

FOREIGN RIGHTS CATALOGUE

NONFICTION
(adults)





Dania Piras

POLYAMORY **Why there isn't just a way to love**

Is romantic love really superior to the other kinds? Can you only be happy in a couple, built on the promise of forever? What about all other realities, that have no place in this type of story? Polyamory gives us a new perspective on relationships, redefining all we think we know about bonds and feelings.

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

Pages: 192

Size: 13x21 cm – 5x8.2 in

Format: paperback with flaps

Keywords: polyamory,
non-monogamy, relationships

**You can love more than one person
at a time, the important thing
is doing it with respect and
self-awareness.**



Mica Macho (Collective)

WHAT IT MEANS TO BE A MAN

«Be a man!», you must have heard this a thousand times. But what does it really mean? Who decides what it implies? Is it really important?

Today it seems there is only one way to be male, a sort of golden cage in which we are forced from the moment we are born, made up by rights and duties, of privileges and chains.

What it means to be a man takes these rules apart, it overthrows them. It is a journey through stereotypes, to destroy them.

Pages: 176

Size: 16x23,5 cm – 6.2x9.2 in

Format: paperback with flaps

Keywords: toxic masculinity, gender stereotypes

When we realize we live in a society in which there is only one way to be men, we understand how much even just reflecting on the subject can be a revolutionary act.





Giovanni Dall'Orto
Illustrated by Massimo Basili

RAINBOW ITALY

From **Turin** and **Milan** to **Venice**, **Florence** and **Rome**: *Rainbow Italy* is the perfect guide for tourists who are willing to have a different experience of these cities, but also a great book for those who want to learn and discover without leaving their home. Detailed suggested itineraries featuring important characters of the past belonging to the LGBT community, quotes, interesting facts, valuable pictures and beautiful illustrations make up a one of a kind must-read.

Pages: 240

Size: 14x21 cm – 5.5x8.2 in

Format: paperback with flaps

Keywords: LGBTQ+ rights,
LGBTQ+ culture, sightseeing



**History doesn't speak through dates
and names, but through people.
And to get to know them, you need to
go where their footprint was left.
A unique voyage through a different
Italy in the first LGBT guide.**



Silvia Casini, Raffaella Fenoglio,
Francesco Pasqua

50 SHADES OF COFFEE

As the ultimate guide to this iconic drink, *50 Shades of Coffee* is the book to keep in your kitchen: you can read it in the morning while you drink your first cup or find inspiration for a special recipe during the day. 50 fun facts, 50 ways to order it, 50 quotes, 50 unexpected secrets... add infographics, interviews and its pop tone and illustrations, and you get the perfect blend.

