

Books from Poland

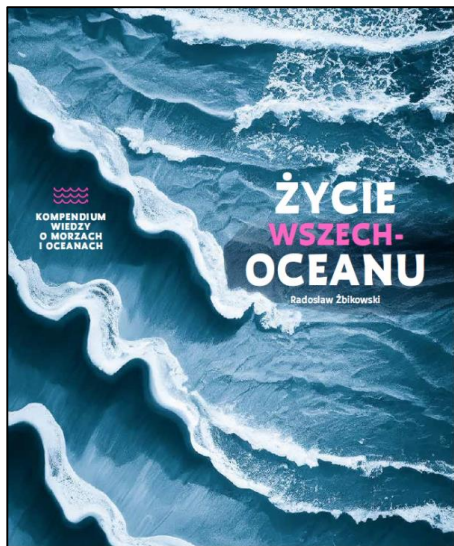
Adult non-fiction highlights

2023

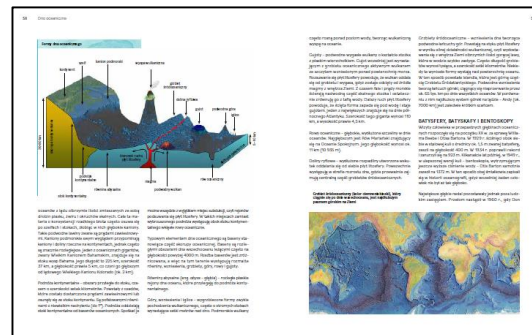
MOTTO
RIGHTS
Agency

 publicat
WYDAWNICTWO

filo



Life of the Ocean



Format 210 x 260 mm
176 pp
Hardback

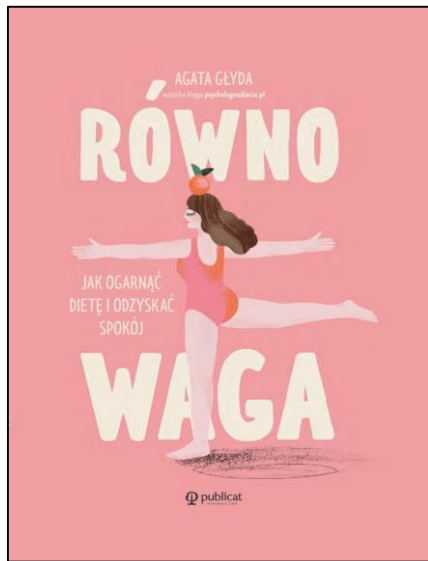
What do we know about the seas and oceans that cover over 70% of our planet?
Do we realize how important they are for the climate that prevails on land?

This compendium of knowledge about the seas and oceans describes the **most important phenomena and peculiarities of the marine environment**. It tells about the **fascinating world of underwater depths** and the amazing **plants and animals** that inhabit the entire water space - from the surface to the depths.

PDF: <https://app.box.com/s/7txozv7qibdem7aovgq4eo2h4wc238ns>

The Balance

Agata Głyda



Format: 229 x 180 mm
224 pp
Hardback



We live in a diet culture. How does this affect us? Where do our eating problems come from and how do we deal with them? How do we read the body's signals and distinguish between physiological and emotional ones? How do we practice body-liberty amidst the ever-present pressure to be perfect?

The book answers these questions and many more, and the tips and exercise sets included will help you learn to trust your body and rebuild a healthy relationship with food, yourself and others.

PDF: <https://app.box.com/s/aev4736ybeabj4k8tkmq0hhba52sz5c0>



Format: 220 x 170 mm
192 pp
Hardback

Body-Positivity. How to accept your body and live in harmony with yourself

Agata Głyda



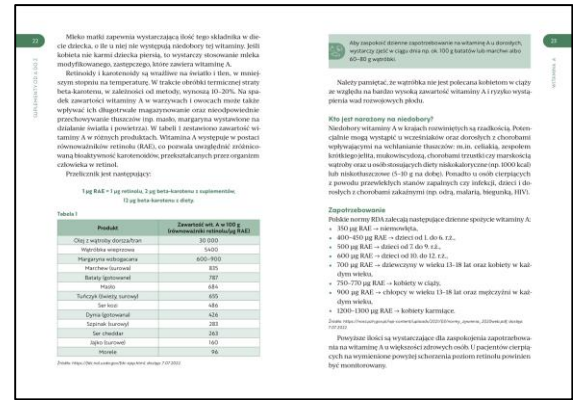
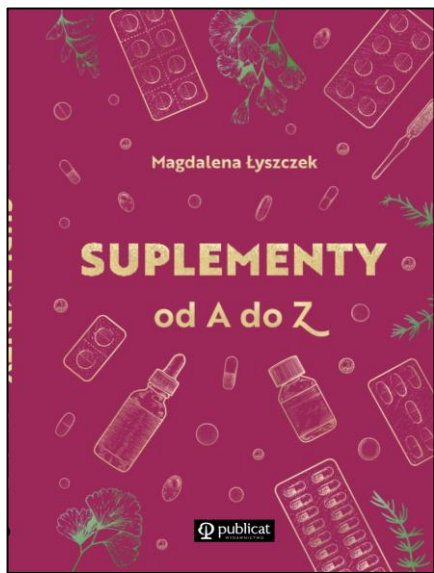
This book serves as a guide for us to build a healthy relationship with our bodies based on kind care and respect.

You will learn from it where negative body image comes from and how it can be changed. You will find tips on how to take care of your boundaries, how to develop a healthy approach to physical activity, and how to support your child in building a good relationship with their body. Practical tools, creating step-by-step programs of work, will help you make peace with your body, i.e. with yourself. After all, your body is you and your story - not a project to be done, not a 'before' and 'after' photo.

PDF: <https://app.box.com/s/0aj86034u3c4wsv0l8whio0l68u18fzd>

Supplements from A to Z

Magdalena Łyszczek



Format: 205 x 145 mm
304 pp
Paperback

The market for dietary supplements is growing at an express pace. Manufacturers are competing to develop ever newer formulas, promising miraculous effects. This guide will help you find your way through this chaos, providing practical knowledge backed by up-to-date research.

