves to exploit our potential, because learning to be attractive plays a role in harmful behaviors such as obsessions of being perfect.

**Contributor Bio**

**Lucy Lara** studied communication at the University Iberoamericana as well as Fashion Design at the Fashion Institute of Design and Merchandising in California. She has been a columnist, editor, and director of various fashion magazines. She is currently the editor of *Glamour* in Mexico and Latin America and coauthor of *El poder de la ropa*, with Antonio González de Cosío.
Me mudo de Sistema
CÓMO PASAR DE LA RESIGNACIÓN A LA ACCIÓN
Cecilia Monllor

Summary
Imagine waking up one morning to find that all your problems have been solved and you feel light as a feather. A delighted face looks back at you in the mirror. Fable, fiction, fairy tale? No! It’s the life you deserve if you’ve robbed yourself of countless minutes, preoccupied with minutia. It’s a dream that can be achieved with a change of mentality. No book can change your life—you’re the only one who can—but this one just might offer a few pointers help map your route.

Contributor Bio
Cecilia Monllor studied journalism at the University of Navarra and until recently, managed many bookstores in northern Spain.

La vaca que lloraba
Y OTROS CUENTOS BUDISTAS ACERCA DE LA FELICIDAD
Ajahn Brahm

Summary
During his travels and work as a Buddhist monk over the last 30 years, Ajahn Brahm has collected a great number of entertaining and moving stories. Embark on an exploration of mindfulness, suffering, forgiveness, hope, wisdom, and love that incorporates the stories of everyday people with the Buddha’s timeless teachings.

Contributor Bio
Ajahn Brahm is a Buddhist monk and the spiritual director of the Buddhist Society of Western Australia.
No hay nada mal contigo
Guía de autodisciplina compasiva
Cheri Huber

Summary
This book reveals the origin of self-hate, how self-hate works, how to identify it, and how to go beyond it. It provides examples of some of the forms self-hate takes, including taking blame but not credit, holding grudges, and trying to be perfect, and explores the many facets of self-hate, including its role in addiction, the battering cycle, and the illusion of control. After addressing these factors, it illustrates how a meditation practice can be developed and practiced in efforts to free oneself from self-hating beliefs.

Contributor Bio
Cheri Huber has been a student and teacher of Zen for over 35 years and is the founder of the Zen Monastery Peace Center and Living Compassion, a nonprofit dedicated to peace and service. She is also the author of 20 books including The Big Bamboozle and What You Practice Is What You Have.

Sosiego
El arte de envejecer
Wilhelm Schmid

Summary
Modern society attempts to avoid aging at all costs. The process of growing older is often likened to a disease to be cured. Philosopher Wilhelm Schmid, in contrast, describes aging as a natural and necessary process. Rather than searching for eternal youth or turning away from the passage of time, he introduces an art of aging that offers opportunities to find enrichment in growing older. Sosiego is a jewel of practical philosophy.

Contributor Bio
Wilhelm Schmid is an independent philosopher as well as a visiting professor at the University of Erfurt.
El arte de comunicarnos
Oscar Anzorena

Summary
The communication we have with other people is perhaps the most important and relevant action we do during our lives. Despite the importance that our conversations have on the quality of our relationships and our work achievements, we are often unprepared to effectively develop and improve upon these interactions. In El arte de comunicarnos, Oscar Anzorena poses a holistic view of human communication. With a clear, readable style and examples of his extensive experience as a coach and organizational consultant, the author provides concepts and techniques to help readers improve upon their communication skills, thus their professional and personal relationships.

Contributor Bio
Oscar Anzorena received a degree in Organizational Transformation and in Management and Strategic Planning. He is a consultant and organizational coach as well as director of DPO consulting which provides services to companies and institutions at the international levels. He is also the author of Maestría personal.

El arte de comunicarnos
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Summary
The communication we have with other people is perhaps the most important and relevant action we do during our lives. Despite the importance that our conversations have on the quality of our relationships and our work achievements, we are often unprepared to effectively develop and improve upon these interactions. In El arte de comunicarnos, Oscar Anzorena poses a holistic view of human communication. With a clear, readable style and examples of his extensive experience as a coach and organizational consultant, the author provides concepts and techniques to help readers improve upon their communication skills, thus their professional and personal relationships.

