

17 YEARS | 1.300 TITLES

2024

**FOREIGN
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CATALOGUE**



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EDUCATION & PARENTING

DR. ÁLVARO BILBAO || PLATAFORMA EDITORIAL || 2024 || EDUCATION, ADOLESCENCE
224 PAGES || ISBN: 978-84-10079-26-7 || [LINK TO AMAZON](#)



The highly acclaimed author, Dr. ÁLVARO BILBAO, returns with a unique book, this time addressing the challenges of adolescence. *Prepare yourself for life* tackles the vital questions, challenges, and dilemmas that every teenager faces, offering advice and explanations based on neuropsychology.

+20.000
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TOP 10
AMAZON
SPAIN
BESTSELLER

Sold to
Portuguese,
Russian,
Italian and
French

2.6 MILLION
followers on
social media
[@soyalvarobilbao](#)

Author of
'Understanding
your child's
brain'

Author
translated into
25 languages



WHO IS DR. ÁLVARO BILBAO?

Dr. Álvaro Bilbao is a psychologist, neuropsychologist, and father of three children. Trained at Johns Hopkins Hospital and the Kennedy Krieger Institute, he has collaborated with the World Health Organization, and his research has earned him various awards in the fields of psychology and neuroscience. In his courses and conferences for parents, he advocates that basic knowledge about the child's brain can greatly contribute to a deeper and more satisfying relationship between parents and children.

The best-selling author of "Understanding Your Child's Brain" (2015) returns to help you understand, communicate, and advise those children who have become teenagers with "Prepare yourself for Life".

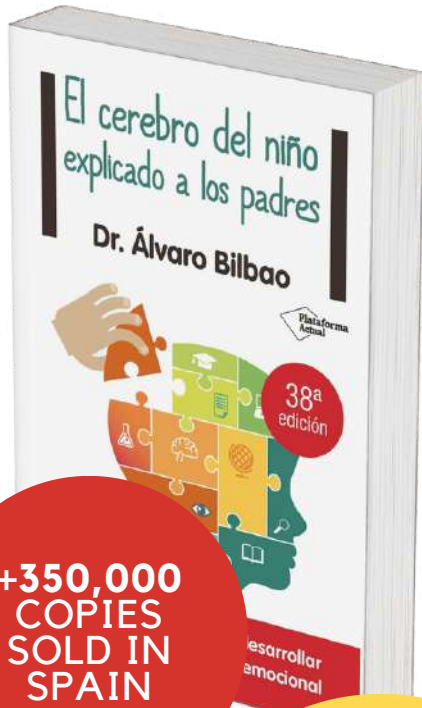


UNDERSTANDING YOUR CHILD'S BRAIN

HOW TO HELP YOUR CHILD DEVELOP HIS
INTELLECTUAL AND EMOTIONAL POTENTIAL



DR. ÁLVARO BILBAO || PLATAFORMA EDITORIAL || 2015 || EDUCATION, PARENTING
292 PAGES || ISBN: 978-84-16429-56-1 || [LINK TO AMAZON](#)



During the first six years of life the child's brain has a potential that will never have again. This book is a practical manual that summarizes the knowledge that neuroscience provides to parents and educators, so that they can help children to achieve full intellectual and emotional development.

+350,000
COPIES
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SPAIN

Translated
into **25**
languages



Dr. Álvaro Bilbao
among the top
100 bestsellers on
Amazon Spain
since 2015

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DR. ÁLVARO BILBAO OTHER TITLES BY THE AUTHOR

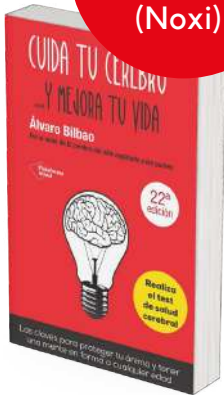
HELLO, FAMILY! THE FIRST BABY-MOTHER, BABY-FATHER DICTIONARY

- An ideal book gift for first-time parent.
- Hardcover and beautifully illustrated book with highly practical advices that unearths a series of everyday scenarios with newborn babies.

DR. ÁLVARO BILBAO || PLATAFORMA EDITORIAL || 2022 || EDUCATION, PARENTING || 136 PAGES
ISBN: 978-84-19271-45-7 || [LINK TO AMAZON](#)



SOLD TO:
Czech
(Noxi);
Slovak
(Noxi)



Do you know how resilient your brain is? Would you like to learn how to take care of it and protect it from mood swings and the passage of time? This book will give you the keys to having a fit mind at any age.

TAKE CARE OF YOUR BRAIN... AND IMPROVE YOUR LIFE KEYS TO PROTECTING YOUR MIND AND KEEPING IT IN SHAPE AT ANY AGE

DR. ÁLVARO BILBAO || PLATAFORMA EDITORIAL || 2013 || EDUCATION, PARENTING
208 PAGES || ISBN: 978-84-15750-61-1 || [LINK TO AMAZON](#)

EVERYONE TO BED HOW TO HELP YOUR BABY TO SLEEP WITH LOVE AND CONFIDENCE

The sleep of children and that of their parents have different rhythms. Faced with this reality, parents often find themselves lost, without answers or alternatives that allow them to feel safe about how they can act. This book will provide you with the answers.

DR. ÁLVARO BILBAO || PLATAFORMA EDITORIAL || 2017 || EDUCATION, PARENTING
272 PAGES || ISBN: 978-84-17002-93-0 || [LINK TO AMAZON](#)

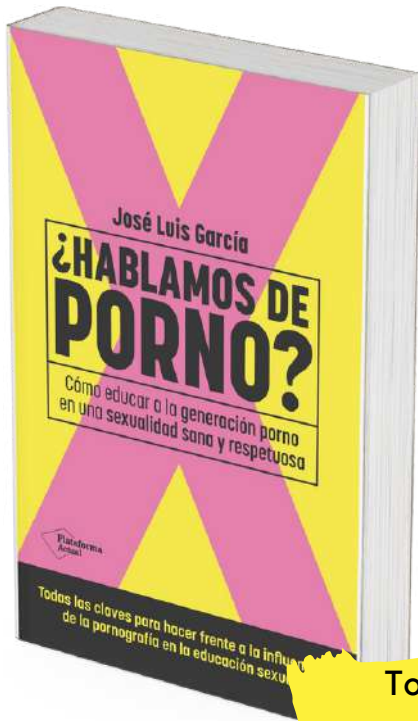
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Portuguese
(Planeta)



LET'S TALK ABOUT PORN

HOW TO EDUCATE YOUR CHILDREN IN A
HEALTHY AND RESPECTFUL SEXUALITY

JOSÉ LUIS GARCÍA || PLATAFORMA EDITORIAL || 2024
EDUCATION, PARENTING || 384 PAGES || ISBN: 9788410079892 || [LINK TO AMAZON](#)



Clear tools and arguments, in simple language, to maintain a sincere, open, and constructive conversation with our children, addressing all their doubts and laying the foundation for a healthy sexuality. This comes at a time when alarm and concern are widespread among parents and educators due to an issue of utmost relevance: sex on the Internet and the consumption of pornography by minors and young people.

Topic of utmost **current relevance** and social, political, and **media significance**.

The **author** is one of the **foremost authorities** in Spain on **sexual education**



+36.9K
Followers



JOSÉ LUIS GARCÍA

José Luis García is a Doctor in Psychology and a specialist in Sexology. He has worked as a clinical psychologist and sexologist in the Government of Navarra for 36 years, coordinating its Family Counseling and Sexual Education centers. He has served as a professor at various Spanish and Ibero-American universities and has advised the Ministry of Health, the Ministry of Social Affairs, and the FEISD.

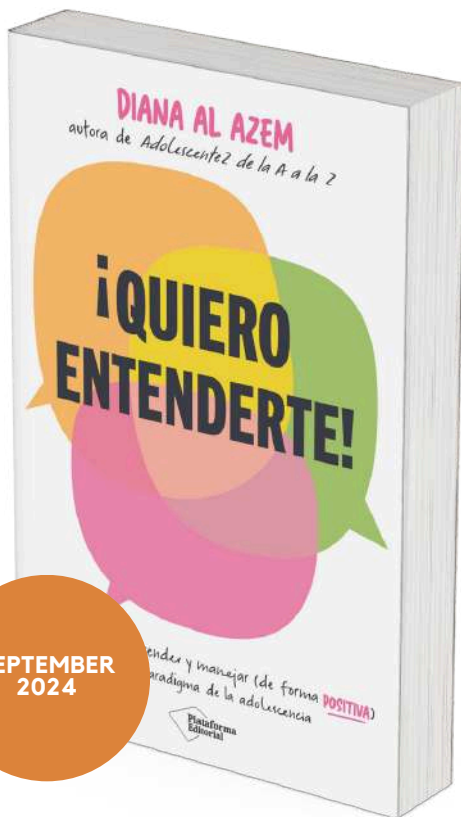
DIANA
AL AZEM

I WANT TO UNDERSTAND YOU!