Through reading this book you will learn:

- what dietary supplements are and how to distinguish them from medicines,
- what properties the most popular supplements have,
- whether the use of such preparations can be dangerous,
- how to choose dietary supplements wisely and how to take them

PDF: <https://app.box.com/s/o5c38tiyotbo3dr1sf0hhddjhtgm108r>



Format: 220 x 165 mm
176 pp
Hardback

Self-Care. The Path to Self-Acceptance

Andżelika Dominiak-Banach



This book is for women who want to take care of themselves. It supports finding inner harmony, building confidence, and setting boundaries. It gives you the courage to take responsibility for your own life. The author offers practical tools sourcing in cognitive behavioral therapy, mindfulness exercises and meditation techniques to make the path to self-acceptance easier.

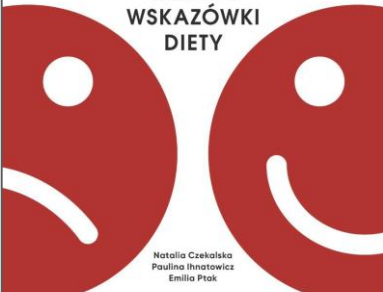
The author Andżelika Dominiak-Banach is a psychologist, a psychotherapist, and a certified psycho-dietitian. She runs a popular Instagram account @babeczka_od_psychologii. Her mission is to support women on their journey to well-being and to show reality how it really is – with no filters.

PDF: <https://app.box.com/s/5f9t6d6jpw9lf1khot5bzd7ya3dstpyl>

CHOROBY AUTOIMMUNOLOGICZNE



OBJAWY
WSKAZÓWKI
DIETY



Natalia Czekalska
Paulina Ihnatowicz
Emilia Ptak

HASHIMOTO • CUKRZYCA TYPU 1 • CELIAKIA
REUMATOIDALNE ZAPALENIE STAWÓW



It's In Your Blood: Autoimmune Diseases

Natalia Czekalska, Paulina Ihnatowicz and Emilia Ptak



Format: 153 x 223 mm

176 pp

Paperback

Rights sold: Russian,

Slovak

Autoimmune diseases are among the most severe health problems of our times.

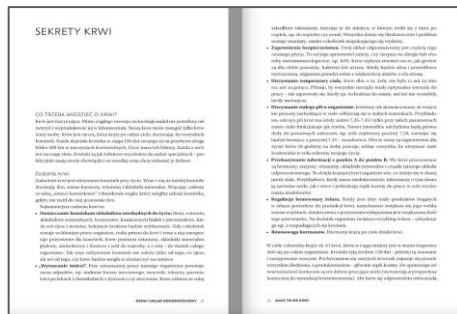
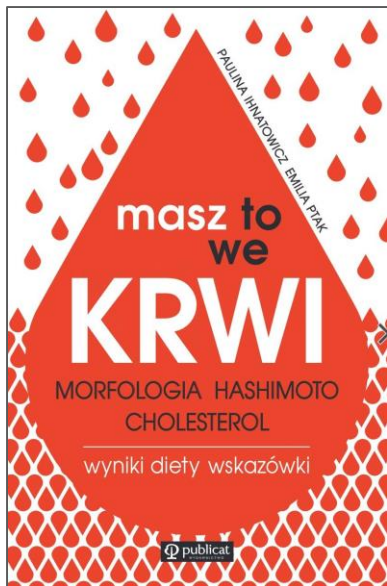
Each year more people suffer from the diseases like Hashimoto, Lupus, Crohn's disease, rheumatoid, arthritis, celiac disease or ulcerative colitis.

This book shows what can cause these health issues, how to diagnose them, and what to do to improve the quality of life for those who suffer from these illnesses.

PDF: <https://app.box.com/s/3fqjw1y800eferz3te3q4mh2iougsv6>

It's In Your Blood: Morphology, Hashimoto, Cholesterol. Results, Diets, Tips.

Paulina Ihnatowicz and Emilia Ptak



Format: 152 x 233 mm

304 pp

Paperback

Rights sold: Russian

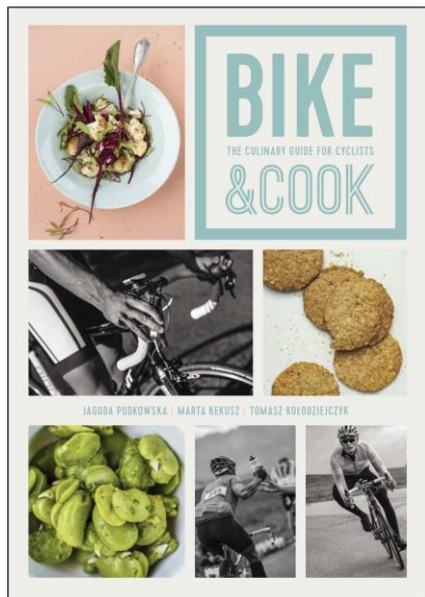
We are becoming more aware of the importance of preventive examinations. However, when we look at the results, we often have no idea what they mean. This book is a practical handbook for everyone. In simple terms, he explains how to read the results of a morphology, cholesterol and thyroid panel.

You will also find something you won't find in other publications - a practical analysis of case study results. The book is designed in such a way that after reading it, you will be able to read the research results, drawing concrete conclusions from them.

