FOREIGN RIGHTS CATALOGUE

FALL 2023



SAN MARTÍN DE PORRES, 14 28035 MADRID

WWW.BOOKBANK.ES - INFO@BOOKBANK.ES

THE VILLAGE COMMANDER

MARIO ESCOBAR

HARPER COLLINS (2024) HISTORICAL FICTION 288PP

"An exceptional storyteller." Manuel P. Villatoro, ABC

"He writes stories that touch the heart." Jesús Alejo Santiago, Milenio Magazine

One of the most translated Spanish authors in the United States and in fourteen other countries. More than 300,000 copies sold.



"THE LIFE AND LOVES OF CAMILO CIENFUEGOS, THE CUBAN REVOLUTIONARY THAT WORKED WITH FIDEL CASTRO AND DIED UNDER THE MOST SUSPICIOUS CIRCUMSTANCES"

The Village Commander is the story, based on true events, of Camilo Cienfuegos, a revolutionary who became friends with Fidel Castro when the protests began to overthrow the Batista dictatorship. After participating in a demonstration in 1948 for the increase in transportation prices in Havana, Camilo's father obtains a visa to go with him and some

friends to the United States, where they do everything to survive.

Their journey takes them from New York to Chicago and San Francisco until they are deported to Cuba. Upon his return to the Island, Camilo meets again with Paquita, his youthful love, with whom he has decided to marry. But soon his life will change course. After joining the student movement against the Batista regime, he is chased by the police and is forced to flee to Miami and then to Mexico, where he decides to join the army organized by Fidel Castro and Che Guevara. In 1956 they set sail for Cuba, with 86 men on board, to start the Revolution. After several battles won, the rivalry between Camilo and Fidel is accentuated, while their ideals separate. Camilo's pacifist ideas endear him to the people, but Castro's ambition for absolute power will erase Camilo from history. Camilo disappears on a trip from Camagüey to Havana. Apparently, the plane he was traveling in was shot down, but possible witnesses to the accident also disappeared. Paquita never heard from him again.

Mario Escobar Golderos has a degree in History, with an advanced studies diploma in Modern History. He has written **more than 20 books and sold nearly a million copies worldwide.** Most of his novels are framed within the genre of historical thriller fiction, with themes commonly associated with the Church and the II World War. His books have been translated into more than ten different languages and his first book Lullaby in Auschwitz is a major bestseller, especially in US (125.000 copies trade, 20.000 ebook, 3000 audio). He received the EMPIK AWARD in Poland for being the largest bestseller in 2019.

WWW.BOOKBANK.ES - INFO@BOOKBANK.ES SAN MARTÍN DE PORRES, 14 28035 MADRID

THE LEMON TREE IN TETOUAN

PALOMA CARO

LA ESFERA DE LOS LIBROS (2023) HISTORICAL THRILLER 312 PP

"A tribute to the emigrant women of our past through a dizzying love story that takes place at the beginning of the 20th century." *Rafael Ibáñez González, Todo Literatura*

"The Lemon Tree in Tetouan is a tribute to the strength of the emigrant women of my family at the beginning of the 20th century, who added to the difficulties of the time new and harder ones so that all their descendants would have a better life." Paloma Caro



"A LOVE STORY EMERGES WHILE SEARCHING FOR THE SECRET HIDDEN UNDER THE LEMON TREE"

Year 1916. Marie, a young French woman of Algerian origin, married to a Spanish military man, settles with her family in Tetouan, Morroco. In love with her new house, a long-abandoned mansion with a beautiful garden dominated by the shade of a large lemon tree,

she soon discovers that under the tree hides a terrible mystery.

What happened in that house before she arrived? Who could have hidden a heinous crime among the roots of the lemon tree? Are they all in danger? Marie will not stop until she finds the answers as she travels through a city unwilling to reveal the secrets of its inhabitants.

