

A still life photograph featuring several whole oranges and one sliced orange, scattered around a white ceramic bowl. The bowl contains three whole oranges and a cinnamon stick, all resting on a dark green, textured cloth. The background is a dark, textured surface, possibly a tablecloth, with some green leaves and branches scattered around. The lighting is soft, creating a warm and inviting atmosphere.

RBA LIFESTYLE AND WELLBEING

FRA 2022

RBA

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FOOD AND DRINK



VEGETARIAN CUISINE

AN ESSENTIAL HANDBOOK

Various Authors

ABOUT

Pay attention to your body and what you eat. Be aware of how you nourish yourself and what part food plays in your health. Consider the impact of your food choices on everyone around you and on the planet.

SPECIFICATIONS

Ref. RPRA552
144 pages
194 x 240 mm
Paperback • Colour

The essential book of healthy nutrition with recipes for every day.



With thorough, evidence-based information, this book explains the health benefits of being a vegetarian and offers tools for following a balanced and well-planned diet

The book explains the essential nutrients for leading a healthy life, and which vegetable sources can provide them to us.

Featuring over 350 recipes, 50 cooking tips and suggestions and references to more than a hundred types of food.

1,101 VEGETARIAN RECIPES

Various Authors

ADD TASTE, HEALTH AND COLOUR TO YOUR DIET

ABOUT

There's never been a single book with so many different vegetarian recipes selected based on taste and simplicity. We have selected the recipes so that the daily meals in a vegetarian home can nourish and improve your health and liven up the table. Salads, soups, tapas, patés, sauces, rice dishes, pastas, papillotes, stews, sandwiches, pizzas, pies, desserts, ice creams, breads and much more... 1101 irresistible recipes also for anyone who wants to enjoy a vegetarian meal once in a while.

With the index of ingredients you can see how varied the options can be.

- Indexed recipes will help you to organise your menu.
- Clear and detailed explanations will earn you reputation as a chef who never fails.
- Each recipe provides nutritional information and preparation and cooling times.
- Every recipe is suitable for ovo-lacto vegetarians and the book also highlights the recipes suitable for vegans and raw food enthusiasts.



BATCH COOKING

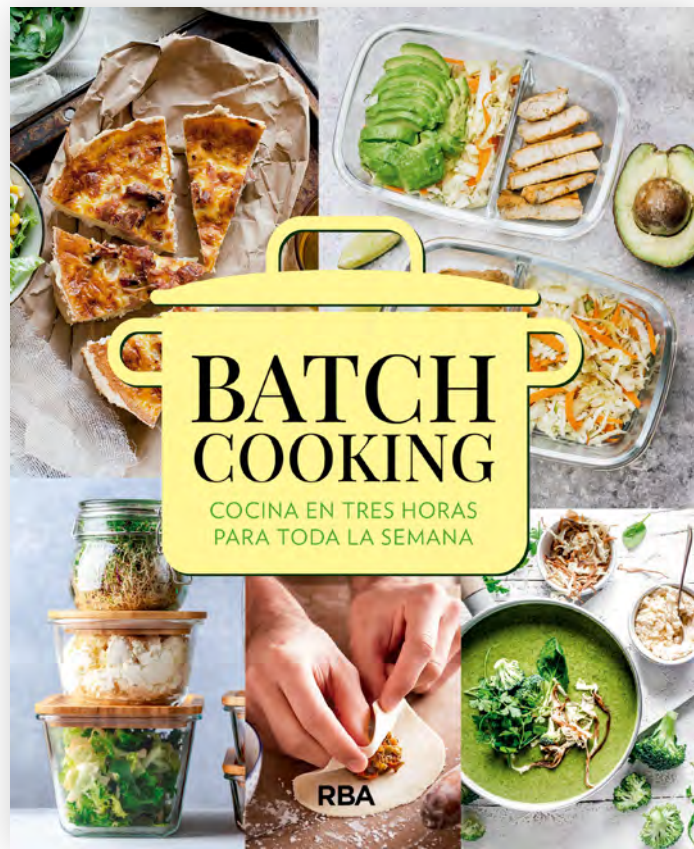
Laura Kohan

ABOUT

You can eat healthy and tasty meals, even if you are short on time: it's just a matter of organisation. With an apron on and in a single session, you will prepare the bases and garnishes for endless meals. At mealtime, all you have to do is combine and reheat, do some quick cooking and voilà! In five minutes... everyone have a seat!

SPECIFICATIONS

Ref. RPRA591
160 pages
194 × 240 mm
Paperback · Colour



Save time, money and energy in the kitchen with the Batch Cooking method.

In this book, you will find:

- 75 market kitchen recipes.
- Full meal plans for four weeks.
- Planners to have all the dishes ready in no time.
- Tips for shopping, organising the pantry and tricks to get the best out of the products.



PRACTICAL PAIRING NOTEBOOK

LEARN TO MATCH FOOD AND WINE LIKE A SOMMELIER

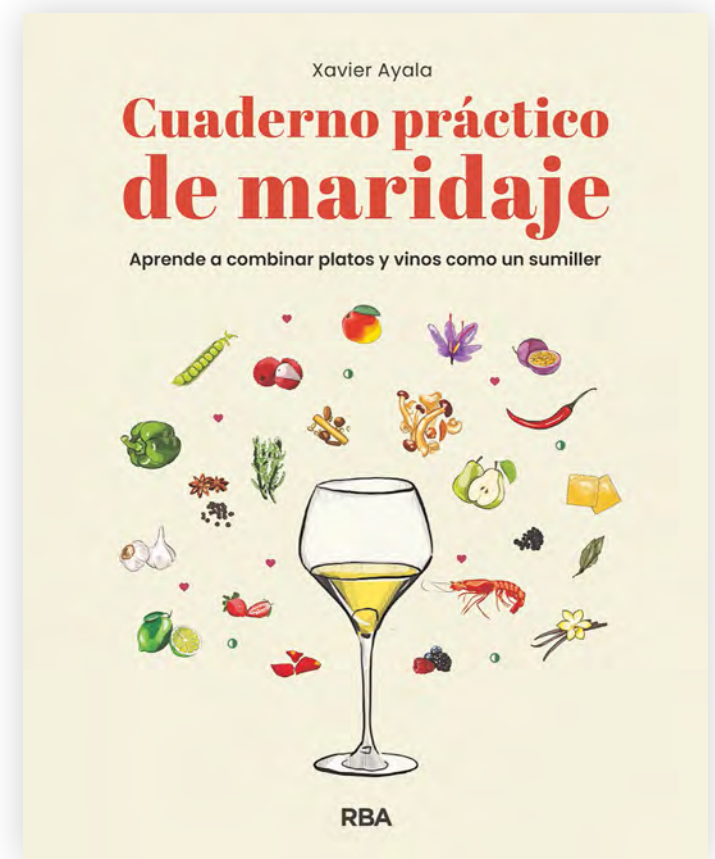
Xavier Ayala Cots

ABOUT

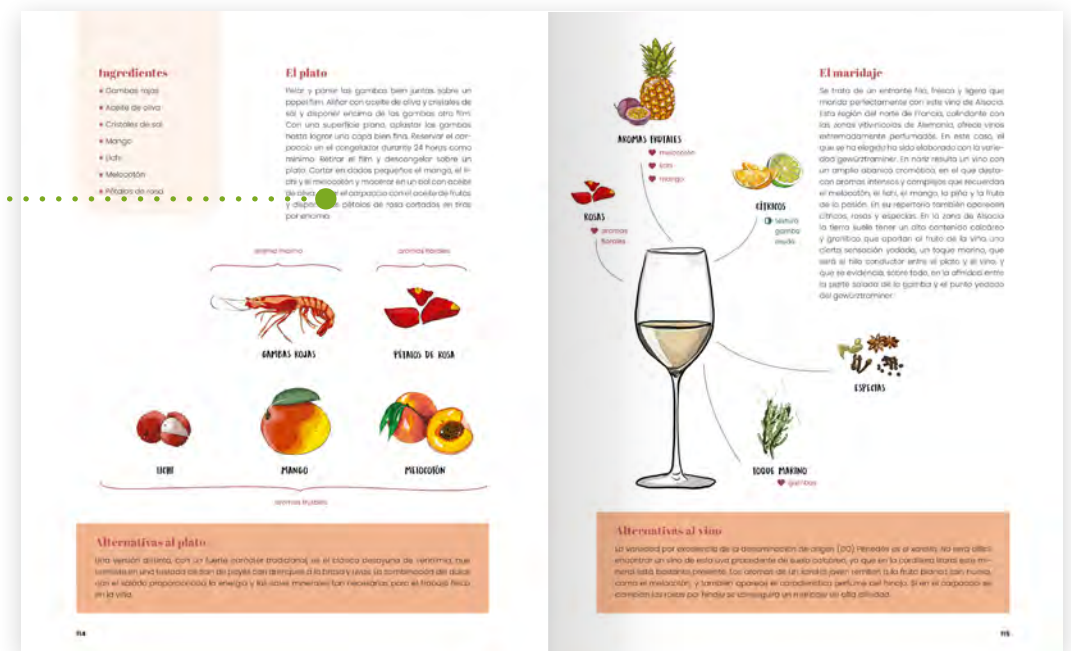
If you love sharing good times around a table, this book is for you. In addition to introducing you to gastro-wine culture, it will reveal the secrets of pairing through examples that range from the everyday potato omelette to an impressive chocolate dessert and a sophisticated squab with red berries and liquorice.

SPECIFICATIONS

Ref. RPRA484
192 pages
194 × 240 mm
Hardcover · Colour



Prologue by Josep Roca, sommelier of El Celler de Can Roca (three Michelin stars).



Xavier Ayala invites us to travel through vineyards around the world to discover the best wines for each dish. This sommelier, who advocates enjoying food and wine in good company, has worked in the best restaurants alongside legendary restaurateurs such as the brothers Roca and Nando Jubany.

HEALTH AND NUTRITION



HEALTHY FATS AND OILS

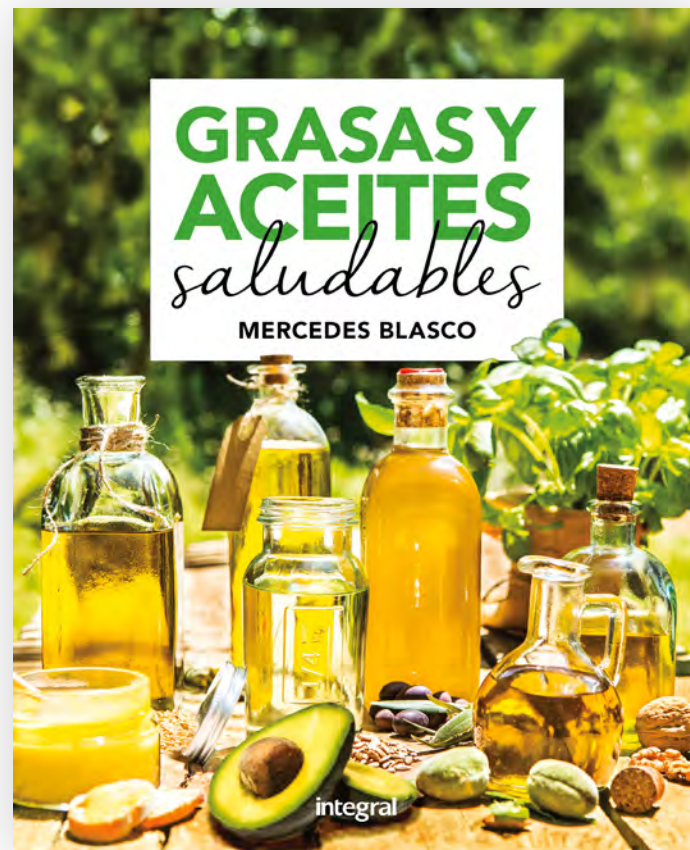
Mercedes Blasco

ABOUT

All lumped together, fats are the ugly duckling of dietetics. Decades of “beach body diets” have demonised a nutritional group that comprises more than a fourth of the body in a healthy person, and almost a third of the daily calories that we should eat. This book provides up-to-date information about oils and fats, the plant-based sources that provide them and the functions fats carry out in the body.

