

vida actual

Pag. 2 - 8

Self-help, alternative therapies, personal relationships ...

historia oculta

Pag. 9-12

Historical and current mysteries

testimonio

Pag. 16

Biographies and sports

cydonia

Pag. 13-15

Avant-garde fiction, fantasy and mystery novels

viajar

Pag. 16-20

Guide books to read and travel



I want my son to be happy, but I do everything possible to avoid it

Get your child grow up healthy and cheerful according to the laws of evolution

Mario Fernández

The neuroscientist and father of two girls Mario Fernández explains in a clear and entertaining way what are the most common mistakes we make in the upbringing and care of the children, and how to act so that they grow up healthy, happy and sure of themselves, taking into account how our species has evolved.

274 pages - 14,5 x 21,5 cm - 15€



The medicinal plants in your garden

Practical guide to natural apothecary

Miguel Mosquera Paans

This book describes more than fifty common plants in our environment and offers detailed information about the medicinal properties of each one, as well as the indications to recognize and use them. This complete work includes color photographs of each of the described plants and an index for ailments that will guide the reader to use this book as a practical manual to correctly use each of the plants.

220 pages - 14,5 x 21,5 cm - 16€





**LEAVE TOBACCO
FOREVER**
ANTONIO HERNÁN RUBIO

176 pages
14,5 x 21,5 cm
14.95€

**PREGNANCY
on the ropes**
TATIANA G. RIVAS

110 pages
14,5 x 21,5 cm
15€



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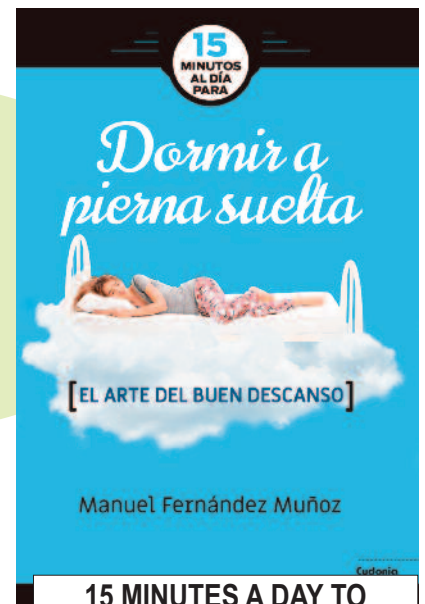


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DIETHERAPY
INÉS SANTA MARÍA

214 pages
14,5 x 21,5 cm
15€



**15 MINUTES A DAY TO
SLEEP PLACED**
MANUEL FERNÁNDEZ MUÑOZ

128 pages
14,5 x 21,5 cm
15€



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You can make miracles

Break your limits and discover that everything is possible

Eduardo Lurueña

The author is nine times champion of the world of kung-fu and martial arts and future astronaut. He is capable of performing amazing feats, such as winning martial arts fights with blindfolds, doing a handstand with a finger, controlling pain, enhance his force to unimaginable extremes or use his mind to attract what you want. In this book he explains how he got it and offers the practical keys so that any reader can achieve their dreams and goals in life.