Paloma Caro, always nomadic and sometimes migrant like her family for generations, is of French and Spanish origin. Her grandparents and parents lived in France, Algeria, Morocco and finally in Spain, where she was born. **She worked for years in communication in different multinational companies** until 2009 when she decided to acquire and refurbish a small hotel in Las Terrenas, the French-Canadian area of the Dominican Republic. She is also the author of "Don't write to me anymore", her first novel set in Oran (Algeria).

WWW.BOOKBANK.ES - INFO@BOOKBANK.ES

REVENGE III VOLUME THRILLER TRILOGY

JAVIER DÍEZ CARMONA

GRIJALBO (2023) THRILLER 400 PP

"The crimes seem arbitrary, but with a good eye, Javier Diez Carmona observes the lives and reasons of very different characters." *La Vanguardia*

"A brilliant story of revenge that will grip you to the very last page." *Hermenegildo Verdugo, Todo Literatura*



"HOW FAR A PERSON WHO HAS HAD EVERYTHING TAKEN AWAY From him will go to get justice and revenge"

Miren Ruíz de Heredia, an officer in Basque Country, assumes the investigation of the massacre, where three colleagues and a kidnapper died. The oficial version does not convince her. For this reason, and while waiting for the forensic reports, she begins to interrogate possible witnesses: the Cuban Osmany Arechabala.

When Osmany returns from testifying at the police station, he finds the bodies of his daughter-in-law and his granddaughter. However, he soon discovers that he will not be able to take revenge on the murderer. With the help of Borja Maruri, a lawyer and economist, and Antonio Arzamendi, a former bank director, he begins to pull the financial strings of a Nigerian mafia.

Javier Díez Carmona has a degree in Economics, but his passion is writing. Awarded in more than a hundred literary contests (mainly short stories, but also poetry and theater), he has participated in several anthologies and began his career with two juvenile novels and two others for adult audiences. In 2021, he was confirmed as one of the most promising writers of the noir novel in Spain with the novels "Justice" and "Alone", for which he received unanimous critical acclaim. Now comes the third novel of the thriller: "Revenge".

WWW.BOOKBANK.ES - INFO@BOOKBANK.ES

ALONE II VOLUME THRILLER TRILOGY

JAVIER DÍEZ CARMONA

GRIJALBO (2023) THRILLER 460 PP

Osmany Arechabala, a retired Cuban military officer, has been living in Bilbao for several months with his daughter-in-law and baby granddaughter, after the murder of his only son. An old friend asks for his help to locate his daughter, who immigrated to Spain, and who hasn't been seen or heard from for several weeks. At the same time, Lola disappears without trace, even leaving her beloved cat behind in the remote country house where she had recently moved with her partner. The truth is complex and dangerous, leading to a spectacular showdown with the people Osmany thought he could trust.





JAVIER DÍEZ CARMONA

GRIJALBO (2021) THRILLER 464 PP

Antonio Arzamendi, a retired former bank director, wakes up to the news of the murder of Rosa, the love of his life. The police speak of robbery with violence, but the only witness, a retired Cuban military man who came to the city in search of answers about the murder of his son, insists on having witnessed something similar to an execution. Faced with Arzamendi's determination to know the truth, the witness, Osmany Arechabala, decides to help him. The same night the corpse of a man appears next to a bench where someone has written the word "Justice".



WWW.BOOKBANK.ES - INFO@BOOKBANK.ES

THE QUEEN'S CHESS BOARD

LUIS ZUECO

EDICIONES B (2022) HISTORICAL THRILLER 624 PP

Three print runs, 50.000 copies.

"Luis Zueco is in the Olympus of the Spanish historical novel" *David Yagüe, 20 minutos*.

