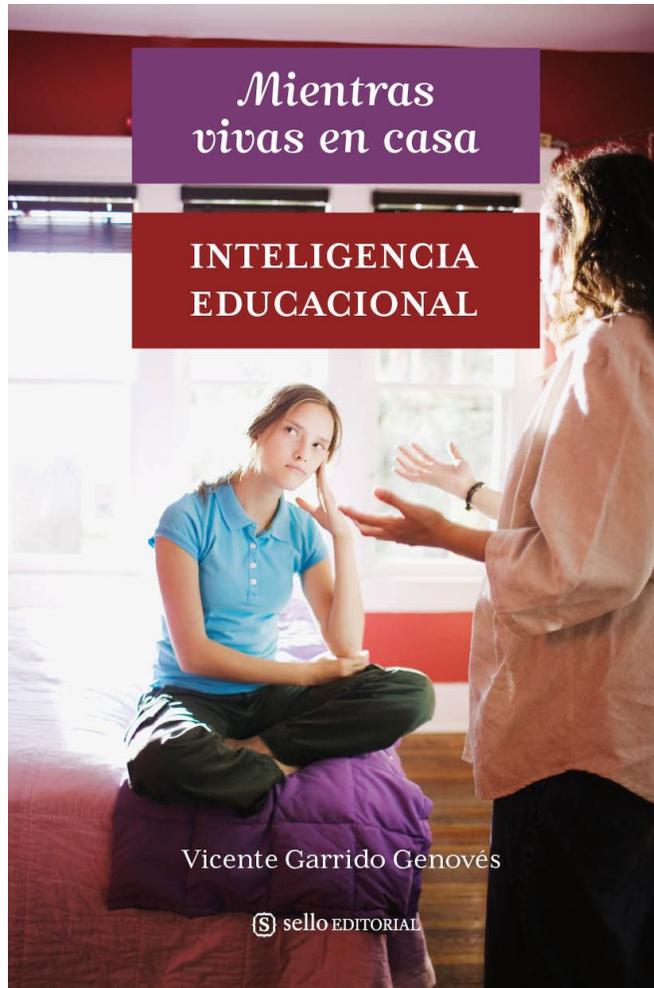




London Book Fair 2017

www.selloeditorial.com

As Long As You Live At Home



Publication Date: September 2009

Author: Vicente Garrido Genovés

Educational Intelligence

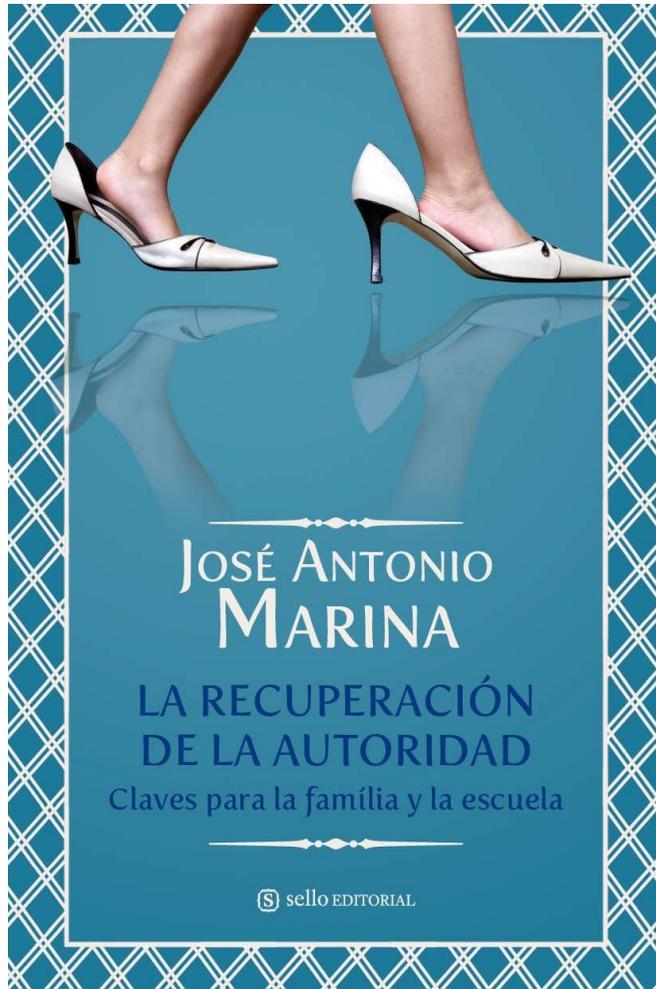
This practical guide addresses the difficult task of parents to educate their children. The author reveals Educational Intelligence: the ability of parents to get the best of their daughter or son, adapting their relationship and educational style to the different needs of each member of a family.