180 pages - 14,5 x 21,5 cm - 15€



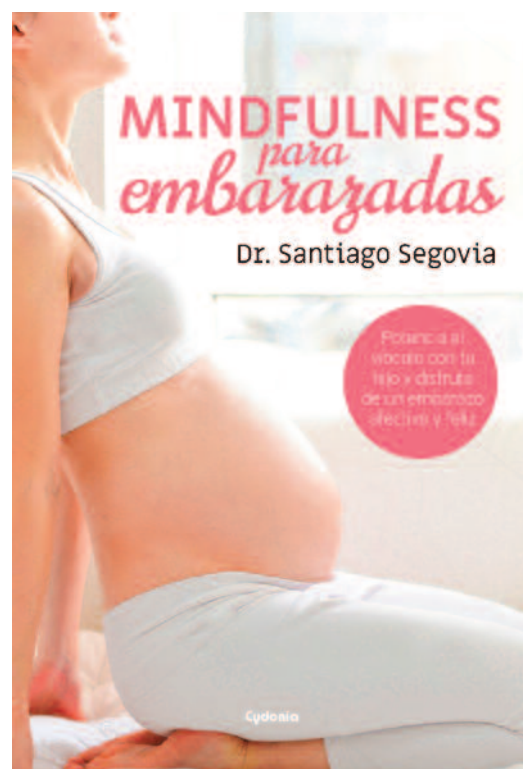
Mindfulness for pregnant

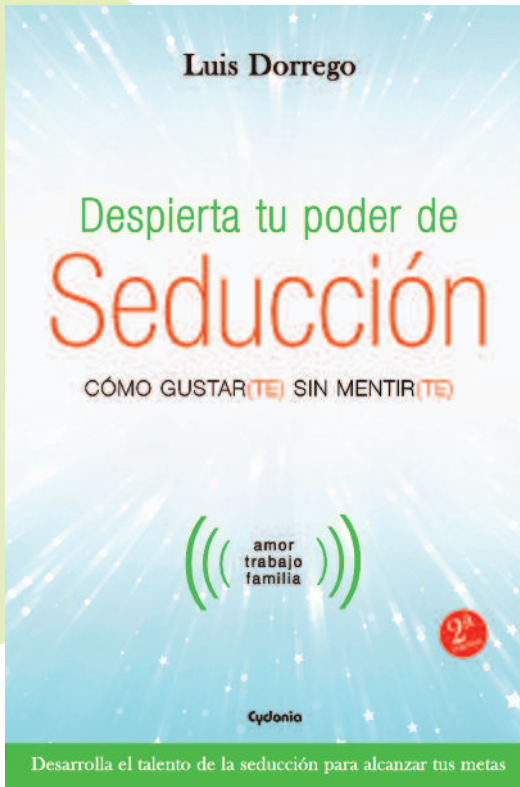
Strengthen the bond with your child and enjoy a happy pregnancy

Dr. Santiago Segovia

Dr. Santiago Segovia is the creator of a meditation method designed for pregnant women. Easy to learn and simple to put into practice, it is useful to prevent stress during pregnancy and to strengthen the affective bonds between the mother and the child during the nine months of gestation. Precisely this link, as shown by Dr. Segovia, will definitely mark the affective development of the child and adolescent and the quality of his life in adulthood.

112 pages - 14,5 x 21,5 cm - 15€





9 788494 586125

Wake up your power of seduction

How to like without lying

Luis Dorrego

Life is seduction. But we should not confuse cheating with seduction. In this pleasant, simple and practical book you will find the keys to: Seduce yourself and convince yourself of your abilities, seduce others, seduce in the workplace, use the art of seduction to find a partner and then maintain the relationship, and seduce your closest people and lead a healthy and exciting personal life.

320 pages - 14,5 x 21,5 cm - 15.95€



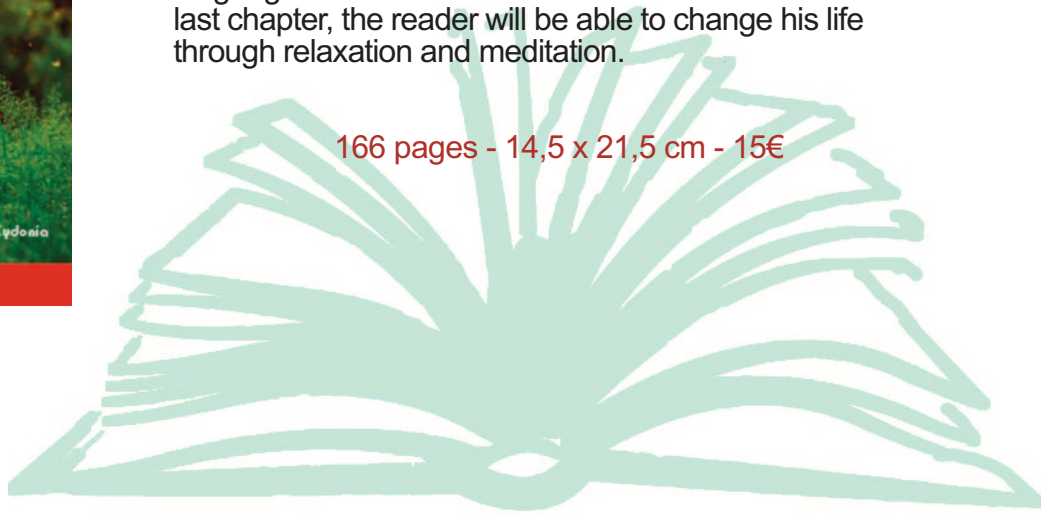
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50 tales to learn to meditate

Manuel Fernández Muñoz

This book is a simple and practical manual so that anyone can learn to meditate even though they have never done it before and do not know everything about it. Each chapter consists of a fun and revealing story that introduces the practical teachings that are offered below, always with a language accessible to all audiences. At the end of the last chapter, the reader will be able to change his life through relaxation and meditation.

166 pages - 14,5 x 21,5 cm - 15€





Herbal remedies of antiquity useful today

25 essential medicinal plants in your cabinet

Palmira Pozuelo

This book describes healing plants that keep effects beneficial to health. In a simple and eminently practical way, the pages of this book constitute a healing treasure within reach of everyone; a key that gives access to a world of physical and emotional well-being.

112 pages

14,5 x 21,5 cm

15€



Slim down with the Coherent Diet

Amil López Viéitez

The Coherent Diet and the moderate practice of exercise allow to lose two kilos per week in a healthy and balanced way.

The challenge, is to essentially, reduce excess body fat and keep the results over time.

166 pages
14,5 x 21,5 cm
13,95€



50 universal tales to heal your life

Manuel Fernández Muñoz

The 50 universal tales of this book, carefully chosen for the profound wisdom they transmit, show that it is possible to heal our life and lead an existence placid and blissful.



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101 infallible natural remedies

Javier Akerman

Javier Akerman, with more than 35 years of exercise of naturopathy, presents 101 infallible natural remedies for all kinds of ailments. Each of the recipes is explained in an entertaining and simple way, accessible to all audiences. In addition, the ingredients are present in all houses or are easy to get in herbalists. Akerman demonstrates in this book that all-natural elements -which do not cause adverse effects- can be combined properly to successfully treat ailments such as allergies, asthma, irritable bowel, gastric problems, pharyngitis, hemorrhoids, colds, dizziness, varicose veins, otitis, hypertension ...