KEYS TO UNDERSTANDING AND MANAGING
(POSITIVELY) THE NEW PARADIGM OF
ADOLESCENCE

DIANA AL AZEM || PLATAFORMA EDITORIAL || 2024 || EDUCATION || 240 PAGES
ISBN: 978-84-10243-41-5 || [LINK TO AMAZON](#)

THE **BEST-SELLING AUTHOR** RETURNS WITH HER
LATEST BOOK: A **PARENT-TEENAGER DICTIONARY**,
OFFERING A UNIVERSAL TRANSLATOR TO HELP
PARENTS AND TEENS **NAVIGATE DAILY CONFLICTS.**



SEPTEMBER
2024

Why does he get so angry? When did he start becoming narcissistic? What can I do about his impulsiveness or his sluggishness? How many times, since your child became a teenager and plunged into a sea of contradictions, have you said to yourself, 'I don't understand, I need an instruction manual'?

HER FIRST BOOK,
«TEENAGERZ FROM A TO Z»,
SOLD OVER 5.000 COPIES
ON ITS FIRST YEAR

DIANA
AL AZEM



+629K FOLLOWERS: @adolescencia_positiva

TEENAGERZ FROM A TO Z

LEARN HOW TO LIVE AND ENJOY A
POSITIVE ADOLESCENCE

DIANA AL AZEM || PLATAFORMA EDITORIAL || 2023 || EDUCATION || 248 PAGES
ISBN: 978-84-19655-34-9 || [LINK TO AMAZON](#)

ENGLISH
SAMPLE
AVAILABLE



A book that aims to answer, in a very direct and clear way, specific questions about problems, large or small, that arise in the day-to-day life of raising teenagers. Diana Al Azem provides an in-depth review, from A to Z, focusing on the issues that most concern parents, with chapters that simply, bluntly address any issue, to give it an effective answer.

+5,000
COPIES SOLD
on its first year

@adolescenciapositivablog

+200,000
FOLLOWERS
ON HER BLOG


TOP 100 AMAZON
SPAIN
on its first week



+629K FOLLOWERS: @adolescencia_positiva

DIANA AL AZEM

Diana Al Azem (1977), has a degree in English Philology. However, her life path, thanks to her experience of more than ten years as a secondary school teacher, has led her to specialize in dealing with adolescents. She created the Positive Adolescence Blog and **today it is a community with more than 200,000 followers that has a blog, podcast, and courses.**



EVA BAILÉN

CONNECTED AND EMPOWERED

TECHNOLOGY AS AN EDUCATIONAL ALLY?

EVA BAILÉN || PLATAFORMA EDITORIAL || 2024 || EDUCATION
208 PAGES || ISBN: 978-84-10079-28-1 || [LINK TO AMAZON](#)



Society has changed at a dizzying pace in the last twenty years. Being a child, teenager, parent, or teacher is now more difficult than it was for past generations. Eva Bailén, a telecommunications engineer, teacher, mother of three, columnist, and expert in education topics, provides us with tools to talk to the new generations about what happens behind the screens. This practical, direct, and empathetic book helps us understand the dangers we face when using smartphones and other devices, how minors handle technology, what lies beyond the screens they are glued to, and what happens in their online lives.

TELECOMMUNICATIONS
ENGINEER WITH MORE
THAN 20 YEARS OF
EXPERIENCE



MEMBER OF THE
SCIENTIFIC
COMMITTEE OF
THE JOURNAL
TECNOLOGÍA,
CIENCIA Y
EDUCACIÓN.



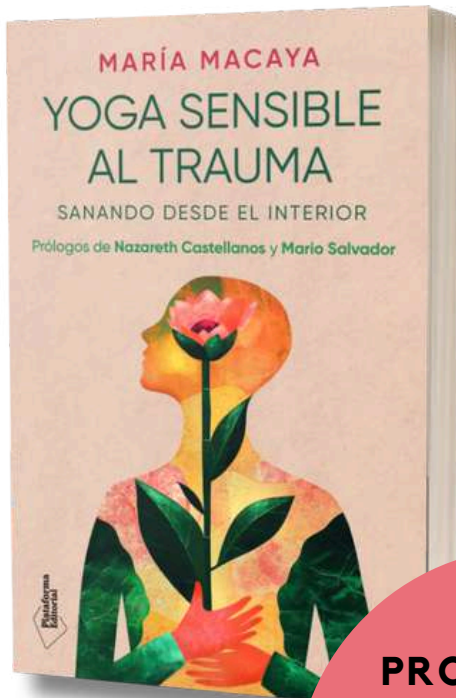
EVA BAILÉN

Eva Bailén is a telecommunications engineer, teacher, and mother of three. Since launching a campaign for the rationalization of homework on [change.org](#) in 2015, she has made a name for herself in the Spanish educational field. A columnist for *El País* and former spokesperson for Education in the Madrid Assembly.



PERSONAL DEVELOPMENT

MARÍA MACAYA || PLATAFORMA EDITORIAL || 2024 || 264 PAGES || HEALTH & WELLBEING || ISBN:978- 84-10243-54-5 || [LINK TO AMAZON](#)



What is trauma? How does it affect us? What are its effects on our brain and nervous system?

María Macaya offers us a path to healing: a process of self-awareness and empowerment that allows us to stop being prisoners of our wounds and open ourselves to connection and presence.

PROLOGUE BY
BEST-SELLING
AUTHOR
NAZARETH
CASTELLANO

1ST
SPANISH
BOOK ON
THE TOPIC



+33K FOLLOWERS: @fundacion_radika

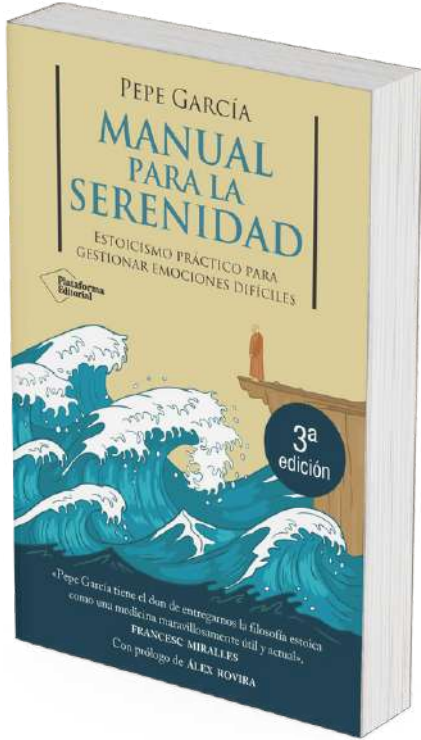
MARÍA MACAYA

María Macaya specializes in trauma and Trauma-Sensitive Yoga, certified by prestigious institutes in Massachusetts and San Francisco. She is also certified in addictions and recovery by Stanford University and has studied neuroscience at King's College. In 2016, she founded the Rādika Foundation to address mental and emotional health issues from a yoga perspective.

MANUAL FOR SERENITY

WAYS STOICISM CAN HELP YOU ACHIEVE IMPASSIVE HAPPINESS

PEPE GARCÍA || PLATAFORMA EDITORIAL || 2024 || 368 PAGES || PHILOSOPHY, PERSONAL DEVELOPMENT || ISBN: 978-84-10079-87-8 || [LINK TO AMAZON](#)



Modern psychology and classical philosophy come together in the hands of 'The Stoic' in a close, enjoyable, and easy-to-read book that gathers the teachings of the ancient Stoics and the reflections of the author himself to help us cope with and manage our most complicated emotions. Anger, fear, pain, attachment, anxiety, desire, stress, envy... Pepe García shows us how to achieve practical wisdom and the necessary serenity to cope with our hectic daily lives.

PROLOGUE BY FAMOUS BEST-SELLING AUTHOR ALEX ROVIRA

REACHED ITS 3RD EDITION THREE MONTHS AFTER PUBLICATION



PEPE GARCÍA

+6M PLAYS
«EL ESTOICO»

PODCAST 

+101K
FOLLOWERS



+222K
FOLLOWERS



HER FIRST BOOK, «ALWAYS STANDING», SOLD OVER 10.000 COPIES

PEPE GARCÍA || PLATAFORMA EDITORIAL || 2022 || 232 PAGES || PHILOSOPHY,
PERSONAL DEVELOPMENT || ISBN: 978-84-19271-16-7 || [LINK TO AMAZON](#)



This book explains in a clear and pragmatic way the main pillars of Stoicism and provides a series of techniques that help the reader put the ancient philosophy into practice. More than thirty practical exercises described throughout the book aim to help people lead a life worthy of living.

Pepe García is the author of *El Estoico*, a blog that disseminates the **principles of stoicism** and helps to put them into practice.

ENGLISH
SAMPLE
AVAILABLE

8
EDITIONS

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«EL ESTOICO»

+70K
FOLLOWERS

+200K
FOLLOWERS

PODCAST 

You
Tube



PEPE GARCÍA

Pepe García, known as 'The Stoic', has a Law degree and a Master's degree in Leadership and Team Management. His passion for reading and stoicism led him to turn his career around, creating **elestoico.com** in 2019 and later, the *El Estoico* podcast, with more than six million replays.

