

Foreign Rights

CATALOGUE 2018

**SBM
FOR
ADULTS**



ABOUT US

SBM Publishing House has operated on the Polish market for 15 years. It features in the top five of illustrated reference publishers. We publish photographic and illustrated non-fiction of high visual quality for adults and children, as well as diversely illustrated fiction for children.



There are **over 200 titles in our offer**, covering various fields, and our sales reach a million copies a year.



SBM focuses on informing, enriching, educating, and entertaining readers of all ages. Our professional combination of words and pictures brings clarity to a wide range of topics. We recommend sightseeing and thematic albums, lifestyle, gardening, and sports guides, culinary books, and atlases for hobbyists. Our authors are eminent experts in their fields.



SBM's extensive toddlers and children's books list covers everything from fables, fairy tales, legends, and poetry collections, as well as encyclopedias and educational books. Our subjects vary from animals and pets, nature hobbies, family, jobs people do, life in the kindergarten, weather, naming emotions, numbers, to series of books that answer children's questions about how things work or tell them about lives and discoveries of famous people. We put knowledge into practice in our entertaining series of activity books.



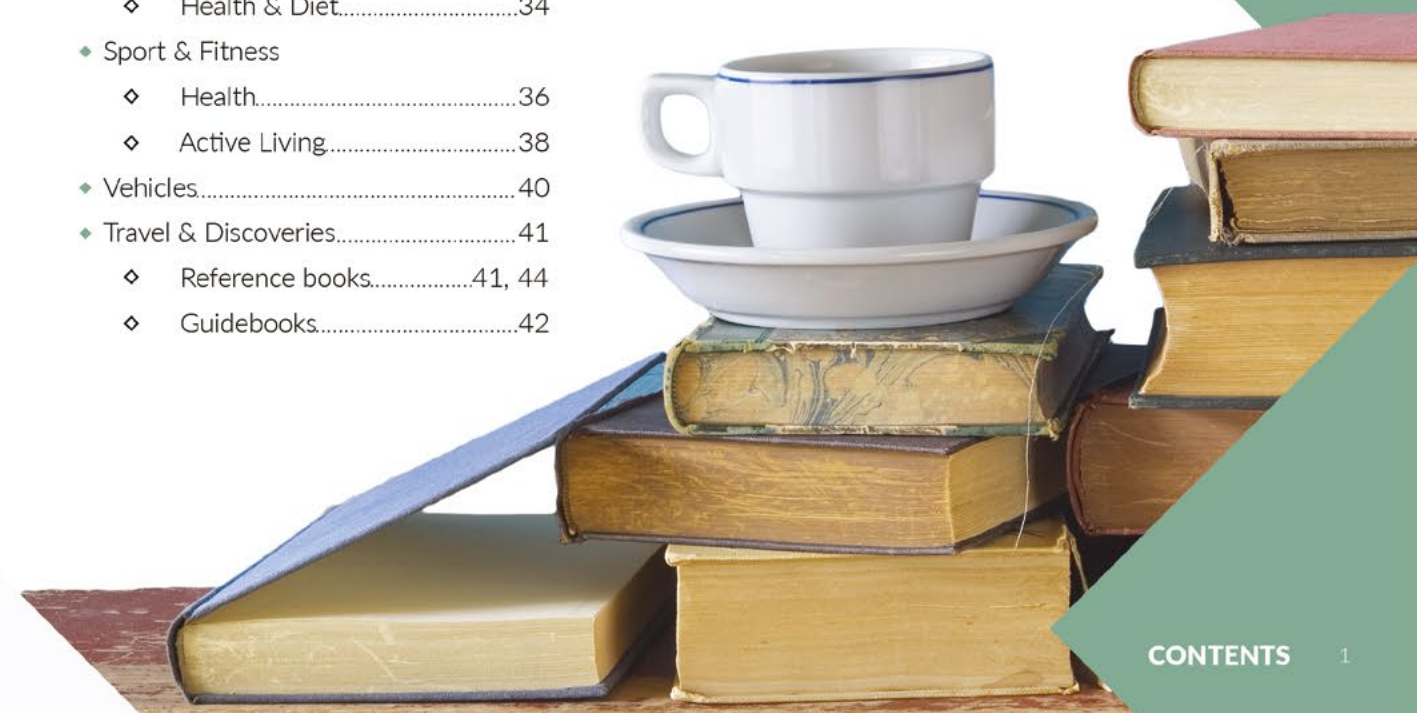
We have two editorial offices: one by our Warsaw headquarters, and another in Bielsko-Biała. We have been awarded twice with a prestigious Gazele Biznesu title, a distinguishing mark of well-managed, honest, and financially sound companies, in 2015 and 2016.



Welcome to the **SBM's 2018** Catalogue

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ART, CULTURE & ARCHITECTURE



TITLES IN THE SERIES:

- ◇ History of Theatre
- ◇ History of Music
- ◇ History of Dance



NEW

SPECIFICATION

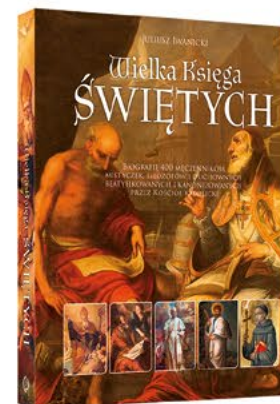
128 pp

241 x 300 mm

hardcover

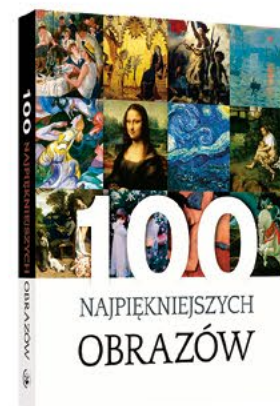


A series of richly illustrated albums – guidebooks on the history of theatre, music, and dance. Reliable descriptions of phenomena, ideas, and creative work of the artists, complemented with trivia, are presented against the historical and cultural background of each period. Chronological arrangement of the content – from the antiquity to contemporary trends in each field – allows the reader to notice interesting shifts.



GREAT BOOK OF SAINTS

The history of the Catholic Church is in some sense the history of its saints. The book is a collection of profiles of 400 saints and blessed of the Catholic Church. The accounts of their lives are written as gripping stories filled with trivia, legends, and anecdotes, accompanied with images of the saints. The biographical notes are illustrated with remarkable works of sacral art.



100 MOST BEAUTIFUL PAINTINGS

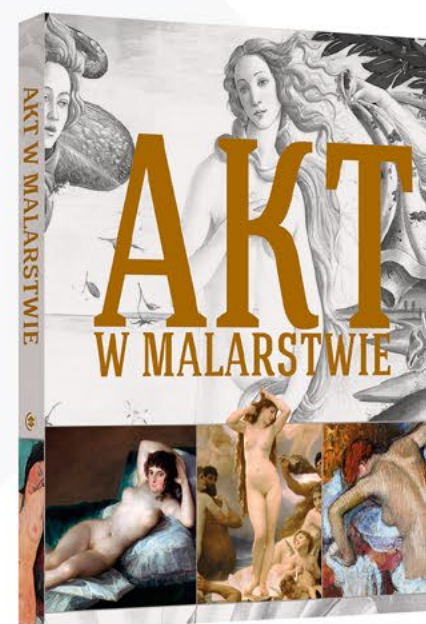
The album presents both famous and less known works of art with their detailed history against the background of the period, in the context of past events, characters, even biographies and imagery of the artists. Thorough analysis and enlarged fragments of the paintings allow to notice details that can be overlooked even by experts.

SPECIFICATION

448 pp

241 x 300 mm

hardcover



NUDITY IN PAINTING

The book presents a broad overview of the topic of nudity in art from its beginning to the modern times. The way of showing the human body, typical of a given period, is illustrated with art works representative of a given style. The information included in the publication characterizes the stages of development of the European art.

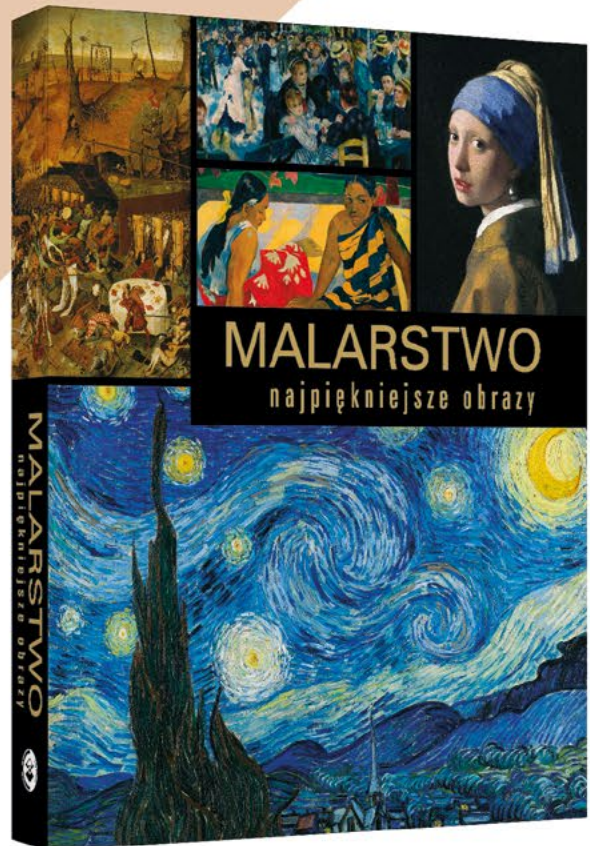


SPECIFICATION

240 pp

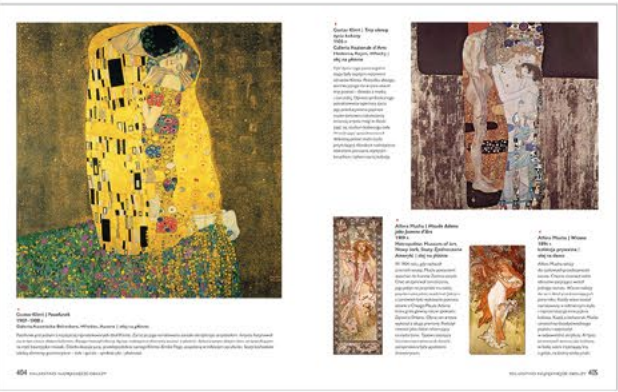
241 x 300 mm

hardcover



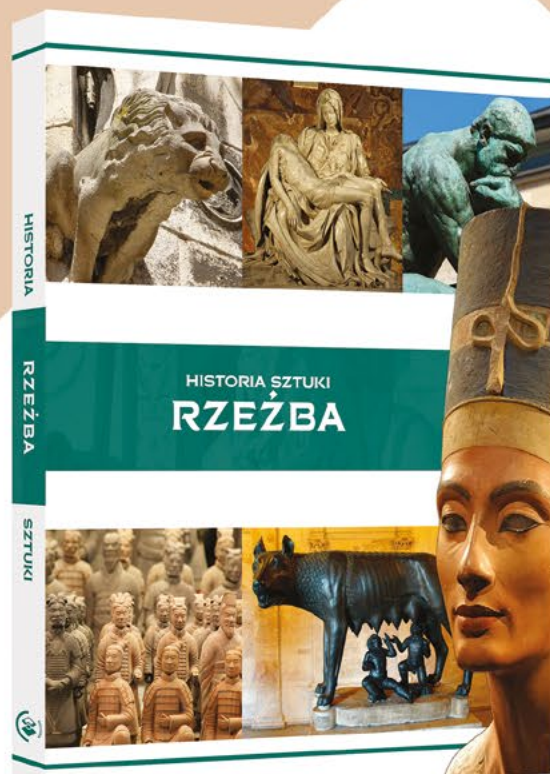
**PAINTING. THE MOST BEAUTIFUL
WORKS OF ART**