Educational Intelligence should be used to prevent and manage with success problems such as harassment, drug use, delinquency, unwanted pregnancies, school failure, choice of a good partner, etc.

This is not a manual of self-help, but a book that, starting from the practice of real cases, proposes methods to anticipate the problems and to suggest solutions.

320 pages

The Recovery of Authority



Publication Date: 2010
Author: José Antonio Marina

Keys for family and school

José Antonio Marina approaches with this book an important subject for both families and schools: authority.

The permissive education, exercised in recent times, has caused that children don't accept neither orders nor indications. It has been completely forgotten that, in order to be happy, you have to know that some of your desires will be frustrated and that living with this is a condition of human life.

Authoritarian education, characterized by the "It's because I say it," has been ineffective and negative.

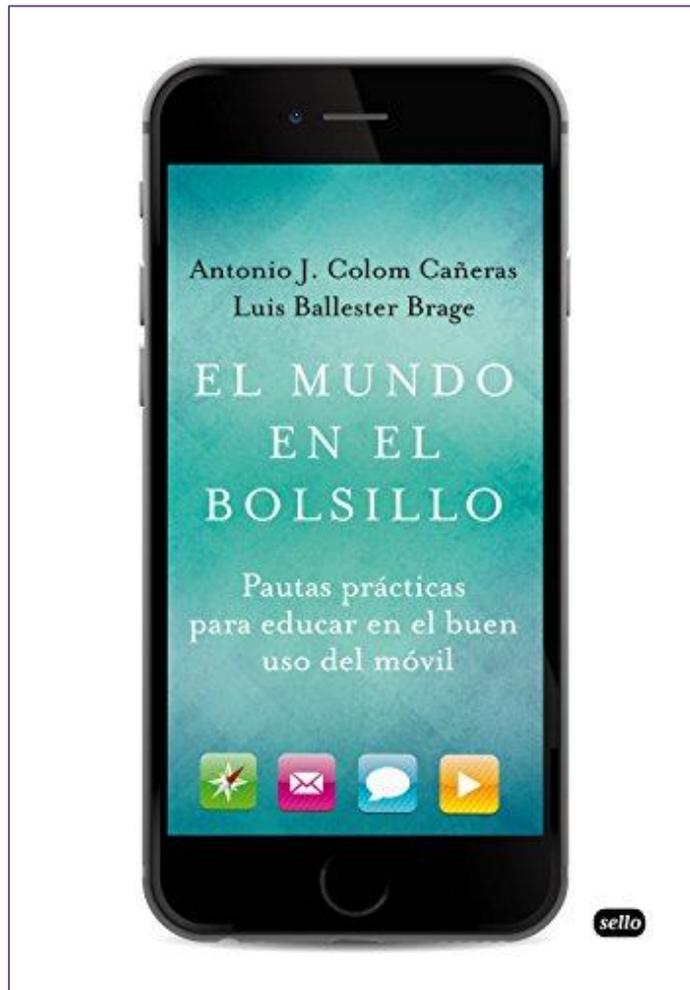
The author claims a responsible authority. Because it is much better to obey by conviction than by coercion. This is exactly what empowers children to solve their problems.

This book is, above all, a compass, a navigation chart, including examples and proposals that allow us to improve the inescapable task of educating. Trying it already justifies us.