YES, YOU HAVE ENOUGH TIME

HOW TO RECLAIM YOUR TIME, FOCUS
ON WHAT TRULY MATTERS

COMING SOON

MAPI HEREDIA || PLATAFORMA EDITORIAL || 2024 || XXXX PAGES || PERSONAL
DEVELOPMENT || ISBN: 978-84-10243-63-7 || LINK TO AMAZON



In today's society, the scarcity of time has become a prevalent issue that affects our health and quality of life. The phrase "I don't have enough time" reflects this collective feeling of always racing against the clock

Mapi teaches us to break the paradigm of time scarcity. Through her example, we learn to find healthier and more enriching rhythms in our daily lives. She invites us to adopt a more mindful and balanced approach, prioritizing experiences and personal quality over constant rush and stress.

PODCAST 

EL PÓDCAST DE MAPI HEREDIA



+65K FOLLOWERS: @LA_GASTRONOMA



MAPI HEREDIA

Mapi Heredia is a Communications Director by day and a journalist by night. She has been named among the Top 10 Communications Directors 2023 by SCOPEN, among the Top 50 DIRCOMS 2023 by Forbes, and is in the Top 100 Women Leaders 2023 according to El Español. With a career spanning over 20 years in companies such as HEINEKEN, L'Oréal, and Grupo Dia, she is a journalist by training. She is also a content creator through her profile LaGastrónoma.

THE HANASAKI SYSTEM

THE NINE JAPANESE PILLARS TO LIVE A MEANINGFUL AND CENTENARY LIFE

MARCOS CARTAGENA || PLATAFORMA EDITORIAL || 2019 || PERSONAL DEVELOPMENT
264 PAGES || ISBN: 978-84-17622-10-7 || [LINK TO AMAZON](#)



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Compton)**

Marcos Cartagena has created a system designed to help you have a longer, happier life and become a better person. The Hanasaki System brings together the best lessons of the land of the rising sun to help you have a fuller life and, according to the author, "travel the path you have started in order to become a better person with everystep".

We can learn a great deal from Japanese culture, from the private aspects of life to the professional ones

MARCOS CARTAGENA

Marcos Cartagena graduated in Business Sciences and has a technical diploma in Administration and Finance. In 2010 he moved to Japan. He is the CEO and co-founder of the innovative travel agency Discovering Japan, which aims to show the country in a different and authentic way.

SILVIA LLOP TELL HIM TO GET LOST YOU DESERVE BETTER

SILVIA LLOP || PLATAFORMA EDITORIAL || 2021 || FEMINISM, PERSONAL DEVELOPMENT
328 PAGES || ISBN:978-84-18582-13-4 || [LINK TO AMAZON](#)



Do you get the feeling that you're a magnet for men who don't value you, don't compromise, and are not ready for a relationship, but you don't know how to stop attracting them? This book will provide you with the tools to understand which mistakes you are making. Through 25 exercises, a variety of testimonies from women, and some lessons –all washed down with a tall glass of humor–, you will find the key to choosing a man who will give you respect, love, and affection, without having to give up who you are.

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YEAR

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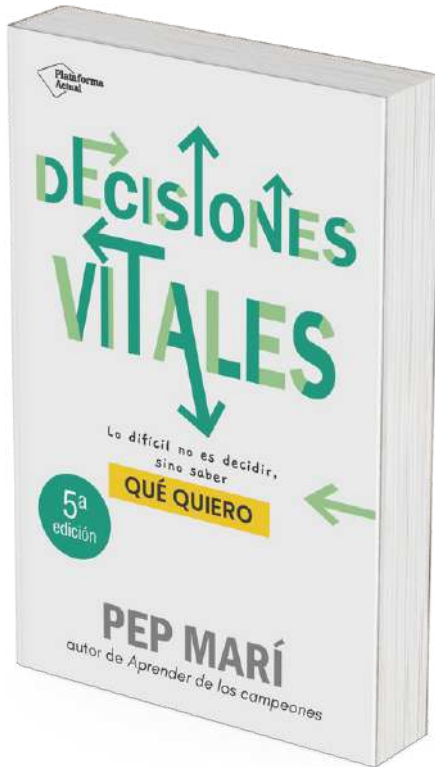
Instagram

SILVIA LLOP

Silvia Llop studied Psychology at Universidad de Barcelona, with a master's in NLP (Neurolinguistic Programming), and takes part in the International Federation of Coaching and Mentoring. Before specialising in helping women to choose their partners better, she worked in marketing, creative writing and with children.



PEP MARÍ || PLATAFORMA EDITORIAL || 2024 || PERSONAL DEVELOPMENT
136 PAGES || ISBN: 978-8410079045 || [LINK TO AMAZON](#)



Throughout our lives, we make between five and seven vital decisions: What career path do I pursue? Do we stay together or break up? Do I have a child or not? Should I change companies? Should I quit my job? Should I buy or rent? Whether in the professional or personal realm, our lives are shaped by these decisions. However, we are often unaware of the criteria and patterns that typically guide us in decision-making. With this book, you will discover your decision-making style and learn to make your next decisions more effectively and in greater alignment with your goals.

**LONG SELLER
AUTHOR WITH
30 EDITIONS
OVERALL**



**+66K
FOLLOWERS**

Instagram

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PEP MARÍ

Pep Mari is a psychologist specialized in Sports Psychology. He has worked for almost thirty years with high-performance athletes. He is a trainer in companies and a speaker. Author of «Learning from champions», «Champion teams», «Leading champion teams» and «The psychological DNA», all published in Plataforma Editorial.

ROBERTO COLOM || PLATAFORMA EDITORIAL || 2021 || PSYCHOLOGY, PERSONAL
DEVELOPMENT || 256 PAGES || ISBN:978-84-18582-70-7 || [LINK TO AMAZON](#)



What is Psychology? What are the most common therapies and psychological problems? Can a psychologist help someone who doesn't want help? Do they help us heal? Can we change? What does 'emotional intelligence' exactly mean? Why do we lie? Why does jealousy exist? Is the Internet dumbing us down? Can psychology contribute to improving our society? Find the answers to these and many other questions you have always wanted to ask a psychologist

NEW BOOK BY THE AUTHOR:
**“HOW TO END VIOLENCE. KEYS
PROVIDED BY SCIENCE TO
ERRADICATE VIOLENCE IN SOCIETY”**

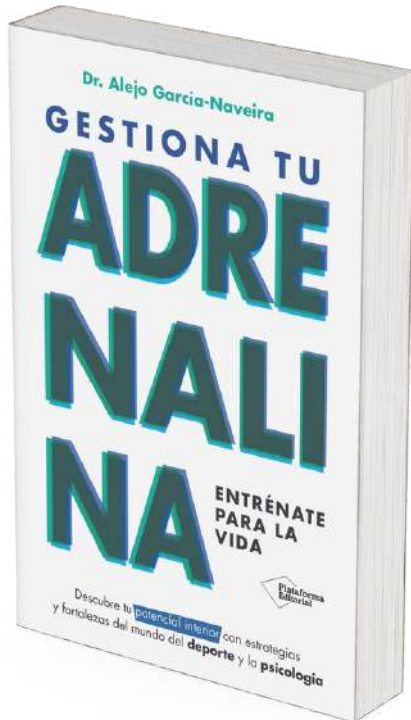
Roberto Colom and Antonio Andrés Pueyo, professors of psychology and experts in the field, address the key causes of violence in this addictive, engaging, and interesting book with one goal: to contribute to its eradication from our society.

ROBERTO COLOM

Roberto Colom is a Professor of Differential Psychology at the Universidad Autónoma de Madrid, where he has been working for more than three decades. He has been considered one of the most influential Spanish psychologists worldwide.



DR. ALEJO GARCÍA-NAVEIRA || PLATAFORMA EDITORIAL || 2024 || PERSONAL
DEVELOPMENT || 114 PAGES || ISBN:978-84-10243-39-2 || [LINK TO AMAZON](#)



We live rushing from one place to another, stumbling forward, solving problems, and always consumed by haste. We don't realize it, but we are elite athletes in the obstacle course of managing routine, winners in the competition of life. But what if we could, like elite athletes, learn to harness the adrenaline that our daily routine generates to motivate ourselves, turn it into drive and energy, and thus bring out the best in ourselves and, above all, live better? What if adrenaline were our ally?

