

bookbank s.l.
AGENCIA LITERARIA

FOREIGN RIGHTS CATALOGUE

AUTUMN 2025
NON-FICTION

1,000,000
READERS WORLDWIDE

LEON XIV

THE POPE OF THE THIRD MILLENNIUM. WHO IS HE, WHAT DOES HE THINK AND WHAT CAN WE EXPECT FROM ROBERT PREVOST?

On 21 April 2025, Pope Francis passed away, leaving the Church at a crossroads. Beloved and questioned for his reforms, his death gave rise to a conclave with no clear favourites and latent geopolitical tensions.

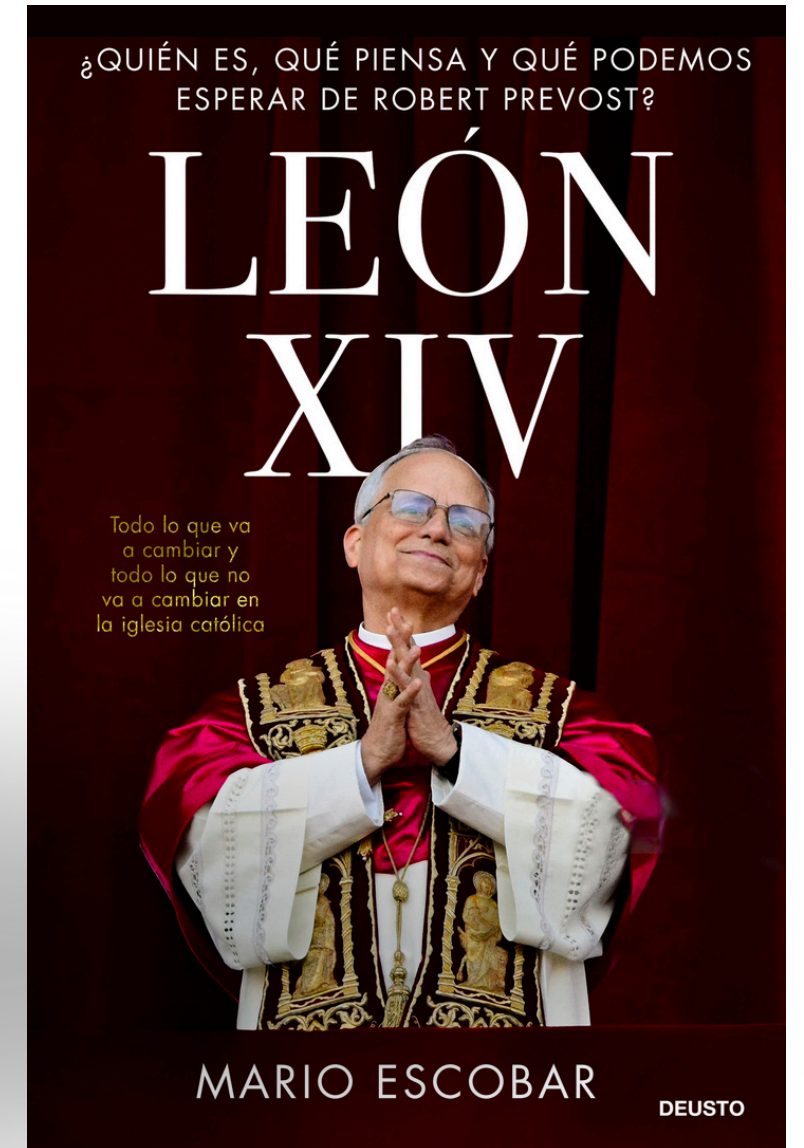
In León XIV, Mario Escobar analyses Francis' legacy and the challenge facing his successor: leading a Church shaken by scandals, internal divisions and the urgent need for renewal. An essay on power, faith and the future of the papacy in the 21st century.

This lucid essay explores the challenges facing Robert Prevost, elected in a context of institutional crisis, unresolved scandals and a growing struggle between renewal and conservatism.



MARIO ESCOBAR

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, 3.000 audio). He received the EMPIK AWARD in Poland for being the largest bestseller in 2019.