128 pages

14,5 x 21,5 cm

14.95€



9 788494 508479

33 infallible secrets to attract happiness and peace

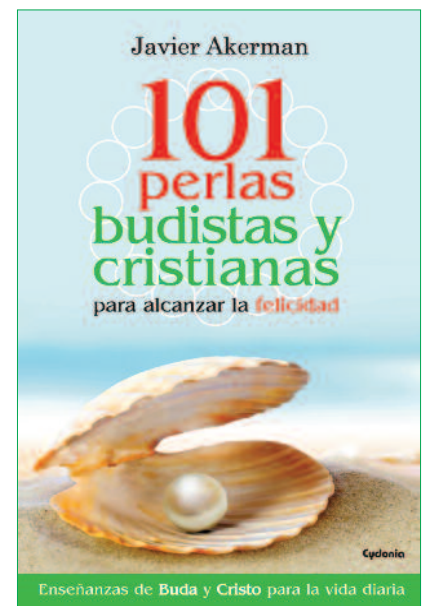
142 p. - 14,5 x 21,5 cm - 15€



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101 pearls of wisdom for daily life inspired by Krishnamurti

186 p. - 14,5 x 21,5 cm - 15€



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101 Buddhist and Christian pearls to find happiness

282 p. - 14,5 x 21,5 cm - 15€

VIDA ACTUAL

Self-help, alternative therapies, personal relationships ...



Kitchen to heal emotions

Javier Akerman

This book explains in a pleasant and simple way which foods are the most adequate to combat anxiety, stress, depression or hyperactivity. It also shows menus and recipes to sleep better or increase our memory.

240 pages
14,5 x 21,5 cm
16€



The kitchen of the Bible

Mado Martínez

The author presents simple and clearly explained recipes, so that everyone can make them using the ingredients available to the Promised Land in those times.

192 pages
14,5 x 21,5 cm
15€



Cooking therapy

Jesús Ramírez Cabañas

The author, a psychologist by profession, explains the benefits of the art of cooking and its relationship with the psyche and emotions. The book includes a good number of de-stressing recipes.

256 pages
14,5 x 21,5 cm
15€



Three steps of happiness

Martin Choice

In a pleasant and simple way, this book is based on the latest advances in psychology and explains how to use them to be happy with oneself, with others and with the world.

220 pages
14,5 x 21,5 cm
16€



Sex ... Naturally

Javier Akerman

The naturopathic doctor teaches, among other subjects, how to obtain the maximum performance in the sex, the best postures of the Kamasutra adapted to Westerners and foods to enhance sexual desire.

208 pages
14,5 x 21,5 cm
16€



Activate your metabolism with the Coherent Diet

Amil López Viéitez

Why do miracle diets fail? The doctor in pharmacy Amil López Viéitez proposes guidelines for eating, exercise and relaxation to achieve perfect weight and well-being.

272 pages
14,5 x 21,5 cm
20€

The dark gods of Nazism

José Luis Cardero

The author speaks and reads perfectly German, which has allowed him to "dive" for decades in archives of German universities and institutions with the aim of understanding what were the strange beliefs of the founders of Nazism and how they influenced the Third Reich and the becoming of World War II. It is a work extremely documented. José Luis Cardero (Lugo, 1946) holds a PhD in Political Science and Sociology from the Complutense University of Madrid. Specialist in Social and Cultural Anthropology, he is also a doctor from the Complutense University of Madrid at the University Institute of Religious Sciences. He specializes in fieldwork in relation to beliefs and their political, economic and social influence. Apart from his academic work, he is a regular contributor to popular magazines such as *Año/Cero* and *Más allá de la Ciencia* and programs such as *Cuarto Milenio* (Cuatro TV) and *Espacio en Blanco* (National Radio of Spain). He is the author of 50 great enigmas of Prehistory (Cydonia).



360 pages

14,5 x 21,5 cm

17€

Beyond the supernatural

Marcelino Requejo

This book contains a hundred unusual events that occurred in Spain and were personally investigated by the author during the last decade. In all cases, the protagonists are those who describe their experiences, such as encounters with deceased relatives, terrifying cases of possessed dolls, apparitions of ghostly monks on Spanish roads, encounters with entities that seem to arise from other dimensions or impossible coincidences, among many others. supernatural events. The research work carried out by Marcelino Requejo includes photographs, drawings and illustrations.