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Liberados
Cómo dejar cualquier adicción
Frederick Woolverton, Susan Shapiro

Summary
If smoking, constantly eating or drinking, or gambling have become hindrances to achieving your goals and you no longer have control or know how to overcome your addictions, this book is for you. Discover strategies that help you regain control of your life and build a better future. Dr. Frederick Woolverton, specialist in addictions, compiles several cases of past patients who were addicted to various substances or activities, from alcohol and drug use to gambling and pornography, and how they were rehabilitated. In collaboration with his former patient, Susan Shapiro, Woolverton proposes different ways to free yourself from suffering without having to resort to temporary releases of endorphins that addictions cause. This book will help you learn to trust in people rather than in harmful substances.

Contributor Bio
Dr. Frederick Woolverton is a clinical psychologist who specializes in treating patients with addictions. He is the founder and director of the acclaimed Village Institute for Psychotherapy in both New York City and Fayetteville, Arkansas. He has contributed to the New York Times and Psychology Today. Susan Shapiro is a journalism professor and has written for the Nation, the New York Times, Newsweek, Psychology Today, Salon, the Wall Street Journal, and the Washington Post. She is the author of The Bosnia List, Five Men Who Broke My Heart, Lighting Up, and Tripping the Prom Queen. They both live in New York City.
**Superando el duelo después de un suicidio**

Las experiencias de los que se quedan

Jessica Wolf

**Summary**

The mounting challenges of life today has devastating consequences for mental health, including an increased risk of suicidal thoughts. This book presents several individuals’ first-person accounts of their struggles with suicidal thoughts and recovery process, and invites readers to join in the process of understanding and healing.

**Contributor Bio**

Jessica Wolf is a family therapist with 20 years of experience in private practice. She studied psychology at the Universidad Iberoamericana and has specialized in therapeutic psychology, couples therapy, narrative therapies, and game therapy. She is the host of radio program *Mujeres Infinitas*.

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**Una soltera entre casadas**

Qué hacer cuando sientes que te estás quedando atrás

Casandra Gally

**Summary**

With a modern and honest voice, the author addresses any woman who has ever felt conspicuously single among couples. Through anecdotes and advice presented with a sense of humor and psychology to back it up, she helps us leave behind any embarrassment about being single, and helps readers think realistically about dating and marriage.

**Contributor Bio**

Casandra Gally is a Mexican psychologist and blogger. She has designed numerous human development workshops in Mexico and abroad. She is also the author of *Una soltera entre casadas*.
Nuevos secretos de la ley de atracción
Alberto Marpez

Summary
Through the Law of Attraction, the authors present numerous techniques for self-transformation on the material and spiritual planes. Topics include understanding the Cosmic Laws that determine the manifestation of our objectives and using them in our favor; using dormant resources within our brains to create the life we desire; and harnessing negative thinking in order to work towards our goals with renewed intensity.

Contributor Bio
Alberto Marpez is an Argentinean yoga and chi kung teacher the creator of bioenergetic chi kung with a strong interest in alternative physical therapies. He is the current president of the Biblioteca de Olivos and the director of the Escuela Superior de Reiki y Yoga Bioenergético and also the author of Reiki, Nuevas y Poderosas aplicaciones para cambiar tu vida and Yoga Salud.

La práctica de la atención plena
Jon Kabat-Zinn

Summary
An intelligent fusion between science, poetry, and spirituality, this book focuses on the transformative power of mindfulness in everyday life, both at an intimately personal level and at a more social one. It describes how to confer true value to the present moment with the practice of meditation. Readers will learn how to endure stress and pain through mindfulness in meditation.

Contributor Bio
Jon Kabat-Zinn is the founder and director of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School, as well as the founder of the Stress Reduction Clinic. He is the author of several books on mindfulness, including Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. He lives in Boston.
Mindfulness para principiantes
Jon Kabat-Zinn

Summary
International mindfulness expert Jon Kabat-Zinn distills years of practicing and teaching mindfulness in this accessible guide for beginners. Among the essential attitudes and practices covered in the book are the importance of staying connected with the body and the senses; how thoughts self-liberate when touched by awareness; going beyond the individual’s story and connecting with direct experience; stabilizing awareness and presence amid daily activities; and the three fundamental mental factors that can provoke suffering. This book, and the accompanying audio CD, which includes five guided meditations, shows readers how directing their awareness time and again to what is happening in the moment can lead to a more clear, reliable, and loving connection with themselves and the world.

Contributor Bio
Jon Kabat-Zinn is the founder and director of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School, as well as the founder of the Stress Reduction Clinic. He is the author of several books on mindfulness, including Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. He lives in Boston.