www.joseantoniomarina.net

192 pages

The World In Your Pocket



Publication Date: September 2016
Authors: A.J.Colom Cañeras & L.Ballester Brage

Practical guidelines for a safe and appropriate use of cell phones

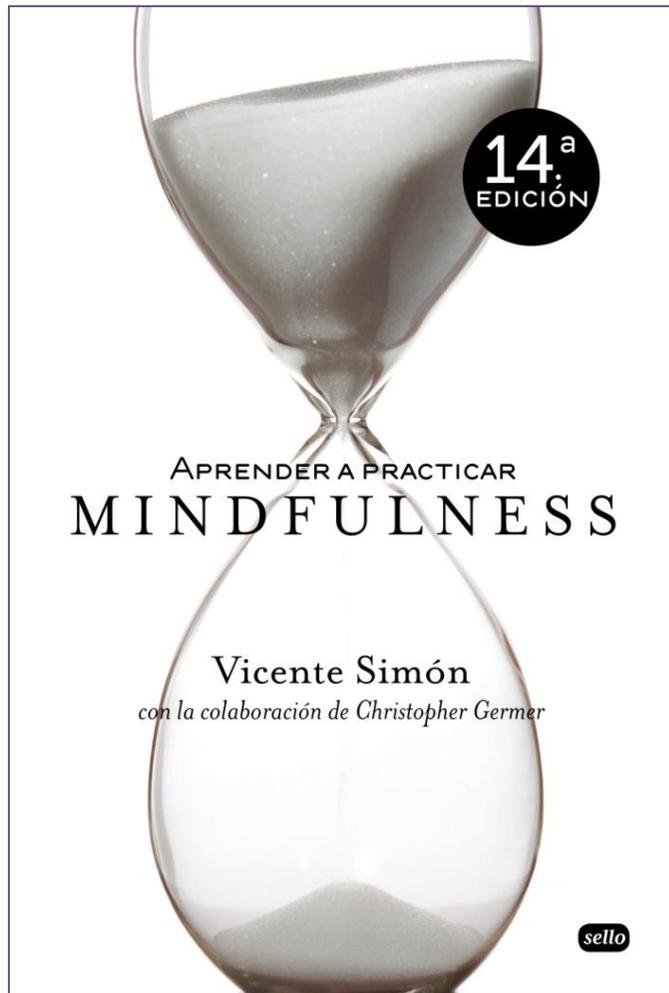
A practical guide for parents and teachers to prevent dangers teaching teenagers the proper use of their mobile phone.

Without questioning the benefits of mobile phones, we have to be aware of their dangers: easy access to pornography, abusive behavior and harassment, control between couples, fraud, deceit, and even health problems both physical and psychological addiction, to name a few.

The book is divided into two parts: the first part provides historical and technical knowledge about telephony. The second part supplies guidance and advice of dangers and but also explains the advantages in using cell phones and talk about the polite use of the phone.

200 pages

How to Practice Mindfulness



Publication Date: May 2014
Author: Vicente Simón

In collaboration with Christopher Germer

14th Edition! Longseller! Bestseller!

This book is a practical guide to training mindfulness and developing this value to find your emotional balance.

Negative feelings like anger, outrage, sadness or even depression use to dominate our minds and very often they obstruct us to solve problems.

Being mindful and self-aware, we can change our mind, find the balance and create the necessary conditions to calm our mind and we can emerge enriched.

224 pages

About the author:

Vicente Simón (1946) is a clinical doctor, psychiatrist and professor of psychobiology. After a long time teaching and researching experience, he conducts meditation groups, workshops, on-line courses on the art of mindfulness.

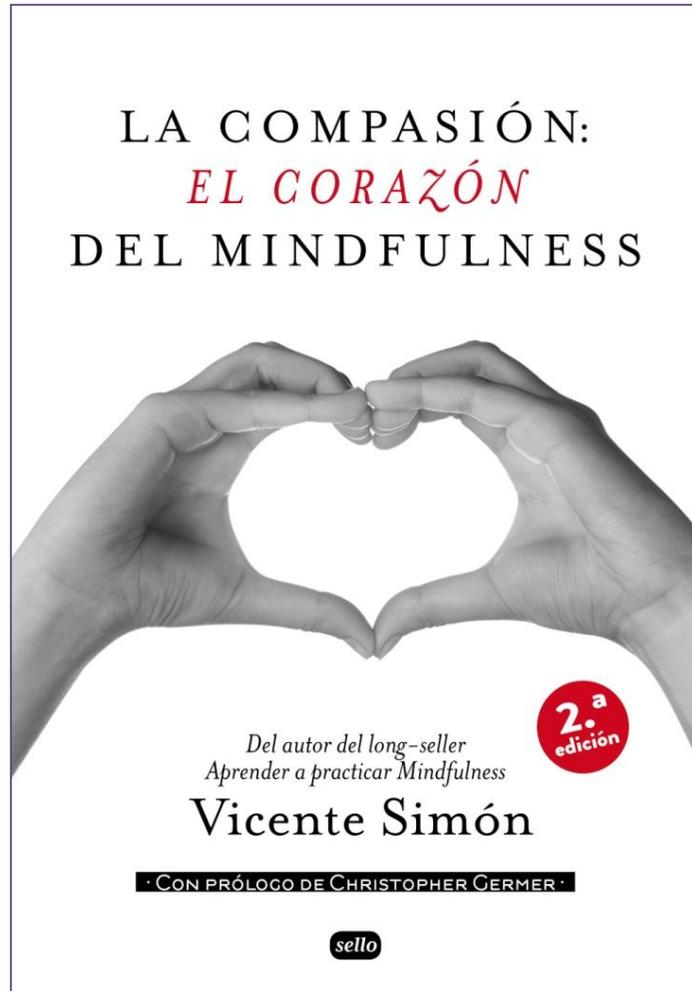
Vicente Simón lectures conferences, courses and retreats. He is author of 4 books about mindfulness.