SPECIFICATIONS

Ref. RPRA347
176 pages
194 x 240 mm
Paperback • Colour



What are good fats and why are they so important?

Learn to recognise the different types of fats.

And to choose which fats you should add to your diet along with their benefits.



SWEET AND HEALTHY ALTERNATIVES FOR A HEALTHY LIFE WITHOUT ADDED SUGAR

Mercedes Blasco

ABOUT

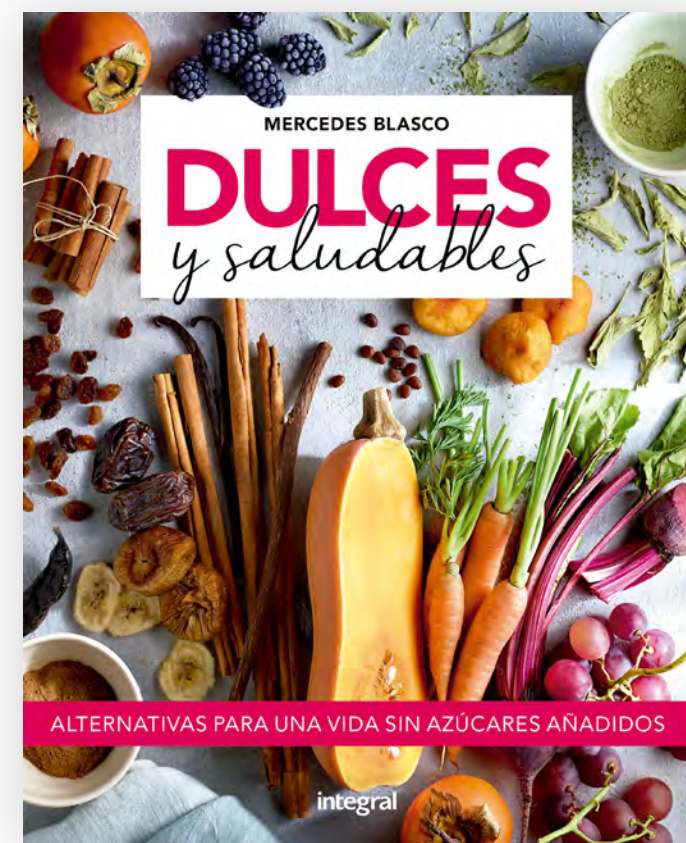
Why do we like sweets so much? Did you know that sugar is addictive? In this handbook you will find all that you need to know about sugar and you will learn how to distinguish between natural sugars and added sweeteners. Moreover, the book also dispels false myths such as how brown sugar or honey are suitable, and offers ideas and tips on how to follow a diet without refined sugars.

SPECIFICATIONS

Ref. RPRA496
160 Pages
194 x 240 mm
Paperback • Colour



Train your palate and start enjoying life without sweeteners that are harmful to your health.



A response to the growing global interest in reducing sugar consumption.

Proven information about sugar's negative effect on the body.

Keys for learning how to read product labels.

Includes sweet recipes without added sweeteners.

MICRO-FARMING THE ORGANIC WAY

Mariano Bueno

ABOUT

If you grow fruits and vegetables naturally in an organic vegetable garden, you get more from it than just produce, as the most valuable results are the benefits for your own health and the environment. Discover all-natural growing methods with detailed photographs and drawings, how to make your own compost, and natural treatments for plant pests and diseases.

SPECIFICATIONS

Ref. RPRA304
432 pages
206 x 240 mm
Hardcover • Colour

OVER
60,000
COPIES SOLD



How to grow organic vegetables in your own backyard.



THE ECOLOGICAL GARDEN AGENDA

Mariano Bueno

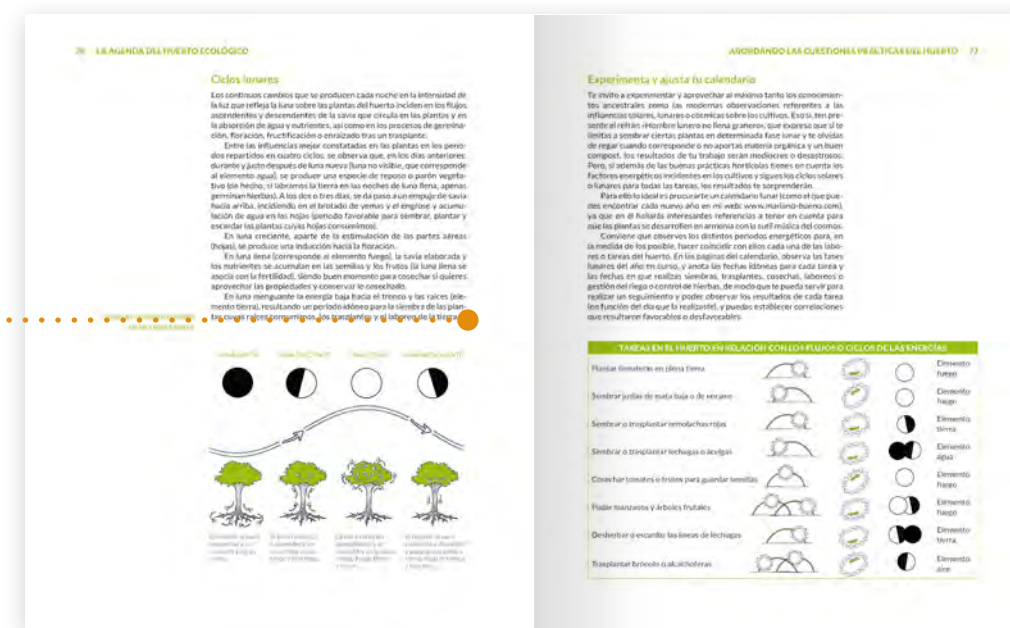
ABOUT

Mariano Bueno, the most renowned author on organic garden crops in our country, provides this useful and practical tool to conscious and aware gardeners who enjoy growing their own food for themselves and their family, and who want to do it in the simplest, most productive and healthiest way possible.

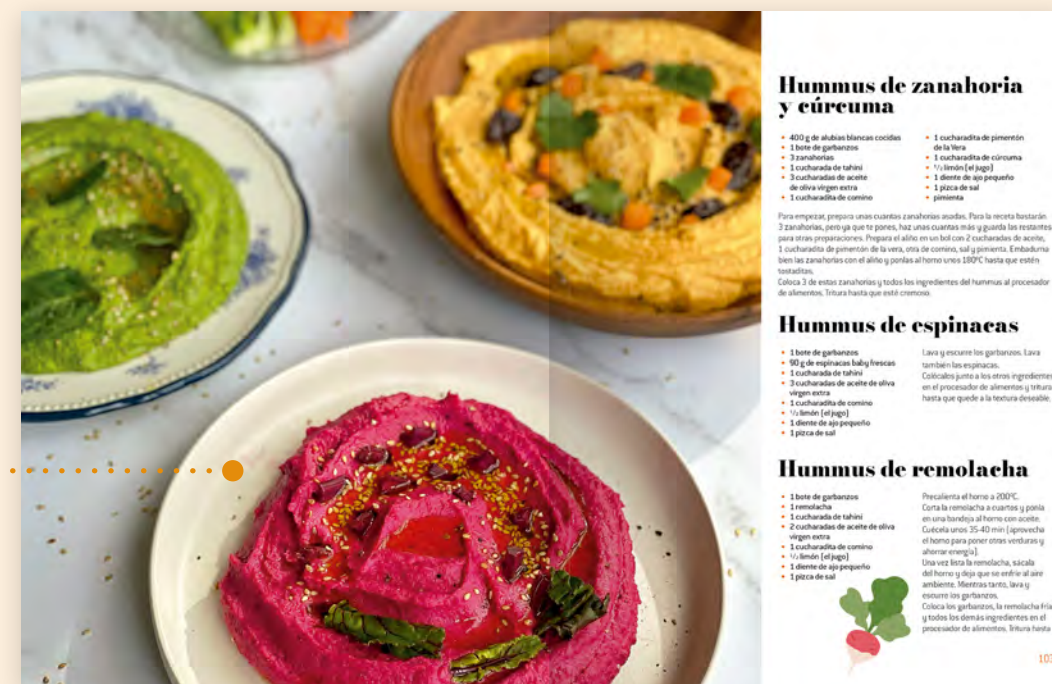
SPECIFICATIONS

Ref. RPRA503
160 pages
194 x 240 mm
Paperback • Colour

Whether it's a few pots on your balcony, or a large plot of land, this year-long agenda, full of data and advice, will help you to organise working on your garden to get the best results in quantity and quality.



Cultivate health and flavor and help to create a more sustainable world.



ANTI-STRESS ESSENTIAL OILS

Antonia Jover

ABOUT

We are subject to some source of tension, nervousness or anxiety in our daily lives. Discover what stress is and how essential oils can help you to reduce or eliminate its negative effects (insomnia, irritability, discouragement, headaches, digestive disorders, anguish, fatigue, etc.). Antonia Jover, one of the most renowned aromatologists in Spain, will help you to combat these symptoms with specific essential oils and simple applications.

This book offers you:

- A guide aimed at knowing, understanding and putting into practice the benefits of aromatherapy.
- Tips against more than 20 ailments and discomforts caused by stress.
- Practical sheets with all the information about each essential oil and how to combine them.



Recommendations for a healthy and stress-free life.

SPECIFICATIONS

Ref. RPRA281
192 pages
140 × 213 mm
Paperback · B/W

ESSENTIAL OILS FOR EVERYDAY USE

Antonia Jover

ABOUT

Aromatherapy has been increasingly in vogue in recent years. What is it about essential oils that has caused the number of consumers and demand to skyrocket in just a decade?

This practical and simple guide includes basic but essential information, as well as many suggestions for use, so that you can safely enjoy many of the benefits that essential oils offer you every day.

SPECIFICATIONS

Ref. RPRA510
160 pages
140 × 213 mm
Paperback · B/W



For those who have been seriously interested in it, aromatherapy has revealed itself as a valuable tool for our well-being and our health.

BACH FLOWERS BOTANICAL NOTEBOOK

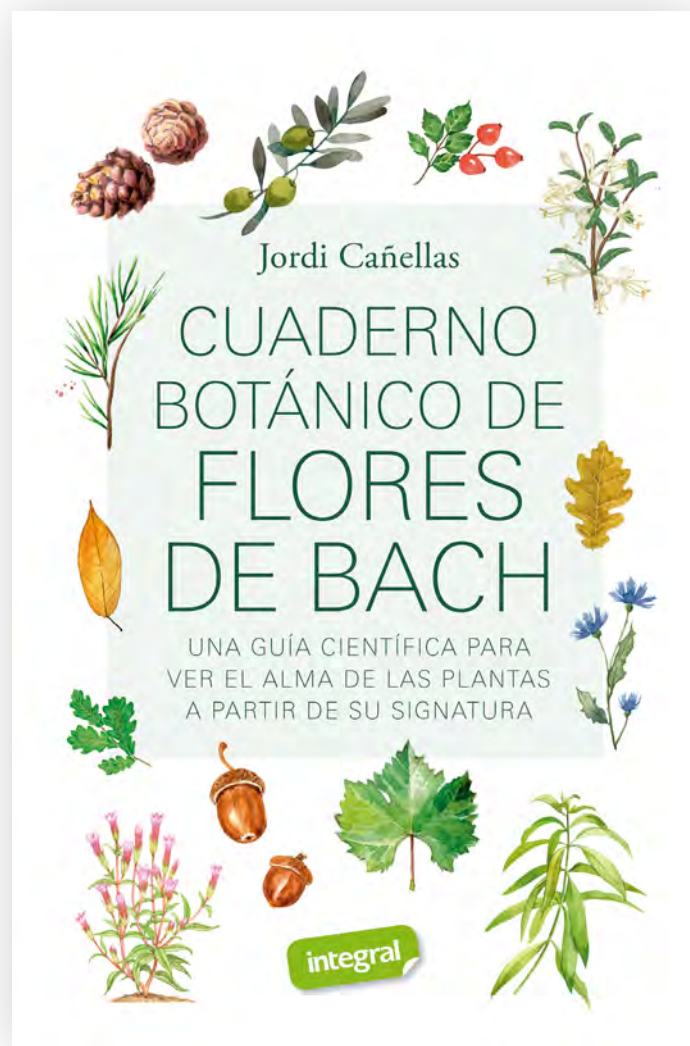
Jordi Cañellas Puiggròs

ABOUT

What connection do they forge with their environment? What close link ties them to human beings and their growth and development?