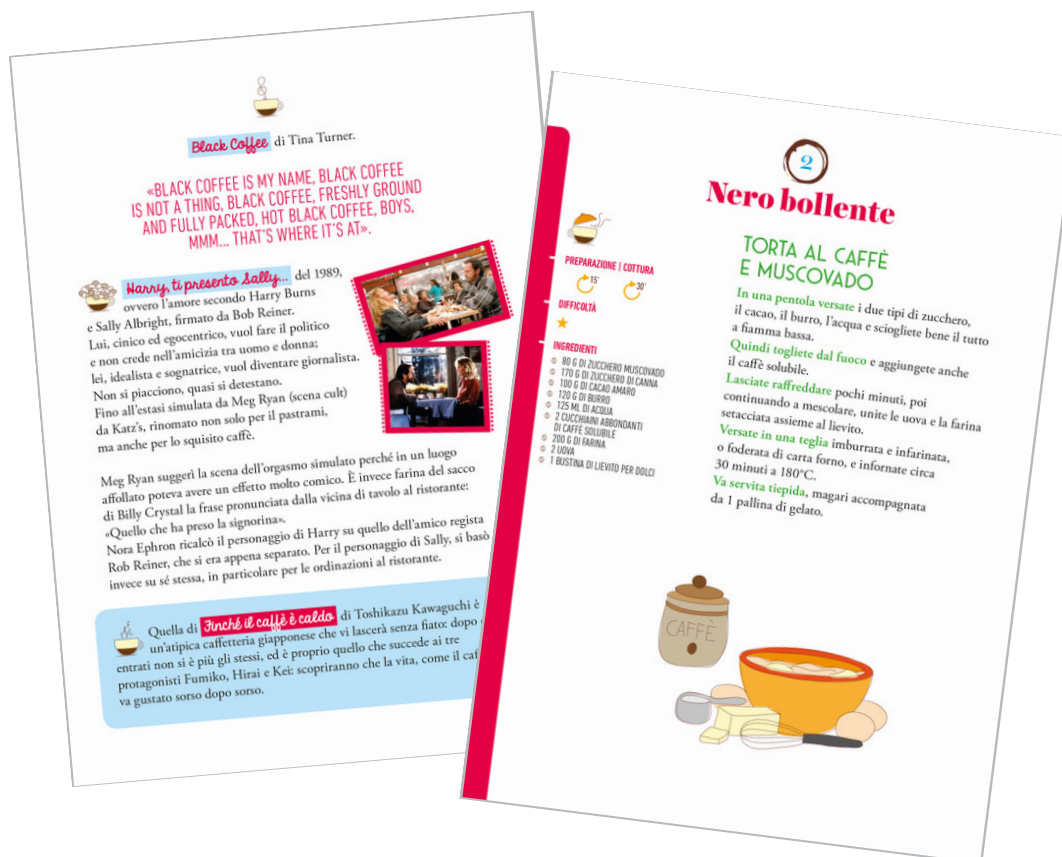
Pages: 256

Size: 15x21 cm – 5.9x8.2 in

Format: paperback with flaps

Keywords: coffee, pop culture

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



Stefania Velitti

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



Pages: 176

Size: 13x21 cm – 5x8.2 in

Format: paperback with flaps

Keywords: geriatrics,
caregiving, elderly

This book is for family and caregivers of frail elderly people, to help them in practical situations and with the psychological burden. Drawing from the author's professional experience, *How to take care of our elderly* describes effects of different conditions and how they should be handled: from dizziness and risk of falling to bed rest and depression, from dementia to incontinence, from the proper nutrition to the correct physical activity.

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

Silvia Goggi

GREEN EATING



Pages: 96

Size: 13x21 cm – 5x8.2 in

Format: paperback with flaps

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

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

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

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

Healthy eating is not boring, expensive and time-consuming. Learning about nutrients, planning meals for the week and grocery shopping are as important as cooking itself and they can help families bond and grow healthier together.





Pediatra Carla

WEANING IS YOURS! Practical handbook to baby-led weaning

A practical and engaging handbook that answers every common question about weaning that might be worrying new parents.

A fresh and effective approach to get through a worrisome phase, to enjoy meals and grow together. Weaning doesn't belong to the pediatrician, to the nutritionist, to the influencer or to your neighbor telling you what to do: Weaning is Yours! Parents and children can take this important step together with confidence, this book will guide them in the discovery of eating well and safely.

Pages: 192

Size: 14x21 cm – 5.5x8.2 in

Format: paperback with flaps

Keywords: weaning, parenting

Rights sold: Turkey

**Weaning is simpler than it seems.
We only have to engage our children
into meals, to let them watch us
and accomodate their behavior.
They'll let us know what they need.**





Pediatra Carla

FAMILY AT THE TABLE **A journey into children's eating behaviors**

With her unstoppable enthusiasm, Carla Tomasini (Pediatra Carla) accompanies parents in the important job: making our kids discover food. She explains what happens from the moment weaning ends, which are the physiological steps of children eating; the most common challenges to face when helping them become independent when eating, from a physical and a psychological point of view.

Pages: 176

Size: 14x21 cm – 5.5x8.2 in

Format: paperback with flaps

Keywords: children eating behavior, parenting

Rights sold: Turkey

Children's eating behavior is a journey in which parents put aside biases and fears and give their children not only food to make them grow, but also the pleasure to be a family around the table.





Pages: 152

Size: 14x21 cm – 5.5x8.2 in

Format: paperback with flaps

Keywords: green travels,
environment, ecosystems

Chiara Grasso, Christian Lenzi

TRAVEL SUSTAINABLY

With its countless tips and tricks, *Travel Green* is the tool you need to change your way of planning, enjoying and remembering a trip.

Its two sections focus on pre-departure arrangements and do's and don'ts while on the road and they're filled with expertise and practical suggestions.

From picking the right accommodation to choosing how to get to the desired location, from fun activities to best practices to respect nature and animals, this handbook allows you to become a true green traveler!

How do you travel in a post-covid world? Can you do it with an eye towards nature and local animals and populations?

All you need to know is in this guide, the perfect tool to start exploring again with new eyes and a new mindset.

Veronica Pacella

FIND YOUR ENERGY Cleansing as a lifestyle

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

Pages: 208 (32 pages
photographic insert)
Size: 14x21 cm – 5.5x8.2 in
Format: paperback with flaps
Keywords: handbook, detox

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



Walter Orioli



7 KILOS IN 7 DAYS? Don't let diets fool you

Every day we are exposed to different diets promising huge results in just a few days. Can they be trusted? Do they really work? And, especially, can they be risky for your health? *7 kilos in 7 days?* analyzes the topic to make customers aware and informed, to protect them from risks and popular fake news. It surveys with science the most popular diets and the evergreen hoaxes on nutrition. Thanks to his long experience with patients, the author is able to do so by making us smile.