www.mindfulnessvicesimon.com

English translation available!

Rights sold to Portugal (Nascente)

Compassion: The Heart of Mindfulness



Publication Date: May 2015
Author: Vicente Simón

Preface by Christopher Germer

Learn how to love yourself and others

Develop the compassion in your heart and live a better and happier life

Compassion is so often associated to shame or self-blame. But compassion is what you see in the eyes of a mother caring for her ill baby: she is moved by the baby's grief and tries to do her best to heal her child.

This feeling is more than empathy, because it boosts you to react. And compassion is nothing but the desire that all living beings, including ourselves, should be free of suffering.

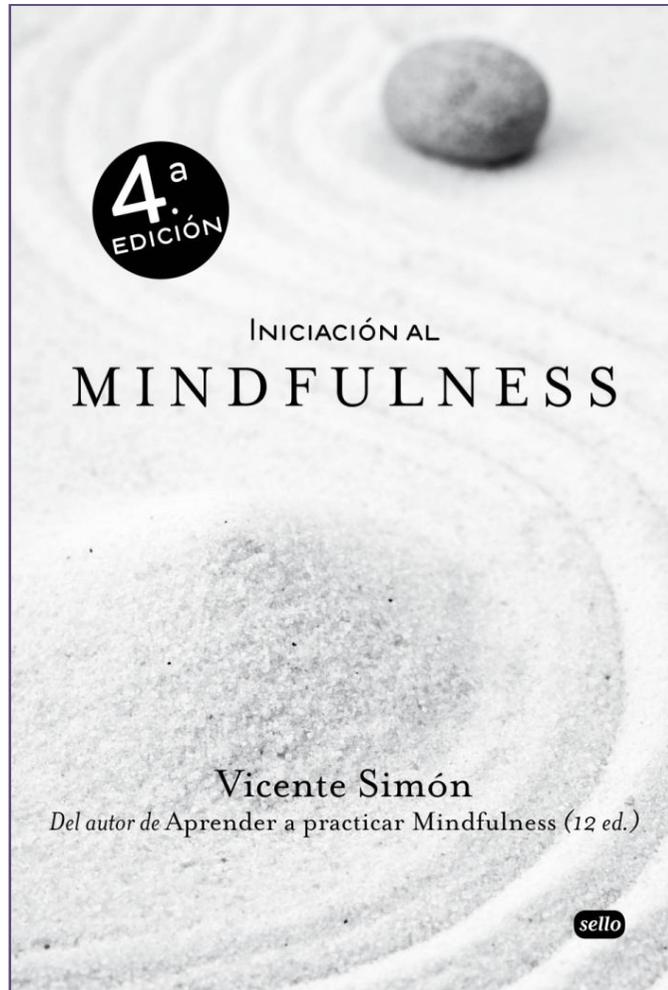
This book is a comprehensive guide to show you the path that goes into the heart of mindfulness: compassion. It will help you to understand compassion, to feel compassion and to develop compassion through meditation.

You will discover that helping to relieve the pain of others or of yourself, you will increase your feeling of joy and inner peace.

Compassion and kindness toward ourselves are skills that can be trained, strengths that allow us improve relationships, increase our wisdom, our health and our happiness.

260 pages

Initiation to Mindfulness



Publication Date: March 2014
Author: Vicente Simón

4th edition!

The way to real happiness

We all wish to live in peace and happiness.

But we often look for these precious goods in places where they cannot be found: we try to be famous, rich or powerful.

However, happiness and peace live somewhere in the depths of our being.

How can we uncover them?

Through meditation and reflection, this comprehensive book shows us to trace the path to the glade of the forest where we will find the well-being, peace and happiness we need in our lives.

A practical guide for beginners.

160 pages



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