Inteligencia emocional plena
Mindfulness y la gestión eficaz de las emociones
Natalia Ramos, Héctor Enríquez, Olivia Recondo

Summary
Written in a didactic but concise and accessible style, this study analyzes, from a theoretical standpoint, how to incorporate the practice of mindfulness as an empowering tool within the framework of emotional intelligence. The book discusses what mindfulness is and its therapeutic effects and also explores the history and development of the concept of emotional intelligence. It then goes on to describe how integrating the concepts allows the reader to develop a complete emotional intelligence, in which an intentional focus on the emotions can lead to a better understanding and regulation of them.

Contributor Bio
Natalia Ramos is a psychologist, a therapist, and a professor at the University of Malaga in Spain who specializes in personal and emotional development. She is dedicated to the study of methods such as mindfulness and their application in emotional development. Héctor Enríquez is a professor and researcher at the Autonomous University of Ciudad Juarez in Mexico. His focus is on emotional intelligence, mindfulness, and emotions in the educational sphere. Olivia Recondo is a professor of social psychology at the University of Malaga, as well as a psychologist and therapist specializing in personal and emotional development. She teaches courses on the development of emotional intelligence through mindfulness.
Ser feliz es una decisión
Sutras y enseñanzas del Ayurveda para la vida
Fabián Ciarlotti

**Summary**
A sutra, a profound thought compacted into a simple axiom, can be much more powerful than a book. A good sutra, such as the title of this book, is a thought that remains with you and yields a cascade of ideas and thoughts, perhaps even a door to another way of life.

**Contributor Bio**
Fabián Ciarlotti is an Argentinean doctor and kinesiologist. He is a professor at the University of Buenos Aires and Universidad Maimónides, where he directs programs in kinesiology and Ayurvedic medicine. He is the author of *Ayurveda y Sexo Tántrico, Ayurveda y Filosofía, and Ayurveda y la Mente* among other books.

333 maneras de ser feliz
Brenda Barnaby

**Summary**
Offering many ideas and topics for reflection and for perceiving life from a different perspective, this book reveals a multitude of formulas for achieving happiness and inner peace. It offers alternative ways of thinking and behaving and helps readers accept life’s challenges, rediscover hope, and take control of their lives. This makes an excellent gift for anyone seeking to lift themselves out of life’s doldrums.

**Contributor Bio**
Brenda Barnaby is a psychologist, a researcher, and a writer specializing in issues related to mental powers and brain waves. She is the author of *Guía práctica de El Secreto, Más allá de El Secreto, and Más allá de la Ley de la Atracción.*
.Comparator amargarse la vida
Brenda Barnaby

Summary
Love, happiness, and hope are all notions that give life meaning. However, they are only enough when they surpass our fears, like when the sun shines through the clouds and thunder. Brenda Barnaby gives us a new marvelous book that talks about all that we can do to keep ourselves from what upsets us, leading us to a state of happiness. Through this route, readers encounter many interesting scenarios about handling their emotions and the requirements they impose on themselves. To experiment, the author offers practical proposals, scenarios, reflections, and suggestions in order to become a stronger, happier, and more optimistic person. Embellished with moving stories and personal experiences, this book will guide readers to a new personal standard.

Contributor Bio
Brenda Barnaby is a psychologist, a researcher, and a writer specializing in issues related to mental powers and brain waves. She is the author of 333 maneras de ser feliz, Guía práctica de El Secreto, Más allá de El Secreto, and Más allá de la Ley de la Atracción.

Florecer
Martin E.P. Seligman

Summary
In this groundbreaking book, Martin Seligman, renowned psychologist, founder of the positive psychology movement, and prolific author, offers a new theory on a fundamental issue. What is happiness? Why do some people feel satisfied with life while others do not? How are they influenced by circumstances outside of their control? Is it their financial position? Is it something related to the wiring of their personalities? Seligman provides real-life stories that, in addition to inspiring the reader, serve as support for his proposal. Human well-being depends on a number of attitudes and values—personal, family, social—that help guide our lives towards happiness.