If we understand nature, we can arrive at grasping the characteristics that define plants and the healing properties each one of them offers us. It is on the basis of this principle that such effective therapies as Bach Flower remedies are born.

In this pioneering book in its field, Jordi Cañellas has observed the basic properties of plants and has developed an analogy method to clearly demonstrate the reasons why Bach Flowers and other plant organisms have the capacity to improve our health and our psychological and emotional state.

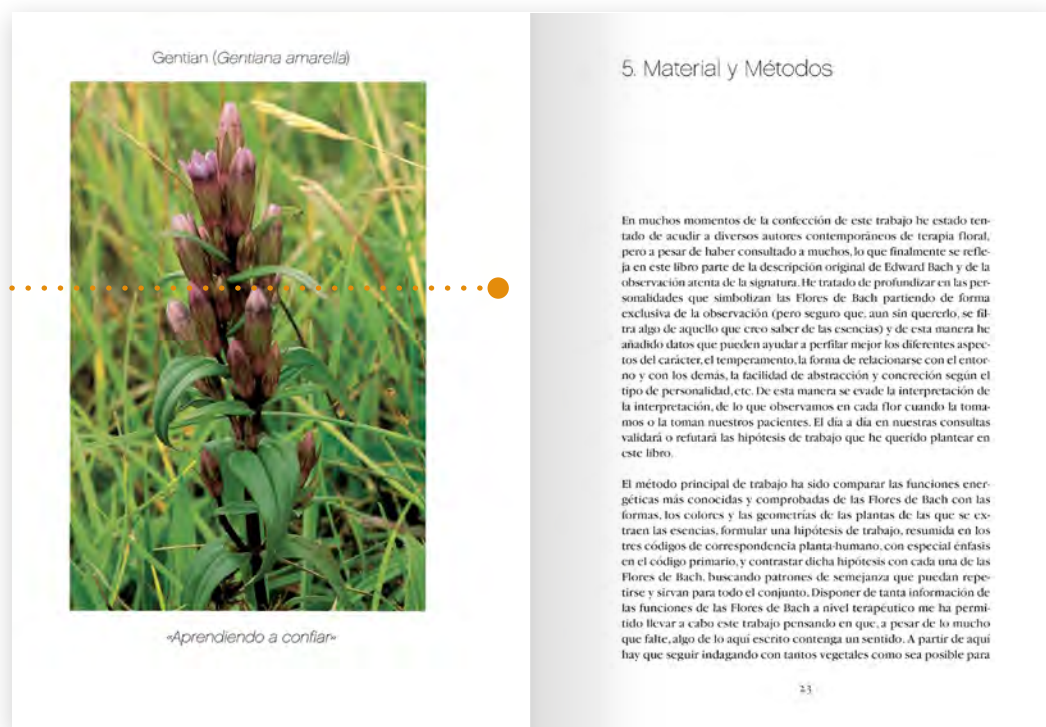


What do plants teach us?

SPECIFICATIONS

Ref: RPRA612
336 pages
155 x 232 mm
Paperback • B/W

It features thorough explanations on the signature as a way of learning about flowers and plants, a complete scientific, medicinal, analogical, symbolic and energetic cataloguing and all the characteristics and patterns of each of the flower groups and the healing properties of their essences.



DIETARY SUPPLEMENTS MANUAL

Josep Lluís Berdonces y Josep Allué

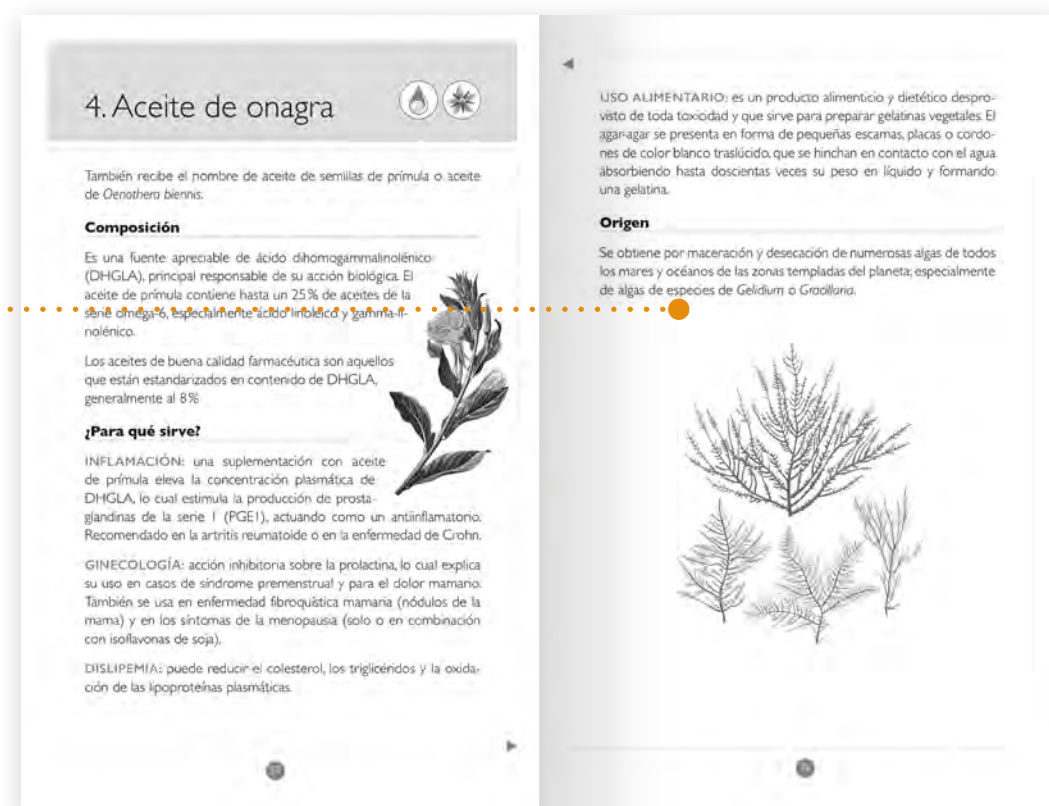
ABOUT

Although they can be increasingly found in pharmacies and online, food and dietary supplements are great unknowns. This book aims to bring readers into the complex world of vitamins, minerals, omega acids, flavonoids, and many other supplements, through clear and simple explanations provided by a doctor and pharmacist who are experts on the topic. The book is structured with files for the main food supplements, so that readers can understand their properties and know how what they are used for. The guidebook also offers a summary of the clinical research on each project, explains their origin and tells you how to take them. This book, the most complete guide on the market, provides the keys for appropriate and responsible use

This complete guide provides the keys for the appropriate and responsible use of dietary supplements.

SPECIFICATIONS

Ref. RPRA490
304 Pages
140 x 213 mm
Paperback • B/W



The only guide on the market about the complex world of dietary supplements and how to take them.

The two authors, a doctor and a pharmacist, are experts on the topic.

Presentation and explanation of the 155 most important complements and supplements on the market.

FIRST-AID BOOK OF MEDICINAL HERBS

NATURAL REMEDIES TO FIGHT THE MOST COMMON PAINS

Jordi Cebrián

ABOUT

A selection of twenty plants with varied therapeutic effects which help us to face the most common diseases and disorders. We can use them to prepare easy, home-made remedies that will help us to recover our natural wellbeing without side effects, preventing disease and avoiding the most aggressive treatments in many cases. Designed as a quick and easy-to-consult guide, which can be kept at hand, even in the kit itself, this book offers: an illustrated file for each medicinal plant with its therapeutic virtues and its most important characteristics; tips about how to prepare natural remedies with these plants for the most common pains people suffer and a detailed guide about how to grow the plants at home, including how to pick them in the field and preserve them.

SPECIFICATIONS

Ref. RPRA335
192 pages
140 x 213 mm
Paperback • B/W

- With just 20 plants, you can easily prepare home-made remedies for the entire family, without side effects.
- Illustrated files from each medicinal plant with its virtues and characteristics.

Family's green first-aid kit.



CBD: MEDICINAL CANNABIS

Josep Lluís Berdonces

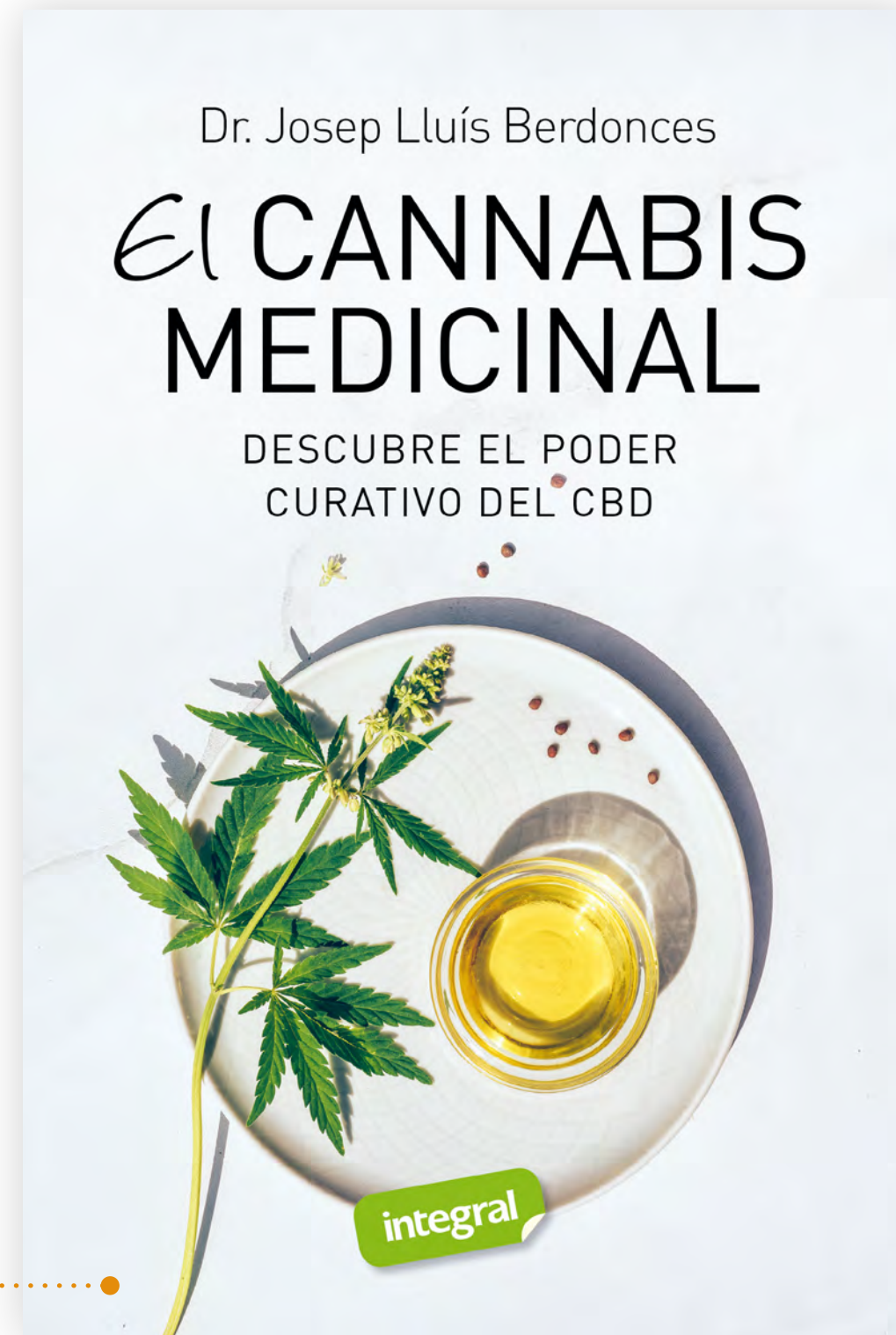
ABOUT

We tend to associate it only with its illegal aspect, that of the varieties that contain high levels of psychotropic substances. However, the latest research is discovering the presence of other cannabinoids in it whose medical applications, especially its anti-inflammatory, immune system stimulant and neuroprotective properties, are proving to be very interesting.