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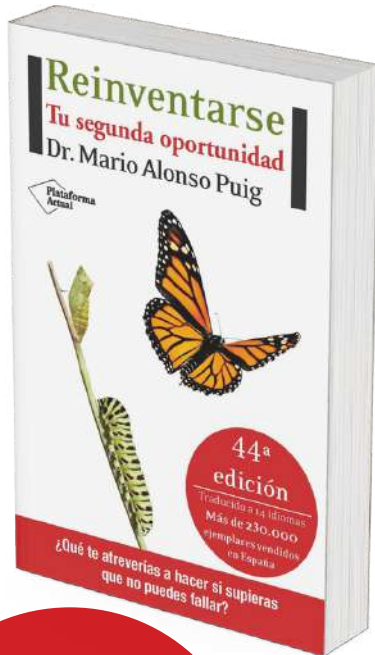
+25 YEARS OF
PROFESSIONAL
EXPERIENCE

DR. ALEJO GARCÍA-NAVEIRA

Sports psychologist with over twenty-five years of professional experience and has worked with high-performance athletes, elite competitors, and young talents. He has collaborated with prominent organizations such as Club Atlético de Madrid. He is an expert in designing and implementing psychological strategies that lead to achieving results, improving performance, personal growth, and maintaining psychological health



DR. MARIO ALONSO PUIG || PLATAFORMA EDITORIAL || 2010 || PERSONAL
DEVELOPMENT || 192 PAGES || ISBN: 978-84-15577-09-6 || [LINK TO AMAZON](#)



This book invites the reader to set out on a journey of self-discovery that will explore key aspects of how the human mind works. The author is one of the most sought-after experts by public and private institutions alike for conferences and seminars on leadership, creativity, innovation in business, and change management.

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Brazilian (Livros de Safra), **Catalan** (Plataforma Editorial), **Chinese** (Youbookagency – Machine Press), **French** (Presses du Châtelet), **German** (Random House), **Greek** (Psychogios Publications); **Italian** (Salani Editore – Gruppo editoriale Mauri Spagnol), **Japanese** (Marshall Cavendish), **Polish** (Swiat Ksiazki), **Portuguese** (Esfera dos Livros), **Russian** (Olympus Business Publishers).

DR. MARIO ALONSO PUIG

Mario Alonso Puig has a surgical fellowship at Harvard School of Medicine in Boston, Massachusetts (USA) and is a member of the New York Academy of Sciences and the American Association for the Advancement of Science. He has dedicated the better part of his life to exploring the effect of our mental processes on how we use our talents as well as our levels of health, energy and well-being

VÍCTOR KÜPPERS || PLATAFORMA EDITORIAL || 2012 || PERSONAL DEVELOPMENT || 246 PAGES
ISBN: 978-84-16620-79-1 || [LINK TO AMAZON](#)



Live a Meaningful Life will help you realize that the most important thing in life is focusing on fighting not crying, and in doing instead of complaining. It is also about how to develop joy and enthusiasm, as well as recover values like kindness, gratefulness, generosity, perseverance and integrity. This book makes you think about the **meaning of life**, in a pleasant way, with a very **simple and practical** approach.

Instagram

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AUTHOR
WITH
+250,000
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Brazilian (Editora Vida).

VÍCTOR KÜPPERS

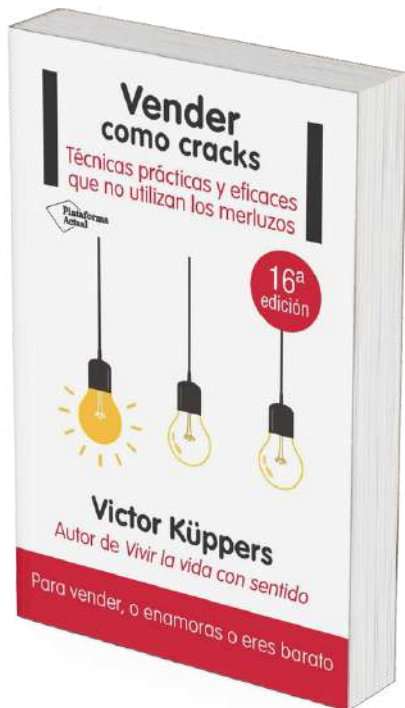
Víctor Küppers, who is married with two children, is a doctor of humanities and a member of Küppers & Co. He is a professor at the University of Barcelona and the International University of Catalonia. He has collaborated as an educator in businesses like Nestlé, Volkswagen-Audi or The Red Cross Spain among other companies.

LIVING AND WORKING WITH JOY LIVING WITH JOY IN A DUMB SOCIETY

In this book, Küppers uses his unique fresh, straightforward style to inspire us on how to liven up. A much-needed boost in these times. Why is it that some people go through life as if they were living light balls filled with happiness whereas others are stuck in negative thought loops? Küppers brings us closer to the answer that positive psychology has for it, and he does it in the most entertaining, practical way.



VÍCTOR KÜPPERS || PLATAFORMA EDITORIAL || 2020 || PERSONAL DEVELOPMENT || 176 PAGES
ISBN: 978-84-18285-35-6 || [LINK TO AMAZON](#)



SELL LIKE A PRO PRACTICAL AND EFFICIENT TECHNIQUES THAT SILLY PEOPLE DON'T USE

Sales is a fantastic, marvelous profession. It is difficult, complicated, stressful, frustrating, lonely, but full of happiness and satisfaction that overwhelmingly make up for that less pretty side. It is a profession that doesn't always get the recognition it deserves, and we are the ones, the salesmen, who must dignify it. This book tries to help motivate, inspire, to enjoy commercial work.

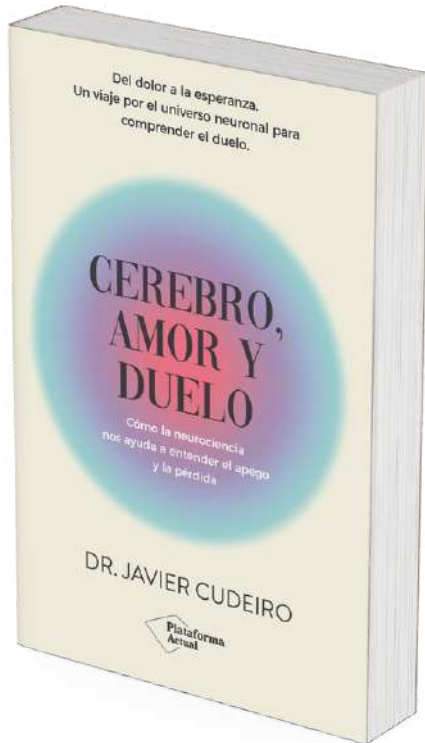
VÍCTOR KÜPPERS || PLATAFORMA EDITORIAL || 2018 || PERSONAL DEVELOPMENT || 208 PAGES
ISBN: 978-84-17002-55-8 || [LINK TO AMAZON](#)

DR.
JAVIER
CUDEIRO

BRAIN, LOVE AND GRIEF

HOW NEUROSCIENCE HELPS
US UNDERSTAND ATTACHMENT AND LOSS

JAVIER CUDEIRO || PLATAFORMA EDITORIAL || 2024 || 248 PAGES || SCIENCE
ISBN: 978-84-10079-91-5 || [LINK TO AMAZON](#)



Grief is a personal and non-transferable process that requires time and also includes a dimension of change, transformation, and growth. Inevitably, grief will turn us into different people. As a neuroscientist, in my own journey through grief, I found solace in researching the science behind sorrow and loss. Understanding the biological processes occurring in my brain helped me make sense of the emotional roller coaster I was experiencing. This knowledge led me to write this book. My goal is simple: to explain what happens to us when we face the death of someone we love.

"A MOVING, IRONIC, TENDER, EMPATHETIC BOOK. THAT STAYS IN THE MEMORY AND IN THE HEART. THAT TEACHES US, MOVES US, MAKES US BETTER AND BRINGS US HOPE".

JAVIER CUDEIRO

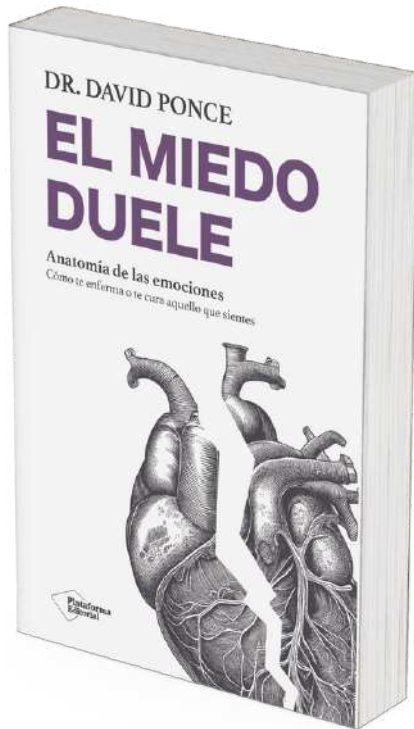
Javier Cudeiro holds a doctorate in Medicine and Surgery from the University of Santiago de Compostela, is a specialist in Neurophysiology from the University of London, has a master's degree in Physiology and Sleep Medicine, and is a professor of Physiology at the University of A Coruña. His career has spanned Spain, Germany, England, and, as a visiting professor, at the University of Manchester-UMIST, Harvard University, MIT, and the University of Siena. He has served as vice-president of the Spanish Society of Neuroscience and the Spanish Society of Physiological Sciences, a board member of FENS, and Interim Director of the Aging Centre in Mexico City. Currently, he is an Elected Corresponding Academician of the Royal Academy of Medicine of Galicia.