PDF: <https://app.box.com/s/eafuyq05dbi2r378azq0fp7e2oovje9u>

Culinary Guide series

Click on
covers for
PDFs

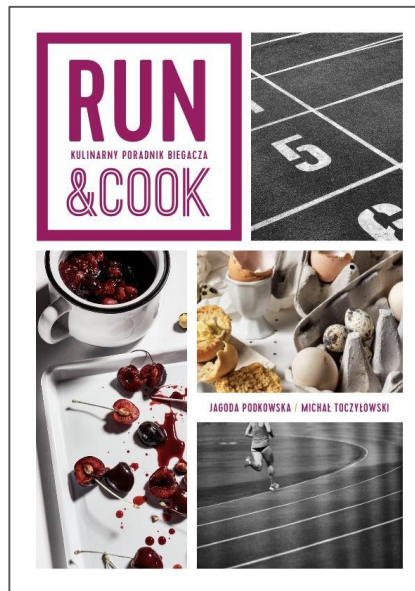


Bike&Cook

Format: 170 x 245 mm

288 pp

Rights sold: Czech

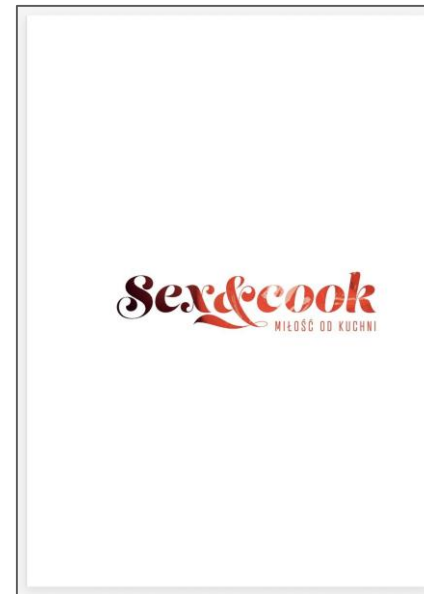


Run&Cook

Format: 170 x 245 mm

288 pp

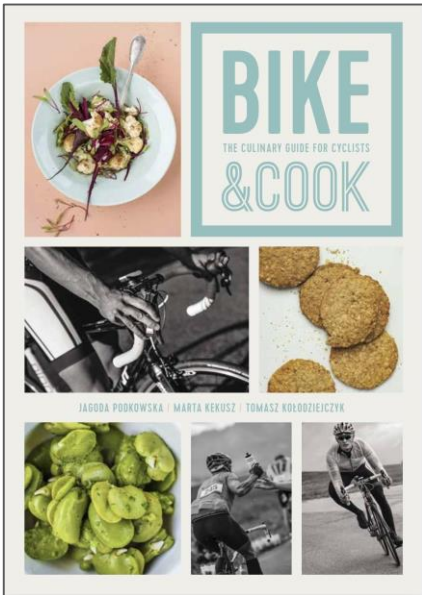
Rights sold: Czech



Sex&Cook

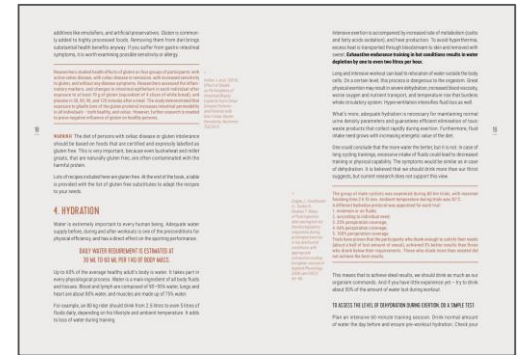
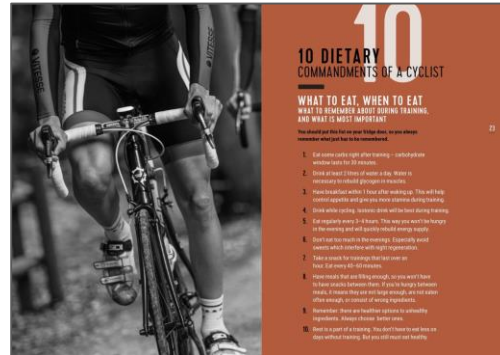
Format: 247 x 189 mm

208 pp



BIKE&COOK. CULINARY GUIDE FOR CYCLISTS

Jagoda Podkowska, Marta Kekusz and Tomasz Kołodziejczyk



Format: 170 x 245 mm

288 pp

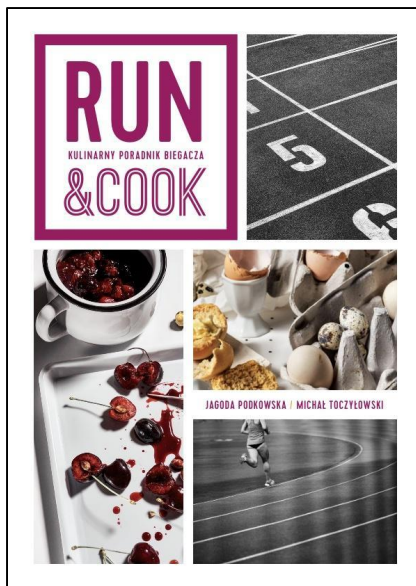
Hardback

Rights sold: Czech

Bike riders and cyclists! No matter if you take part in amateur races, or just like biking this book is for you.

If you want to increase your speed and your shorts fit, the proper fuel is a real key to success. This culinary companion contains lots of simple recipes for nourishing and healthy meals that provide energy and speed without extra kilos. The recipes have been tried and tested by actual cyclists. This valuable dietary advice will help you achieve the goal: the perfect weight, or ultimate training effects. The recipes provide energy values and are labelled vegan, vegetarian or gluten free.

PDF: <https://app.box.com/s/7eyf268huqe1mkv0qxiv1gobi558121e>



Format: 170 x 245 mm
288 pp
Hardback

Rights sold: Czech

RUN&COOK. CULINARY GUIDE FOR RUNNERS

Jagoda Podkowska and Michał Toczyłowski

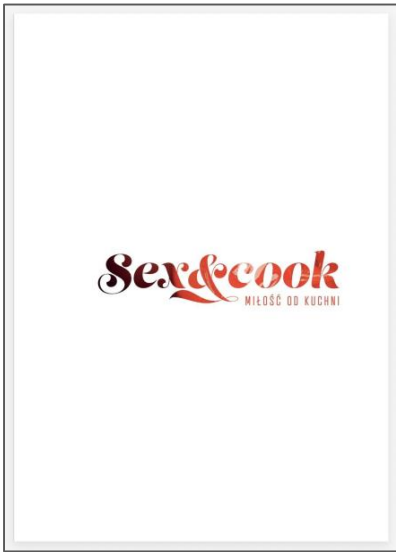


Planning to start your running adventure? Or maybe you already train regularly, or prepare for a race? If running is a part of your life, this book is for you.

Run&Cook will help you to choose the optimal diet for any level of running activity.