Written rigorously by a doctor and botanist, this book deals with the properties and uses of this new medicinal product that is here to stay: CBD.

SPECIFICATIONS

Ref. RPRA614
192 pages
140 x 213 mm
Paperback • B/W



Cannabis sativa, hemp or marijuana, is a controversial plant.

THERAPEUTIC MUSHROOMS

**Mercedes Blasco
Gimeno**

ABOUT

Did you know that mushrooms have been used as medicine for thousands of years? Thanks to their unique chemical composition, they have enormous potential for health. In recent years, and after intense research, the active components that are used as next-generation drugs have finally been isolated. In addition, most of the mushrooms that you'll find in this book are already available in pharmacies and health food stores as dietary supplements packed with virtues.

Here you have the most relevant therapeutic mushrooms, their traditional use, their properties, their healing components and how to use them. You will also discover the most suitable ones to treat multiple disorders and diseases.

SPECIFICATIONS

Ref. RPRA507
192 pages
140 x 213 mm
Paperback · B/W

MERCEDES BLASCO



SETAS TERAPÉUTICAS

● LOS HONGOS QUE CUIDAN DE TU SALUD

**Discover the
exciting world
of healing
mushrooms.**

ST JOHN'S WORT: A CHALLENGE TO SADNESS

Dr Miquel Pros

ABOUT

Dr Miquel Pros is a great specialist in the medicinal use of St John's Wort (*Hypericum perforatum*) as a successful alternative for the treatment of mild and moderate depression without harmful side effects.

The popularity of this plant in case of mood disorders, sadness, anxiety and insomnia is so effective that it has been described as "natural Prozac", making St John's Wort an excellent alternative to psychoactive drugs. In addition, recent findings on its antiviral properties only confirm its great medicinal virtues.

SPECIFICATIONS

Ref. RPRA405
224 pages
140 x 213 mm
Paperback · B/W

Miquel Pros
HIPÉRICO,
un desafío a la tristeza

EL ANTIDEPRESIVO NATURAL
PARA TU SALUD



**This book is an invitation
to discover St John's Wort
through its history, properties,
applications and recipes from
one of the greatest experts
in its use.**

CONSCIOUS MENOPAUSE

SELF-KNOWLEDGE
AND FULLNESS FROM
THE AGE OF 40

**Mónica Manso
Benedicto**

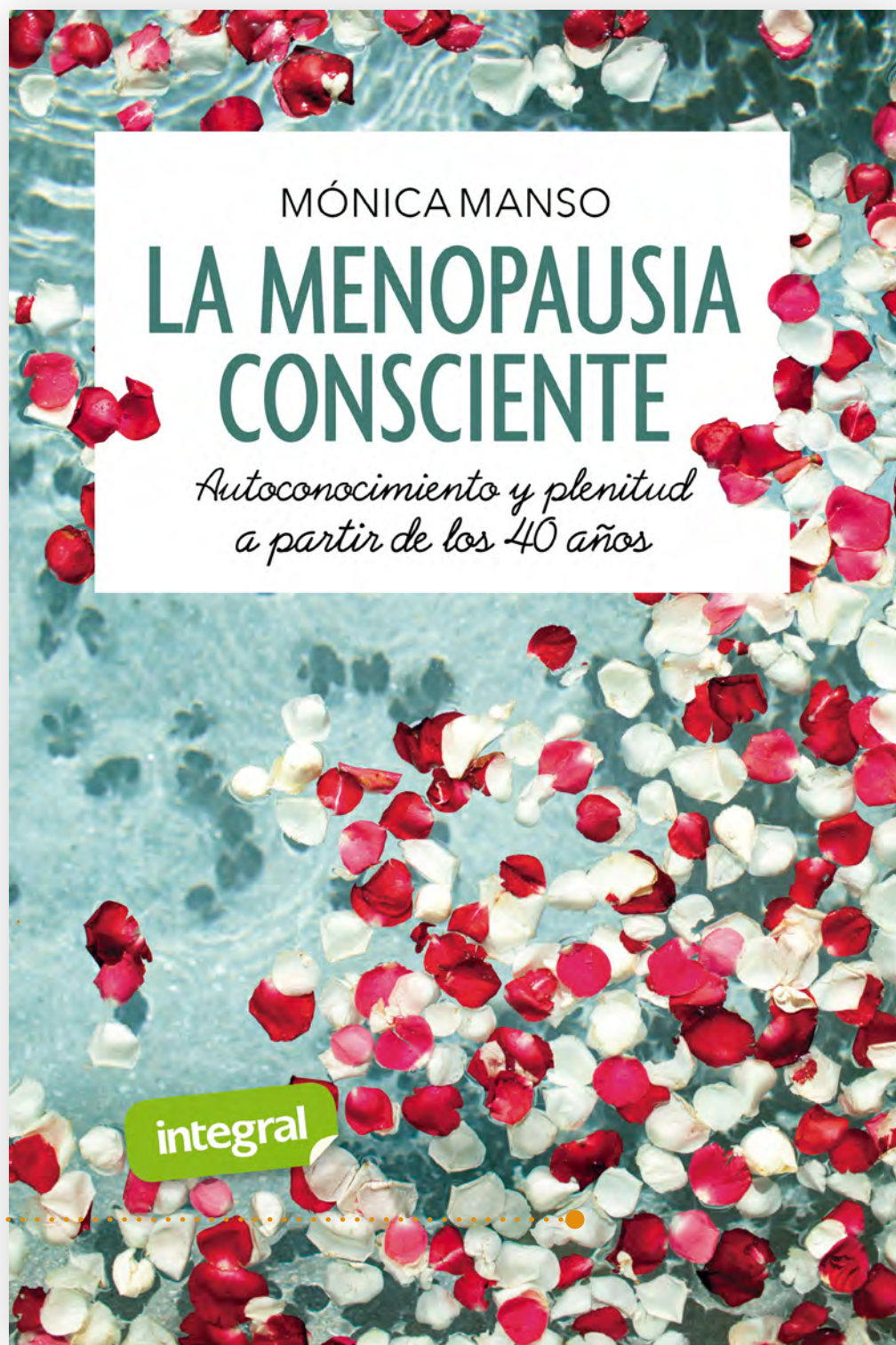
ABOUT

With the climacteric and menopause, you will enter into a profound transformation that is expressed in all areas of your life: from physical and mental to emotional and spiritual. Experiencing this process consciously offers you the opportunity to delve into your desires to reach a state of balance and fulfilment.

With practical and inspiring tools, this book will help you to implement changes in your lifestyle little by little and at your own pace, so that you face this stage of maturity with vitality and love for yourself.

SPECIFICATIONS

**Ref. RPRA509
176 pages
140 × 213 mm
Paperback · B/W**



Embark with enthusiasm on the journey that will lead you to be reborn as a woman.

UNDERSTAND YOUR HORMONES

**Dra. Onica Armijo,
Dra. María de la Callea**

ABOUT

At one time or another, we've all been overwhelmed by our hormones: we either experience a high or a low, our moods are affected, and we notice changes in our bodies. We are told it is the result of hormonal fluctuations, but we don't understand the underlying reason. In these pages, two leading gynaecologists clearly and rigorously explain the changes and importance of hormones throughout the stages of a woman's life: newborns, childhood, adolescence, childbearing age, pregnancy, breastfeeding, menopause and senescence.

SPECIFICATIONS

**Ref. RPRA636
256 pages
140 × 213 mm
Paperback · B/W**



All women, of all ages, should have this handbook on their bedside table.

The book to gift a pregnant woman, a woman undergoing fertility treatment, an adolescent girl, a woman going through menopause or an aging woman.

THE MAGIC OF FASTING

Isabel Belaustegui
Trias

ABOUT

Doctor Belaustegui, the founder of the Potential Life platform and one of the greatest experts in nutrition and integrative medicine, has written this guide to show you how to carry out the different types of fasting in a safe, effective and pleasant way. She helps us to listen to our body and focus on our objective, to plan each day and to choose the most appropriate model for our particular case.

A well-planned fast cleanses the body, improves digestion and intestinal health, protects the heart, increases the feeling of physical well-being and mental clarity, helps to control weight, increases defences and enhances feelings of vitality.

SPECIFICATIONS

Ref. RPRA575
224 pages
140 x 213 mm
Paperback · B/W

DRA. ISABEL BELAUSTEGUI

La magia del ayuno

Descubre todos los beneficios de esta práctica milenaria

integral

There is a simple, flexible, economical method within the reach of most people that is very powerful for achieving physical and mental well-being: fasting.

AUTO-IMMUNE DISEASES

Rosa Guerrero

ABOUT

Autoimmune diseases have tripled in recent decades and continue to rise. Lupus, coeliac disease, diabetes, multiple sclerosis, rheumatoid arthritis and many more are complex and difficult-to-treat conditions caused by an alteration of the immune system.

What is going on? Why does our defence system stop doing its job properly and attack the healthy cells of the body, doing irreversible damage? Are there alternatives to analgesics, anti-inflammatories or immunosuppressants?

SPECIFICATIONS

Ref. RPRA506
208 pages
140 x 213 mm
Paperback · B/W

ROSA GUERRERO

LAS ENFERMEDADES AUTOINMUNES

DESCUBRE CÓMO PREVENIRLAS A TRAVÉS DE LAS TERAPIAS NATURALES



Rosa Guerrero offers you the keys to overcome these pathologies through nutrition, plants and natural supplements.



HEALTHY
HOME

HOME THERAPY

**María Del Mar
Jiménez**



MARÍA DEL MAR JIMÉNEZ

HOGARTERAPIA

CUIDAR DE TU CASA ES CUIDAR
DE TI Y DEL PLANETA



ABOUT

Are you aware of the immense potential of a healthy, balanced and brightly lit home to help you to live more fully? Our house is an extension of ourselves and what happens there has more influence on our lives than we think. This manual offers endless tips for tidying up, taking care of household matters, cleaning and even sleeping and eating better.

Organise your nest in terms of well-being and with the guidelines of a conscious home and you will discover the small pleasures that your home has in store for you.

SPECIFICATIONS

Ref. RPRA224
224 pages
140 x 213 mm
Paperback · Colour

**Put your domestic
intelligence on the line.
Become a home lover!**

FIVE WEEKS TO PUT YOUR HOUSE IN ORDER

**Cristina Muñoz
Bolaño**

ABOUT

You already know the theory that order brings peace and harmony, unlike disorder, which creates stress and restlessness and makes us waste time. But what you want is to be told how to get to the point, how to start and act so that tidying up the house is not a never-ending story. It's not that you don't want your home to be organised, it's that you've gotten tired of trying. You put it in order and after a while it's the same again. So you give up.

Cristina Muñoz's job as a counsellor of order is to organise and order spaces to improve the quality of life of their inhabitants, seeking to make their daily lives simpler and easier. Following her guidelines and dedicating only ten minutes a day, you will get the home you want and be able to maintain it over time. Put order at home and you will put order in your life.