Pages: 192

Size: 13x21 cm – 5.1x8.2 in

Format: paperback with flaps

Keywords: handbook,
nutrition, customer protection

**How often do we hear about
miraculous diets or see influencers
and testimonials advertising magic
supplements? We need to make
things clear and learn how to defend
ourselves from food fake news!**



Pages: 176
Size: 13x21 cm – 5x8.2 in
Format: paperback with flaps
Keywords: wellbeing,
nutrition



Colin T. Campbell
with Marco Fiorese and Nicla Signorelli

HEALTH IS IN YOUR HANDS

The author of *The China Study*, the most important and comprehensive epidemiological study on the world's population's nutrition and health, Colin T. Campbell is recognized as one of the most influential personalities in the nutrition field. With this book, he looks back on his life and his work. Having devoted his entire life to research, he has shaped a new vision of food science, verifying and testing some of the most fundamental thesis of natural medicine to reach a healthy lifestyle.

This is his ultimate book, his human and professional legacy handed to us, the tracing of the guidelines for the future of food, organic and plant-based nutrition, well-being and health.

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

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



Pages: 208 (32 pages
photographic insert)
Size: 13x21 cm – 6x8.2 in
Format: paperback with flaps
Keywords: handbook, walking
therapy, sports

Walter Orioli

STEP BY STEP

Why walking helps us to think and live better

How do you *consciously* walk? What's the difference between walking from home to the office and hiking surrounded by trees? How do you process a trip after you're back home, to be left with new feelings and creative ideas? All these questions can find an answer in *Step by Step*. Because walking is not just physical: it involves feelings, thoughts and senses, and we need to rediscover its spiritual dimension to have a better relationship with our body and the environment.

**Walking is an activity we often
undervalue and underestimate,
thinking of it just as a way of
getting from one place to another.
It's time to reconsider it.**



Sara Turetta

FOOTPRINTS OF JOY

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

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

Pages: 208

Size: 13x21 cm – 5x8.2 in

Format: paperback with flaps

Keywords: rescue dogs, fight against strays

Rights sold: Romania

«Dogs never forget the ones who save them» and the opposite might also be true, at least for Sara, founder of the association *Save the Dogs and Other Animals*, helping hundreds of dogs to survive and find a home.

This is her story.





Domenico Barrilà

THE HOUSE OF HENRIETTE

Late 60's. The author's autobiographical childhood gets entangled with a mysterious little girl's from the past. On a journey that begins from a cemetery in Sicily and embraces all Europe, *The House of Henriette* is an overwhelming story of migration and the choices that shape our life. It is the tale of invisible threads that connect humans, the narration of how Henriette's grandparents' decision to move to Southern Italy will somehow shape Domenico's destiny and the circumstances of his future life and work.

Pages: 192

Size: 13x21 cm – 5x8.2 in

Format: paperback with flaps

Keywords: history,
autobiographical novel

As private as an existential novel and as fascinating as a psychological thriller, this book reflects on borders, both exterior and interior.

Connecting centuries, countries and people, it shows how the life of a man is the sum of circumstances and coincidences.



Serena Autorino

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

«Vintage» isn't only a term commonly referred to all old styles of clothing: it's a lifestyle. Vintage shopping is slowly becoming part of our daily life more and more. You might feel like you need a guide to this complicated but beautiful world: this is the perfect handbook to do so. It covers every area of secondhand shopping, from its history to its practical applications, providing an essential tool for those who want to look back on the past and use it to build a sustainable and original present.

Pages: 224

Size: 13x21 cm – 5x8.2 in

Format: paperback with flaps

Keywords: vintage, fashion,
culture, sustainability

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



Francesca Senette

THE LITTLE BOOK OF YOGA

Ten fundamental words to build a solid knowledge of yoga and its roots: *The Little Book of Yoga* is a small and precious dictionary that clearly explains a famous and fashionable discipline not many know in depth. Starting from its name to the word namaste, via om and chakra, the explanation of different positions and breathing techniques satisfies anyone, beginners and enthusiasts, letting every reader become confident in this amazing ancient discipline.



Pages: 128

Size: 13x21 cm – 5x8.2 in

Format: paperback with flaps

Keywords: yoga for beginners

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

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



Ugo Volli

NO MORE!