The runner's culinary guidebook is divided into three main parts, addressed for: amateurs, those who run regularly, and the runners preparing for races.

PDF: <https://app.box.com/s/olibpt9eexfwydc6dywrj0t8fwyrbwx>



SEX&COOK. LOVE OF FOOD

Robert Kowalczyk and Michał Toczyłowski



Format: 247 x 189 mm
208 pp
Hardback

The way to bed is through the stomach.

The culinary world is indisputably intertwined with erotic life - what goes onto our plates can both ignite desire and extinguish it. And while diet is not the only factor in determining the quality of sex life, it can significantly affect satisfaction and levels of sensation.

In this practical guide, an experienced sexologist will prove to you that our condition, and therefore our desire, or lack thereof, for bed games depends on what we eat.

PDF: <https://app.box.com/s/6moyt1e2vkme3y0un4fsq82cje7dni1>

ADAM MIKOŁAJCZAK

PIERWSZA POMOC

ILUSTROWANY PORADNIK



krwotok / omłotenia / złamania / zawał serca / oparzenia / zadławienia



WYDANIE
ZGODNE
Z NAJNOWSZYMI
WYTYCZNYMI

publicat

First Aid. An Illustrated Guide

Adam Mikołajczak



Format: 240 x 165 mm
128 pp
Hardback

This book helps to save lives!

It's common that when an accident happens many are afraid to help the victims. Fear and lack of knowledge can paralyze.

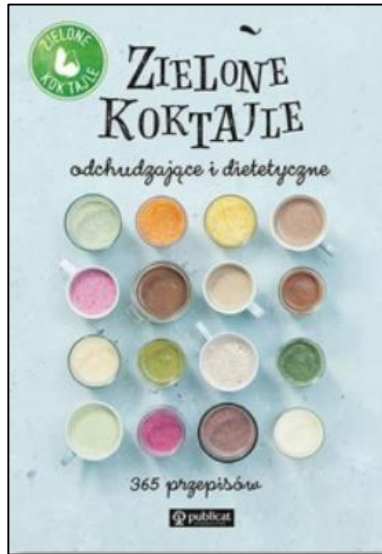
This book presents all basic information about pre-medical first aid that can be given after an accident. It teaches step by step what to do, so readers will not be afraid to help others.

PDF: <https://app.box.com/s/vhrzuj1dnwz4ly0k07pfh3fu4ov1f9kx>

Green Cocktails series



Over 200,000 copies sold!



Green Cocktails.
Slimming and Dietetic
224 pp
Format: 229 x 180 mm



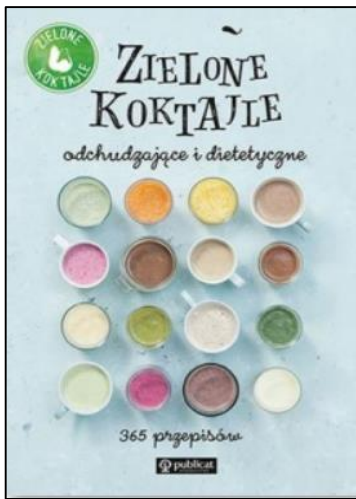
Green Detox Cocktails
240 pp
Format: 247 x 176 mm



**Green Cocktails for
Mums and Kids**
240 pp
Format: 247 x 176 mm



Green Cocktails.
365 Recipes
248 pp
Format: 240 x 165 mm



Format: 229 x 180 mm
224 pp
flexicover

Green Cocktails. Slimming and Dietetic



A book written by the author of the Green Smoothies blog and bestsellers 'Green smoothies. 365 recipes' and 'Green smoothies for mums and kids. 365 recipes'. In it you will find 365 recipes for fit smoothies. Each of them is a real vitamin bomb and an abundance of nutrients that will positively affect your metabolism.

In the book, you will find, among other things, recipes for cocktails:

- naturally support weight loss,
- reducing weight and suppressing appetite,
- metabolism-boosting,
- anti-cellulite,
- fit smoothie bowls, or cocktail bowls that are conquering America and Europe.

PDF: <https://app.box.com/s/ogfss8ixzlij7dtbk1s2qcl3djsc0230>



Format: 247 x 176 mm
 240 pp
 Hardback

Green Detox Cocktails. 365 Recipes



A book written by the author of the Green Smoothies blog and bestsellers 'Green smoothies. 365 recipes' and 'Green smoothies for mums and kids. 365 recipes'. In it you will find 365 recipes that provide inspiration for cleansing the body with smoothies. Each one is a real vitamin bomb and a wealth of nutrients that support the body's natural detoxification and renewal mechanisms.

With this book you will learn how to carry out:

- * detox for health,
- * a detox for beauty,
- * detox for body and mind,
- * detox in a different way, i.e. cleansing cocktails for daily consumption,
- * detox with superfoods, i.e. smoothies with ingredients from the superfoods category.

PDF: <https://app.box.com/s/0ov08pl20m1im84j5l9jlt80p7hl1mvx>

Green Cocktails for Mums and Kids



Format: 247 x 176 mm
240 pp
Hardback



A book written by the author of the Green Cocktails blog and bestseller „Green Cocktails. 365 recipes’.

Coctail is a healthy, colourful and delicious vitamin bomb that takes just a few minutes to prepare. Don't deny it to children! In the book you will find 365 smoothie recipes for toddlers, pregnant women and breastfeeding mothers.

The suggestions in the book will be great for breakfast, afternoon tea, help with a cold and delight guests at a birthday party. Take inspiration from the recipes, mix for health and blend the ingredients yourself to create your own recipes for both everyday cocktails and special occasions.

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Format: 240 x 165 mm
248 pp
Hardback

Green Cocktails. 365 Recipes



A polish book on a popular topic - fruit and vegetable cocktails and smoothies. Healthy, colourful, trendy and a favourite. Now for easy preparation from products available in Poland. The book is written by the author of the blog "Green smoothies" - read it and you will see that smoothies are worth drinking every day. It only takes a few minutes to enjoy healthy drinks, each of which is a real vitamin bomb.

"Chia, spirulina, young barley? How about carrot, apple and spinach? Crazy and classic. Exotic and local. This book is more than a collection of recipes. It is a solid dose of knowledge with a good pinch of heart."