A stunning exploration of over 1000 famous paintings and their fascinating histories, showing changes in culture and history. The album contains **almost 1000 works** showing changes in culture and history. The reproductions are presented in chronological order – from prehistoric times to modern street painting. Spectacular paintings by the most exquisite artists, as well as less known painters, are coupled with extensive commentaries. This lavishly illustrated album reveals hidden stories and mysteries surrounding the creation of the greatest works. It presents profiles of legendary artists and their painting techniques.



SPECIFICATION

448 pp
241 x 300 mm
hardcover



Works of art often captivate the viewer, provide a pretext for deeper reflection, and they are a great source of historical knowledge. Art has a priceless impact on human spirituality, so it is advisable to induce fascination with it as early in life as possible. **This series of albums outline the development of different fields of art in each period.** Descriptions of the most important works are enriched with trivia and reproductions of paintings.

TITLES IN THE SERIES:

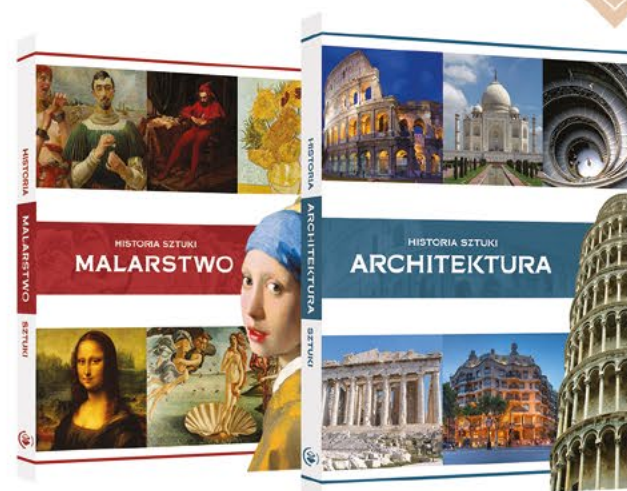
- ◇ History of Art: Painting
- ◇ History of Art: Architecture
- ◇ History of Art: Sculpture

SPECIFICATION

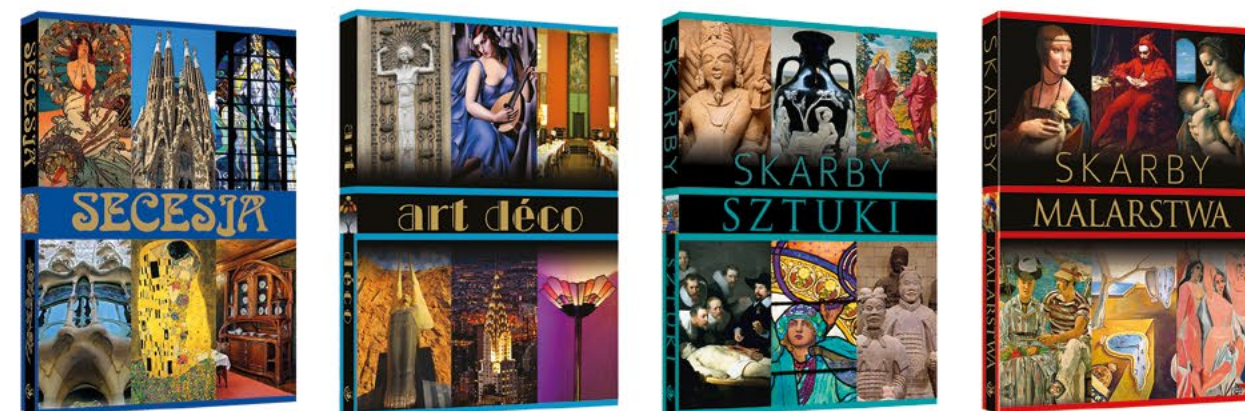
128 pp

241 x 300 mm

hardcover



Series of art reference books written by specialized art historians. **Richly illustrated albums take the reader on a journey through time.** The reader will find here captivating stories about enchanting art trends, as well as interesting accounts of people and their times.

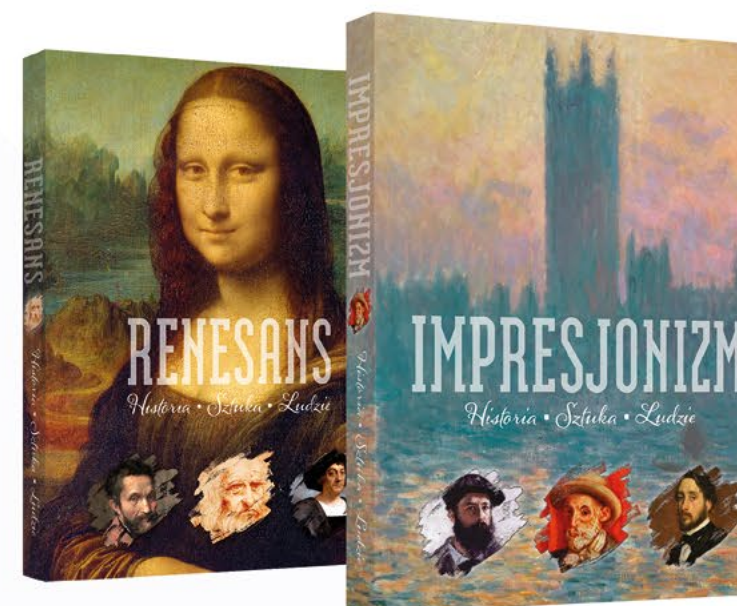


SPECIFICATION

240 pp

206 x 283 mm

hardcover

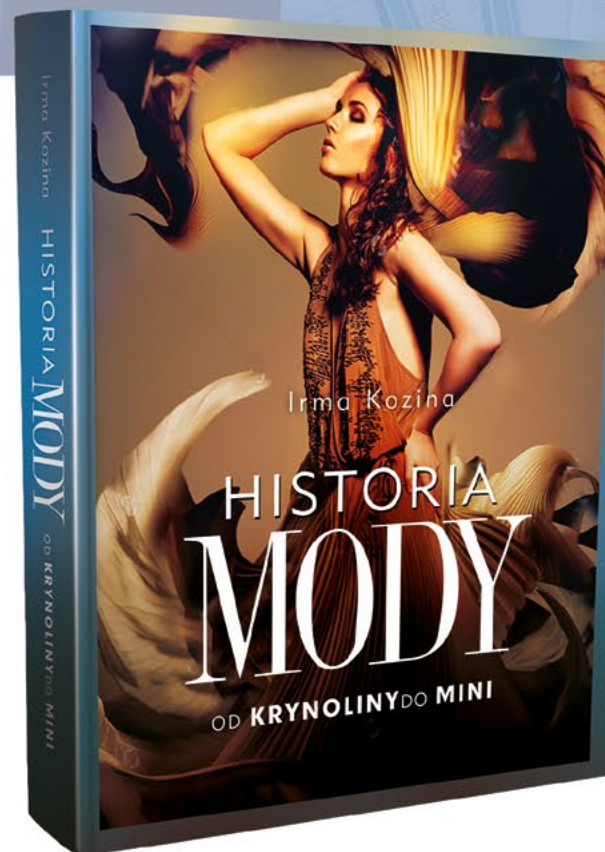


TITLES:

- ◇ Impressionism
- ◇ Renaissance
- ◇ Secession
- ◇ Art Déco
- ◇ Treasures of Painting
- ◇ Treasures of Art



FASHION & DESIGN



HISTORY OF FASHION

The Author offers a new insight on the history of fashion. Besides the analysis of the changing trends, she reaches for the social contexts of these processes, and includes a fully innovative chapter on the evolution of individual elements of wardrobe. **Fascinating stories from cult fashions shows, designers' motivations, descriptions of their creative processes coupled with commentaries of the art historian** will captivate both the readers for whom fashion is an everyday thing, and the ones who wish to broaden their horizons in this field. The album contains around 700 illustrations: agencies' photographs, archives, sketches, and trivia.

SPECIFICATION

448 pp

241 x 300 mm

hardcover



INTERIOR DESIGN

The book Interior Design provides inspiration when planning a stylish and chic apartment. Readers will learn the basic rules of interior design: how to combine colours, take advantage of optical illusions, build architecture with lighting, or how to comfortably furnish a bathroom, bedroom, or living room.

SPECIFICATION

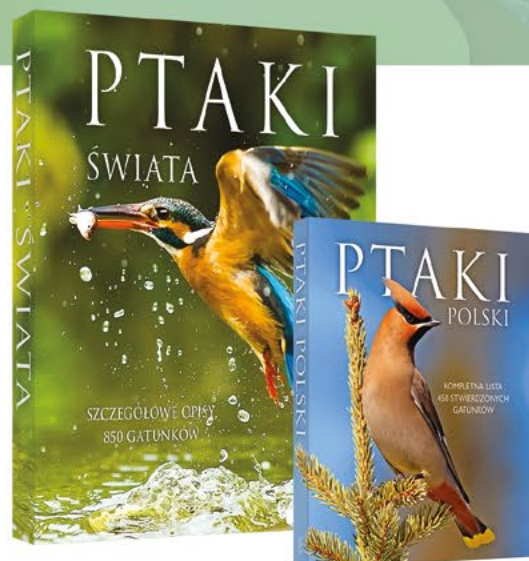
192 pp

165 x 240 mm

hardcover

ANIMALS & PETS

REFERENCE BOOKS



TITLES IN THE SERIES:
 ◇ Birds of Poland
 ◇ Birds of the World

BIRDS OF THE WORLD

Birds are delightful creatures, thought by many to be the most beautiful animals. They keep us company almost everywhere, nesting near our homes. There are 800 examples of all the orders of birds living in the world described in this album, according to their representativeness. Brief characteristics are illustrated with marvelous photographs.