196 pages

14,5 x 21,5 cm

15€



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UFO, the 50 best evidences

José Antonio Caravaca

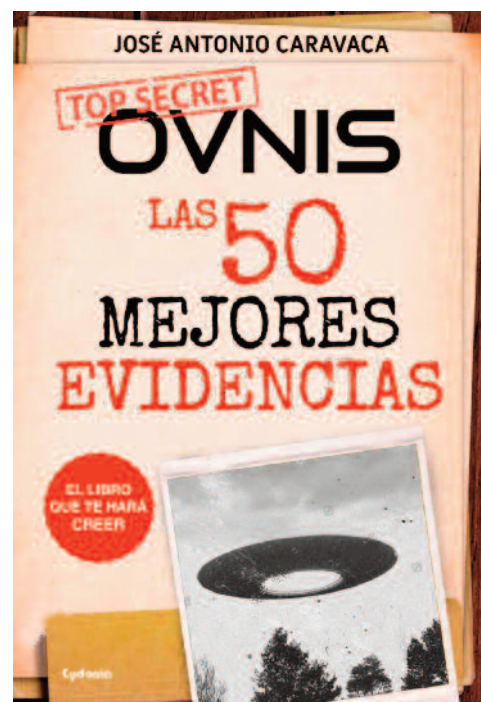
This book brings together the 50 best evidences of a phenomenon that has attracted the attention of governments, armies and intelligence agencies around the world. José Antonio Caravaca, considered one of the best Spanish UFO researchers, offers incontestable evidence of the reality of the Unidentified Flying Objects: secret documents, scientific studies, filming and photographs, physical effects, crashed UFOs ...

Traveler and inveterate reader, Caravaca has published more than 500 research articles on UFOs and related matters. Some of his researches, such as those developed around the Roswell slides, have had wide global repercussions.

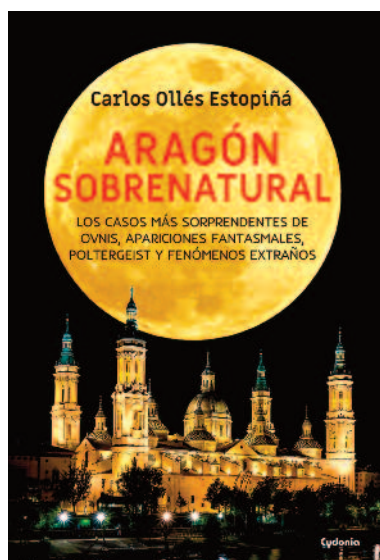
426 pages

14,5 x 21,5 cm

18€



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Aragón supernatural

Carlos Ollés Estopiñá

278 pages

14,5 x 21,5 cm

15€

50 tests of extraterrestrial visits in antiquity

Samuel García Barrajón

278 pages

14,5 x 21,5 cm

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The tomb of the last druid

JOSÉ LESTA Y
MIGUEL PEDRERO

224 pages
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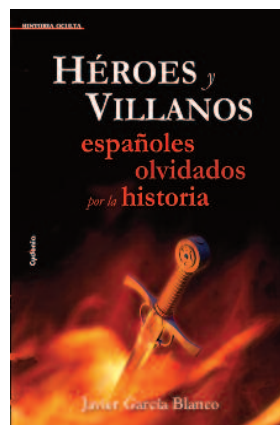


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The 20 best Spanish X-files

MIGUEL PEDRERO

288 pages
14,5 x 21,5 cm
15€



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Heroes and villains, Spanish people forgotten by history

JAVIER GARCÍA BLANCO

222 pages
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17€



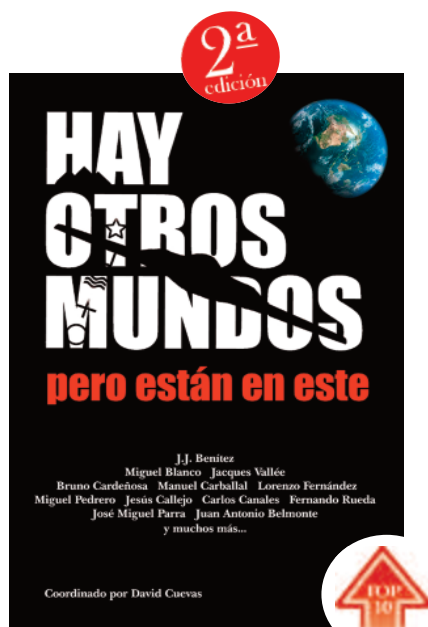
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UFOs top secret

MARCELINO REQUEJO

FOREWORD: JJ BENÍTEZ

272 pages
14,5 x 21,5 cm
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There are other worlds...

JJ BENÍTEZ, JACQUES VALLÉE...

384 pages
14,5 x 21,5 cm
19.50€



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Marian apparitions

MARCELINO REQUEJO

334 pages
14,5 x 21,5 cm
18€



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50 great enigmas of Prehistory

JOSÉ LUIS CARDERO LÓPEZ

244 pages
14,5 x 21,5 cm
15€



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in Portuguese

Forbidden knowledge

Miguel Pedrero

There is a "forbidden" or "cursed" knowledge that is opening step. Although the great academic institutions and political and financial power try to stop it, women and men committed, prepared and enlightened are taking it out the light in faculties, in laboratories, in archaeological campaigns or in historical studies.

In this book the reader will discover, among many other destabilizing issues, that:

-Eminent microbiologists and astrophysicists defend that our DNA is artificial and we are probably the creation of an alien civilization.