PDF: <https://app.box.com/s/p8znucy8ht5x4p6197vtwjvsxivc7y3b>

Diet for busy people in a nutshell. Practical tips and a 14-day diet. Healthy, simple and cheap.

Agata Stawińska



Format: 210x273 mm
176 pp
flexicover

If you are constantly busy and don't have much time to cook, but want to eat healthily without spending a lot of money - this book is for you!

The author has proposed a balanced but, most importantly, not complicated and particularly flexible eating plan that is easy to adapt to one's needs. The diet spread over two weeks contains four calorie options (1500, 1600, 1800, 2000 cal). It is preceded by a comprehensive guide section, from which you will learn how to easily get your eating under control.

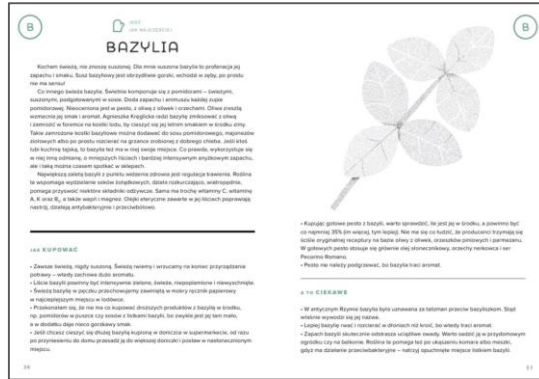
PDF: <https://app.box.com/s/zgnbnz6z0kjai1pliiy4xqoygpzunc2c>



Format: 210 x 150 mm
336 pp
Hardback

Conscious Eating. A Shopping Lexicon

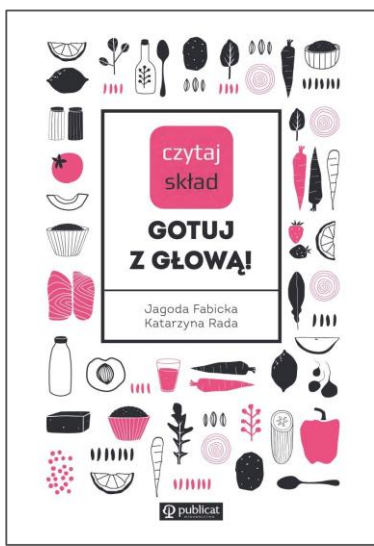
Katarzyna Bosacka



In this lexicon of 300 entries describing ingredients in alphabetical order Kasia Bosacka (a well-known Polish influencer) gives the latest scientific information about food. Traditional and new foods are included.

A handy format and space for notes encourage you to take this book with you when shopping. And then choose only good ingredients!

PDF: <https://app.box.com/s/p8znucy8ht5x4p6197vtwjjvsxivc7y3b>



Format: 240 x 165 mm
 224 pp
 Flexicover

Read the Composition. Cook Wisely!

Katarzyna Rada and Jagoda Fabicka

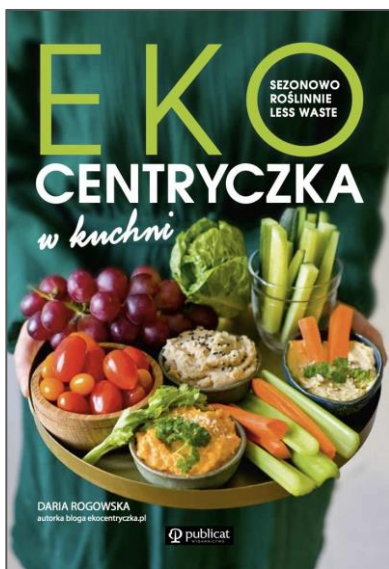


Nowadays, good quality products are available to everyone and preparing a healthy meal does not have to take a lot of time and energy. All it takes is some knowledge and creativity. We show you how to approach shopping and cooking wisely to enjoy delicious meals.

Many people do not like to read the ingredients on packaging. We usually fear what we do not understand. However, it is worth turning fear into curiosity and good habits – it really is possible!

We will prove that it is not at all difficult to check the composition of products if you remember a few rules.

PDF: <https://app.box.com/s/6moyt1e2vkme3y0un4fsq82cje7dnii1>



Format: 240 x 165 mm
 208 pp
 Paperback

Eco-centric in the kitchen. Seasonal, plant-based, less waste

Daria Rogowska



A book for anyone who wants to be more eco in the kitchen and cook in a planet-friendly way, but doesn't know how to go about it.

Over 80 delicious recipes based on seasonal fruit and vegetables will encourage you to explore simple vegan cooking. Additional tips from the 'less waste' area will allow you to make smaller and larger changes on a daily basis.

Remember that every step towards a more conscious life makes a huge difference!

PDF: <https://app.box.com/s/O66wpdlu954se8abwljpkdaqhdawczyk>

Books by Laura Oseka

Click on covers for PDFs



Bowl of Happiness. Local, Seasonal and Healthy Food.

Format: 170 x 220 mm

208 pp



Abundance of Food

Format: 170 x 220 mm

208 pp



Format: 170 x 220 mm

208 pp

Paperback

Bowl of Happiness. Local, Seasonal and Healthy Food.

Laura Osęka



This book is for all who love healthy and well balanced meals. A humble bowl is a great way to serve nutritious, colourful and tasty food. Although the bowl trend came to Europe from Asia and Hawaii, its philosophy is also rooted in traditional European cuisine.

Get inspired by local, seasonal ingredients, choose favourite seasonings, add a bit of love. Improvise a little, serve in your favourite bowl and enjoy! Have a Bowl of Happiness!

Author: Laura Osęka is the most known Polish cookbook critic, a nutritionist, and a psychologist.