Contributor Bio
Martin E. P. Seligman is a psychology professor at the University of Pennsylvania and the director of the Positive Psychology Network. He is the author of 20 books, including Authentic Happiness, Learned Optimism, and The Optimistic Child. He lives in Philadelphia.
Florece
La nueva psicología positiva y la búsqueda del bienestar
Martin E. P. Seligman

Summary
In this groundbreaking book, Martin Seligman, renowned psychologist, founder of the positive psychology movement, and prolific author, offers a new theory on a fundamental issue. What is happiness? Why do some people feel satisfied with life while others do not? How are they influenced by circumstances outside of their control? Is it their financial position? Is it something related to the wiring of their personalities? Seligman provides real-life stories that, in addition to inspiring the reader, serve as support for his proposal. Human well-being depends on a number of attitudes and values—personal, family, social—that help guide our lives towards happiness.

Contributor Bio
Martin E. P. Seligman is a psychology professor at the University of Pennsylvania and the director of the Positive Psychology Network. He is the author of 20 books, including Authentic Happiness, Learned Optimism, and The Optimistic Child. He lives in Philadelphia.

Perdonar lo imperdonable
Charles Cannon

Summary
In November 2008, an Islamic terrorist group attacked the city of Mumbai, India. Among their targets was the Hostel Oberai, where Master Charles Cannon, founder of the Synchronicity holistic meditation association, was staying. When Cannon and his associates were finally freed by police, they did the unthinkable: they publicly pardoned their aggressors. Narrating these harrowing experiences, Cannon reveals the spiritual convictions that have made him a source of inspiration and strength for millions of people.

Contributor Bio
Charles Cannon is a holistic educator and a celebrated spiritual master specializing in the art of meditation. In his youth, he was a disciple of Paramahansa Muktananda, one of the most respected Eastern mystics of the modern era.
¡Gracias! Cómo ser feliz y estar en paz con la vida
Nina Lesowitz, Mary Beth Sammons

Summary
Nina Lebowitz and Mary Beth Simmons have found that being grateful in life allows us to live happier: gratitude is a factor of being content and stress-free. It helps you have more satisfying relationships and better react to good fortune of others. From their own experiences and knowledge, the authors show that a life of gratitude allows us to fight adversity and find inner peace. With clear, inspirational phrases and assertive exercises, ¡Gracias! Cómo ser feliz y estar en paz con la vida is designed to help everyone achieve the kinds of life we have always wanted to build.

Contributor Bio
Nina Lesowitz is well-known for her leadership among business women within the San Francisco Bay area. She is also the director of the Spinergy Group, representing various authors, corporate clients, and non-profit organizations. She is the coauthor of the bestseller The Party Girl Cookbook. Mary Beth Sammons is a journalist, contributor to various websites such as Family Circle and the Chicago Tribune. She has received several awards within the newspaper and communication industry and is the author of nine books including Second Acts that Change Lives and The Courage Companion.

Bienvenido dolor
Una invitación a desarrollar la voluntad de ser feliz
Pilar Sordo

Summary
As psychotherapist and researcher Pilar Sordo explains, pain is nothing more than a stretch of difficult terrain we must pass through in order to reach the elusive path to happiness. Acceptance, gratitude, and mindfulness are the qualities that permit us to admit pain into daily life and understand it as a necessary obstacle of well-being. If we can understand pain as a sort of travel companion, Sordo argues, we will be fully open to the richness and complexity of our life’s trajectory.

Contributor Bio
Pilar Sordo is a Chilean psychologist whose numerous self-help books have been best-sellers in Latin America. She is the author of ¡Viva la diferencia!, No quiero crecer, No quiero envejecer, and Lecciones de seducción, which have established her as one of the continent’s premier human development experts.
¡Viva la diferencia! (... y el complemento también)
Pilar Sordo

Summary
Faced with the reality that women and men, for biological and cultural reasons, are not equal, Pilar Sordo writes a true recognition of the difference and diversity. As opposed and complementary genders, feminism and masculinity represent the richness of human experience. Recognizing the differences and the most positive aspects are keys to finding harmony in everyday life.

Contributor Bio
Pilar Sordo is a Chilean psychologist whose numerous self-help books have been best-sellers in Latin America. She is the author of ¡Viva la diferencia!, No quiero crecer, No quiero envejecer, and Lecciones de seducción, which have established her as one of the continent’s premier human development experts.

Lecciones de seducción
Pilar Sordo

Summary
In a world full of sexual stimuli, especially in the media and advertising, Pilar Sordo explores how it has an impact on our private lives, and how, paradoxically, it causes backlash. In fact, since we are constantly exposed to images, colors, sounds, and TV that it seems as if we have become immune. Lecciones de seducción is an invitation to pause and think about the concept of sexuality within our daily lives. This is an opportunity to establish new parameters and recognize that sexuality is linked to spiritual values and variables.