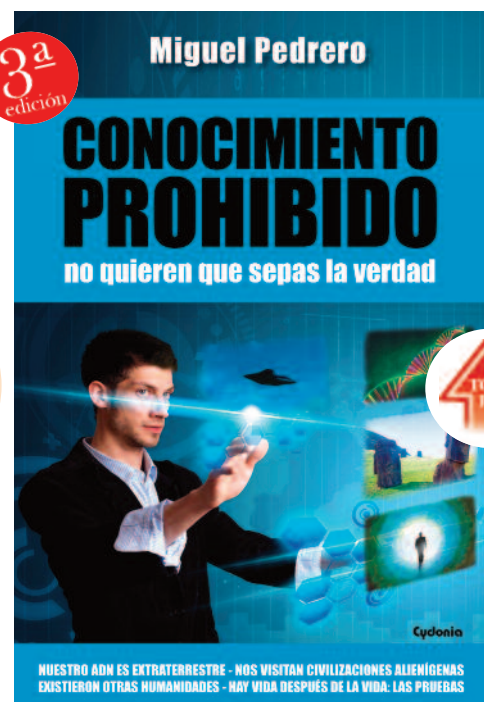
-There are notable evidences that beings from other worlds visited us in a remote past, being taken for gods.

-The traditions and sacred books of various religions -including the Judeo-Christian one- describe contacts with aliens.

-Other humanities inhabited the Earth in a remote past.

-On the face of our planet there were disappeared civilizations with a huge technological development, much earlier than the Egyptian and the Sumerian.

288 pages
14,5 x 21,5 cm
15€



Contact between two worlds

JORGE SÁNCHEZ

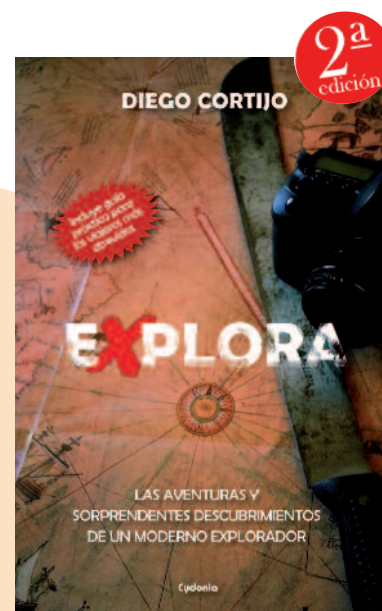
150 pages
14,5 x 21,5 cm
15€



Mystery hunters

EQUIPO CODEX

150 pages
14,5 x 21,5 cm
15€



Explore

DIEGO CORTIJO

238 pages
14,5 x 21,5 cm
15€



The last secret of Verne

Felipe Galán

In January 1886, Jules Verne receives a mysterious letter from Soissons that unearths the most secret episode of his life. The content of that letter poses a serious threat to the reputation of the writer.

In March of 1972, the gravedigger of La Madeleine, in Amiens, discovers a mysterious note, in which he surprised a man by burning a copy of *The Carpathian Castle* on the writer's grave.

In April 2013, Monique Royale, a student at the Université de Picardie Jules Verne, tells her teacher that, as an end-of-course project, she is about to investigate the enigmatic destruction of Verne's personal papers in 1898, a few years earlier. to meet with death. Based on real events and supported by the messages that Jules Verne concealed in some of his works, the novel unravels the best kept secret by the writer. The three stories converge in a surprising ending that reveals the true face of Verne.

408 pages
14,5 x 21,5 cm
18€



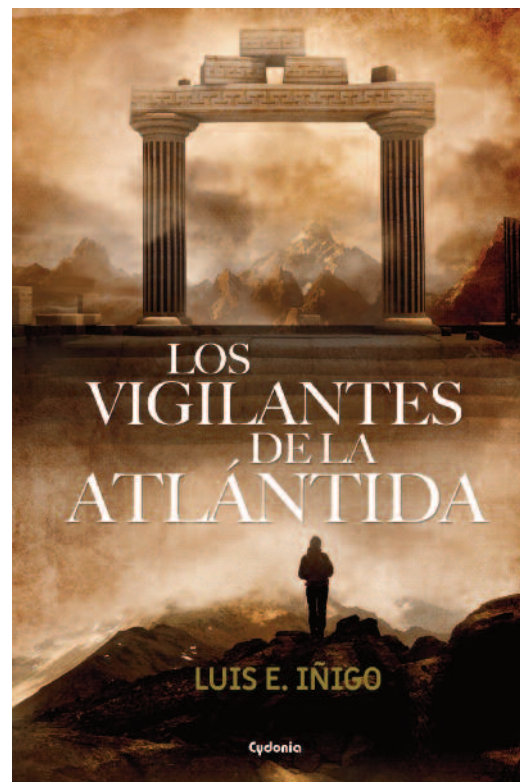
The watchmen of Atlantis

Luis E. Iñigo

Two Spanish Egyptologists find in the tomb of an Egyptian priest some strange inscriptions that turn out to be a fragment of the Critias, the dialogue of Plato that tells the story of Atlantis. Surprised, they embark on an investigation into the origins and significance in which they will soon have the help of a mysterious character who is guiding their steps.