DEUSTO (JULY 2025)

RELIGION

PORTUGUESE RIGHTS SOLD

210 PP

THE PAIN IS IN YOUR MIND, NOT YOUR BODY

HOW TO TRAIN YOUR MIND TO OVERCOME CHRONIC PAIN.
YOUR BRAIN IS PART OF THE PROBLEM... BUT IS ALSO PART OF THE SOLUTION.

Millions of people suffer from pain with no apparent physical cause. This book reveals that pain can originate in hyperactive neural circuits and shows how to reprogram them using guided meditation and hypnosis techniques with audio recordings. With a scientific basis and clear language, it offers a new perspective for alleviating suffering and regaining quality of life.



ANGEL MARTÍN

Ángel Martín Jiménez (Salamanca, 1962) holds a **PhD cum laude in Medicine and Surgery from the University of Barcelona and is a professor of Anatomy and Embryology**. He is director of the Gynaecology Department at Son Llátzer University Hospital (Palma de Mallorca) and consultant at the Chronic Pelvic Pain Unit at the same hospital. He holds a university diploma in Clinical Hypnosis and is also a member of the Professional Association for the Advancement of Experimental and Applied Hypnosis. Martín has written another book that is going to be **translated into italian**, *El poder de la atención* (The Power of Attention), that focuses on training your mind and improving your well-being through meditation. He also gives talks and lectures on meditation in the healthcare field.

EL
DOLOR
ESTÁ EN
TU CABEZA,
NO EN
TU CUERPO

Cómo entrenar
tu mente
para vencer
el dolor crónico

DR. ÁNGEL MARTÍN

Prólogo del Dr. Javier F. Magriñá



ALIENTA (OCTOBER 2025)
HEALTH
1264 PP

250,000
READERS

MAP OUT YOUR LIFE, FROM BLIND LOVE TO LUCID LOVE

A UNIQUE PERSPECTIVE ON FAMILY CONSTELLATIONS BY THEIR FOREMOST AUTHORITY IN SPANISH LANGUAGE.

Bonds, roots, relationships and love are the basic units of life and make us who we truly are. Why are they so important? How do they sustain us, and how does their absence or denial cause us suffering and unhappiness? When pain arises, it requires a new approach that allows us to overcome it. This is the function of family constellations: a tool for self-knowledge that urges us to understand the past, create health for the present and foster a good future. A master key that opens doors closed for generations and helps us find our way through the labyrinth of existence.

Psychologist and Gestalt therapist Joan Garriga, a world leader in this systemic therapy, brings family constellations into the fields of philosophy, ethics and spirituality. Through anecdotes, wisdom stories, mythological tales and real-life cases, we will observe the subtle plots that people experience in their lives, leading us to a new understanding of the human condition.

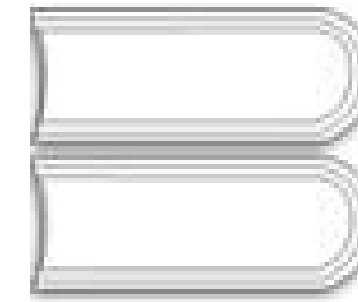


JOAN GARRIGA

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 200.000 readers. **His books have been translated into Italian, English and Portuguese.**