Contributor Bio
Pilar Sordo is a Chilean psychologist whose numerous self-help books have been best-sellers in Latin America. She is the author of ¡Viva la diferencia!, No quiero crecer, No quiero envejecer, and Lecciones de seducción, which have established her as one of the continent’s premier human development experts.
Negociar con éxito en la vida cotidiana
Peter Brandl

Summary
Through this book you will find helpful strategies to master the art of negotiation.

Contributor Bio
Peter Brandl is a trainer and consultant on communication issues, negotiation techniques, and conflict management within business.

Interpretar los sueños
Conocerse mejor uno mismo
Samantha Brown

Summary
The dreams we have while we sleep are laden with meaning: they speak of those who we often think about, of anxieties and fears, and can help us better understand ourselves.

Contributor Bio
Samantha Brown is a specialist in lucid dreams as well as dream and unconscious interpretations. She directs various groups on dreaming.
Inteligencia emocional
La clave para el éxito profesional
Jörg Wurzer

Summary
Do you find it difficult to find the right words in certain social contexts? If so, this book will help you optimally manage your emotional intelligence in just five steps.

Contributor Bio
Jörg Wurzer has worked as a journalist and a writer for various publications.

Lenguaje corporal
Saber lo que piensan los demás en el trabajo
Monika Matschning

Summary
Through this book you will learn how to correctly interpret body language, gestures, and facial expressions.

Contributor Bio
Monika Matschning has a degree in psychology and is a specialist in personality development.
El placer de dormir bien
Claves y trucos para lograrlo
Anna Jennings

Summary
In all stages of life there are sleep solutions, which help improve daily life. Through this book you’ll learn why it is so important to have a restful sleep.

Contributor Bio
Anna Jennings has a degree in neurobiology and is a specialist in sleep disorders. After devoting years studying the process of the mind, she has become an expert who spends much of her time helping others sleep better.

Aprenda a meditar
De forma fácil rápida y sencilla
Monica A. Pohl

Summary
This book will teach you how to meditate through practical exercises. It will also help you find serenity and reach a high quantity of life.

Contributor Bio
Monika A. Pohl is a physical therapist and specializes in promoting health. Her company, Lebensstil Gesundheit, offers advice on how to lead a healthy lifestyle.
**Self-Coaching**
Mejorar el rendimiento en el trabajo
Stefanie Demann

**Summary**
This book will show you the strategies to help you determine what you need to do in order to get where you want to go.

**Contributor Bio**
**Stefanie Demann** has been very successful at helping employees and managers find internal motivation.

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**Vivir positivamente**
Guía práctica para conseguirlo
Roger Johnson

**Summary**
Discover how to think in a positive way through the help of this book. As Balzac says, "Although nothing changes, if I change, everything changes".

**Contributor Bio**
**Roger Johnson** is a consultant and specialist in psychology. He advises both companies and individuals around the world on the practices and habits to gain a positive approach to professional and personal activity.
**Mejorar la memoria**
Técnicas sencillas y eficaces para recordar
Oliver Geisselhart

**Summary**
Have you ever forgotten an anniversary or the name of the client you are talking to? Thanks to this book, you will learn the necessary techniques to improve your memory.

**Contributor Bio**
Oliver Geisselhart is well-known for his techniques to improve memory in Germany, and appears on various TV programs as well as in articles and interviews.

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**Estúpidos: manual de doma**
Cómo trabajar con gente insoportable
Gitte Härter

**Summary**
This book will help you learn to treat others with a sense of calmness towards people who would normally get on your nerves. If you’re offended or angered, it will help you resist stopping to their level.

**Contributor Bio**
Gitte Härter is a professor and the author of numerous books on business, management, and communication.
Cómo leer mejor y más rápido libros, informes y mails
Martin Krengel

Summary
With this book, you will be able to improve upon your literary skills as well as concentration and organization skills.

Contributor Bio
Martin Krengel studied economics and social psychology. He currently teaches seminars about time management, reading strategies, and study methods.

Cómo administrar bien el tiempo para caóticos
Lothar Seiwert, Horst Müller, Anette Labaek

Summary
This book is for those who think globally and in a non-analytical way through pictures instead of words. These spontaneous people can sometimes be defined as chaotic.

Contributor Bio
Lothar Seiwert is one of the most influential authors and management experts in Europe. Horst Müller specializes in making mental maps. Anette Labaek directs a coaching company that helps people with their emotions.