SPECIFICATIONS

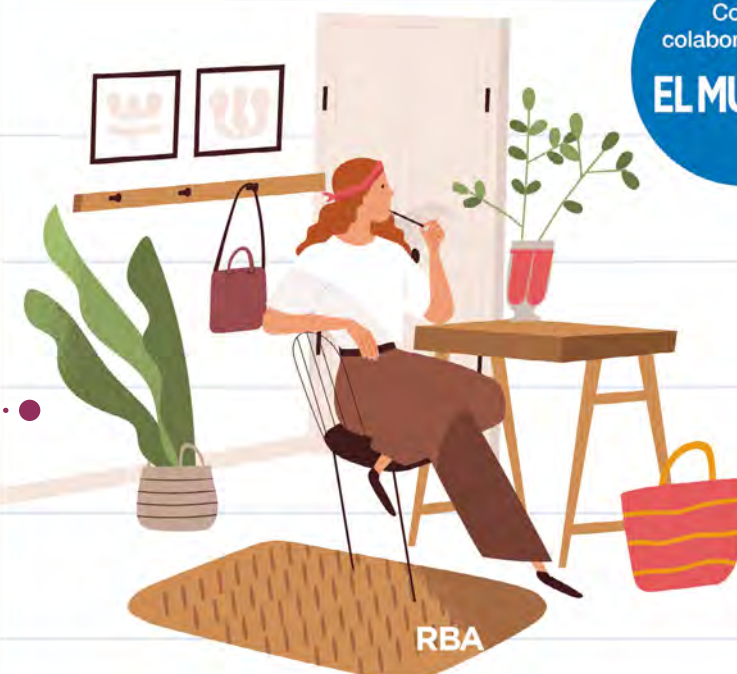
Ref. RPRA603
224 pages
155 x 202 mm
Paperback · Colour

CRISTINA MUÑOZ

5 SEMANAS PARA ORDENAR TU CASA

Cuaderno de ejercicios

Con la
colaboración de
EL MUEBLE



**Let yourself be
guided by this
manual written
by a professional
organiser.**

NATURAL CLEANING FOR A HEALTHY HOME

Marcela Burgos

ABOUT

Did you know that the most commonly used cleaning products contain toxic chemical ingredients that pose serious health risks? For instance, phthalates are endocrine disruptors, tinkering with hormone balance. They are present in all those fragranced or perfumed products, from all-purpose cleaners to dishwasher detergents, and are also found in many personal hygiene products.

SPECIFICATIONS

Ref. RPRA616
140 × 213 mm
256 pages
Paperback • B/W



Leave your house sparkling clean with detergents you made yourself, giving you ideal and perfectly harmless cleaning products to preserve your health, your family's health, your pets' health and the environment.

It's easy to make homemade cleaning supplies from natural, effective and harmless products.

60 recipes for every surface in the house.

buenos hábitos de orden y limpieza hacen tu vida más armoniosa, despejan tu mente y la liberan para cosas más importantes. Hoy en día el *home office* se ha vuelto habitual para muchísimas personas y trabajar en un ambiente desordenado causa falta de concentración y reduce la eficiencia.

Actualmente tenemos a nuestro alcance mucha información a la que acceder, puedes ejercitar muchas técnicas de orden y limpieza realmente inspiradoras, que están muy de moda y traen salud y bienestar al hogar. Mi vida habría sido muy diferente si hubiera conocido en otros tiempos a Marie Kondo, a la técnica Dan Sha Ri (rechazar, descartar y separar) de Hideko Yamashita o a las chicas de The Home Edit. Tal vez solo practicando *osouji*, el ritual de limpieza en profundidad que los japoneses realizan una vez al año, hubiera experimentado un cambio trascendental para llevar mi hogar.

Muchas personas creen que estos métodos son difíciles de realizar, pero para mí han sido una revelación, y he hecho de ellos una cuestión de hábitos; todo depende de la actitud y no de la aptitud. Creo que me ha sido fácil adoptarlos porque me he mudado once veces y he vivido en tres países; tanto movimiento le hace viajar más ligero y querer cargar con menos peso. Tiendes a buscar el minimalismo y a cultivar el desapego.

Lo cierto es que cualquiera de estas prácticas te ayudará a mantener tu casa ordenada y limpia por más tiempo, mejorar tu calidad de vida, tu bienestar físico y mental, y ganar más tiempo para ti y tu familia, que es lo que verdaderamente importa.

10 tips para mantener tu casa en orden

Tener la casa ordenada y limpia potencia la estética de la decoración de cualquier ambiente, brinda sensación de calma y felicidad, y te ahorra tiempo en buscar cosas que son muy fáciles de perder. Evita que el polvo y la suciedad ocasionen alergias y malestar, renueva el aire para liberar las áreas húmedas de la casa de hongos, que pueden ocasionar problemas respiratorios, y reducirás el estrés, dormirás mejor y ganarás más tiempo para ti.

Además, el orden permite mayor concentración y aumenta la creatividad. Y, claro, contarás con mejor salud, ya que bajar los niveles de ansiedad te hace más resistente a enfermarte.

Veamos estos 10 tips para mejorar el orden de tu hogar.

1. Cada día una tarea. No esperes al fin de semana para realizar tareas diarias; para practicar el orden esencial debes hacerlas día a día: hacer las camas y lavar la vajilla. Recoge todo lo que esté fuera de lugar y llévalo a su sitio, recoge la vajilla sucia y métele todo en el lavavajillas para lavar por la noche y deja despejada y limpia la encimera de la cocina.

2. Cada cosa en su lugar. Una vez que ordenas y encuentras el lugar perfecto para cada cosa, intenta volver a dejarla en su lugar; esto ahorrará tiempo en buscarla y siempre estará el sitio ordenado.

3. Menos es más. Deja de comprar objetos decorativos no esenciales y elimina los que estén viejos, rotos, decolorados y dañados. Haz espacio y lograrás mayor amplitud. Regala o dona la ropa que no utilices durante dos estaciones, pues no las utilizarás en la próxima. Crea espacio para que vengán nuevas y actuales.

Limpiadores con bicarbonato

A pesar de que existen muchísimas recetas en internet que te recomiendan utilizar una mezcla de bicarbonato y limón o bicarbonato y vinagre, no es recomendable mezclarlos en el momento de usarlos. Si queremos una limpieza efectiva, siempre es mejor utilizarlos por separado. El bicarbonato es una sal alcalina y el limón/vinagre son ácidos, por lo que si se juntan reaccionarán químicamente produciendo como subproductos agua, sal y dióxido de carbono en forma de gas (verás que la mezcla provoca efervescencia). Esta mezcla ocasiona que la base y el ácido se neutralicen entre sí, quitándoles poder de limpieza.

Como el bicarbonato es un polvo efervescente ante el agua o ácidos, lo ideal es prepararlo en el momento de usarlo para que no pierda eficacia. Pero puedes preparar limpiadores secos con bicarbonato y tenerlos en un frasco con cierre hermético en la cocina.

Limpiadores con bórax

Mi limpiador seco favorito combina bicarbonato con bórax de sodio, más conocido como bórax, otro gran limpiador casero. Se trata de un mineral natural biodegradable que se usa ampliamente para la limpieza del hogar, en especial para lavar la ropa. Es un componente habitual en detergentes, jabones, desinfectantes y suavizantes. Mejora y complementa el poder de limpieza del detergente; desodoriza y blanquea las prendas, toallas y sábanas, elimina olores y quita manchas de sudor y de humedad.

Se puede utilizar tanto en lavado a mano como en el cajetín de la lavadora o la bola de lavado junto con el detergente líquido o en polvo. Media taza es suficiente para ayudar a quitar manchas y el amarillento de las prendas y sábanas blancas. Se puede utilizar sobre ropa de color.

El bórax también sirve para limpiar alfombras y colchones, ayuda a quitar manchas de moho y hongos de la ducha y el óxido de rejillas de horno. Si lo agregas al ciclo del lavavajillas, además

de ayudar con el lavado de la loza, limpia y desinfecta el aparato, quitando los malos olores y las bacterias.

LIMPIADOR SECO DE BICARBONATO Y BÓRAX

Ingredientes

- 1 taza de bicarbonato de sodio
- 3 cucharadas rasas de cremor tártaro
- 2 cucharadas de bórax
- 10 gotas de aceite esencial de limón (opcional)

Procedimiento

Pon todos los ingredientes en un frasco, tápalo y agita para que todo se mezcle bien. Cuando necesites limpiar una superficie, espolvorea un poco del producto y luego frótalo con una esponja humedecida con agua. Enjuaga muy bien y seca frotando con un paño suave.



A person is shown in silhouette, sitting in a meditative pose on a wooden deck. The sun is low on the horizon, creating a strong backlight effect and casting long shadows. Palm trees are visible in the background. The right side of the image has a teal overlay with the text 'COMPLETE WELLNESS' in white.

COMPLETE
WELLNESS

3 STEPS AGAINST A SEDENTARY LIFESTYLE

Juanje Ojeda

ABOUT

If you have problems with mobility, pain or stress, they are very likely caused by our sedentary lifestyle. The personal trainer Juanje Ojeda gives you the keys to make sure your body works right without investing a lot of time or applying complex techniques.

Learn how our bodies work and how a sedentary lifestyle affects us, along with very simple exercises that have a major impact on our health and mobility.

SPECIFICATIONS

Ref. RPRA498
304 Pages
140 x 213 mm
Paperback • B/W

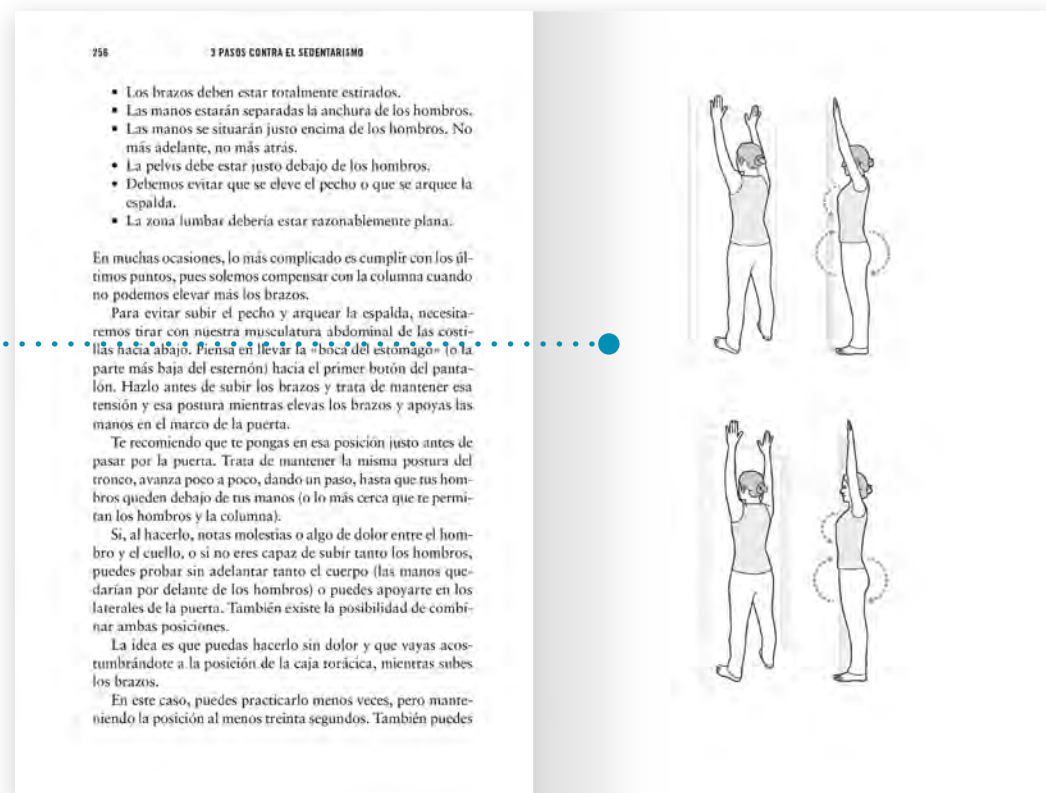


A practical book with a well-grounded theoretical basis.

Highly revealing about how our current lifestyle affects us.

Includes simple and progressive exercises.

With explanatory illustrations and exercises.



FOUR WEEKS AGAINST SEDENTARISM: EXERCISE BOOK

Juanje Ojeda

ABOUT

Doing squats, raising the balls of the feet, squatting or sitting on the floor... these are all easy movements that are essential for our health, but which we hardly ever do.