"Reading of 'The Queen's Chess Board' will topple many stereotypes and we can see that this change took place thanks to a queen and a game" Javier Velasco, Todo Literatura



"TO WIN THE CROWN, YOU HAVE TO CHANGE THE RULES OF THE GAME"

Year 1468. Castile is at a crucial moment in its history. Alfonso de Trastámara has died under suspicious circumstances and Enrique IV rises as king, forcing his half-sister Isabel, the only one who could oppose his plans, to sign a peace treaty. She accepts, because she is destined to become Isabel la Católica and she knows that great games are not won on

the first move. While the affairs of the Court keep the kingdom in suspense, the mysterious murder of a nobleman fortuitously unites Gadea, a young woman passionate about chess who hides a dark past, and Ruy, a chronicler who loves history and books. The dangerous race against time for both to discover the culprit is intertwined with the conspiracies and wars of the Court of Isabella I of Castile, who under her rule knew how to move like a master on the board and forever transformed the figure of the queen in chess.

Luis Zueco novelist, historian, researcher and photographer. At present he is Managing Director of the Castillo de Grisel, a medieval castle turned into a hotel. He is an industrial engineer and member of the Spanish Association of Friends of Castles and collaborates as an expert in heritage and culture in several media. His novel El Escalón 33 obtained the honourable mention at the International Award for Historical Novel of Zaragoza in 2012. It also obtained the award for the best historical thriller in the Historical Novel Contes from Úbeda. He has achieved international success with his fascinating Medieval Trilogy: *The Castle, The City and The Monastery*, three novels set in the most important architectural settings of medieval times. His novel, *The Merchant of Books* (2020) with more than 65.000 copies sold, has established him as **one of the most important historical novelists in Spanish**.

WWW.BOOKBANK.ES - INFO@BOOKBANK.ES

THE HEIRS OF THE SINGER

ANA LENA RIVERA

GRIJALBO (2022) HISTORICAL WOMEN'S FICTION 512 PP

English sample translation available.

15th printing with more than 34.000 copies sold. Italian rights sold (Sterling & Kupfer).

"Ana Lena has written an ambitious and addictive work, anchored in her family memory, which offers an exciting, realistic and provocative portrait of what it meant to be a woman in Spain during the 20th century." *Algunos Libros Buenos*



"FAMILY SAGA OF STRONG WOMEN AND THE SEWING MACHINE THAT LINKED THEIR LIVES"

Great-grandmother's old sewing machine is the only belonging that passes from generation to generation, from mothers to daughters, in Ana's family, but when her daughter Alba asks for it as a gift for her twenty-fifth birthday, Ana becomes suspicious of her daughter's intentions regarding the old Singer, a symbol for Alba of the misfortune, unhappiness and submission of the women in her family. To explain to her daughter the importance of preserving the old machine, Ana will have to take a journey through four generations of women marked by the social circumstances of the time in which they lived. The history of each of them, their misfortunes, their loves and heartbreaks, their griefs and their experiences, left a mark on the lives of those who come later.

Ana Lena Rivera after twenty years as a director in a big multinational corporation, she exchanged business for her great passion, writing. She then created the character of the principal investigator of her detective novel series, Gracia San Sebastián, who has been praised by the critics as one of the ten most important female characters of crime novel of Spanish literature. The first novel with Gracia San Sebastián as the main character, *What the Dead Keep Silent*, received the **2017 Torrente Ballester Award**, followed by *A Killer in Your Shadow, The Dead can't swim* is the third one. They are all stand alone. The two first are going to be translated into Italian by Piemme (Mondadori group).

THE SWARM

JOSÉ GIL ROMERO & GORETTI IRISARRI

GRIJALBO (2022) HISTORICAL WOMEN'S FICTION 512 PP

A fast-paced story that grabs you and leaves you breathless at every turn; here nothing is what it seems" Reyes Monforte, renowned Spanish writer.



"A REVOLUTIONARY SCIENTIFIC DISCOVERY DESIRED BY ALL THE POWERS INVOLVED IN II WORLD WAR"

1941. Nazism advances in Europe. The strong control of Generalissimo Franco blows over the Galician cliffs like an icy wind. José Luis Merinero is a censor in the Ministry of Propaganda, a bitter man who has lost his wife and who turns the books he touches into ashes. One morning, the censor is commissioned to investigate a mysterious manuscript entitled The Swarm, a fast-paced autobiographical novel where the translator Elsa Braumann tells how she has to steal the secrets that a prestigious Nazi scientist hides in a certain red notebook. Three hundred pages separate José Luis Merinero from the author of the manuscript, but as the censor advances among spies, murderers and betrayals, he feels a kind of fascination for her. The censor soon notices that Elsa's efforts are turning her into a shadow. The manuscript, however, is an unfinished work: nothing is known about the outcome of the mission and the translator is missing. Driven by an insatiable thirst for redemption, the censor begins to investigate what really happened to Elsa Braumann. This dark man, who no longer had any hope, believes that there is still salvation for her.