HEALTH & WELLBEING

DAVID PONCE || PLATAFORMA EDITORIAL || 2024 || HEALTH, PERSONAL
DEVELOPMENT || 216 PAGES || ISBN:978-84-10243-31-6 || [LINK TO AMAZON](#)



A revealing book that explains the influence of fear on our physical health and teaches us how to learn to control it to enjoy a better life. David Ponce guides us through the complex labyrinth of our emotions, showing us how what we feel can be both a poison and a remedy for our bodies. Ponce reveals how fear can be reconfigured to heal deep wounds, sharing not only scientific theories, innovative treatments, and practical advice that helps us improve our quality of life, but also his experiences, his own battles, and triumphs in a profoundly personal way.

"FEAR HURTS ANALYSES THE FOUR
PILLARS OF OUR HEALTH: NUTRITION,
PHYSICAL EXERCISE, REST AND
EMOTIONAL STABILITY".



DR. DAVID PONCE

With a doctorate from the University of Lleida, **Dr. David Ponce** holds two master's degrees in Osteopathy (UAB, UEM) and has been a graduate in Physiotherapy from the Autonomous University of Barcelona since 1989. He has founded one of the leading clinics specializing in osteopathy and combines his professional practice with the training of new specialists and research in rehabilitation. He organizes, directs, and teaches at universities in numerous national and international courses and symposiums.



DR. EMMA
RIBAS

MINDFUL LOVE

SUCCESS IN LOVE

EMMA RIBAS || PLATAFORMA EDITORIAL || 2023 || HEALTH, PERSONAL DEVELOPMENT || 328 PAGES || ISBN:978-84-19271-85-3 || [LINK TO AMAZON](#)



5 EDITION

Following the success of Mindfulsex, Emma Ribas presents a practical and revealing guide on how to develop the wisdom of the art of loving and being loved. **Mindful Love delves into the neuroscience of romantic relationships to connect with true love.** Through resources and practices that help us engage with mindfulness, become aware of what we desire and what we can contribute, and stop repeating patterns, we will learn to experience love in a more authentic and balanced way. This revolutionary and pioneering approach aims to help us recover our essence and ultimately attract success in love into our lives.

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MINDFULSEX
PIONEER WITH
OVER 20 YEARS
OF EXPERIENCE



DR. EMMA RIBAS

Dr. Emma Ribas Rabert is a general health psychologist, clinical sexologist, and expert in mindfulsex has more than 20 years of clinical practice in the specialty of integrative psychotherapy, urogynecological psychology, couples therapy, and sexology. Mindfulsex teacher in the Master of Sexual and Couples Therapy of the Faculty of Psychology of the University of Barcelona and the postgraduate course of Mindfulness for Health and Well-being of the Faculty of Medicine of the University of Barcelona.



SCIENTIFIC DISSEMINATION

VÍCTOR RESCO DE DIOS || PLATAFORMA EDITORIAL || 2024 || SCIENCE, CLIMATE CHANGE || 312 PAGES || ISBN: 978-84-10079-02-1 || [LINK TO AMAZON](#)



Our planet is showing clear environmental deterioration: climate change, energy crisis, depletion of the consumption model... One of the first steps we must take to reverse this situation is to recognize and avoid eco-lies or eco-myths: false environmental beliefs that are ingrained in the popular imagination, such as the effectiveness of CO2 emission quotas, the promotion of alternative energy sources that may not be as beneficial as they seem, or a wide range of measures that have more political than scientific basis.



VÍCTOR RESCO DE DIOS

Víctor Resco de Dios is a scientist who works on mitigating issues such as climate change, forest fires, and pollution. He is the author of a book on forest fires and has published over 100 articles in scientific journals. In 2022, he was featured on the cover of the magazine Science. He has also worked at universities and research centers in Spain, Australia, and China.



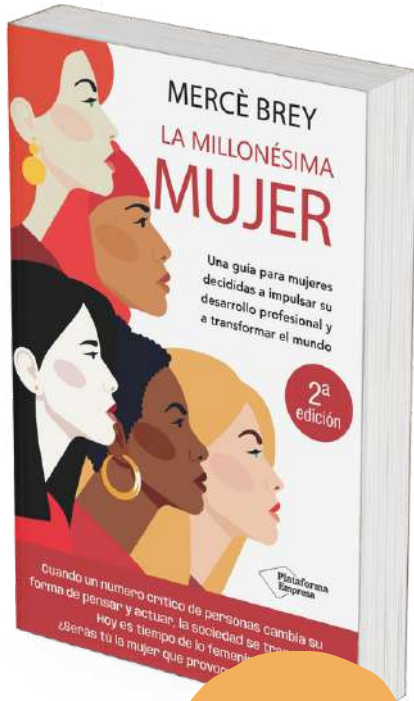


BUSINESS & MANAGEMENT

THE MILLIONTH WOMAN

A GUIDE FOR DETERMINED WOMEN TO BOOST
THEIR PROFESSIONAL DEVELOPMENT AND
TRANSFORM THE WORLD

MERCÈ BREY || PLATAFORMA EDITORIAL || 2024 || BUSINESS & MANAGEMENT
PAGES: 256 || ISBN: 978-84-10079-36-6 || [LINK TO AMAZON](#)



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The incorporation of women into the workforce on a massive scale is relatively recent. We have made significant progress, but today we still encounter seemingly immovable barriers. Unconscious biases, stereotypes, limiting beliefs, imposter syndrome, mental load, obstacles like the broken rung and the glass ceiling, or something as significant as motherhood. The millionth woman helps us overcome these barriers, find our most genuine leadership style, discover how to express our own voice, unveil our relationship with power and money, balance our professional and private lives...

MERCÈ BREY

Mercè Brey is founder of consulting firm BLUE (an acronym for Balance, Leadership, Uniqueness, and Empowerment), has held executive positions in banking, served as president of a chamber of commerce, and been a member of various boards and committees. An expert in women's professional development and leadership, she is an international speaker, advises senior executives, and regularly collaborates with various media outlets.



XAVIER MARCET || PLATAFORMA EDITORIAL || 2024 || XXX PAGES || MANAGEMENT,
LIDERSHIP, MOTIVATION || ISBN: 978-84-10243-79-8 || [LINK TO AMAZON](#)



NOVEMBER
2024

Common sense arises from our ability to think, observe, accumulate experiences, and compare them with data. In this regard, common sense management appeals to doing things with the necessary authenticity and flexibility within organizations, which do not function like clocks but as what they truly are—living ecosystems. Conversely, management without common sense, so fashionable in the business world, is simply a collection of trends and digital presentations with graphic designs that prevent the achievement of excellence.

The author is a regular contributor to some of the main economics media in Catalunya, such as **La Vanguardia**, **Expansión**, among others.

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XAVIER MARCET

Xavier Marcet is a consultant, speaker, leader of Lead to Change and has helped large organizations adapt to change in more than twenty countries. He is a professor at the BSM of Pompeu Fabra University, founding president of the Barcelona Peter Drucker Society.



OTHER TITLES BY THE AUTHOR



HUMANIST MANAGEMENT THE STRATEGY: PEOPLE

XAVIER
MARCET &
JAVIER
GARCÍA

The authors have dedicated their lives to working with companies of all sizes, advocating for making companies more human as well as financially solid. Through their experience and knowledge, the authors present us with a "business renaissance" guide, in which financial strength allows innovation and creativity to grow, without neglecting the essence of human capital.

XAVIER MARCET & JAVIER GARCÍA || PLATAFORMA EDITORIAL
2023 || 296 PAGES || COMMERCE, COMPANY, STRATEGY
ISBN: 978-84-19655-09-7 || [LINK TO AMAZON](#)

GROW BY MAKING OTHERS GROW THE SECRET OF CONSISTENT COMPANIES

The memorable things in life are the people and companies that grow by making others grow. This is a book designed for people who make their clients' companies grow, continually providing them with new value; it makes the professional community itself grow with constant learning, the shareholders to reasonably compensate their risk, and it makes the company itself grow with a sincere commitment.

XAVIER MARCET || PLATAFORMA EDITORIAL || 2021 || 224 PAGES
COMMERCE, COMPANY, STRATEGY || ISBN: 978-84-18285-63-9
[LINK TO AMAZON](#)



AVOIDING MEDIOCRITY

NOTES ON MANAGEMENT: COMPLEXITY, STRATEGY, AND INNOVATION

There are many factors that can lead a company to mediocrity: loss of appeal, inability to satisfy customers, inspire or innovate, or the inability to manage the talent of its workers. The rapid technologization of society, along with the emergence of new business models and strategic agility, force organizations and their leaders to deploy a new management capable of facing complexity.