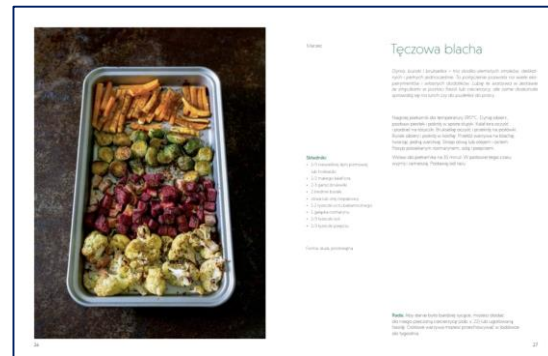
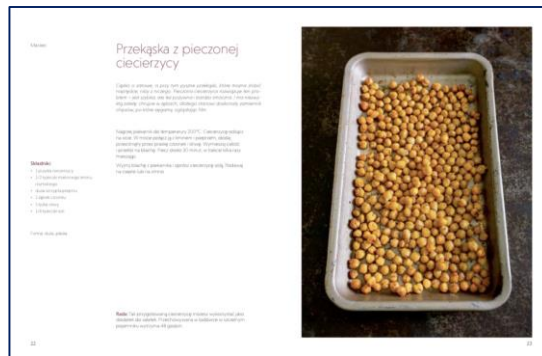
PDF: <https://app.box.com/s/gcd33dtgvq09p6cs03quvax5vyfxlc8u>



Format: 170 x 220 mm
208 pp
Paperback

Abundance of Food. Local, Healthy, Seasonal Dishes.

Laura Oseka



This book offers 84 recipes for delicious and easy to prepare one-pot dishes baked in an oven.

Author offers combination of 5 or even 6 flavours inspired by cuisines from different part of the world made of easily available, local ingredients.

With seasonal veggies and fruit you can effortlessly create dishes full of flavour and aroma.

From sweet and savoury breakfast through bakes goulash and zero waste style baking dishes.

PDF: <https://app.box.com/s/621bru15hlbh1h4jrj632le29rdk5tg9>

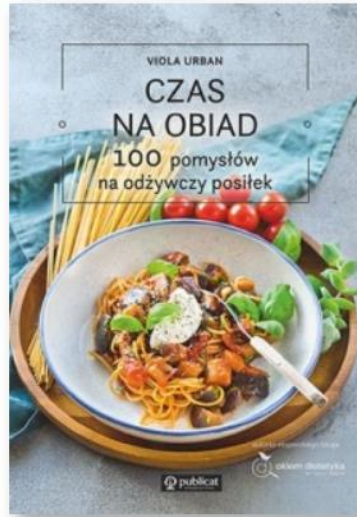
Books by Viola Urban



Vegan Cuisine

Format: 240 x 165 mm

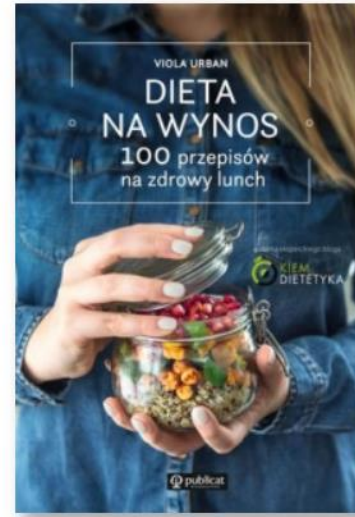
240 pp



Dinner Time. 100 Nutrition Meal Ideas

Format: 240 x 165 mm

240 pp



Take Away Diet

Format: 240 x 165 mm

240 pp



Inspiring Breakfast

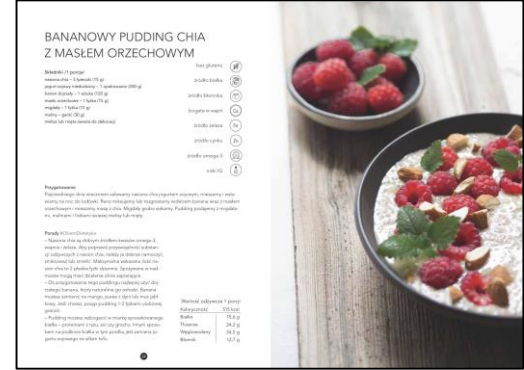
Format: 240 x 165 mm

240 pp



Format: 240 x 165 mm
 240 pp
 Hardback

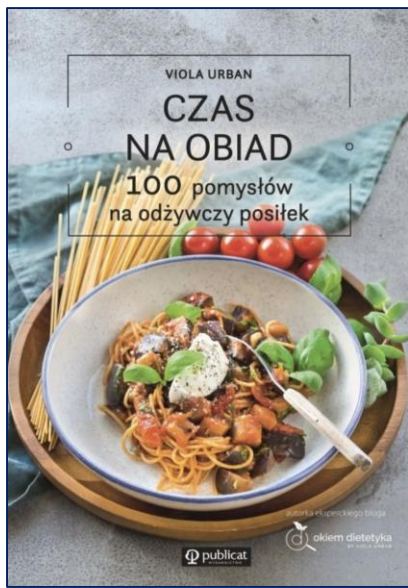
Vegan Cuisine Viola Urban



The author Viola Urban has been creating an 'expert blog for the exceptionally inquisitive' for years, and the same high standard also characterises her books.

In "Diet on Plants", she proves that you can eat healthy, tasty and animal- and environmentally-friendly at the same time. In front of you are 100 recipes full of protein, zinc and calcium and, above all, great taste. This is what a plant-based diet looks like through the eyes of a nutritionist.

PDF: <https://app.box.com/s/yn2k5iofcd5gbuyosyk8i990flo5citr>



Format: 165 x 220 mm

240 pp

Paperback

Dinner Time. 100 Ideas for Filling Meals

Viola Urban



No more boring dinners!

This book offers healthy variations of classic meals and combinations of many new flavours from around the world. Not sure how to create an optimal meal for yourself? These recipes offer filling meals of 500-700 kcal, and attached charts give variations. Creating an ideal meal is super easy!

You don't like to spend too much time in the kitchen? This book has recipes for quick dinners that will last for 2-3 days!