BIRDS OF POLAND

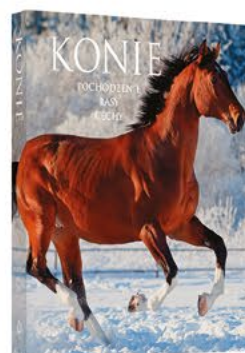
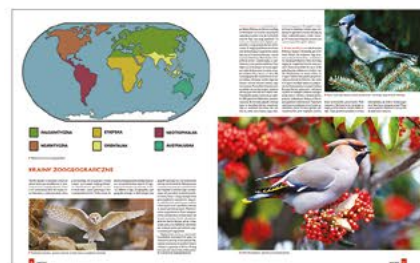
The fascinating world of birds remains a mystery for humans. It is worth getting to know the habits of winged inhabitants of fields and forests, to watch them more consciously, and explore their nature. The album presents a complete list of 450 species confirmed in Poland.

SPECIFICATION

448 pp

241 x 300 mm

hardcover

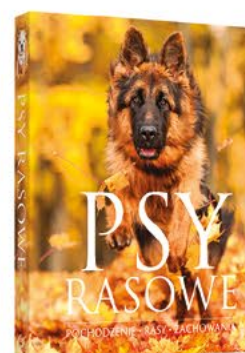


HORSES. HISTORY, BREEDS, FEATURES

There are almost 90 horse breeds presented here. Interesting descriptions of their history, appearance, and behaviour are coupled with splendid photographs.

SPECIFICATION
 ◇
 560 pp
 241 x 300 mm
 hardcover

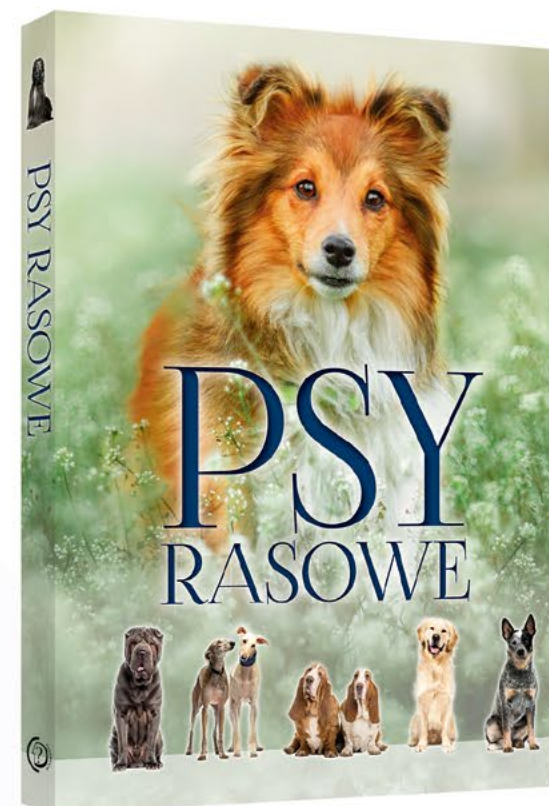
BESTSELLER



PUREBRED DOGS. HISTORY, BREEDS, BEHAVIOUR

The album contains a lot of interesting information about canine habits, needs, requirements, senses, and talents which could be useful to people.

SPECIFICATION
 ◇
 448 pp
 241 x 300 mm
 hardcover



TITLES IN THE SERIES:
 ◇ Purebred Cats
 ◇ Purebred Dogs
 ◇ Purebred Horses



SPECIFICATION

160 pp

206 x 283 mm

hardcover

This series of books is a perfect proposition for people looking for reliable descriptions enriched with amazing photographs. **Each guide describes 80 selected breeds.** It tells about the features inherited by contemporary representatives of the breed, as well as the breed's requirements. It is a perfect guidebook and a rich source of information for those who would like to learn more about their pets.

ANIMALS & PETS

REFERENCE BOOKS



ATLAS OF A BEEKEEPER

Two beekeepers: Jacek Nowak and Michał Piątek, explain in a simple way how to set up and run your own apiary. Reliable information about bee-keeping, and a clear calendar of apiary works are coupled with delightful photographs. The book contains an extensive atlas of melliferous plants.

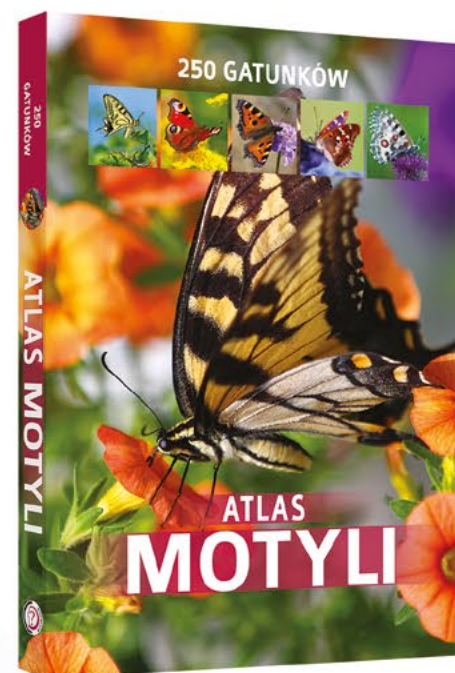


SPECIFICATION

192 pp

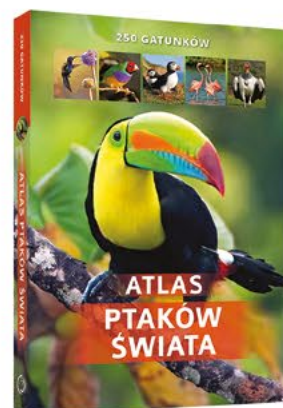
165 x 240 mm

hardcover



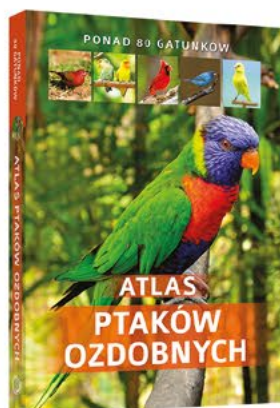
ATLAS OF BUTTERFLIES

Butterflies are among the most fascinating creatures on Earth. They evoke positive emotions even in people who usually look at insects with disgust. There are very few other animals that fascinate so many people. The album presents 250 species of butterflies occurring in Poland and Europe. It suggests how to recognize each species through their distinctive features.



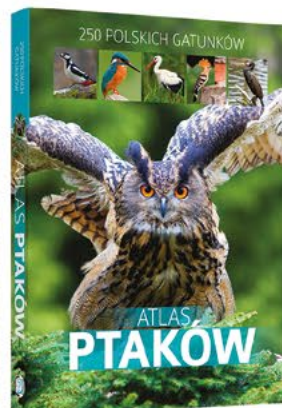
ATLAS OF THE BIRDS OF THE WORLD

The atlas contains overviews of 250 bird species from different zoogeographical regions. Detailed information on their appearance and habits is coupled with beautiful photographs which will make distinguishing the representatives of the bird community much easier. Detailed descriptions will interest every enthusiast of nature trivia.



ATLAS OF ORNAMENTAL BIRDS

The album presented here is a perfect offer for all the ornamental birds' enthusiasts. There are eighty of the most beautiful species described in the book. This thoroughly prepared publication includes the birds' characteristics and information on their breeding. It is a collection of knowledge on their habits, appearance, and requirements.

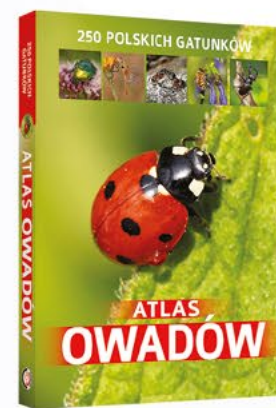


TITLES IN THE SERIES:

- ◇ Atlas of Birds
- ◇ Atlas of Ornamental Birds
- ◇ Atlas of the Birds of the World
- ◇ Atlas of Insects
- ◇ Atlas of Butterflies
- ◇ Atlas of a Beekeeper
- ◇ Atlas of Pets
- ◇ Atlas of Aquarium Fish

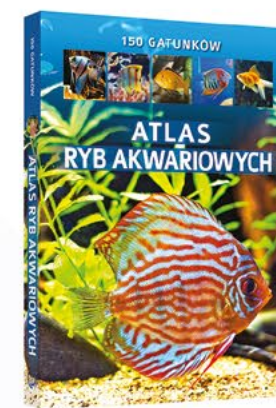
ATLAS OF BIRDS

The book presents over 250 birds regularly occurring in Poland. It suggests how to recognize a given species through their distinctive features. At the end of the book readers will find a chart with all the bird species confirmed in Poland, accepted by the Polish Avifaunistic Commission of the Polish Zoological Society.



ATLAS OF INSECTS

Insects are among the most fascinating and numerous animals on the Earth. There have been about 1 million species categorized until now all over the world. There are 250 species which you can see in Poland described in the album. Detailed descriptions are completed with photographs which makes the atlas a great teaching aid.



ATLAS OF AQUARIUM FISH

Fish swimming in an aquarium have a positive impact on a person's mood – watching them has a soothing effect. There are 150 species of aquarium fish described in the album. Their characteristics will help to choose the right species for our circumstances, so they match the requirements of these delicate animals.



ATLAS OF PETS

This thorough compendium includes a lot of interesting information on animal habits, appearance, needs, and requirements. Numerous trivia are enriched with delightful photographs. It is a perfect offer for people considering choosing a pet, as well as the ones who would like to find out more about their pets.