XAVIER MARCET || PLATAFORMA EDITORIAL || 2017 || 219 PAGES
COMMERCE, COMPANY, STRATEGY || ISBN: 978-84-17114-35-0
[LINK TO AMAZON](#)

MIQUEL
LLADÓ

FALLING IN LOVE WITH THE FUTURE

IT'S ABOUT WRITING IT, NOT READING IT

MIQUEL LLADÓ || PLATAFORMA EDITORIAL || 2020 || ECONOMICS AND BUSINESS
148 PAGES || ISBN: 978-84-18582-31-8 || [LINK TO AMAZON](#)



One of the top experts in business strategy, Miquel Lladó, shares with us his professional experience in significant executive roles in big, multinational companies. In this book, the reader will discover Lladó's work methodology, and, more importantly, the ideas that have contributed to him creating his own future and reaching high-ranking levels in business leadership.



Since 2009, Miquel Lladó has delivered 1,021 Strategy & Leadership sessions to 18,872 executives of 96 nationalities in 20 countries.

MIQUEL LLADÓ

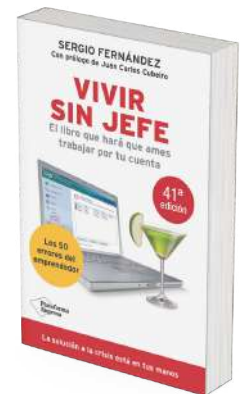
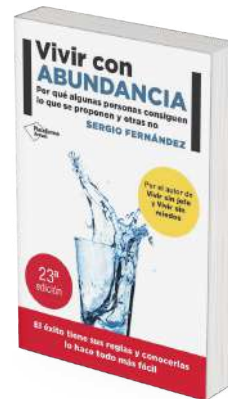
Miquel Lladó is Professor of Strategic Management & Leadership. Lecturer at IESE Business School. He is Visiting Professor at various universities throughout Europe. He is a Senior Management Advisor with accumulated experience in 20 sectors. Member of the Strategic & Economic Commission of FC Barcelona.

SERGIO FERNÁNDEZ || PLATAFORMA EDITORIAL || 2019 || PERSONAL DEVELOPMENT
336 PAGES || ISBN: 978-84-17622-67-1 || [LINK TO AMAZON](#)



What do people who enjoy their time know that the rest of us don't? This book is about how to get back your freedom , when it comes to your time and energy.

OTHER TITLES BY THE AUTHOR



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Portuguese (Marcador Editora); **Brazilian** (Distribuidora Loyola de Livros); **French** (Solar Editions); **Italian** (Gribaudo Editore) and **Lithuanian** (UAB Eugrimas).

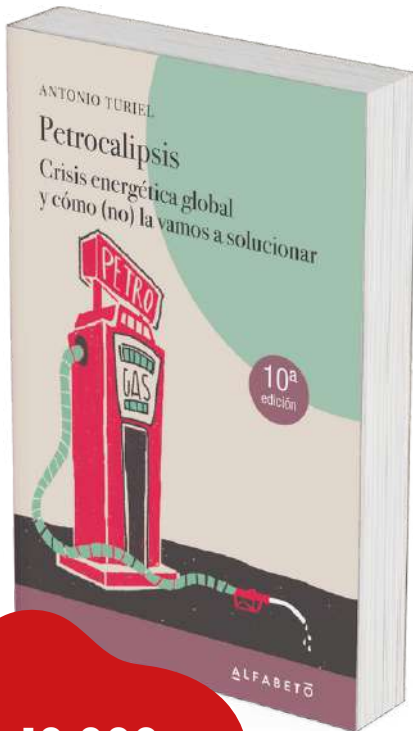
SERGIO FERNÁNDEZ

Sergio Fernández has made it his mission to share practical tools for personal and professional development so that anyone who wants to transform their life into a meaningful one can do so. That's why Sergio is the director of the Institute for Positive Thinking, facilitating participants' professional and personal transformations.





ANTONIO TURIEL || ALFABETO EDITORIAL || 2020 || SUSTAINABILITY || 200 PAGES
ISBN:978-84-17951-10-8 || [LINK TO AMAZON](#)



Petrocalypse is an analysis of the possible alternatives to our current energy system. If we want to avoid the worst-case scenario, the Petrocalypse, we have no choice but to understand our real situation and act accordingly.

The author debunks myths that tell us how technology will be able to provide new, efficient, and economical sources of energy that will successfully replace fossil fuels.

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Turkish (Kültür Yayınları
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ANTONIO TURIEL

Antonio Turiel (1970) is a scientist and a well-known disseminator of the problems of sustainability in our society. With a degree in Physics and Mathematics and a PhD in Theoretical Physics, he is a Research Scientist at the Institute of Marine Sciences of Barcelona. His blog, The Oil Crash, is one of the major references in Spanish on the problem of peak oil.

JORGE
CARRASCO

THE MAN WHO ALMOST KILLED HITLER

COMING SOON

JORGE CARRASCO || PLATAFORMA EDITORIAL || 2024 || HISTORIA || 200 PAGES
ISBN: 978-84-17951-10-8 || [LINK TO AMAZON](#)

GEORG ELSER WAS A FARMER AND CARPENTER BORN IN 1903, KNOWN FOR ATTEMPTING TO ASSASSINATE ADOLF HITLER AND OTHER MEMBERS OF THE NAZI PARTY WITH A BOMB AT THE BÜRGERBRÄUKELLER BREWERY IN MUNICH ON NOVEMBER 8, 1939.



**OCTOBER
2024**

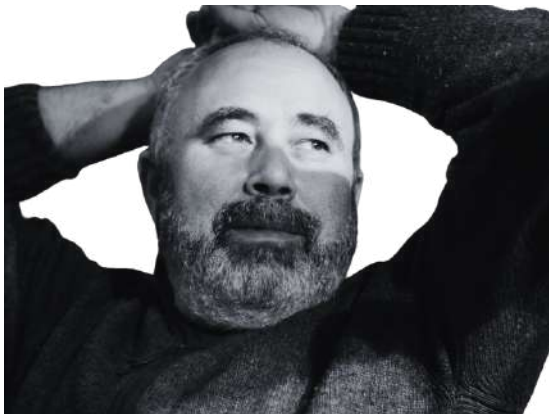
An exciting historical essay that reads with the emotion and suspense of a thriller.

Elser's story was brought to the big screen by the film "13 Minutes to Kill Hitler." It is a fascinating real case: one of the assassination attempts against Hitler that came closest to achieving its goal and could have changed the course of history.

Elser remained detained for five years in Dachau because Hitler refused to believe that he acted alone.

JORGE CARRASCO

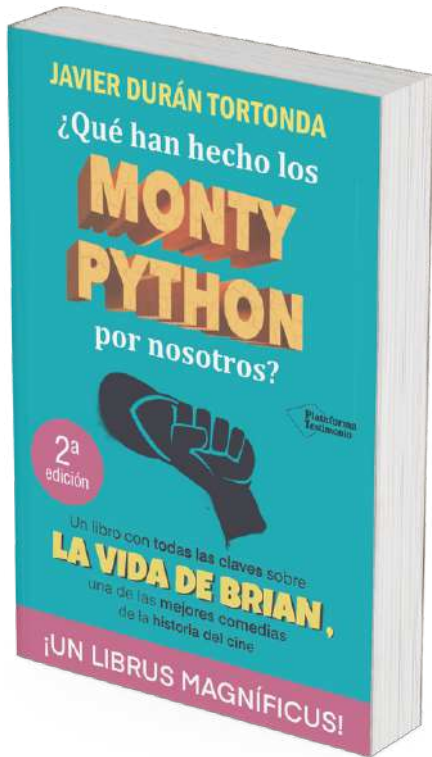
Jorge Carrasco has worked in the audiovisual and communication industry since 1989. He has undertaken numerous roles such as journalist, editor, producer, editor, screenwriter, and director. He has also written several books on technical and artistic subjects. With Plataforma Editorial, he has published "La guerra infinita" (2023), co-authored with Adolf Tobeña.



JAVIER DURÁN WHAT HAVE THE MONTY PYTHON DONE FOR US?

A BOOK WITH ALL THE KEYS ABOUT THE LIFE OF BRIAN, ONE OF THE BEST COMEDIES IN THE HISTORY OF CINEMA

JAVIER DURÁN || PLATAFORMA EDITORIAL || 2024 || TESTIMONY || 240 PAGES || ISBN: 978-84-10079-32-8 || [LINK TO AMAZON](#)



Is Life of Brian the best comedy in history? Forty-five years after its release, it remains a fascinating film that retains its ability to surprise, make us laugh, reflect, and even offend. It has become an essential classic of irreverent humor, but we'll reveal some details to help you appreciate it even more. With this hilarious book, guided by the agile and sharp prose of Javier Durán, a screenwriter, program director, and a reference in X under his alias @tortondo, you'll discover everything the Monty Python did for us.