With the help of a friend, they travel to the Brazilian city of Manaus, where they follow the trail of a strange city lost in the jungle where the key to the Critias may be, the inscriptions of the Egyptian tomb and the existence of a vanished civilization in the night of the times that could have been the common origin of the great human civilizations. Guided by a strange character, and persecuted closely by a cruel mercenary who pretends to appropriate at all costs of their possible discoveries, the protagonists embark on an initiatory journey that will change their lives, will put them in touch with the true past of humanity and will make them messengers of the last hope of humanity.

356 pages
14,5 x 21,5 cm
18€



Antichrist Project

The Illuminati conspiracy in the 21st century

Miguel Pedrero

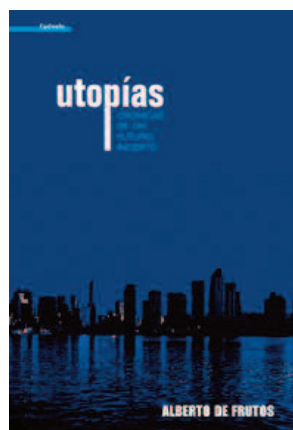
The main protagonist of the novel is Ana Maldonado, agent of the Spanish secret agencies -National Intelligence Center (CNI)- with a somewhat peculiar life.

272 pages
14,5 x 21,5 cm
15€

The plot begins when Alberto Míguez, head of the CNI's operational services, instructs our protagonist to infiltrate a satanic organization -the Army of Satan-, at the what belong important personalities from the political and financial world, according to certain information held by the CNI. Ana Maldonado manages to enter the organization -in the novel the process is detailed- and discovers that the Army of Satan is actually one of the many dependent entities of the Order of the Illuminati of Bavaria -more known as the Illuminati Order-,

During the plot, Ana is discovering step by step the philosophy followed by the "masters of the world", the elite in the shadow that conspires to achieve their coveted planetary government.

Action, espionage operations, satanic rites, political conspiracies, terrorist attacks, scenes of "satanic sex" and unexpected turns, because not all the characters are those that at first seem to be ...



Utopias, chronicles of
an uncertain future
ALBERTO DE FRUTOS

220 pages
14,5 x 21,5 cm
15€



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www.edicionescydonia.com



TOO IN:



Kiran's trip

An exciting adventure in search of happiness

Martin Choice

In 1946, a year after the Second World War, the old bookseller Alej tells his friends a legendary story -transmitted from the time of his most distant ancestors- that will change the lives of everyone: Kiran's journey. Kiran will show you how, despite all the difficulties that a person can encounter, it is possible to achieve happiness. In his path of persecution, of intrigue, of struggles, of suffering and, above all, of love, Kiran will discover the authentic happiness, that state that we all wish to live and that we sometimes need to show us.

It is an inspiring novel that, at the same time, is a practical self-help book.

272 pages
14,5 x 21,5 cm
15€



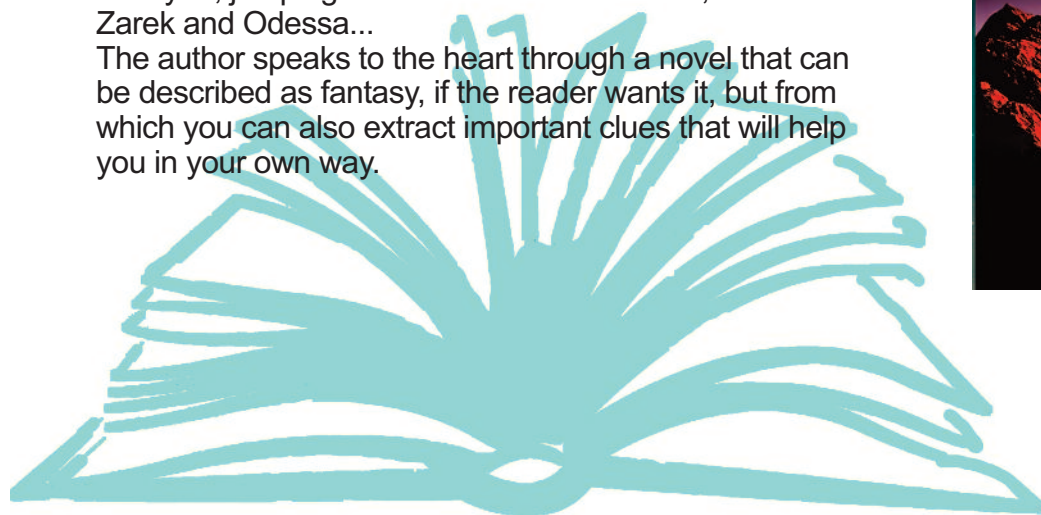
The rescue of Tamait

Mercedes Rodríguez Jiménez

The story begins in the capital of the Union of Superior Worlds, Candace, a small planet from which all the universes are governed. In him inhabits the couple that governs the designs of all known worlds, the spouses and brothers Khilayan and Ayenhea. When the great Father of all the universes decided his own succession, he made this responsibility fall on his son Khilayan, jumping with it to his older brothers, the twins Zarek and Odessa...