ANIMALS & PETS

HOBBY

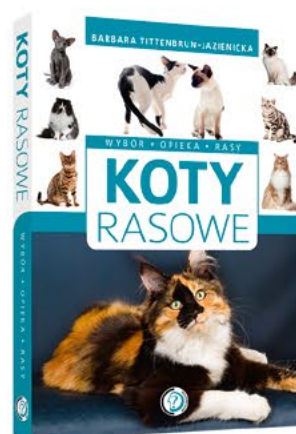
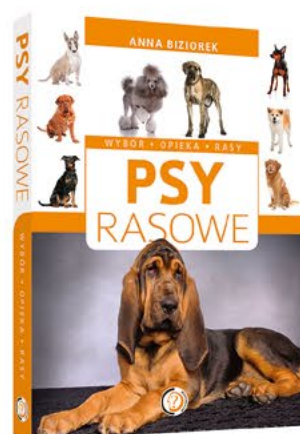
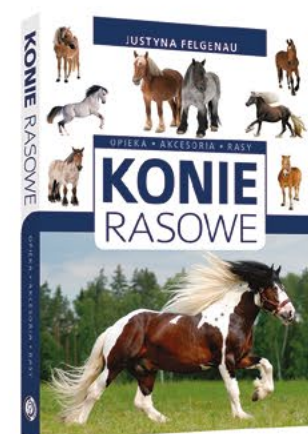


The series of books presented here is a perfect guide for people who would like to expand their knowledge on cats, dogs, or horses.

Besides detailed descriptions of over 70 species, the readers will find information about their anatomy, and advice how to care about their health and secure them the best conditions. There are also practical tips how to choose your future pet.

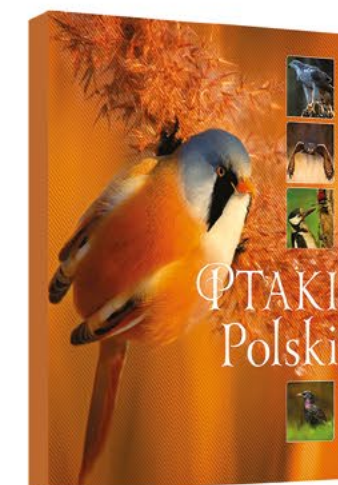
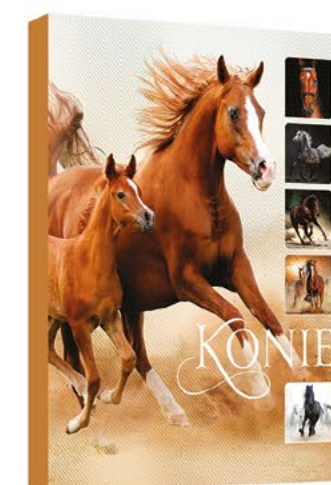


SPECIFICATION
192 pp
165 x 240 mm
hardcover



TITLES IN THE SERIES:

- ◇ Purebred Cats
- ◇ Purebred Horses
- ◇ Purebred Dogs
- ◇ Dog training



SPECIFICATION
160 pp
206 x 283 mm
hardcover

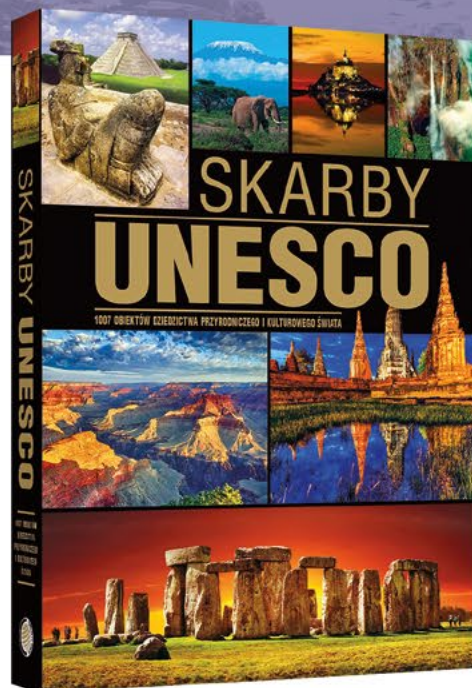
This series of albums is a perfect guide for people who would like to expand their knowledge on animals such as horses, cats, dogs or birds. Our fully up-to-date edition covers fascinating facts on animals and beautiful images of wildlife.

TITLES IN THE SERIES:

- ◇ Dogs
- ◇ Cats
- ◇ Horses
- ◇ Birds of Poland

NATURE & SCIENCE

EARTH & ENVIRONMENT



TITLES IN THE SERIES:

- ◇ Treasures of the World
- ◇ Treasures of UNESCO
- ◇ National Parks of the World

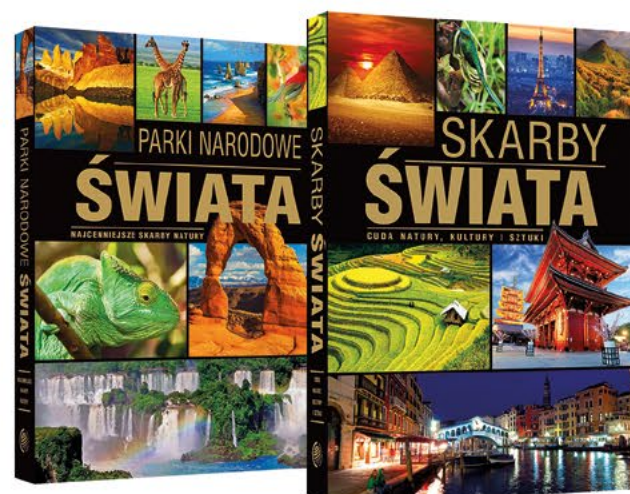


SPECIFICATION

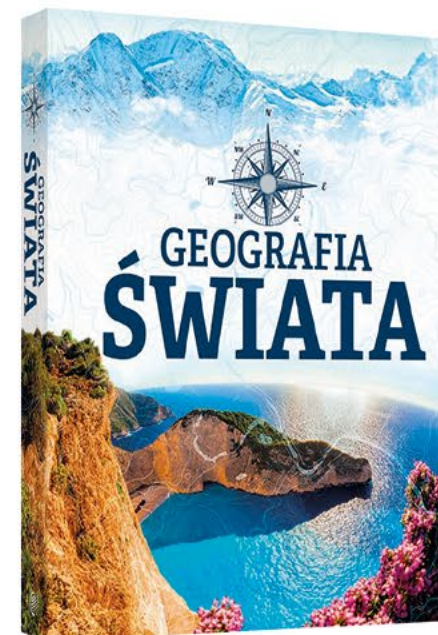
480 pp

241 x 300 mm

hardcover



A series of great albums presenting the most incredible treasures of the world, national parks, spectacular structures, and things created by Nature over the course of millions of years. Striking photographs enriched with information on each object will certainly show the readers the array of architectural and natural treasures of the six continents.

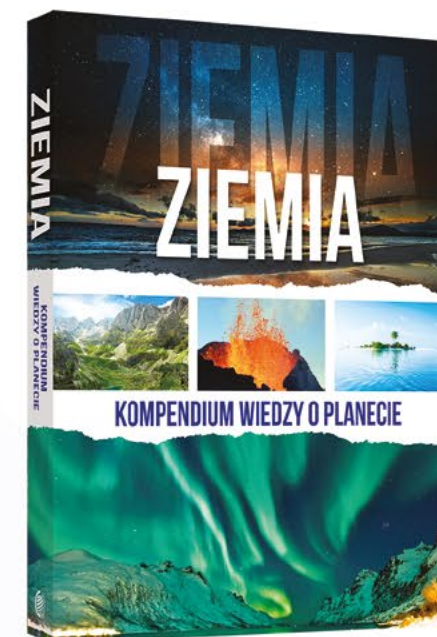
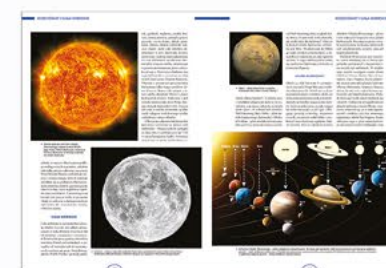


GEOGRAPHY OF THE WORLD

Geography of the World contains knowledge on geographical objects such as mountains, lakes, seas and rivers, countries, cities, and regions, organized into three thousand entries. It also includes phenomena creating the geographical environment: nature and economy. Brief records presented in a clear way are illustrated with two thousand photographs, maps, pictures, and diagrams.

SPECIFICATION

448 pp
241 x 300 mm
hardcover



EARTH. REFERENCE BOOK ON OUR PLANET

Our album Earth takes us on a journey around the whole globe, from the Earth's interior through deserts, glaciers, valleys, and mountains to the Solar System. The book refers to such fields as geography, biology, climatology, and geology. Reading it will certainly broaden the knowledge on the Earth's history, and the phenomena and processes occurring on our planet.

SPECIFICATION

448 pp
241 x 300 mm
hardcover

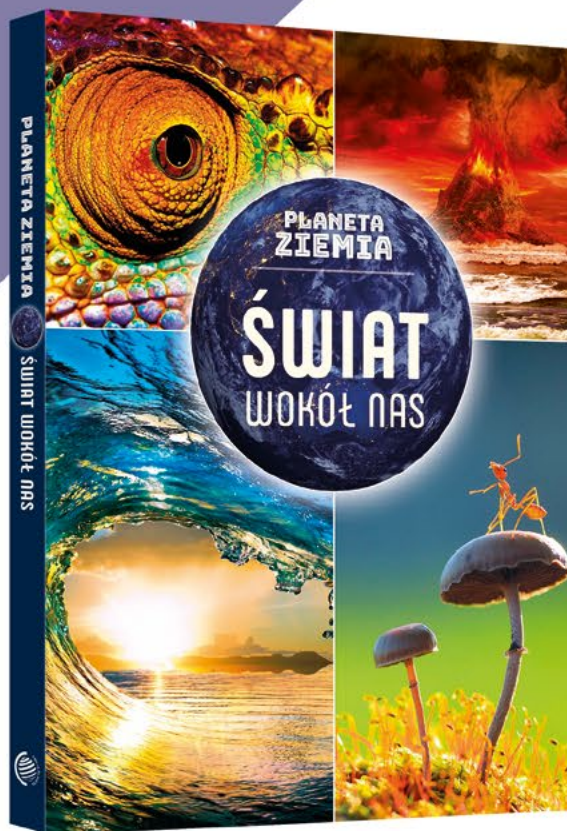
NATURE & SCIENCE

EARTH & ENVIRONMENT

TITLES IN THE SERIES:

- ◇ Ecology
- ◇ Animals and Plants
- ◇ The World Around Us
- ◇ Sky

The albums in the series include delightful photographs showing unique beauty of our planet, animals, natural phenomena, and the sky. It is a perfect proposition for all the enthusiasts of beautiful nature.