PDF:





Take Away Diet. 100 Ideas for a Healthy Lunch

Viola Urban



SALATKA ŚRÓDZIEMNOMORSKA

Składniki (na 2 porcje):
 oliwa z oliwek - 1 łyżka (10 g)
 czosnek przeciety - 1 łyżka (10 g)
 czarna muszka - 1 sztuka (10 g)
 czarna muszka - 1 sztuka (10 g)
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 czarna muszka - 1 sztuka (10 g)
 czarna muszka - 1 sztuka (10 g)
 czarna muszka - 1 sztuka (10 g)

Przygotowanie:
 Wszystkie składniki dokładnie umyć. Oliwę z oliwek, czosnek przeciety i czarna muszka zmiksować w blenderze. Do sosu dodać czarna muszka i czarna muszka. Sos wylać na sałatkę. Posiekać czarna muszka i czarna muszka. Sałatkę posypać czarna muszka i czarna muszka. Sałatkę posypać czarna muszka i czarna muszka.

Wskazówki:
 Sałatkę można podać zimną lub ciepłą. Sałatkę można podać z chlebem. Sałatkę można podać z ryżem. Sałatkę można podać z makaronem. Sałatkę można podać z kurczakiem. Sałatkę można podać z wołowiną. Sałatkę można podać z rybą. Sałatkę można podać z jajkami. Sałatkę można podać z ziemniakami. Sałatkę można podać z ziemniakami. Sałatkę można podać z ziemniakami.

Wartość odżywcza (1 porcja):
 Kalorie: 120 kJ
 Białko: 10 g
 Tłuszcz: 10 g
 Węglowodory: 10 g
 Woda: 10 g



SALATKA Z PIECZONYM KALAFIOREM I MIGDAŁAMI

Składniki (na 2 porcje):
 oliwa z oliwek - 1 łyżka (10 g)
 czosnek przeciety - 1 łyżka (10 g)
 czarna muszka - 1 sztuka (10 g)
 czarna muszka - 1 sztuka (10 g)
 czarna muszka - 1 sztuka (10 g)
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Przygotowanie:
 Wszystkie składniki dokładnie umyć. Oliwę z oliwek, czosnek przeciety i czarna muszka zmiksować w blenderze. Do sosu dodać czarna muszka i czarna muszka. Sos wylać na sałatkę. Posiekać czarna muszka i czarna muszka. Sałatkę posypać czarna muszka i czarna muszka. Sałatkę posypać czarna muszka i czarna muszka.

Wskazówki:
 Sałatkę można podać zimną lub ciepłą. Sałatkę można podać z chlebem. Sałatkę można podać z ryżem. Sałatkę można podać z makaronem. Sałatkę można podać z kurczakiem. Sałatkę można podać z wołowiną. Sałatkę można podać z rybą. Sałatkę można podać z jajkami. Sałatkę można podać z ziemniakami. Sałatkę można podać z ziemniakami. Sałatkę można podać z ziemniakami.

Wartość odżywcza (1 porcja):
 Kalorie: 120 kJ
 Białko: 10 g
 Tłuszcz: 10 g
 Węglowodory: 10 g
 Woda: 10 g

Format: 165 x 240 mm
 240 pp
 Paperback

Nothing can compare to self-made meals, also these that you take to work or to school. No matter if you are able to warm them up you can have a wise and healthy diet.

- *How to pack your food?
 - *What is OK to eat cold and what is not?
 - *How to use ingredients from other meals to save time?
 - *What to eat to feel better?
- 100 recipes for nutritious and tasty lunch!

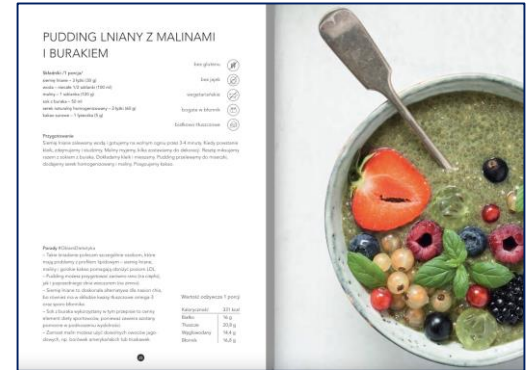
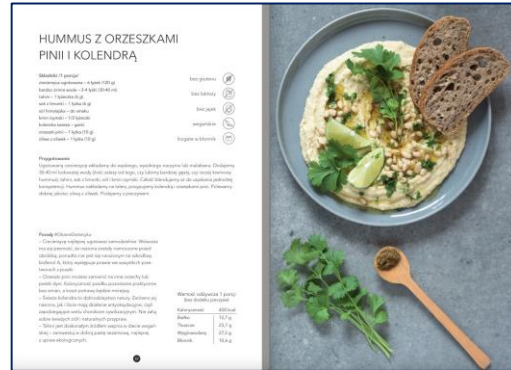
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Inspiring Breakfasts. Healthy breakfasts in 15 minutes

Viola Urban



Format: 165 x 240 mm
240 pp
Paperback



100 recipes for balanced breakfasts full of the most nutritious products. All composed by a well-known dietician Viola Urban.

This great book offers traditional and also vegan and vegetarian options, it provides information about allergens, intolerances, and nutritional values. The best way to start a day is to have a nutritious meal that can be prepared in less than 15 minutes.

Change your habits. No more boring breakfasts!

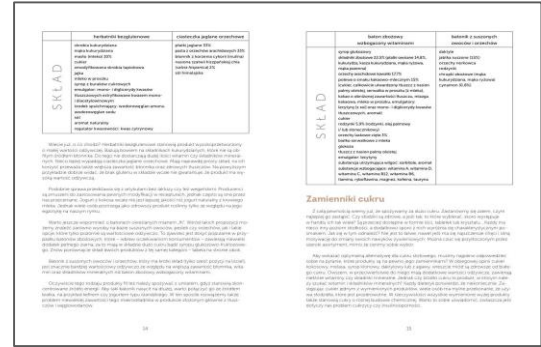
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Format: 240 x 165 mm
 240 pp
 Hardback

Indecently Healthy Sweets

Anna Reguła and Kinga Syposz



A healthy lifestyle does not have to mean giving up culinary pleasures. The book contains 100 suggestions for everyone who wants to enjoy sweets, reaching for those full of nutritional value. Thanks to the listed calories and macronutrients, many of the recipes can be used as stand-alone meals in a balanced diet.

The authors prove that baking is fun, and that every decision to increase the amount of fibre in a dessert, add sweetener instead of sugar or choose country cheese instead of fatty cottage cheese is already an important step towards building healthy habits.