A sedentary lifestyle is a common evil in our current society, regardless of what your profession is or whether you do sports regularly or not. Our body is used to always repeating the same postures and movements, which has a negative impact on our health in the long run. This accessible and very practical exercise book gives you the keys to leave behind a sedentary lifestyle, but also to understand how your body works.

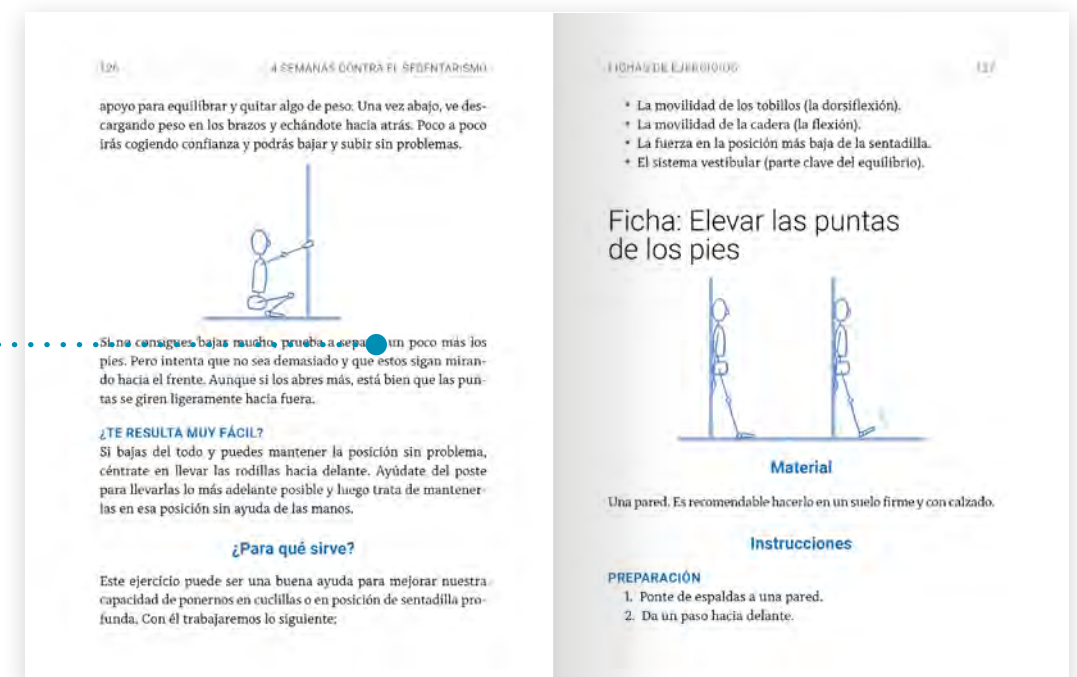
SPECIFICATIONS

Ref. RPRA595
192 pages
155 x 202 mm
Paperback • Colour

Doing squats, raising the balls of the feet, squatting or sitting on the floor... these are all easy movements that are essential for our health, but which we hardly ever do.



Organised into different levels of difficulty depending on each reader's physical condition, and following a four-week programme, this book is the ideal tool to integrate new habits that will help you to have a more active and healthy life.



THERAPEUTIC YOGA

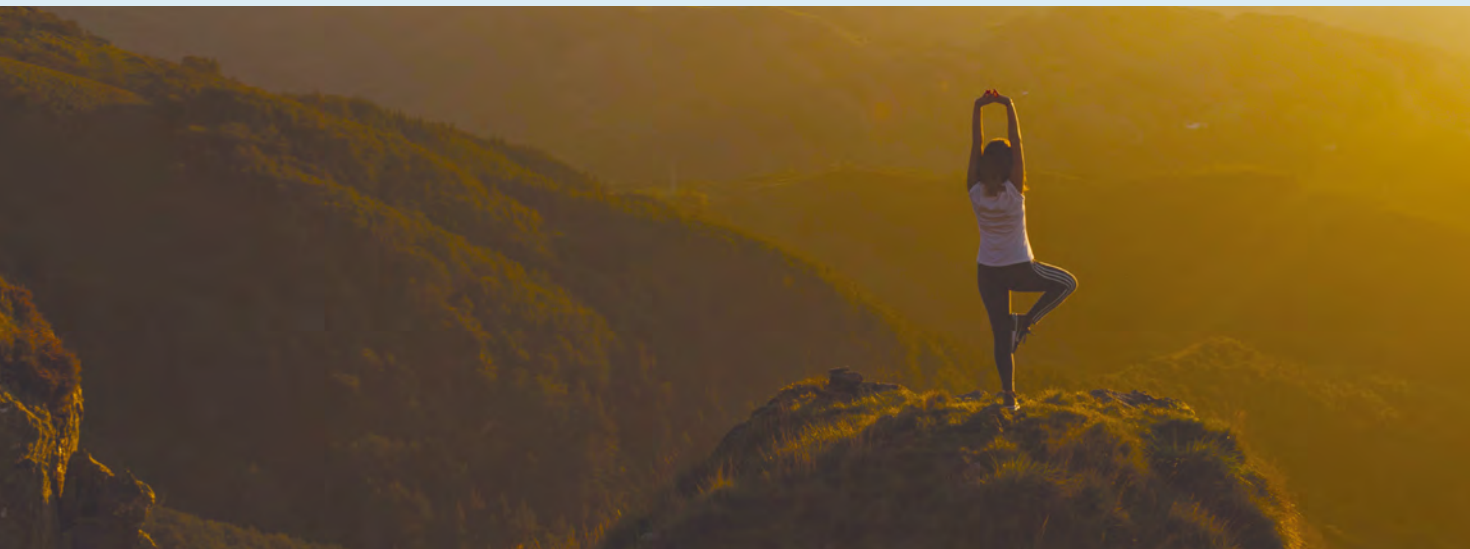
Or Haleluiya

ABOUT

The psychic benefits of yoga to find calm, emotional balance and survive daily stress are well known. So are its physical effects, since it improves abilities such as balance, elasticity and muscle strength.

SPECIFICATIONS

Ref. RPRA362
160 pages
194 x 240 mm
Paperback · Colour



Therapeutic yoga goes further: it is a personalised therapy whose practice is adapted to the musculoskeletal and psycho-emotional disorders of each practitioner. It is a type of yoga that helps to substitute, aimed at improving the general health of each person.



Yoga adapted to you.

3 ESTIRA AMBOS COSTADOS

Colócate junto a un árbol (o una pared). Apoya en él el antebrazo que esté más cerca de modo que el codo esté a la altura del hombro. Inspira y, alargando el torso, apoya en el árbol la palma de la mano del otro brazo. Para aumentar el estiramiento, respira profundamente hacia el lado del tórax estirado, sigue con una apnea de 3 segundos (corrando la garganta y la glotis para retener el aire y relajando cervicales y hombros) y termina con una espiración más profunda que la inspiración. Repite el ejercicio hacia el otro lado.

4 ESTIRA EL PSOAS

El psoas-iliaco, un músculo clave para las caderas y las lumbares, comparte tendón con el diafragma. Para estirarlo junto al diafragma, siéntate de lado sobre una silla, de modo que el respaldo esté en contacto con tu lado izquierdo. Mantén la rodilla izquierda en una flexión de 90° (muslo y pantorrilla haciendo un ángulo recto) y lleva la pierna derecha hacia atrás lo más extendida posible. Coloca los brazos por detrás de la espalda, agarrados al respaldo de la silla (para intensificar el estiramiento de la caja torácica). Exhala profundamente para permitir que el diafragma suba, tire de su tendón hacia arriba y estire del psoas aún más.

5 COORDINA DIAFRAGMA Y PELVIS

El suelo pélvico, en ocasiones llamado «diafragma pélvico», se contrae y sube con cada espiración. Túmbate boca arriba en la postura de mariposa o con las plantas apoyadas en el suelo, y coloca una manta enrollada, o un cojín, bajo la columna para extender la columna y abrir la caja torácica y estirar la musculatura intercostal. Otra opción es colocar el cojín bajo la pelvis para elevarla y aligerarla del peso de los órganos. Extiende los brazos hacia atrás y con una espiración profunda lleva los abdominales hacia dentro. Vuelve a prestar atención a tu respiración, colocando las manos sobre el abdomen. Nota si su volumen, amplitud y profundidad han cambiado.

6 RIETE

Reírse es un gran ejercicio diafragmático y abdominal. En la risa y en la carcajada se produce una espiración fuerte y repetida provocada por unas contracciones intensas de los abdominales y el diafragma. Además, se segregan endorfinas, todo un analgésico natural.



de que no respiran de una manera «adecuada». ¿Y qué es una respiración adecuada? Se produce cuando la respiración en la vida cotidiana concuerda con las exigencias que se imponen al organismo, desde dar un paseo en el parque hasta subir escaleras con la compra o hacer actividades aeróbicas como el baile y la natación. Es decir, que la respiración sea coherente con lo que el organismo requiere para funcionar de forma óptima en cada momento del día.

Es cierto que la respiración libre tiene algunas características. Es multidireccional (toda

la caja torácica y abdominal oscila anterior y posteriormente), cumple la ley del mínimo esfuerzo y es regular y rítmica.

Pero no hay una sola manera adecuada de respirar. Ver la respiración como un fenómeno dado por diferentes condiciones puede servir para apreciarla como un proceso, como un indicio del estado general del organismo. Si sientes que respiras superficialmente, la solución no está en respirar más hondo. Lo interesante es ir al origen: buscar las respuestas en tu estado psicoemocional y en tu alineamiento corporal. Porque cuando estiras regularmente los músculos respiratorios y posturales es cuando la respiración se libera de los factores que la limitan.



Sesiones de ejercicios

YOGA PARA DESCANSAR

La práctica de la relajación y la calma mental es imprescindible en el descanso personal, pero, más allá de eso, en yoga las posturas respiratorias profundas en la relajación y el descanso. Conviene recordar que el descanso no es solo un estado de reposo, sino un proceso activo.

Hay que tener en cuenta que la actividad no afecta a todos. Los cuerpos están en la respiración y la actividad física. Por eso la calidad de vida depende de la actividad física y la actividad mental.

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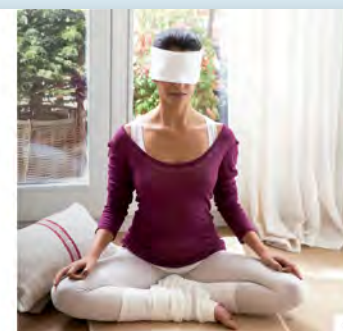
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MEDITACIÓN RELAJANTE

Al cerrar los ojos y colocar una tela sobre ellos se desconecta de la realidad exterior, se reducen los estímulos que afectan a la actividad del sistema nervioso simpático y se induce la relajación profunda. Se recomienda sentarse cómodamente sobre un cojín o alfombra, cubrir los pies con una manta o trapillo, poner una galleta de avena encima (después de haberse lavado la cara) y respirar profundamente. Una herramienta muy eficaz para calmar la mente y regular las emociones es meditar. Concretamente en la respiración resulta beneficiosa para la regulación emocional. Se puede realizar por varias horas meditaciones (respiratorias y equisitadas) durante el tiempo que se desee meditar, o bien contar las meditaciones hasta llegar a 10 y después bajar de 10 a 5. Esto requiere plena atención, lo cual refuerza la concentración.

SIN TENSIÓN CON SAVASANA

La postura del cadáver, llamada en sánscrito, se trata de que todos acabemos nuestra vida y también la última para finalizar una serie de ejercicios. Toda la práctica de yoga prepara para esta postura. Se empieza por estar sobre la espalda y se levanta la cabeza para después volver sobre la vida con dignidad. Uno puede creer que el alivio al final de la práctica es perfecto, pero en realidad es un momento de calma y de paz. La práctica es consciente en la respiración y las sensaciones corporales a pesar de que la mente puede estar en otros pensamientos. No hay una postura perfecta para respirar, se trata de seguir calmándose momento a momento en la vida cotidiana hasta que llegue la última exhalación.