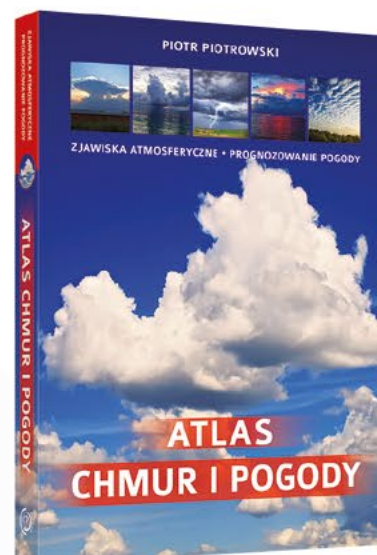


SPECIFICATION

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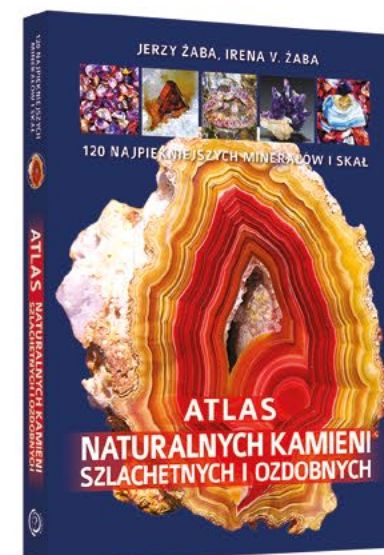
ATLAS OF CLOUDS AND WEATHER

The atlas presented here includes the most important information about clouds – their genesis, accompanying phenomena, and knowledge about optical and electrical phenomena occurring in the atmosphere. It is a perfect guide for readers who would like to learn the secrets of weather forecast.



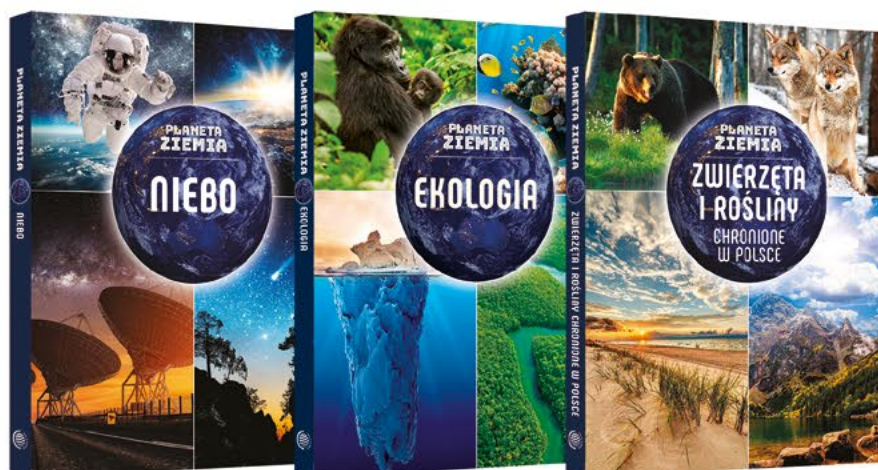
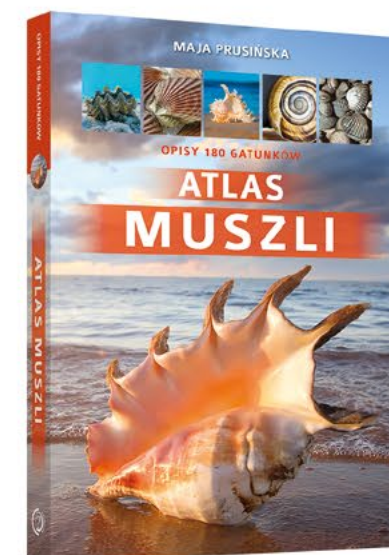
ATLAS OF NATURAL PRECIOUS AND ORNAMENTAL STONES

Precious and ornamental stones have always evoked interest and often delight with their beauty and exceptional properties. There are over 100 selected natural stones presented in this atlas, precious and ornamental, most of them represented by minerals.



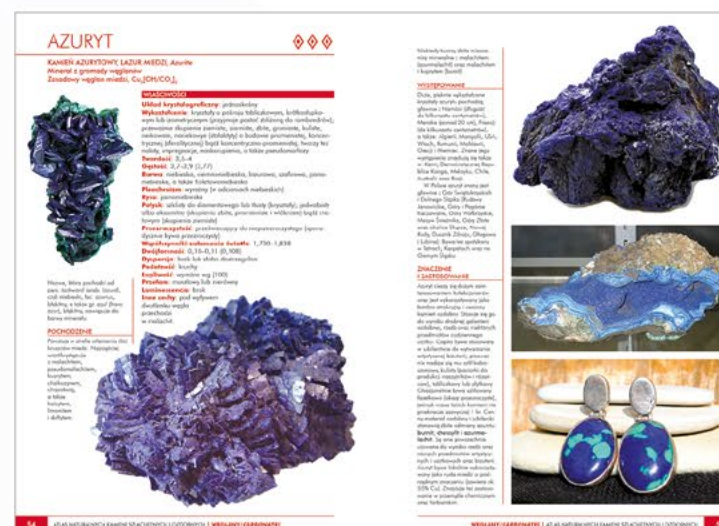
ATLAS OF SHELLS

The variety of details of the world's beauty is visible in shells found by the seaside. The book includes almost 200 descriptions of these calcareous skeletons of sea creatures. Their shapes, colours, and sizes will delight everyone and perhaps inspire more conscious collecting of these treasures of nature.



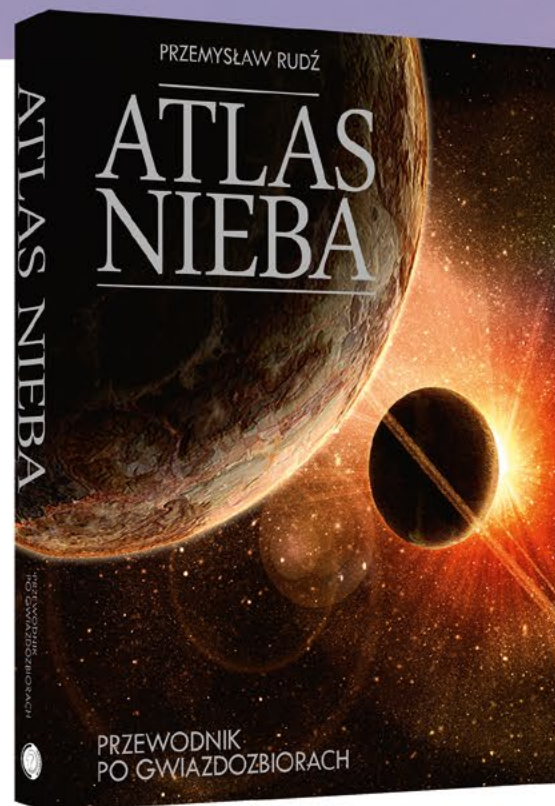
SPECIFICATION

192 pp
165 x 240 mm
hardcover



NATURE & SCIENCE

SPACE & ASTRONOMY



ATLAS OF THE SKY

It is never too late for astronomy. This amazing science will unveil its mysteries to everyone who asks oneself about the order of the planets and our place in this kaleidoscope. The album presented here is a guide through space. Well-ordered information coupled with expert and often breathtaking photographs will make the discovery of the sky's treasures a pleasure.

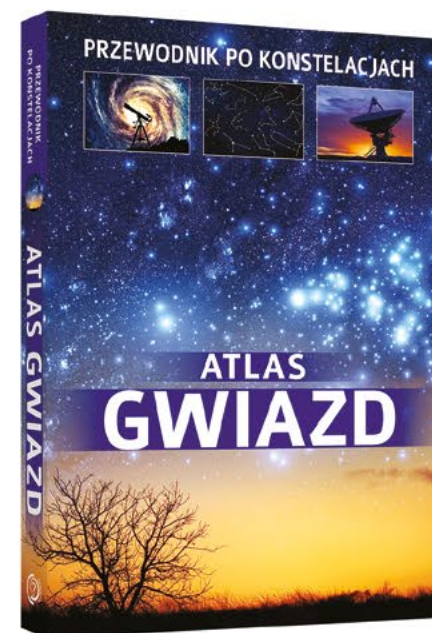
BESTSELLER

SPECIFICATION

240 pp

241 x 300 mm

hardcover

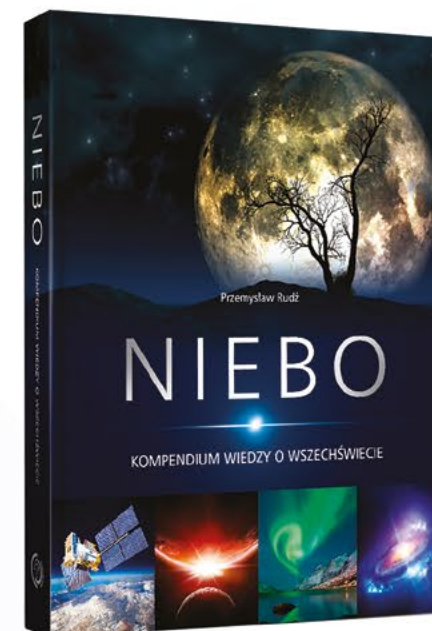
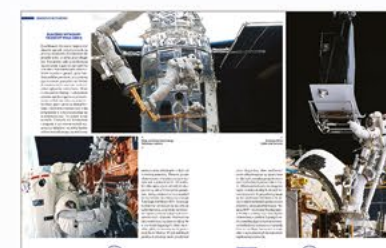


ATLAS OF STARS

Przemysław Rudź, a famous science communicator, describes 59 constellations in the book – their history, characteristics, and the most important stars and objects within their range. Detailed maps of the sky will help with finding the stars in each month, and the introduction will prepare the reader for watching the sky.

SPECIFICATION

192 pp
165 x 240 mm
hardcover



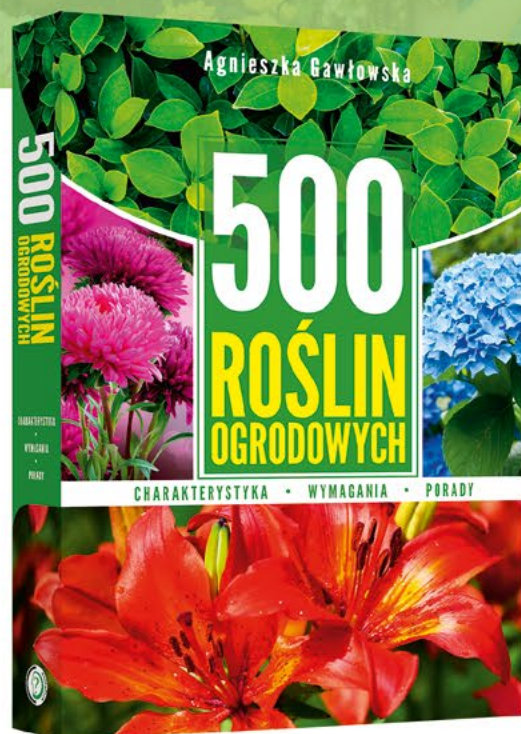
SKY

The theme of the book is the sky as a part of nature in a wide sense. Firstly, the sky and phenomena occurring above our head, the weather and climate, the Earth's atmosphere, types of clouds, tropical cyclones, and tornadoes. Secondly, the sky as a distant world of nebulae, galaxies, planets, comets, and asteroids.