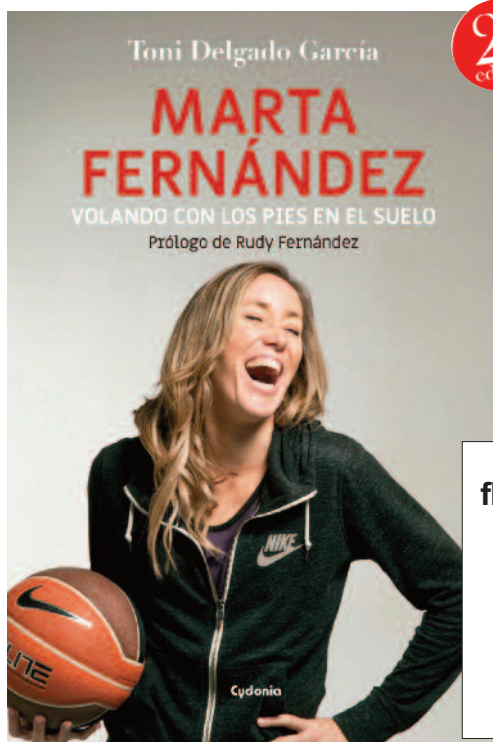
The author speaks to the heart through a novel that can be described as fantasy, if the reader wants it, but from which you can also extract important clues that will help you in your own way.

438 pages
14,5 x 21,5 cm
18€



COLECCIÓN TESTIMONIO

Biografías y entrevistas deportivas



2^a
edición

Incognito superheroes.
15 stories of overcoming through sport
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14.95€

Marta Fernández,
flying with the feet on
the ground

TONI DELGADO

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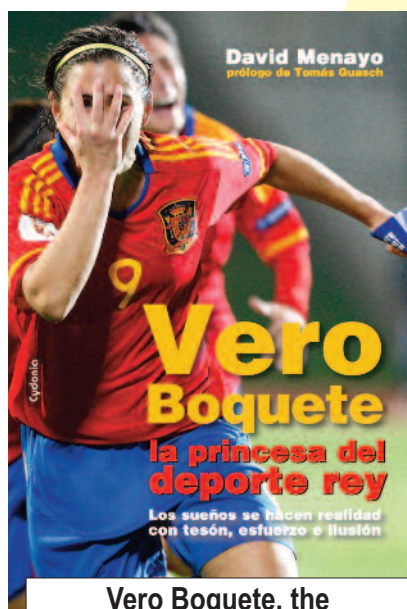
15€



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Vero Boquete, the
princess of the king sport
DAVID MENAYO

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30 Basque sportsmen
of legend
S. VEGAS AND R. BASCOY

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Female soccer
in 20 touches
DAVID MENAYO

270 pages

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The series "**Magic Places**" is a successful collection of guide books that takes the reader through enclaves marked by myths, legends, miracles and sacred places. Each of the places has clear indications on how to get there, as well as **GPS** coordinates to take advantage of new technologies.

The **Way of Saint James** (Camino de Santiago) is indicated in each of the books, especially in the one devoted to Galicia, the land at the end of this thousand-year pilgrimage route.

50 magic places
of Galicia
240 pages
14,5 x 21,5 cm - 15€



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Miraculous
waters



Ways of
Saint James



Sacred
places



Miracles and
apparitions



Rites and
cures



GPS
location



101 magic places of France
360 pages
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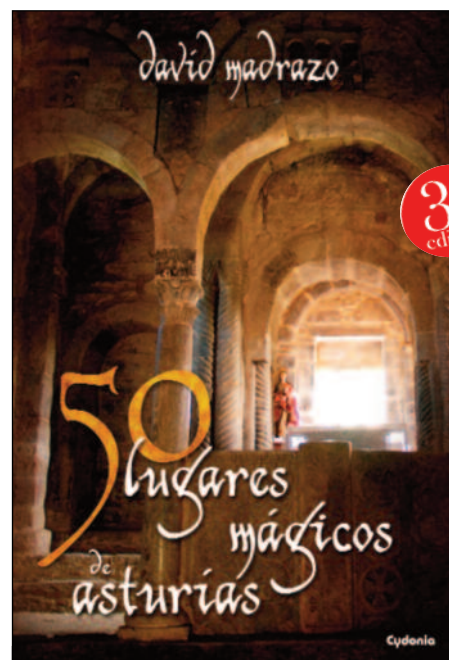
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50 magic places of Catalonia
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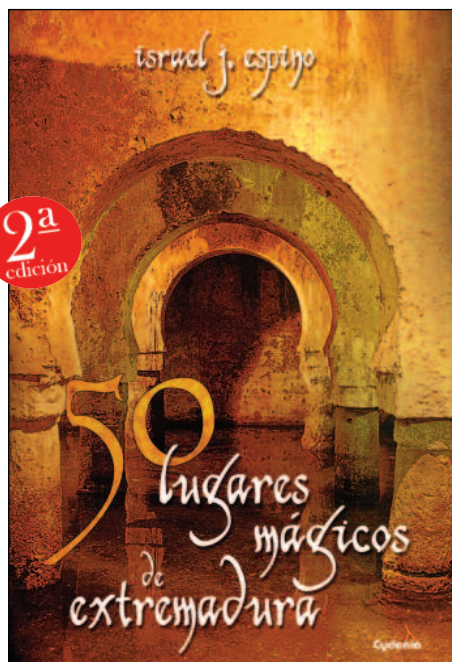
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**50 magic places of the
Basque Country**