Jose Gil Romero & Goretti Irisarri have formed a creative tandem for over twenty years. They are a successful team of script-writers, earning over forty awards at various festivals. They have published *Falling Shooting Stars* (2017), first volume of a trilogy that continues with *The Mechanism of Secrets* (2019) and *The Enclosed City* (2020). In 2022 the historical novel *The Translator* is published and now comes out its second part *The Swarm*.

WWW.BOOKBANK.ES - INFO@BOOKBANK.ES

CLOWN ESENCIAL THE ART OF LAUGHING AT YOURSELF

ALAIN VIGNEAU

LA LLAVE (2023) SELF-DEVELOPMENT 296 PP

8th edition. Rights sold: Brazil, Italy and Russia.

"Alain Vigneau is not only a man of talent, but a great artist inspired by a mission. He needed to learn to laugh in response to his childhood pain, and he has been teaching others to do the same ever since. But not only to maintain joy in the face of pain, but to love oneself" *Claudio Naranjo, Psychiatrist nominated to the Nobel Prize of Peace in 2017 New York Journal Book.*



"THERAPY AND ART COME TOGETHER IN A CELEBRATION OF THE TRAGICOMICITY OF LIFE"

The book is the sharing of a cartography of shame, humor and the inner child in relation to the art of clowning at the service of our search for the meaning of life. Mainly, a universal theme explored in a simple, direct and poetic style, which makes us discover the unique look that a clown has on the world, sprinkled with anecdotes and real testimonies of participants in the seminars that he carries out in the four corners of the world. His point of view is that the adult can save the child, that the child can feed the adult and that our well-being requires transforming our past, however heavy it may be, into heritage. There are very few books on the market on these themes, perhaps the closest would be "The Clown Therapist" by Isabelle Schenkel, although this work seems to me to be much more technical and devoid of dimension of personal experience which enriches this one with a very particular flavor of authenticity.

Alain Vigneau, actor, clown and educator, he was the founder and director of the theater company La Stravagante, performing numerous times at national and international festivals. As a contributing artist to Clowns Without Borders, he has performed in Guatemala, El Salvador, Nicaragua, Namibia and Indonesia, making thousands of people laugh in the farthest corners of the planet. He was professor of Drama and Clown in the Master of Art Therapy at the AEC/UVIC (Barcelona), and co-founder of the Consciousness and Performing Arts Center in Puebla de los Ángeles (Mexico). He is a disciple and collaborator of Dr. Claudio Naranjo in the SAT programs. Internationally recognized as one of the greatest exponents in the field of the union between clown and Gestalt, he is a regular collaborator of various personal and/or artistic development centers in various countries in Europe and Latin America, where he teaches Essential Clown seminars, a method of his creation.

WWW.BOOKBANK.ES - INFO@BOOKBANK.ES SAN MARTÍN DE PORRES, 14 28035 MADRID

SAY YES TO LIFE Gain Strengh and Abandon Suffering

JOAN GARRIGA

PLANETA (2021) SELF-DEVELOPMENT 192 PP

English sample available

September 2021 nº1 Amazon

"Facing life with fortitude, assuming what it offers us and learning to give it what we have for it -which can be sadness or anger- are some of the keys to the speech of Joan Garriga, a man who travels the world trying to make us understand that there are no bad emotions." *Rosa Estevez La Voz de Galicia*



"A NECESSARY BOOK TO TURN SUFFERING INTO STRENGTH AND FEEL ALIVE"

Each human being, in its immensity and smallness, is a flame that shines with its own light

and stands out above all others. The world is a sea of little fires, each with its own particular story. An immemorial flame that is transmitted between generations. It is inevitable that at times it will shake, glow and burn, in the same way that it is carried away by a small breeze, get sick or even extinguished. This is a metaphor that has served for centuries to define our existence, which sometimes hurts or challenges us more than we expected.