On January 27th every year we take a day to remember a tragic event that changed and shaped humanity's history. But, year after year, the risk is to turn it into an abstract and overused tribute. In *No More!* Ugo Volli analyzes the meanings of this special day, showing its misinterpretations, hypocrisies, banalizations to the point of negationism. Remembering can be freeing and meaningful if it is about commemorating and rebuilding the detailed mechanism of a story.

Pages: 144

Size: 13x21 cm – 5x8.2 in

Format: paperback with flaps

Keywords: Shoah, Holocaust, Remembering

**In a society that lacks
shared anniversaries, what is
the true meaning of
Holocaust Remembrance Day?
It's time to change the narrative and
spark a new public debate.**



Luca Toselli

DISTANCE LEARNING

Distance Learning is a complete guide to new practices, their pros and cons, tips on how to have a better teaching experience and testimonies by teachers, students and parents. It focuses on crucial themes like the role of privacy and the problem of homework and grading, never forgetting situations of special needs.

Despite the inevitable lack of human contact, distant education has noticeable benefits and proves that a mixed education could be the best natural evolution for our school system.

Pages: 128

Size: 13x21 cm – 5x8.2 in

Format: paperback with flaps

Keywords: remote learning,
teaching methods

During the recent Covid-19 emergency, Italy's school system (but not only) was put to the test and asked to reshape some of its dynamics and mechanisms.

We have the possibility to consider distance learning an opportunity that can make us improve school.



Pages: 158

Size: 13x21 cm – 5x8.2 in

Format: paperback with flaps

Keywords: self esteem, self confidence

Cinzia Mammoliti

WOMEN WHO DON'T LOVE THEMSELVES ENOUGH And how they can love themselves more

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

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

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

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

PSYCHOLOGICAL VIOLENCE AND MANIPULATION Books to help you build strategies to protect yourself

Cinzia Mammoliti

Violence is a common social problem, many readers will be able to relate to it or will find the tools useful to defend themselves from some kind of future manipulation.

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

Clear explanations and tips provide useful tools for the reader against manipulation techniques, while testimonies and stories help them relate to and concretize the experience

Pages: 64

Size: 13x21 cm - 5x8.2 in

Format: hardcover

Age: 6 +

Keywords: self-confidence, emotional manipulation, toxic relationships



SERIAL KILLERS OF THE SOUL

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

THE AFFECTIVE MANIPULATOR AND HIS MASKS

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



IN A PSYCHOPATH'S TRAP

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



WORDS THAT SAVE US

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



Leonardo Caffo

THE INNER WOOD

Life and Philosophy with H.D. Thoreau

A certain fascination for nature has always drawn people to adventurous stories like *Into the wild* by J. Krakauer and *Wild* by C. Strayed, suggesting that the natural world might be the solution to many modern issues. Not many know that behind these choices is the philosophy of the American thinker H.D. Thoreau; *The Inner Wood* shows us how important his teaching is, even and especially today.

Pages: 112

Size: 13x21 cm – 5x8.2 in

Format: paperback with flaps

Keywords: philosophy,
environment

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



Pages: 424
Size: 13x21 cm – 5x8.2 in
Format: paperback with flaps
Keywords: horses, ethology

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

BILINGUAL DICTIONARY ITALIAN/HORSE – HORSE/ITALIAN

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

Faithful companions of men since ancient times, horses have too often been exploited and abused.

This guide provides a comprehensive knowledge of the animal, the habits and its relationship with human beings, to make it a respectful one.



Angela Langone

THE (TRAGICOMIC) DIARY OF A MOM

Francesca has everything she has ever dreamt of: a good job, a loving husband and good friends. Cherry on top, her newborn baby, Lucio. What she didn't know is that life could get so messy and complicated and yet so fun with a baby. Juggling among being constantly hungry, figuring out strollers, choosing a name and getting everything ready, in *The (Tragicomic) Diary of a Mom* she confronts change and faces a new challenge: finding herself again.

Pages: 160

Size: 13x21 cm – 5x8.2 in

Format: paperback with flaps

Keywords: motherhood,
lifestyle

It is a universal truth among modern parents: a baby changes your whole world. But if you're able to laugh at daily obstacles and keep positive in front of small problems, it is a lot easier (and fun) to be a mom.

THE VEG PLATE

Books that make you and your family eat better and feel better

Luciana Baroni

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

Pages: 64

Size: 13x21 cm - 5x8.2 in

Format: hardcover

Age: 6 +

Keywords: well-being, plant-based diet



THE VEG PLATE. The New Vegetarian Diet for Everyone

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



THE VEG PLATE FOR KIDS

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

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



THE VEG PLATE FOR MOMS

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



THE VEG PLATE FOR 50 +

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