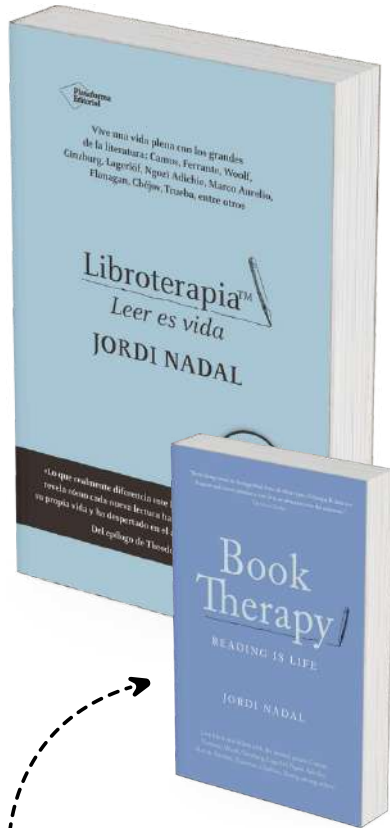
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JAVIER DURAN

Javier Durán Tortonda, known on social media as @tortondo, is officially a graduate in Journalism from the Complutense University of Madrid and a graduate of the Official Institute of Radio and Television. He is also a screenwriter and program director. His professional career began as a screenwriter for the film program "Polvo de estrellas," hosted by Carlos Pumares on Antena 3 Radio, and continued on various important television shows in Spain. He has written scripts for the film awards galas Forqué and Platino, as well as the galas of the San Sebastián Film Festival.



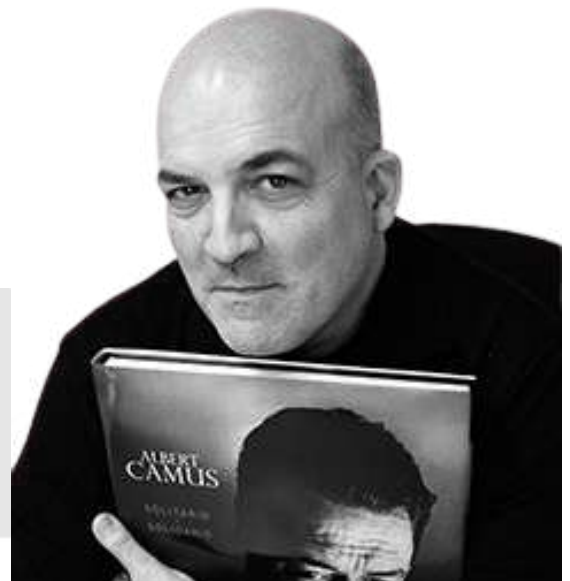
JORDI NADAL || PLATAFORMA EDITORIAL || 2018 || PERSONAL DEVELOPMENT,
ESSAY || 238 PAGES || ISBN: 978-84-17002-59-6 || [LINK TO AMAZON](#)



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English
(Mensch Publishing)

What can books do for us? Is reading useful? Is it therapeutic? Can it make us happy or provide us with the spiritual resources necessary to shield us from adversity? Can literature be prescribed? Does it benefit the body as much as the soul? Each chapter of *Book Therapy* is a formula to get close to the authors, contexts, passages, and reflections that have provided Jordi Nadal, author and editor of these and many more pages, comfort during difficult times and served as a guide for every important decision.

This book is a manual for **living more lives than your own**, which will help confirm the validity of the words of Montesquieu, *"I have never known any distress that an hour's reading did not relieve."*



JORDI NADAL

Jordi Nadal (Barcelona, 1962) holds a Degree in Anglo-German Philology and a Course in General Management at EAE Business School. He has lived and worked in Spain, Germany, and the United States and has vast experience in the publishing sector (Bertelsmann, Random House, Plaza & Janés, Planeta). He is founder and director of Plataforma Editorial.

ON THE ART OF READING

SURVIVING ADOLESCENCE WITHOUT
STOPPING READING

GREGORIO LURI || PLATAFORMA EDITORIAL || 2023 || ESSAY, EDUCATION || 144 PAGES
ISBN: 978-84-19271-79-2 || [LINK TO AMAZON](#)

This book is a revised and updated edition of 'On the Art of Reading' (2019), a guide to understanding how one learns to read. But more importantly, what does it mean to learn to read? Learning to read and having good reading comprehension is key because it will determine many aspects of our lives and their quality; as the author rightly states, 'we live as we read.' A reading as essential as it is engaging on education and reading, and its implications. This text is the revised version of the lecture delivered by Gregorio Luri at the IV Forum Edita 2019, a gathering on the world of books that takes place every summer in Barcelona.



6
EDITIONS

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GREGORIO LURI

Gregorio Luri, with a degree in pedagogy and a doctorate in philosophy, has worked across all levels of education. Proud of his title as a "schoolteacher," he has received awards like the Juan Gil-Albert Essay Prize. Luri has published around two dozen books on history, philosophy, and pedagogy, including "The Moral Duty of Being Intelligent" and "On the Art of Reading" (Plataforma Editorial, 2019). He has also written forewords for notable authors including Rita Levi-Montalcini in "Your Future" (Plataforma Editorial, 2017).



*YOUNG ADULT
&
ROMANTIC NOVEL*

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MARTA SALVADOR VÉLEZ **COUNTING RED FLAGS**

Ally tolerates too many things from her boyfriend, Gonzalo, a university student who only thinks about himself and does not respect her. However, habit makes it difficult to detect these red flags, and she only begins to open her eyes when she talks to Adrián, her boyfriend's roommate. Should she reconsider her relationship with Gonzalo and look for a guy who thinks differently? A guy like Adrián, perhaps?

MARTA SALVADOR VÉLEZ || PLATAFORMA NEO || 2024
224 PAGES || ISBN: 978-84-10079-99-1 || [LINK TO AMAZON](#)



**WINNER OF
XII PREMIO
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**FINALIST OF
XII PREMIO
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ANDREA PRIETO PÉREZ **A CURSE FOR THE PRINCE**

Not even Gracia, who has been torn from her normal life and sent to the fantastical world of Elemidas, the most handsome fae prince you can imagine... but also the only one who is cursed. As is well known, a fae prince needs a Mission and a Chosen One to have a great Story. But years ago, Elemidas was condemned to live all possible Stories in a loop, and he has already lived many, hundreds, each time with a different Chosen One. Antícora, his loyal friend, is tired of so much repetition and vows that this time will be the last. No more Chosen Ones, no more Missions, no more tales. But Gracia is not like the other Chosen Ones. She is a nice girl, with good friends, nothing shady in her past, a bit lacking in courage but overflowing with good vibes. And with the most authentic and charming laugh in both worlds.

ANDREA PRIETO PÉREZ || PLATAFORMA NEO || 2024
344 PAGES || ISBN: 978-84-10243-47-7 || [LINK TO AMAZON](#)

**SEPTEMBER
2024**



ALBA G. CALLEJAS **IF WE BREAK THE BARRIERS**

Embodying the role of the barbarian Sandalveth in Alanar Realms is everything to Vera. Especially when she navigates the game alongside the wizard Efarin, her best friend, even though she only knows him in that magical digital world. But destiny never behaves as one desires, and Vera's old computer breaks down right in the middle of exam season, separating her from Efarin and all their plans. As if that weren't enough, Vera must face a move, the start of a new life in Guadalajara, and her enrollment in the Arts high school without her unconditional support, Efarin.

ALBA G. CALLEJAS || PLATAFORMA NEO || 2024 || 264 PAGES
 ISBN: 978-84-10079-08-3 || [LINK TO AMAZON](#)



ELI MACÍAS **SOUL ENTANGLEMENT**

Aitor is a troublemaker, the class clown, and the reason why all the teachers are pulling their hair out. Pedro is the most upright, formal, and repellent seventeen-year-old boy there is, incapable of breaking the rules. They have nothing in common. But when Aitor dies as a result of a senseless accident, his soul travels to... Pedro's body. Now, they must learn to live together and make decisions about both of their futures.

ELI MACÍAS || PLATAFORMA NEO || 2023 || 256 PAGES
 ISBN: 978-84-19655-72-1 || [LINK TO AMAZON](#)



BECA ABERDEEN & HAIMI SNOWN **THE CLAUSES OF LOVE**

Brenna flees from Scotland when she realizes she wants something more out of life than a toxic relationship and listening to her large family's constant complaints. With no experience in the workforce, she lands a job as a cleaner in London. Christopher is the epitome of a business shark: handsome, intelligent, wealthy, and a renowned womanizer. When his company is in serious trouble, he doesn't hesitate to agree to be part of the advertising campaign to launch Matched, the dating app that could save his family's legacy. What he never imagined is that the algorithm would select a Scottish woman with character, determined to resist all his charms, as the love of his life. Yes, Brenna.