This book instructs us, with extreme sensitivity and virtuosity, in the art of walking through life and overcoming its key issues, and offers us a precise map to emerge gracefully from any storm, avoiding that we remain anchored in suffering. In him we will find the opportunity to grow and learn to live in peace with ourselves. A suggestive journey into our interior that will lead us to reflect on the true meaning of life.

Joan Garriga has a degree in Psychology from the University of Barcelona. In 1986 he created the Gestalt Institute of Barcelona. He is a therapist and trainer in family constellations, Gestalt therapy, NLP and systemic coaching. In 1999 he introduced Bert Hellinger, creator of family constellations, to Spain, and he himself has become one of the main exponents of this therapy in Spain and the Spanish-speaking world. He is the author of *Where are the coins?* (2006), *Living in the soul* (2008), *Good love in the couple* (2013), *The key to the good life* (2014) *and Dancing together* (2020), all with great success and more than 100.000 readers.

WWW.BOOKBANK.ES - INFO@BOOKBANK.ES

BACKLIST HIGHLISTS

FALL 2023



SAN MARTÍN DE PORRES, 14 28035 MADRID

WWW.BOOKBANK.ES - INFO@BOOKBANK.ES

THE SWISS NURSE

MARIO ESCOBAR

HARPER COLLINS (2022) HISTORICAL NOVEL 368 PP

English sample available.

"...(a) gripping tale of destruction, war, and the endless potential within the human heart to endure, sacrifice, and rejoice" *Katherine Reay, Author of The London House and A Shadow in Moscow*



"TRUE STORY OF AN ASTONISHINGLY BRAVE WOMAN WHO SAVED HUNDREDS OF MOTHERS AND CHILDREN DURING WWII"

Elisabeth Eidenbenz left Switzerland in 1937 to aid children orphaned during the Spanish Civil War. Now, her work has led her to France, where she's determined to provide expectant mothers and their unborn children a refuge amid one of the worst humanitarian crises of the twentieth century. Desperate to escape the invasion of Franco's Fascist troops, Isabel Dueñas becomes one of many Spanish patriots fleeing their country. She leaves behind her husband as he fights for democracy, and she seeks asylum in a refugee camp across the border in France. Without adequate shelter, clean drinking water, or medical care, Isabel's future looks bleak —until she meets Elisabeth. When Germany invades Poland, a new avalanche of humanity enters France. And soon, fate binds Elisabeth and Isabel together in the most important work of their lives. Based on the true stories of refugees and the woman who risked everything to save them, The Swiss Nurse shares a message of love and strength amid one of the darkest moments in history.

Mario Escobar Golderos has a degree in History, with an advanced studies diploma in Modern History. He has written more than 20 books and sold nearly a million copies worldwide. Most of his novels are framed within the genre of historical thriller fiction, with themes commonly associated with the Church and the Second World War. His books have been translated into more than 10 languages.

WWW.BOOKBANK.ES - INFO@BOOKBANK.ES

THE TRANSLATOR JOSÉ GIL ROMERO & GORETTI IRISARRI

HARPER COLLINS IBÉRICA (2021) HISTORICAL WOMEN'S FICTION 302 PP

Novel in the process of being turn into a movie.

English sample available.