RELATIONSHIPS,
PARENTING
& PERSONAL



EDUCATE WITHOUT BEING AFRAID TO LISTEN: KEYS TO RESPECTFUL SUPPORT AT SCHOOL AND AT HOME

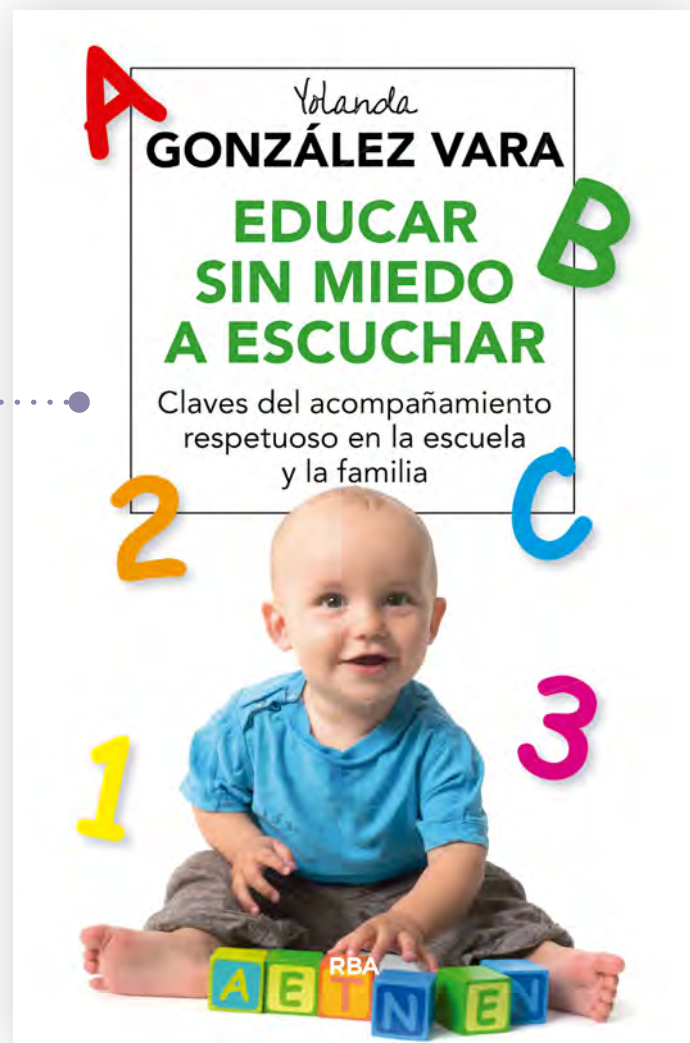
Yolanda González Vara

SPECIFICATIONS

Ref. RPRA205
288 pages
140 x 213 mm
Paperback · B/W

ABOUT

Each child has their own rhythm to mature and overcome the different phases of growth. In our society, however, this natural process is limited by the rigid structure of schooling. The result is some of the dysfunctions and problems that warn of the failure of this model today, which go beyond the poor results in knowledge or our children's supposed inability to concentrate or maintain attention.



LOVING WITHOUT THE FEAR OF SPOILING

Yolanda González Vara

SPECIFICATIONS

Ref. RPRA417
464 pages
194 x 240 mm
Paperback · B/W

ABOUT

This book is based on first-hand experience with the babies and children of numerous groups of mothers, fathers and professionals from different fields. It is a synthesis of J. Bowlby's attachment theory and W. Reich's body-mind and prevention model. It covers a wide range of topics during the process of child development, from conception to the age of seven, focusing on pregnancy, natural childbirth, breastfeeding and the early years, which lay the foundations for the child's future personality.

FROM CHRYSALIS TO BUTTERFLY

ADOLESCENCE: A LOOK WITHOUT FEAR

Yolanda González Vara

ABOUT

Adolescence is a delicate stage, as it marks the death of childhood and the gradual birth of a new identity. Meanwhile, on the other side, fathers and mothers live with anxiety, fears and difficulties that stir them up inside.

This book concludes the trilogy written by the clinical psychologist Yolanda González to support adults in the different stages of their children's lives: Loving without Fear of Spoiling, Raising Children without Fear of Listening and, finally, From Chrysalis to Butterfly.

SPECIFICATIONS

Ref. ONFI315
272 pages
140 x 213 mm
Paperback · B/W



This book offers:

- Tools to understand and deal with some of the most pressing problems at this stage: drugs, sexuality, aggressiveness and harassment.
- An ideal guide for groups of mothers, fathers and teachers when dealing with the difficulties and challenges of adolescent boys and girls.
- A change of perspective at an exciting stage of life.
- Concepts of evolutionary psychology from seven to 18 years old.

What happens to an adult when faced with a teenager? Basically, this interaction wakes the adult up and confronts him or her with their inner adolescent.

THE REVOLUTION IN THE CLASSROOMS

**Pedro Valenzuela
Martínez**

LA REVOLUCIÓN EN LAS AULAS

MANIFIESTO POR UNA EDUCACIÓN CONSCIENTE

**PEDRO
VALENZUELA**

RBA

ABOUT

There are teachers who devote a large part of their day to “invisible subjects”, those that form our personality, make a worthy human being and are a true education in values. They make utopian efforts in the mission of getting girls and boys to fulfil their purpose of bringing peace to the world.

If you are a father or a mother, this book will encourage you to look at your child, to relax and learn from him or her and their interests. Accompany them in life; through their experiences, your life will be enriched as well.

SPECIFICATIONS

Ref. RPRA601
240 pages
140 × 213 mm
Paperback · B/W

If you are a teacher, this educational manifesto will encourage you to apply the Montessori method, which is more relevant than ever, to humanise education.

MILLENNIAL COMPASS

Verónica Portillo

ABOUT

What are the millennials like? Those of us born in the 1980s and 1990s are often branded as individualistic, immature, impatient and narcissistic. But we are also a generation that, unlike the previous generations, have learned to live according to our values rather than conventions, that appreciate experiences more than property, that are more flexible and adapt to a changing world earlier.

Although each person has unique psychological traits, the characteristics of our generation help us (a lot!) to understand ourselves. This is the interesting psychological perspective of Verónica Portillo, a millennial psychologist who offers us resources to get to know ourselves better.

SPECIFICATIONS

Ref. ONFI306
240 pages
140 × 213 mm
Paperback · B/W

VERÓNICA PORTILLO SERRANO

BRÚJULA MILENIAL



Una guía de **SALUD MENTAL**
para nuestra generación

RBA

We are the first generation that has grown up with digital technology and this has undoubtedly marked our way of relating to others and to ourselves.

MOURNING: GROWING IN LOSS

José González
Fernández,
Manuel Nevado Rey

ABOUT

Our society fears and rejects death to the point of pretending to ignore it. But even in the most difficult and unexpected conditions, grief is part of our maturity and personal growth.

The psychotherapists **Manuel Nevado and José González** offer us explanations, testimonials, exercises and advice that will help us to understand the mechanisms of all types of grief (even those related to separations or absences), their phases, how they affect us and what we can do to cope in the best way possible with losses that give meaning to life, despite the pain.

SPECIFICATIONS

Ref. RPRA390
256 pages
140 x 213 mm
Paperback · B/W

MANUEL NEVADO
JOSÉ GONZÁLEZ

EL DUELO

Crece en la pérdida



RBA

Loss explained
from a standpoint
of empathy and
acceptance.

FORGIVENESS

M. Carmen Riaño
Esquiroz

ABOUT

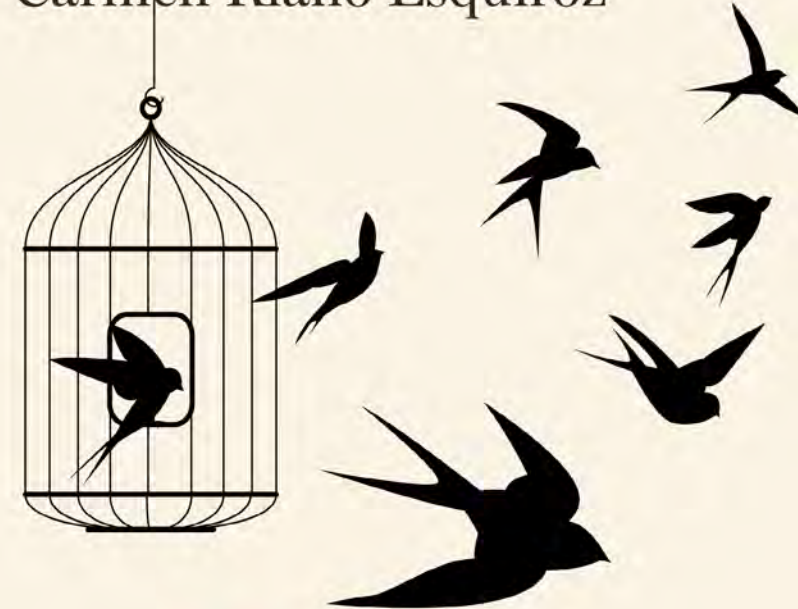
Life gives us many opportunities to be happy, and one of them comes through forgiveness. This book offers the keys to forgive those who have hurt us, which does not necessarily mean reconciling, and to forgive ourselves for the mistakes we have made—for which we must fully accept ourselves, with all our weaknesses and strengths.

We will learn to value the most difficult emotions, to understand them as part of life and to manage them properly to free ourselves from suffering.

SPECIFICATIONS

Ref. RPRA590
192 pages
140 x 213 mm
Paperback · B/W

Carmen Riaño Esquiroz



EL PERDÓN

Guía para perdonar
y ser más felices

RBA

Only then can we
continue on our way with
fulfilment and dignity,
freely and optimistically.