PDF: <https://app.box.com/s/dwscckcu56kbw1jvm139tgkcpsehs4sf5>



Format: 190 x 240 mm

192 pp

Hardback

Plant-Based Bakery

Agata Wilkowska



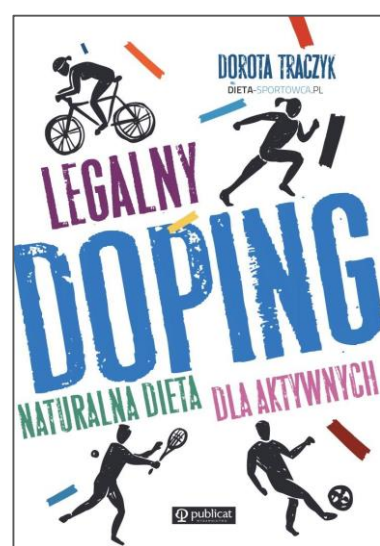
This book is a great source of inspiration not only for vegans.

It offers simple recipes based on inexpensive and easy to find ingredients.

The author is very active person. She's a vegan, well known in feminist and animalistic organisations.

The layout of the book is kept in a „punk” style.

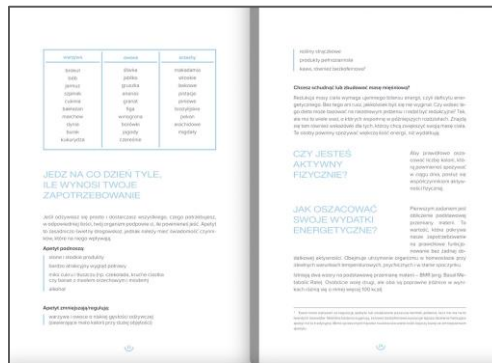
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Format: 165 x 240 mm
232 pp
Hardback

Legal Doping. Natural Diet for Active People

Dorota Traczyk



So, you like sport but you don't feel you're a pro yet? Are you a bit lost with so much information about diets? The more you read the less you actually know what to do? This is the book for you. It will show you:

- *How simple changes bring long lasting and satisfying effects?
- *What to eat before and after the training?
- *How to set menu without strict rules and extremes?
- *How to find balance and trust your intuition?

The author, Dorota Tkaczyk is a nutritionist, who loves to run, cycle and hike.

PDF: <https://app.box.com/s/p6ileu1zas5fslpbqnnzrf046ly3ycdq>



Fit Everyday! Marta Hennig



Format: 240 x 165 mm
200 pp
Flexicover

Do you want to change your lifestyle but don't know where to start?
With this book, that won't be a problem. You'll find out how to be fit, no matter how old you are, how much money you have in your wallet or how much free time you have - and without strict diets, big sacrifices or rigour!

This book will tell you:

- what exercise to choose and how to do them
- how to lose weight effectively or put on weight in a healthy way
- what, how much and when to eat
- how to motivate yourself

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Format: 240 x 165 mm
240 pp
Flexicover

Motivator. 8 Weeks to Get Fit

Marta Hennig

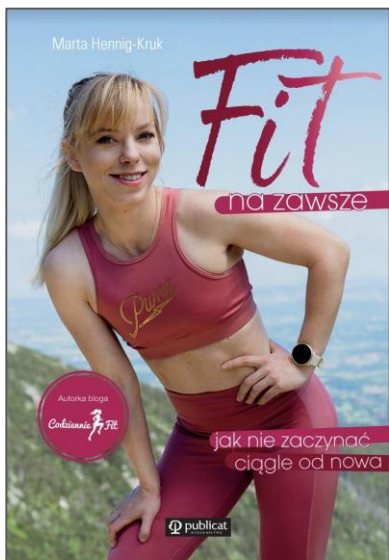


How do you change your lifestyle to a healthier one and preserve it?

Motivator is a book that is a source of information, a challenge and a guide at the same time. Don't look for motivational quotes here – this book is a tool which gives you the right knowledge and inspiration to change your current habits and help you feel better.

Additional tasks on a daily basis, whether you are just beginning or advanced. It is a compass that points the way to better health, better fitness and slimmer figure.

PDF: <https://app.box.com/s/bbr0fs1scz0aq60oyiumchk1gaq7o23i>



Format: 195 x 247 mm
224 pp
Flexicover

Fit Forever. How Not to Always Start Over?

Marta Henning-Kruk



It has happened. You want to be fit. You try and... you're saying you'll start on Monday. Then, the following Monday. And the next month. Or maybe it's better to wait until the new year?

Whether you're just starting out or you're an advanced person – this book will help you finally be fit forever, not just the week before the holidays. Be the fittest version of yourself, get in lifelong shape and stop constantly promising yourself that tomorrow will be better – because you can already live healthy every day from now on.

Fit Forever is an item for anyone who wants to break out of the loop of starting over and over again. It will inspire you to focus on health and fitness.

PDF: <https://app.box.com/s/n4wfewlro19wwf8bxb6eiu9xka07cdd9u>



Format: 240 x 165 mm
232 pp
Paperback



Healthy Diet for Babies

Marta Jas-Baran and Tamara Chorążyczewska



A very useful guide for parents how to feed their babies. One of the basic principles of raising a happy and healthy baby is proper nutrition. Good habits should be introduced from the very beginning. Only then a child will eat proper food and in right amounts. Many mothers ask the following questions:

- *How to recognise that my child's diet can be extended?
- * What can babies drink and what's forbidden?
- *Which products contain the strongest allergens?

Over 70,000 copies sold in Poland only!

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Format: 220 x 165 mm
192 pp
Hardback



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Plant Power. How to Raise Happy Plants

Małgorzata Augustyn



They find their way into our homes in different ways: bought because they delighted us in a garden shop window, because they captivated us in a photograph or because we were envious of a good specimen from a friend. Or they brought to us by friends as a gifts- for a new flat, a birthday...

But plants are not furnishings, they are living roommates, our green company, which must be taken care of: finding them a good spot, taking care of the right temperature, humidity, proper watering and fertilising.

If you want to do everything to make them happy with you, reach for „Plant Power” ! More than 80 species of the most popular plants found in our homes: descriptions and care rules.

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