"Love, espionage and forbidden books in a magnificent intrigue starring a modest but courageous translator. A gripping novel that perfectly portrays the moment when Spain was on the verge of changing the course of World War II." *Nieves Herrero Spanish journalist, TV presenter and writer*



"A STORY OF ADVENTURE, ESPIONAGE AND LOVE AROUND THE FAMOUS MEETING BETWEEN FRANCO AND HITLER"

Elsa Braumann is a young translator of German books who lives in Madrid in 1940 taking care of her sister, convalescent after a miscarriage. One night the police show up at the hostal where they live, to take Elsa to the Captaincy of Madrid. There she is required for a secret mission: she will act as an interpreter in the meeting that, within a month, Franco and Hitler will celebrate in Hendaye. Over the next few days, Elsa begins to become intimate with Captain Bernal, chief of security of the operation, a cultured man and a movie lover, like her. But someone kidnaps Elsa's sister and threatens her to force Elsa to get involved in a counterintelligence operation: she will have three minutes to steal certain documents from Franco on the train that will take them to Hendaye. The future of the Second World War is now in the fragile hands of Elsa Braumann, about to betray the man with whom she is falling in love.

Jose Gil Romero & Goretti Irisarri have formed a creative tandem for over twenty years. They are a successful team of script-writers, earning over forty awards at various festivals. They have published *Falling Shooting Stars* (2017), first volume of a trilogy that continues with *The Mechanism of Secrets* (2019) and *The Enclosed City* (2020). In 2022 the historical novel *The Translator* is published and now comes out its second part *The Swarm*.

WWW.BOOKBANK.ES - INFO@BOOKBANK.ES

THE MERCHANT OF BOOKS

LUIS ZUECO

EDICIONES B (2020) HISTORICAL THRILLER 608 PP

Italian and Portuguese rights sold.

English sample translation available.

18th printing and more than 65.000 copies sold.

Cartagena Award for the best historical novel in 2020.



"THERE WAS A TIME WHEN BOOKS CHANGED THE COURSE OF HISTORY, A TIME WHEN NEW WORLDS WERE DISCOVERED"

Seville was the most prosperous city in Christendom, the wealth of America arrived at its port and the future of Europe was settled in its streets. Between its walls, the first modern library was created, the first centre of Western knowledge, and it was made under the command of Hernando, the son of Christopher Columbus. At that time many people thought that books were dangerous, that they could change people's minds, bring down religions and kingdoms. They were afraid of words and maybe they were right. 1517, Thomas must flee Augsburg, accused by the powerful family of the Welsers of a crime he did not commit, leaving his beloved Ursula there. He joins Massimiliano, a charlatan who makes a living traveling through Europe and telling of the wonders that come from the New World. The Italian gives him his first book and Thomas falls in love with reading. They arrive in Antwerp and Thomas goes to work in the most booming business at that time, a printing press. There, every night he has the opportunity to read the copies that are printed. He begins to attend secret meetings where he speaks freely of the new humanist ideas of Erasmus and religious ideas of Luther.

Luis Zueco has achieved international critical and success with his fascinating Medieval Trilogy: *The Castle, The City and The Monastery*, three novels that take us through addictive plots of intrigue. His later novel, *The Merchant of Books* (2020), has established him as **one of the most important historical novelists in our country**.

THE FRONTIER IS NAMED AFTER HIM

ELENA MORENO

GRIJALBO (2022) WOMEN'S SAGA 512 PP

"Elena Moreno remembers the "golondrinas", women from the Pyrenean valleys of Aragon and Navarra who emigrated every year to make espadrilles in France" Grijalbo



"HERE ARE STORIES SILENCED WITH TIME. BUT THERE ARE VOICES THAT TELL THEM SO THAT THEY WILL NEVER BE FORGOTTEN"

From the end of the 19th century until the 1950s, the humblest young women in the Spanish Pyrenees (Navarra) crossed the mountains on foot to work in the espadrille factories on the French side. Like the swallows, they left in October and returned in the spring, full of hope and bringing fabrics and furnishings for the marriage trousseau that would constitute their contribution to a future marriage. Esperanza Ayerra is the great-granddaughter of Esperanza, a swallow who crossed the Pyrenees in 1913 and whose future was stolen by the greatest world conflict. She is the granddaughter of Esperanza, known as Perla, who had no father or husband, due to the cruel fate of a divided Spain. She is the daughter of Espe, a woman who swallowed her sorrows and who history left breathless. She is the fruit of the border between two countries that move away and come closer when their inhabitants fall in love. Four generations of women used to keeping their feelings silent, through time, borders, love and war. A story of brave women, an exciting novel woven with the threads of a true story that has been silenced.