UNHEALTHY MINDS

FEMINIST OINTMENTS FOR EVERYDAY ILLS

Brigitte Vasallo

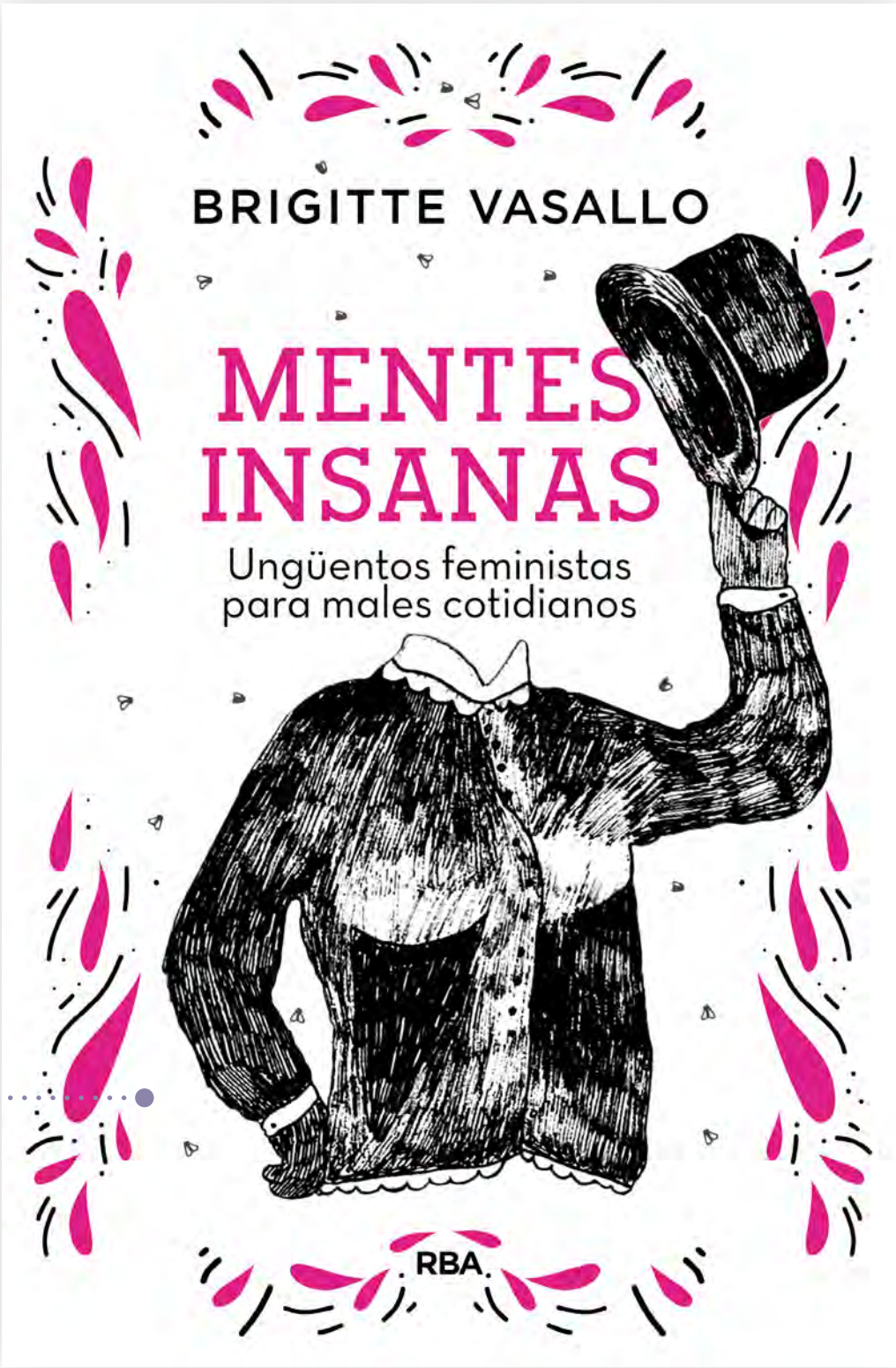
ABOUT

What can go wrong when you're depressed and Mente Sana ("Healthy Mind") magazine commissions you to blog about wellness? Well, only Unhealthy Minds could come out of that, because the rare thing is to be well.

Portrays all kinds of daily vicissitudes with acid humour and a gender perspective: everyday situations with which anyone can identify that produce a range of feelings, from barely perceptible discomfort to full-blown aggression. If you sometimes feel bad, Vasallo points out, it's not you: it's the system.

SPECIFICATIONS

Ref. ONFI305
240 pages
140 × 213 mm
Paperback · B/W



Brigitte Vasallo, a stumbling writer and feminist between quotation marks.

REFERENCE & POPULAR NONFICTION



WRITE IN 21 DAYS:

FIND YOUR VOICE
AND UNLEASH YOUR
CREATIVITY

Silvia Adela Kohan

ABOUT

Many experienced writers have multiplied their creativity by adopting the routine proposed in this book: write seven minutes a day for 21 days in a row. This method encourages you to find new ways to create and helps you to write without stopping so the book inside you can come out.

This practice also provides resources for self-knowledge. In short, it is a lantern shining in two directions, literary and therapeutic, to allow your writing to flow. The slogan is fascinating with your own practice.

SPECIFICATIONS

Ref. RPRA529
208 pages
140 x 213 mm
Paperback · B/W



The method for
writing a novel,
the habit that will
transform your life.

GET ME RICH SLOWLY BECAUSE I'M IN A HURRY

Carles Tusquets

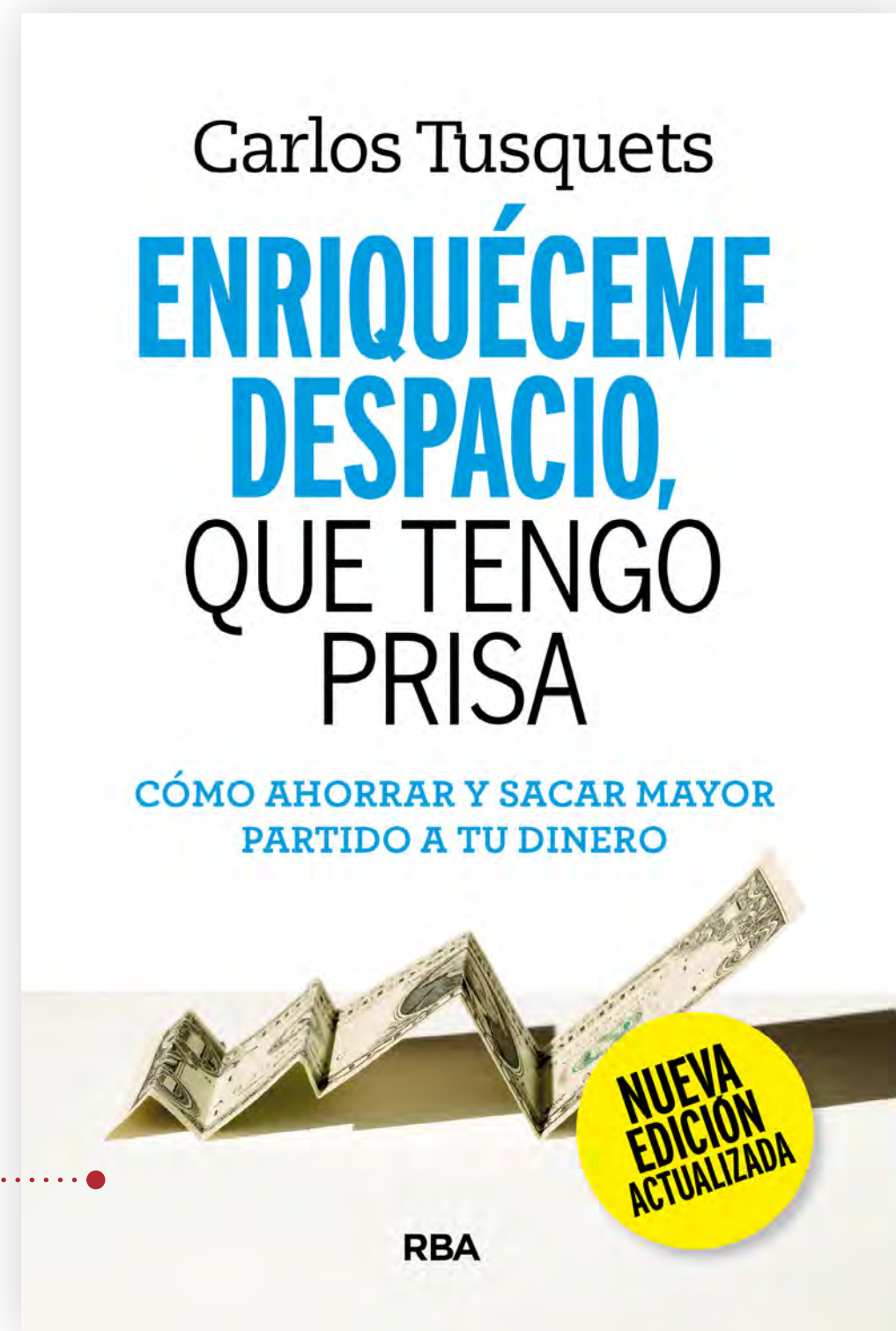
ABOUT

This manual opens the door to the world of finance so that you can talk face-to-face with your bank and get the most out of your income. It is full of simple and easy examples of saving and is explained in clear, accessible, close and natural language. This is a useful and revealing read with which a banker helps us to understand how the world of finance works.

Learn how to get profitability from your income. A finance book for beginners with (very) little money.

SPECIFICATIONS

Ref. RPRA391
208 pages
140 x 213 mm
Paperback · B/W



What if the president of
a bank taught you how
to save?

EFFICIENT HAPPINESS

Antonio Rodríguez Martínez

ABOUT

They hate Mondays, they wake up in a bad mood, they spend the day watching the clock to leave work and they look forward to the next holiday. And so on and so on, day after day. Where are we going with all this?

An almost magical power resides in us to give meaning to what we devote so many hours of our lives to. Discover in this book the keys to giving your best version of yourself at work, aligning your personal and working lives according to your principles and values, as well as tools to help you to feel fulfilled at all times and work in the most efficient way at the same time.

SPECIFICATIONS

Ref. ONFI295
240 pages
140 x 213 mm
Paperback • B/W

Antonio Rodríguez Martínez

FELICIDAD EFICIENTE

El poder de humanizar tu trabajo

:)

RBA

Eighty-five per cent of people say they are unhappy at work. On Sunday evenings they get depressed.

THE ILLUSIONIST BRAIN

THE NEUROSCIENCE BEHIND THE MAGIC

Jordi Camí & Luis Martínez

ABOUT

Magicians use optical illusions and manipulate our attention: they make us look, but not see. They capitalise on our predispositions and fragile memories, because the secret of magic is in how our minds work. This book offers up a trip through human cognition; a trip through the expansive world of attention, perception, memories, and decisions.

What can we infer in our cognitive processes?

How does magic explain how the brain works?

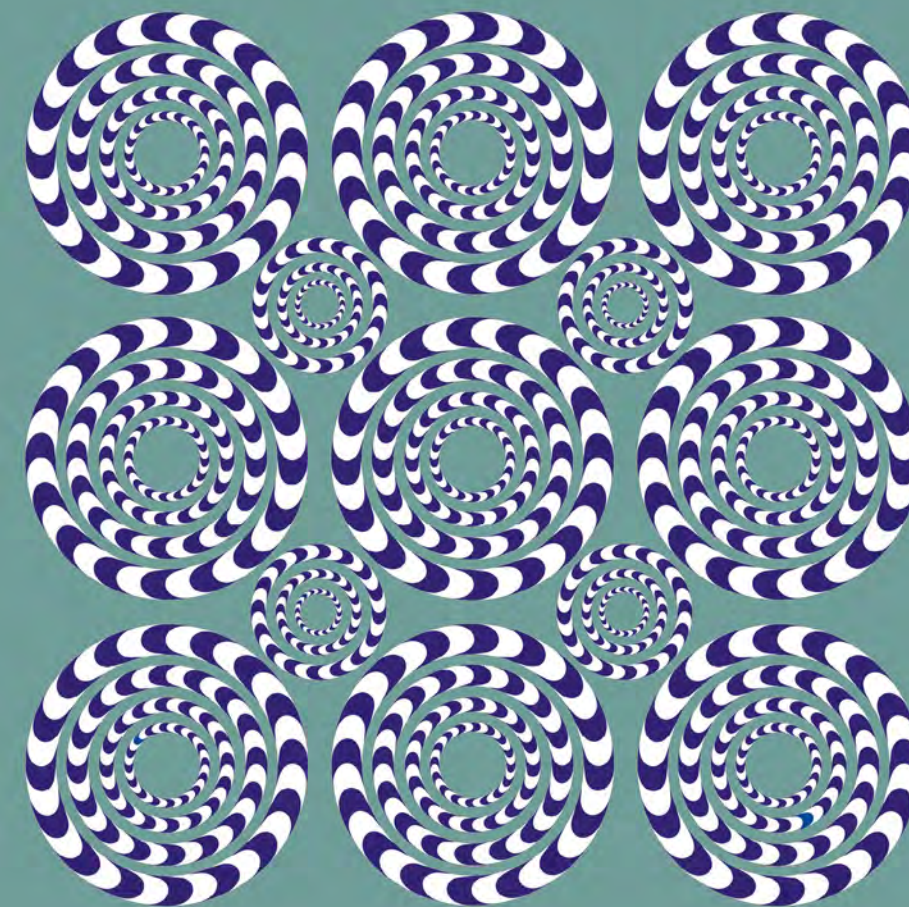
SPECIFICATIONS

Ref. RPRA528
320 Pages
140 x 213 mm
Paperback • B/W

EL CEREBRO ILUSIONISTA

La neurociencia detrás de la magia


JORDI CAMÍ y LUIS MARTÍNEZ



RBA

How do magicians make us see the impossible?



A still life photograph featuring several bright orange oranges and a single cinnamon stick. The items are arranged on a dark green, textured cloth that is draped over a white ceramic plate. Some oranges are whole, while one is sliced in half, revealing its juicy segments. Green leaves are scattered around the oranges and the cloth. The background is a dark, textured surface. A semi-transparent white rectangular box is overlaid in the center of the image, containing contact information.

RBA

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