SPECIFICATION

448 pp
241 x 300 mm
hardcover

GARDENING



Each reference book in the series includes 500 items. **Alphabetically ordered descriptions** present the plants' features, their requirements, and provide expert advice on cultivation for satisfying results. The books of the series are intended for enthusiasts of plant-based cuisine who would like to know more about new vegetables and fruits available on the market, as well as for gardeners who wish to boost their crops and diversify their backyard greenhouse.

TITLES IN THE SERIES:

- ◇ 500 Garden Plants
- ◇ 500 Houseplants
- ◇ 500 Spices and Medicinal Herbs
- ◇ 500 Fruit and Vegetables

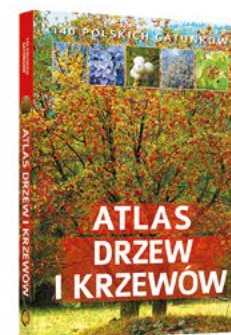
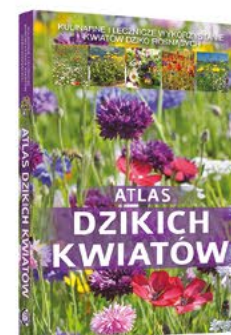
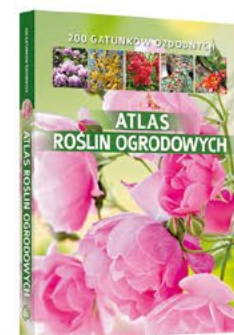
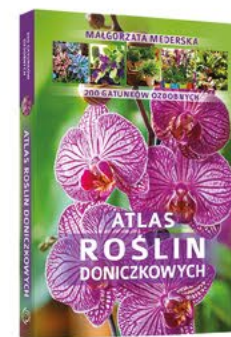
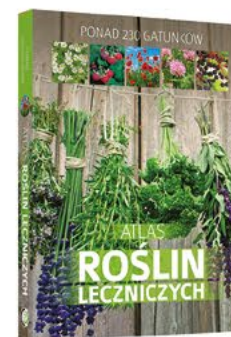
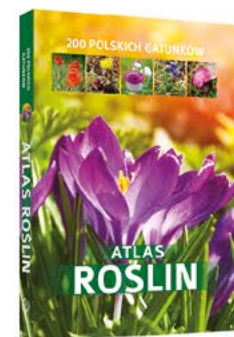


SPECIFICATION

384 pp

165 x 240 mm

hardcover



TITLES IN THE SERIES:

- ◇ Atlas of Plants
- ◇ Atlas of Medicinal Plants
- ◇ Atlas of Houseplants
- ◇ Atlas of Garden Plants
- ◇ Atlas of Trees and Shrubs
- ◇ Atlas of Herbs
- ◇ Atlas of Wild Flowers

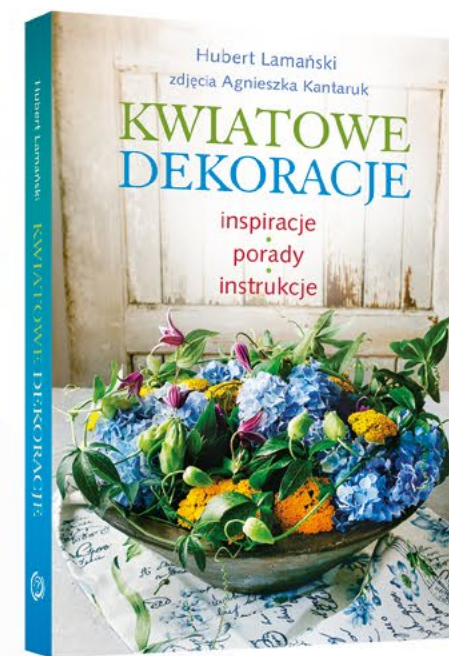
Each atlas contains descriptions of over 100 species.

SPECIFICATION

192 pp

165 x 240 mm

hardcover



FLORAL DECORATIONS

Floral design guidebook for readers who would like to create interesting decorations for their apartment or as a perfect gift. Readers will find out how to create chosen decorations, step by step, with the help of informative photographs and valuable guidelines.

SPECIFICATION

192 pp

165 x 240 mm

hardcover

GARDEN ENCYCLOPEDIA

Designing garden spaces requires a bit of knowledge and patience, but with a little effort every patch of land, even the smallest one, can become unique. You do not need to be an expert in landscaping to start and maintain in a simple way a beautiful place, harmonized with its surroundings.

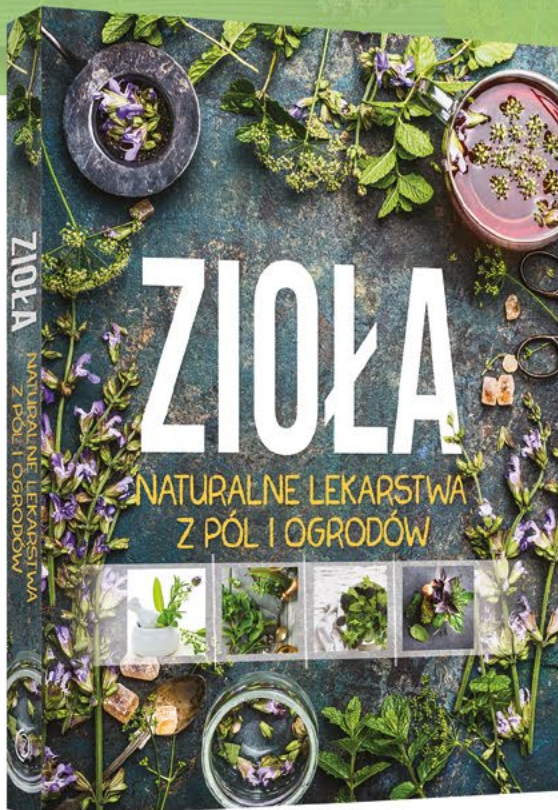
SPECIFICATION

448 pp

241 x 300 mm

hardcover

GARDENING



HERBS. NATURAL MEDICINES FROM FIELDS AND GARDEN

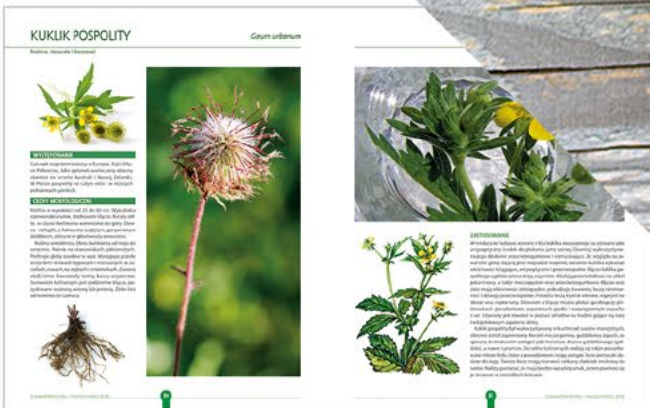
Natural Medicines from Fields and Garden covers **100 species of medicinal plants**: their properties, potential for growing, harvesting methods, and their use. Detailed descriptions of preparing medicinal products and ways of their application, as well as culinary recipes, including remedial tinctures, are a valuable addition to the book.



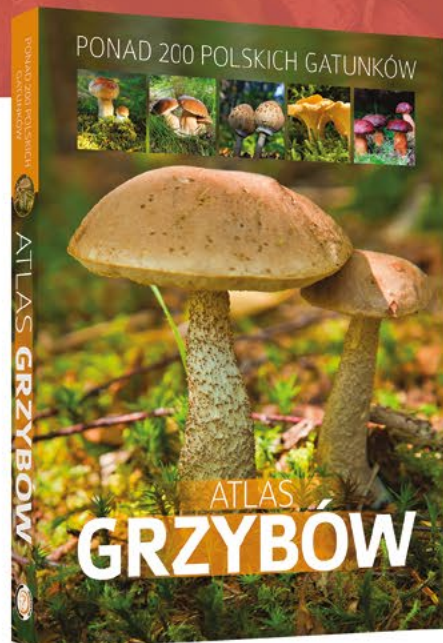
SPECIFICATION

304 pp
241 x 300 mm
hardcover

BESTSELLER



FOOD & DRINK



ATLAS OF MUSHROOMS

There are 233 mushroom species in the atlas, qualified as edible, inedible, or poisonous, according to the current state of knowledge. Comprehensive descriptions including detailed information about the mushrooms' appearance and their occurrence will certainly make their identification much easier. Readers will also learn about the use of different species.