Elena Moreno has a degree in Communication Sciences from the Autonomous University of Barcelona (UAB). She has worked in various media and is the author of *The Italian embassy lounge, Wherever you are* y *Return the moon to me*. **She has received several literary prizes such as the Aixe Getxo for Literature** and currently collaborates in an important newspaper and conducts a literary workshop in Bilbao.

YESTERDAY, TOMORROW

BENITO RABAL

ALGAIDA (2023) CONTEMPORARY NOVEL 384 PP

"In 360 pages, Rabal, author of short stories, plays and poetry, shows the illusions and the loss of these illusions as he enters adulthood in a society living in the last period of a Dictatorship and in which repression is still exercised against leftists who fight for freedom." *Cienterate*



"IT IS NOT ONLY THE URGENCY TO END THE DICTATORSHIP, BUT TO TURN THE WORLD UPSIDE DOWN"

A story of friendship in a group of middle-class youths in Madrid and Spain after May 1968 and reaching approximately the first years of the Transition at the end of the seventies. A novel with a markedly autobiographical tone that shows the illusions and losses of these young people, as they become adults in a society living in the last years of a dictatorship is and where repression is still exercised. Leftists fight for freedom. The narrator will discover his interest in the world of cinema; that will help him go to Rome. The book recovers also the Italy of those years, converted into a place of refuge and marked by continuous social tension.

Benito Rabal Balaguer is a Spanish film director. Son of Paco Rabal (actor, screenwriter and director) and actress Asunción Balaguer. He is the father of actor and film director Liberto Rabal. He started as an assistant director in 1970, and later was second unit director with directors such as Mario Camus, José Luis Garci, Pedro Olea, Imanol Uribe and William Friedkin. He has written screenplays, short stories and poetry, and two plays, of which he has also been director.

WWW.BOOKBANK.ES - INFO@BOOKBANK.ES

FLOW, DON'T SUFFER

ISMAEL CALA

PENGUIN RANDOM HOUSE (2022) SELF-DEVELOPMENT 328 PP

"In Flow, Don't Suffer, Cala takes up the teachings of psychologist Mihaly Csikszentmihaly, who asserts that there is a state of mind in which external stimuli, including time, seem to disappear. This state is called flow." Alejandro Maciel, Los Angeles Times Ismael Cala FLUIR PARA NOSUFRIR 11 Principios para transformar tu vida



"FLOW, DON'T SUFFER IS NOT JUST A TAGLINE, BUT THE SUMMARY OF LEADERSHIP PHILOSOPHY"

Flowing and accepting do not mean you let things happen, rather, you make things happen. The key to happiness lies in flexibility, resilience, and versatility, among other principles of the new leadership model. The 11 principles of bamboo leaders are the path to transforming human beings into leaders capable of making a difference in their own lives and others. Besides, they are the result of a research process on a person's road to happiness, fulfillment, and self-realization —the core of this book— building a new model of leadership. The author elaborates on such definitions in an interesting way, accessible for all readers. He includes some of his personal stories to invite reflection –powerful fables and real– life examples, essential in order to apply each principle in your everyday life.

Ismael Cala is a life and human development strategist, journalist, bestselling author, philanthropist, and international speaker. For over five years he hosted the CALA show on CNN Spanish, becoming one of the most beloved and influential communicators in the Americas. He is the president of the CALA Group business consortium and the Ismael Cala Foundation and author of the books *The power of listening*, *Life is a piñata, Emotional illiteracy, A good son of a B..., The secret of bamboo* and *Wake up with Cala*, among others. He is an **ambassador of the concept of Corporate Happiness in Latin America with which he has done training in more than 400 companies in the USA and LATAM. Winner of the 2013 Iberoamerican Personality Award and illustrious guest of more than a dozen Latin America cities.**