BECA ABERDEEN & HAIMI SNOWN || AGUA EDITORIAL || 2023
 416 PAGES || ISBN: 978-84-12739-50-3 || [LINK TO AMAZON](#)





OTHER TITLES

**A COLLECTION OF CHILDREN'S LITERATURE BOOKS THAT
SPARK CURIOSITY IN THE SCIENCES**



**STEM disciplines will play a crucial role in
shaping the future, yet only 30% of women
choose these fields**

**Hortensia Roig dreams of changing this narrative
by launching a children's novel contest to
encourage scientific vocations among girls.**

+230 MANUSCRIPTS RECEIVED PER EDITION

READING GUIDES WITH EXERCISES AVAILABLE FOR ALL THREE EDITIONS.

2022

ELSA AND THE NUMBER'S CLUB

ANDREA NAVARRO RUIZ

1^o
EDITION



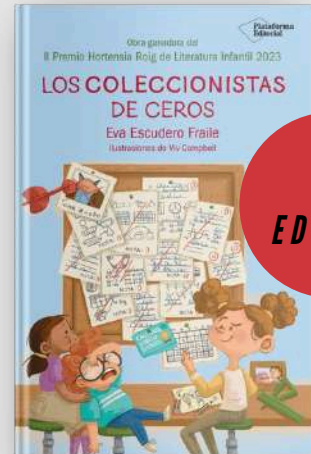
Elsa is a curious and determined teenager with a talent she has yet to discover. While her best friends, the energetic Delia and the clever Miguel, pursue their hobbies, Elsa prefers... well, she's not quite sure what she wants to do. Until one day, Elsa's gift catches the attention of a select group of students who open the doors to their world of mysteries. In this adventure, she will uncover the fun side of mathematics and everything she can learn from it. But, of course, this will also turn her life upside down and lead her to make an important decision. What will this new path of secrets and riddles have in store for her?"

2023

THE COLLECTORS OF ZEROS

EVA ESCUDERO FRAILE

Ana and her school friends live in fear of Tomás Zurdo, the most feared and strict math teacher of all time at Marie Curie School, so inflexible and disdainful that he makes them all believe they are worthless, mere "collectors of zeros." However, when the kind Diana Cortés arrives to replace him, her students will discover that with understanding, empathy, and effort, they are capable of anything. Sometimes, the problem isn't about their abilities, but about talent, enthusiasm, and perseverance. And of course, math can be incredibly fun.



2^o
EDITION

2024

CLARA AND THE ENIGMA OF TIHAPIA

AINOA GARCÍA

3^o
EDITION

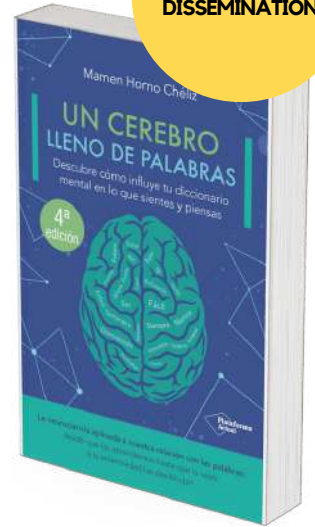


Clara, a curious ten-year-old, travels to the fascinating village of Tihapia to spend summer vacation with her grandmother. While exploring her mother's old room, she discovers a hidden room behind a bookshelf with the help of her dog, Pita. Determined to uncover its mysteries, Clara teams up with Sofía, a local girl, to investigate. Their excitement grows when they find the diary of a forgotten teacher filled with strange riddle. Together, they embark on a thrilling scientific adventure that could change everything known about Tihapia, turning what seemed like a dull summer into the most unforgettable one of their lives.

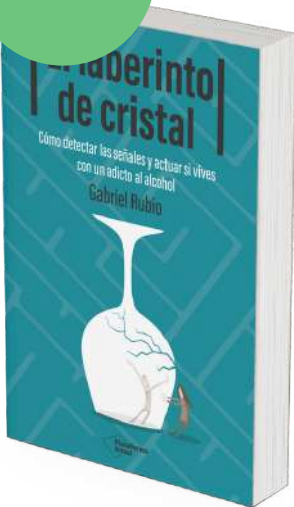
**MAMEN
HORNO
CHÉLIZ** **A MIND
FULL OF WORDS**
DISCOVER HOW YOUR MENTAL
DICTIONARY INFLUENCES WHAT YOU FEEL
AND THINK

The world-renowned author of "Papyrus: The Invention of Books in the Ancient World," **Irene Vallejos**, on this book: "Mamen reflects, with unforgettable enthusiasm, on words—about our way of possessing them, losing them, loving them, sharpening them, thinking and feeling with them".

MAMEN HORNO CHÉLIZ || 184 PAGES || SCIENCE, LINGUISTIC || 2024
ISBN: 978-84-10079-20-5 || [LINK TO AMAZON](#)



HEALTH &
WELLBEING



**GABRIEL
RUBIO** **THE CRYSTAL
LABYRINTH**
HOW TO DETECT THE SIGNS AND TAKE ACTION
IF YOU LIVE WITH AN ALCOHOLIC

Alcoholism is a stigma and a taboo. This book is a beacon that sheds light and offers assistance to all those affected by it. Realistic, clear, didactic, practical, positively oriented book by one of the leading experts on the subject in Spain.

GABRIEL RUBIO || PLATAFORMA EDITORIAL || 2024 || ADDICTION, ALCOHOLISM, HEALTH || 368 PAGES || ISBN: 978-8410079-93-9 || [LINK TO AMAZON](#)

**IRIA
MARAÑÓN** **EDUCATE
IN FEMINISM**
HOW TO RAISE FREE, CONFIDENT, AND
RESPECTFUL PEOPLE, REGARDLESS OF
THEIR GENDER

Did you know that from the age of six, girls start to feel less intelligent than boys? Or that men underestimate the capacities of their female classmates at university? We need to build equality to destroy sexism. For this to happen, we need to enlighten with feminism.

IRIA MARAÑÓN || PLATAFORMA EDITORIAL || 2017 || EDUCATION, PARENTING, FEMINISM || 267 PAGES || ISBN:978-84-17114-50-3 || [LINK TO AMAZON](#)



**NATALIA
MARTÍN
CANTERO**

THINK WELL AND YOU WILL SUCCEED

COMPASSION, MINDFULNESS, AND OTHER
HAVENS TO MAINTAIN HOPE IN TODAY'S
WORLD

This book combines inspiring stories with scientific explanations to cultivate a healthier relationship with others and oneself. It also provides shelters to sustain hope in the face of today's challenges, a hope understood as what one builds through their actions.

NATALIA MARTÍN CANTERO || PLATAFORMA EDITORIAL || 2024 || PERSONAL DEVELOPMENT
168 PAGES || ISBN: 978-84-10079-00-7 || [LINK TO AMAZON](#)



EDUCATION
&
PARENTING



**DR.
ANTONIO
RÍOS**

TEENAGE YEARS WON'T LAST FOREVER!

A GUIDE TO A GOOD COEXISTENCE
WITH YOUR TEENAGERS

Adolescence is an evolutionary cycle, an inevitable period and a stage of life that we all must go through in order to continue our growth process towards adulthood. When facing a kid's adolescence, many parents feel disoriented, discouraged, unprotected and without personal or educational resources to face this stage. This books shows you how to overcome that phase as gracefully as possible.

DR. ANTONIO RÍOS || PLATAFORMA EDITORIAL || 2022 || 200 PAGES || ADOLESCENCE,
PARENTING, EDUCATION || ISBN: 978-84-18927-7-68 || [LINK TO AMAZON](#)

**ESTHER
LEUTHOLD**

MAINTAIN BALANCE

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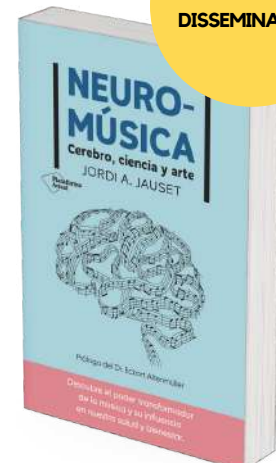
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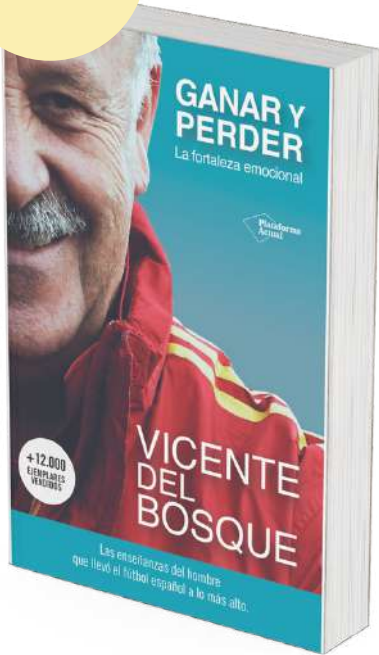
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Michael F. Ryan is a journalist, speaker, and editorial writer for *The Augusta Chronicle*, and previously for *The Topeka Capital-Journal*. In his research for writing the novel, he had the opportunity to meet the extraordinary family of Dr. Viktor Frankl, for whom he feels deep gratitude. Michael lives with his family in Georgia, USA.

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