TITLES IN THE SERIES:

- ◇ Atlas of Spices
- ◇ Atlas of Edible Fruit
- ◇ Atlas of Vegetables
- ◇ Atlas of Mushrooms
- ◇ Atlas of Wild Edible Plants

192 pp

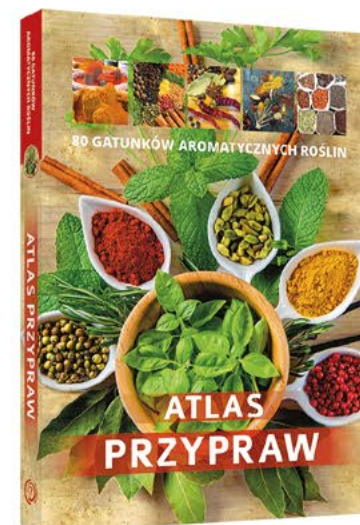
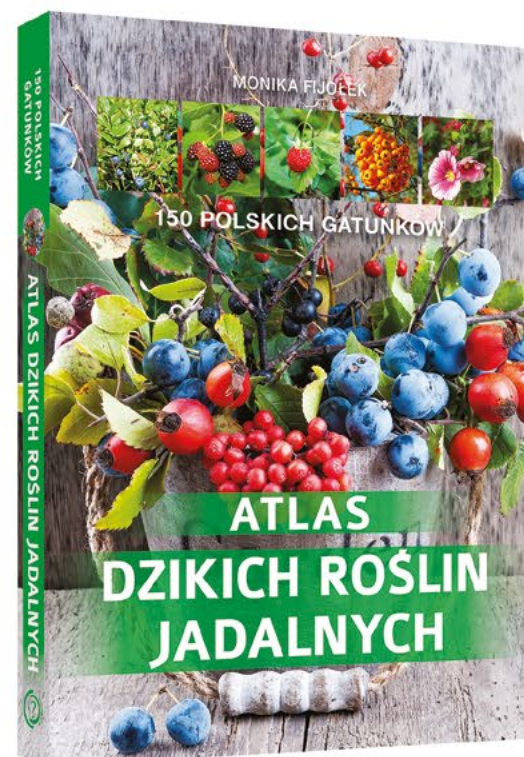
165 x 240 mm

hardcover

SPECIFICATION

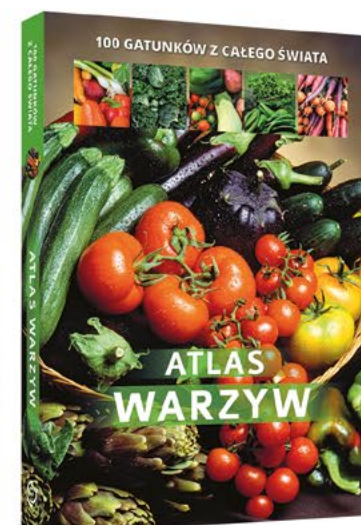
ATLAS OF WILD EDIBLE PLANTS

Wild plants can be a good basis for healthy everyday meals. Plantain, birch, rue, horsetail, and sorrel are easily available and contain remarkable abundance of valuable nutrients. The atlas presented here provides a lot of useful information on the occurrence of each species and their use in the kitchen, as well as culinary recipes.



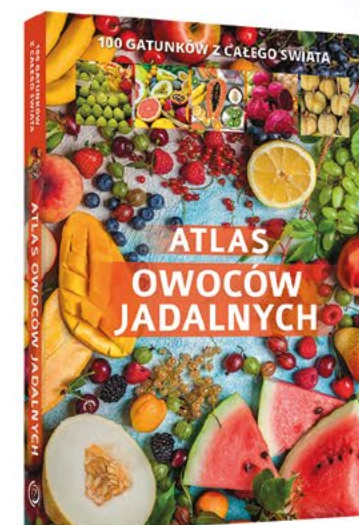
ATLAS OF SPICES

The atlas contains descriptions of spices and medicinal resources from all over the world. The description of each plant provides information on its morphology, use, and effects. The book is intended i.a. for readers interested in alternative methods of preventing various ailments.



ATLAS OF VEGETABLES

The guidebook presented here is very helpful when setting up a vegetable patch. Readers will learn to plan a place for their crops, and how to plant, cultivate, and harvest vegetables. The publication is intended for enthusiasts of plant-based cuisine who would like to learn more about new vegetables and fruit available on the market, and for gardeners.



ATLAS OF EDIBLE FRUIT

The atlas gathers information on the 180 most interesting edible fruit. Reliable information is coupled with photographs that make recognizing the fruit easier and inspire to discover new flavours. The descriptions show morphological features of the fruit, their occurrence, requirements, care tips, and suggested culinary use.



FOOD & DRINK

RECIPES

KOKTAJLE NATURALNE ŹRÓDŁO WITALNOŚCI



KOKTAJLE

NATURALNE
ŹRÓDŁO WITALNOŚCI

SHAKES AND SMOOTHIES. THE BEST SOURCE OF VITALITY

Not only are healthy and nutritious shakes and smoothies a perfect dietary meal, but they also help maintain vitality for a long time. The guidebook presented here shows how to prepare tasty shakes, juices and smoothies, perfect at any time of day. These drinks, filled with vitamins, will support our bodies in a fight against various diseases, improve our looks and mood.



SPECIFICATION

192 pp

165 x 240 mm

hardcover

BESTSELLER



FOOD & DRINK

RECIPES

NEW



VEGAN CUISINE

A guide through popular vegan products and 100 recipes for filling breakfasts, energizing smoothies, and snacks, as well as delicious soups, main courses, desserts, and cakes. Magdalena Piętkos, the author of Blue Almonds blog, inspires to start a tasty and healthy adventure with vegan cooking.

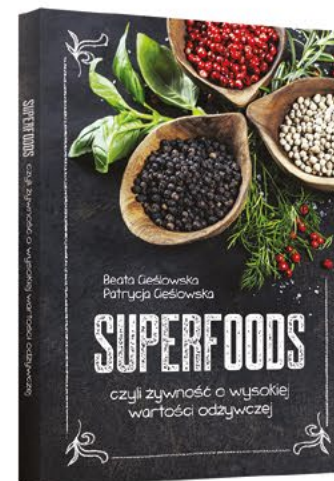


SPECIFICATION

192 pp

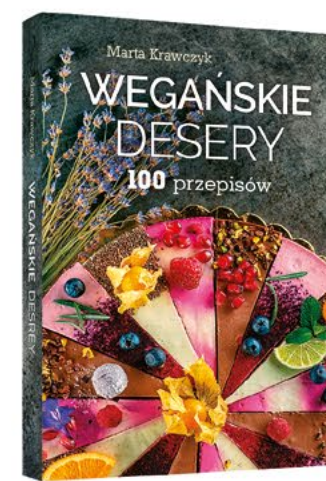
165 x 240 mm

hardcover



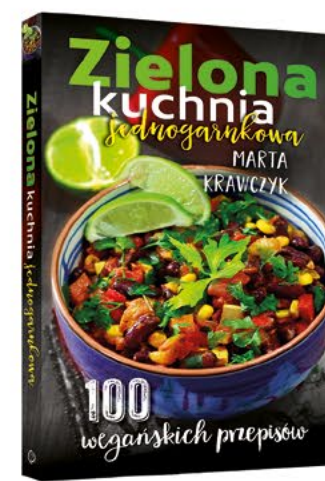
SUPERFOODS

At the time of rising nutritional awareness, we seek unprocessed foods, rich in healthy ingredients. It is worth taking a look at the superfoods category. The book covers over 40 products: their properties, impact on health, and ways of using them in the kitchen.



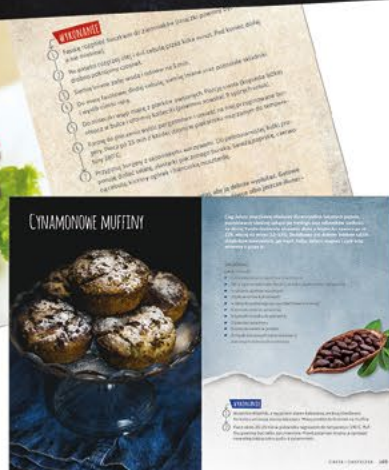
VEGAN DESSERTS

A collection of tested recipes for delicious desserts is the best proof that vegan cuisine can be imaginative, tasty, aromatic, and colourful. Vegan desserts include not only fruit salads, but also cakes, cookies, and chocolate treats.



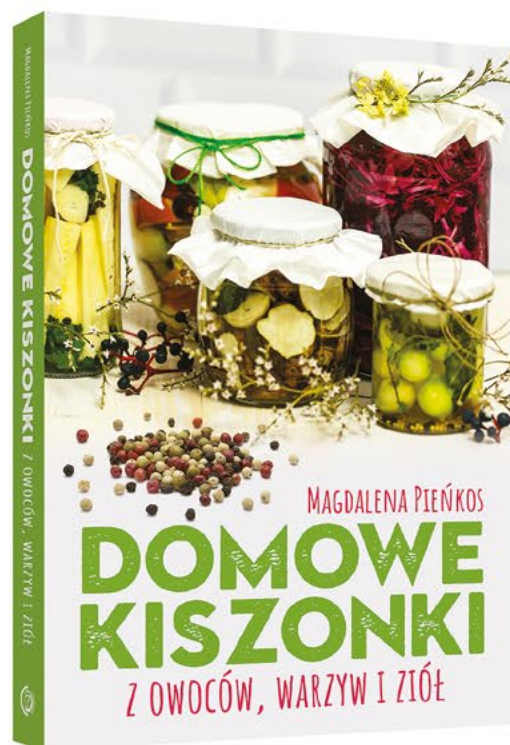
ONE-POT GREEN DISHES

Everyone knows that a plant-based diet has a positive impact on our health and mood. The book contains a collection of inspiring recipes for filling and nutritious vegan dishes, from warming up soups, through colourful casseroles, to vegetable one-pot stews.



HOMEMADE PICKLES

Tastes of spring, summer, and autumn closed in a jar will enrich every meal and can be a basis for delicious dishes. Pickles filled with vitamins are natural probiotics that boost our immune system. Magdalena Piętkos explains how to pickle vegetables, fruit, mushrooms, and how to prepare fermented meals based on pickles.



SPECIFICATION

96 pp

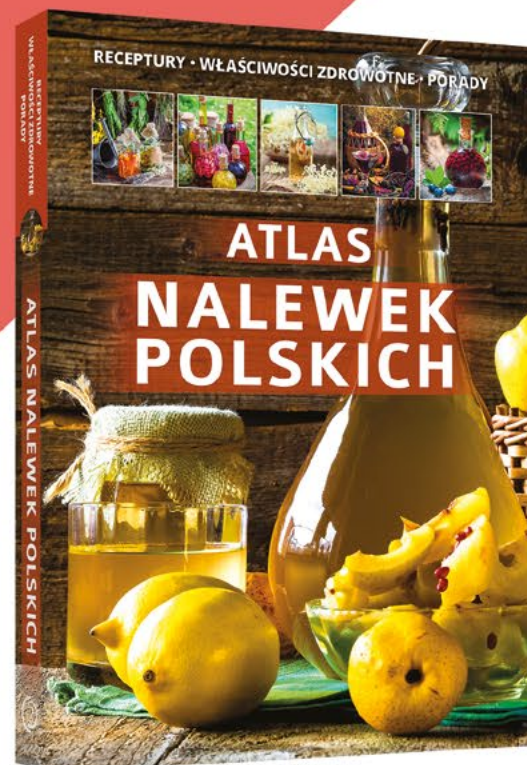
241 x 300 mm

hardcover

NEW

FOOD & DRINK

RECIPES



ATLAS OF POLISH TINCTURES

Reference books on **traditional homemade tinctures, made of fruit, spices, honey, herbs, and other products.** Besides excellent recipes, they include advice on harvesting fruit and herbs, and preparing materials, tested patents for achieving perfect clarity, exquisite colour, taste and aroma, and tips for storing the tinctures. Tinctures made of fruit, spices, flowers, and herbs capture the flavour and scent of summer in a carafe.