DESTINO (APRIL 2024)
SELF-DEVELOPMENT
352 PP



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AGENCIA LITERARIA

BACKLIST HIGHLISTS

SPRING 2025

SAY YES TO LIFE, GAIN STRENGTH AND ABANDON SUFFERING

A NECESSARY BOOK TO TURN SUFFERING INTO STRENGTH AND FEEL ALIVE

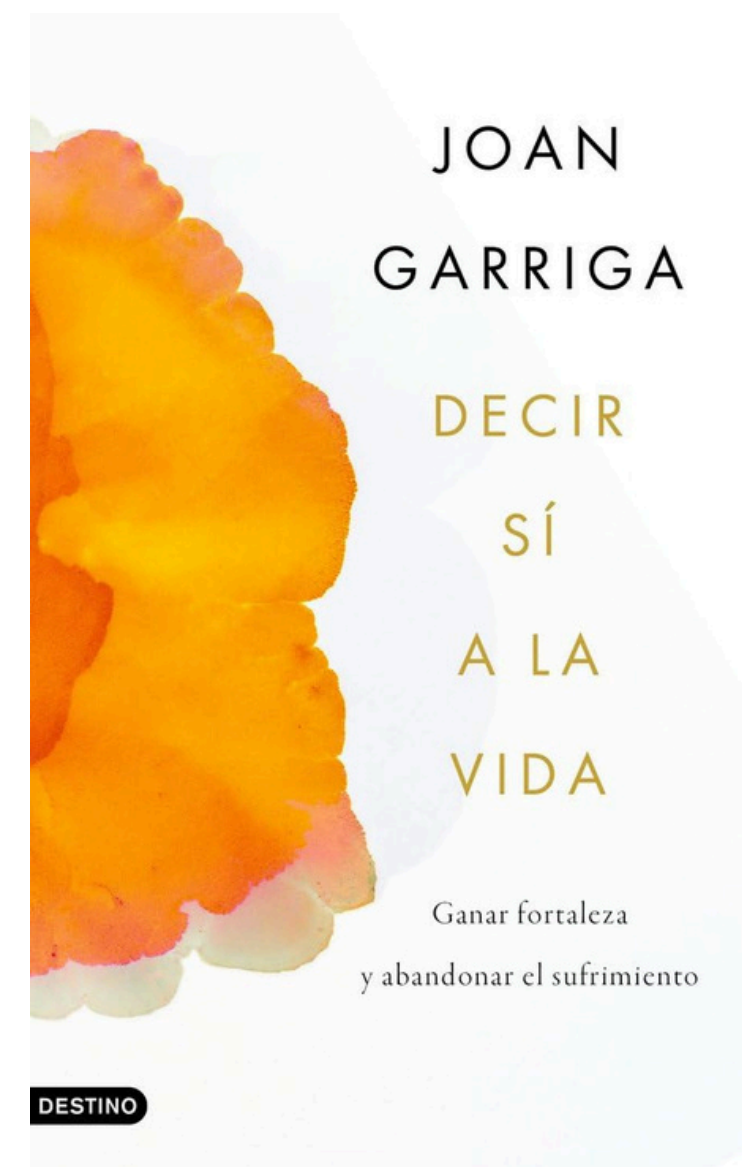
“Joan Garriga, a man who travels the world trying to make us understand that there are no bad emotions.” Rosa Estevez *La Voz de Galicia*

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, gets 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, ensuring we do not remain anchored in suffering. In it 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.



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PLANETA (2021)

SELF-DEVELOPMENT

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192 PP

THE POWER OF ATTENTION

TRAIN YOUR ATTENTION, CHANGE YOUR MIND AND YOU WILL CHANGE YOUR LIFE

"The magic of this book appears when the theoretical reflections give way to the development of concentration and attention skills." *Camilo José Cela Conde, catedrático de Filosofía*

Dr. Ángel Martín, expert in Clinical Hypnosis, proposes a new paradigm of meditation based on neurosciences. From the initial phases of the practice to the most advanced, without spiritual or esoteric references.

In *The Power of Attention* you will learn to train your brain with 20 very practical mental exercises, you will change your mind by developing the ability to inhibit your brain's automatic responses and increase your physical and emotional well-being.



ÁNGEL MARTÍN

Ángel Martín Jiménez (Salamanca, 1962) **holds a PhD cum laude in Medicine and Surgery from the University of Barcelona and is a professor of Anatomy and Embryology.** He is director of the Gynaecology Department at Son Llátzer University Hospital (Palma de Mallorca) and consultant at the Chronic Pelvic Pain Unit at the same hospital. He holds a university diploma in Clinical Hypnosis and is also a member of the Professional Association for the Advancement of Experimental and Applied Hypnosis. Martín's first book, *El poder de la atención* (*The Power of Attention*), focuses on training your mind and improving your well-being through meditation. He also gives talks and lectures on meditation in the healthcare field.



RBA LIBROS (2024)

SELF-DEVELOPMENT

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228 PP