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50 haunted places of Madrid

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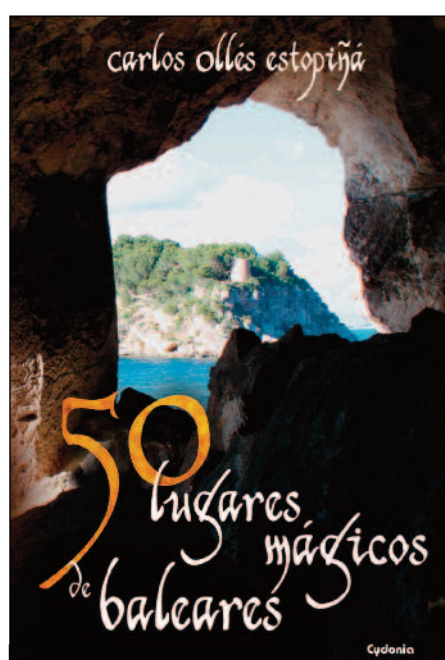


50 magic places of Pyrenees

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50 magic places of Balearics

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50 magic places of Cantabria

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**50 magic places of the
mountain range of Madrid**

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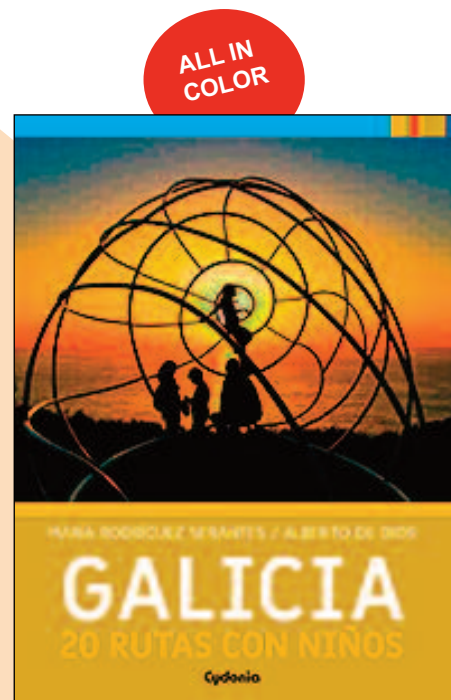


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Valencian Community**

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**Galicia,
20 routes with children**

220 pages
12 x 16 cm - 15€



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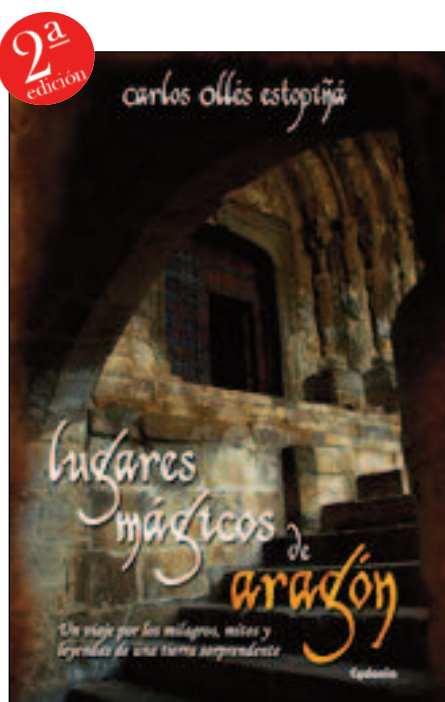


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(in Spain)**

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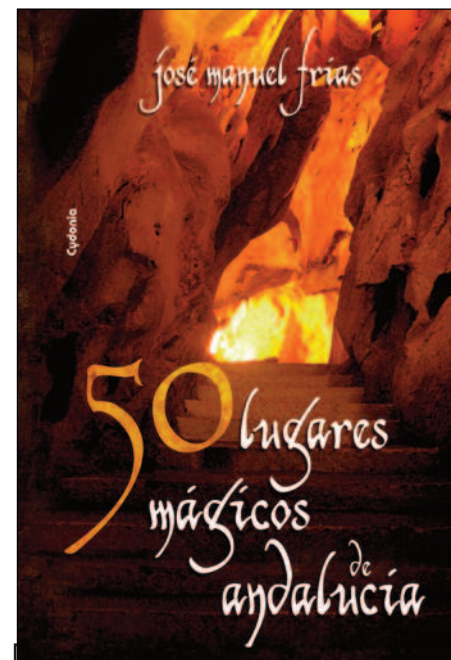


Magic places of Aragón

228 pages
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50 magic places of Andalucía

256 pages
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**A history of Madrid
in 50 places**

284 pages
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**There are
many ways to
narrate the
History...**

**We do it
traveling**



**The history of Galicia
in 50 places**

284 pages
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(Pontevedra - SPAIN)



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- 4 - 50 magic places of Galicia
- 5 - UFOs top secret
- 6 - Slim down with the Coherent Diet
- 7 - Three steps of happiness
- 8 - Vero Boquete, the princess of the sport king
- 9 - Activate your metabolism with the Coherent Diet
- 10 - There are other worlds...