TITLES:

- ◇ Atlas of Polish Tinctures
- ◇ Tinctures and Healing Wines
- ◇ Homemade Alcohols



SPECIFICATION

192 pp

165 x 240 mm

hardcover



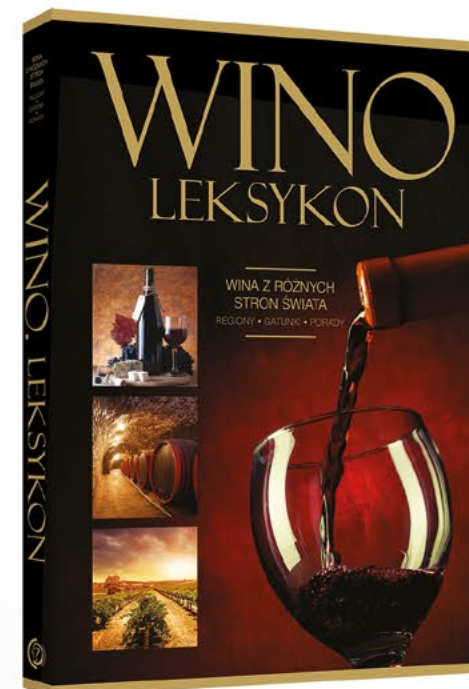
SPECIFICATION

80 pp
283 x 206 mm
hardcover



SPECIFICATION

144 pp
165 x 240 mm
hardcover



WINE. LEXICON

The book presented here is a perfect publication for every wine enthusiast. This lexicon is a guide through wine countries and regions. It describes the most interesting wines and their manufacturers. Besides a comprehensive description of different kinds of wine, the reader will find here information on the culture of drinking this noble beverage.

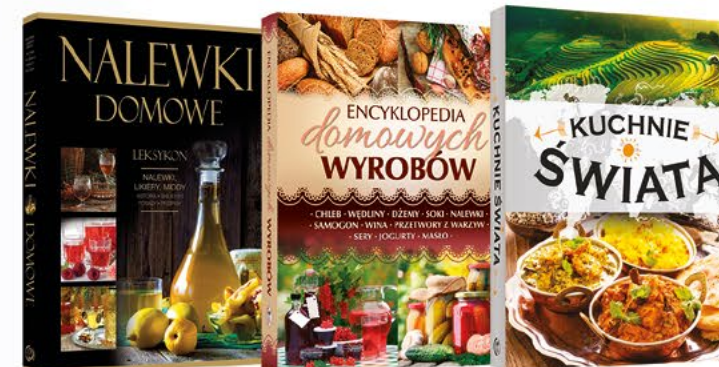


SPECIFICATION

240 pp

206 x 283 mm

hardcover



HOMEMADE TINCTURES. LEXICON

The lexicon of homemade tinctures, liqueurs, and meads presented here provides detailed information on storing these alcoholic beverages at home. Detailed tips and recipes introduce the reader into the world of traditional alcohols. Tinctures based on fruit, spices, flowers, and herbs capture the flavour and scent of summer in a carafe.

SPECIFICATION

240 pp
206 x 283 mm
hardcover

ENCYCLOPEDIA OF HOMEMADE FOODS

A compendium of knowledge on preparing healthy food and drinks. Readers will find here detailed information on baking bread, making sausages, hams, dairy, jams and vegetable products, as well as recipes for homemade tinctures, liqueurs, wines, and vodka.

SPECIFICATION

448 pp
206 x 283 mm
hardcover



WORLD CUISINES

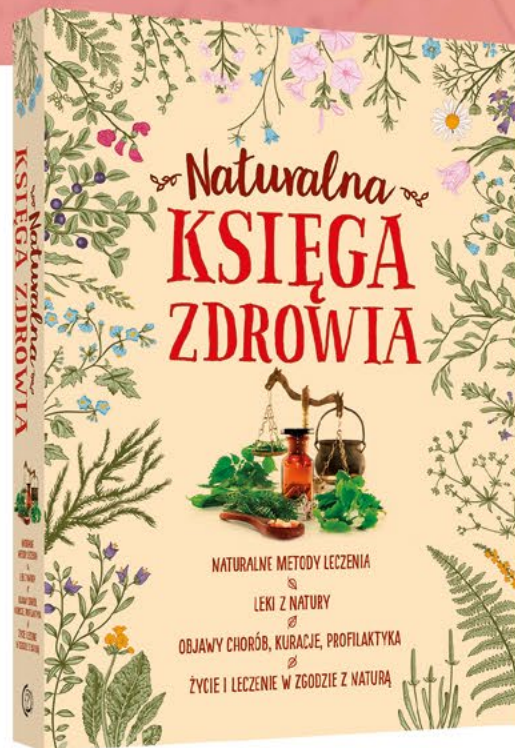
A collection of recipes from five continents. Among favourite traditional dishes from 35 countries there are also recipes for: appetizers, soups, main meals, cakes, and desserts, holiday meals, and local alcohols. The book also includes culinary customs of each country. All the corners of the world come together in the flavour of the world.

SPECIFICATION

448 pp
206 x 283 mm
hardcover

FOOD & DRINK

HEALTH & DIET



NATURAL BOOK OF HEALTH

This publication is a guide on prevention and treatment based on natural products, i.e. medicinal plants, herbal preparations, and healing according to the cycle of nature. The book provides advice on healthy diet, preventing illnesses, and self-medication with natural methods, avoiding chemical and artificial ingredients.



NEW

192 pp

165 x 240 mm

hardcover

HEALING WITH A GOOD DIET

The book written by a well-known blogger Pepsi Elliot tears down many myths about popular diets and promoted foods. The author describes in a comprehensible way the functioning of the human body, pathogenic products, and the ones which have beneficial influence on the system.

SPECIFICATION

400 pp

206 x 283 mm

hardcover

HOME PHARMACY

Pulled hamstring, sunburn, insect bites, epidermal abrasion, tonsillitis in the summer are common ailments, but you can immediately help yourself if your medicine cabinet is well-equipped with herbs and medications. This book provides information when and how to use them. It is worth returning to old and proven methods.

SPECIFICATION

448 pp

206 x 283 mm

hardcover



LIVE BY YOUR HORMONES

The book describes the functioning of endocrine glands, characterizes the hormones and the most common ailments caused by their incorrect functioning. It contains nutritional and lifestyle tips which have a powerful impact on hormone secretion.

SPECIFICATION

192 pp

165 x 240 mm

hardcover



LIVE BY YOUR BLOOD TYPE

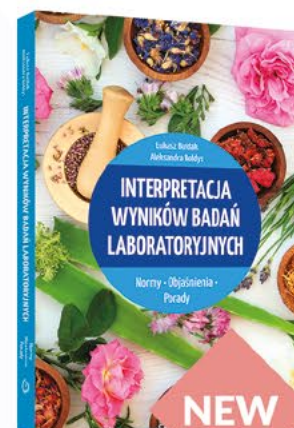
The book is intended for readers who would like to learn how blood types influence our health, mood, and even our personality. It is also a perfect compendium of knowledge on diet and exercises beneficial for people with a given blood type. All the seemingly complex processes are described in an interesting and comprehensible way.

SPECIFICATION

192 pp

265 x 240 mm

hardcover



NEW

INTERPRETING LAB TEST RESULTS

This guidebook provides expert information on laboratory tests and their methods, suggests recommendations for taking them, discusses interpretation of their results and medical advice in case of anomalies. This simplified guide to understanding lab test results serves to empower our readers.

SPECIFICATION

192 pp

165 x 240 mm

hardcover



EAT WISELY

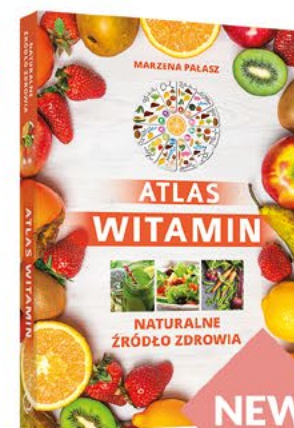
Marzena Pałasz, an experienced dietician, wisely describes nutrition strategies, energy balance, body weight control, and nutrients. Besides useful information on diets, the author gives examples of nutrition plans and recipes for meals which provide our bodies with necessary nutrients.

SPECIFICATION

192 pp

165 x 240 mm

hardcover



NEW

ATLAS OF VITAMINS

The atlas provides information about vitamins necessary for the proper functioning of our bodies. Recipes for meals containing each of the vitamins are supported by detailed information on vitamins C, A, D, K and others, their influence on functioning of each organ, and the myths and facts related to their supplementation.

SPECIFICATION

192 pp

165 x 240 mm

hardcover



BEAT CANCER. GOOD DIET IN A FIGHT AGAINST CANCER

When preventing and beating cancer it is also very important to know how to build and enforce the protective barrier of the body, to slow down or even stop the disease. This guidebook teaches how to fight for health with the right products, eating habits, and physical activity.

SPECIFICATION

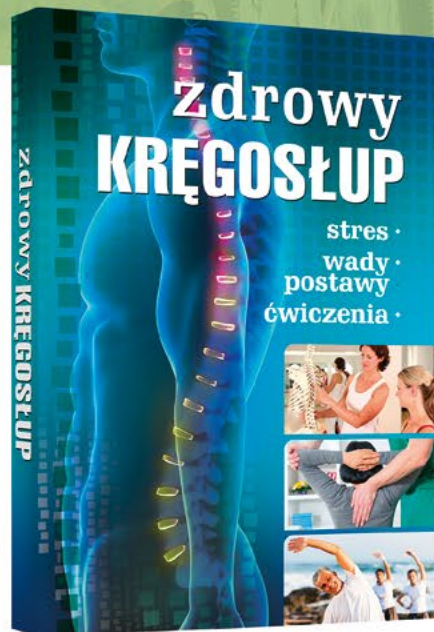
192 pp

165 x 240 mm

hardcover

SPORT & FITNESS

HEALTH



The guidebooks in the series are intended for readers who would like to learn the anatomy of human body, **prevent spinal ailments**, and **explore the secrets of therapeutic taping technique**. Each section is illustrated with very detailed pictures presenting all the parts of the human body, as well as organs and systems, and processes occurring in the body.

TITLES IN THE SERIES:

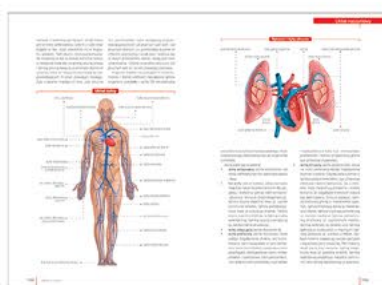
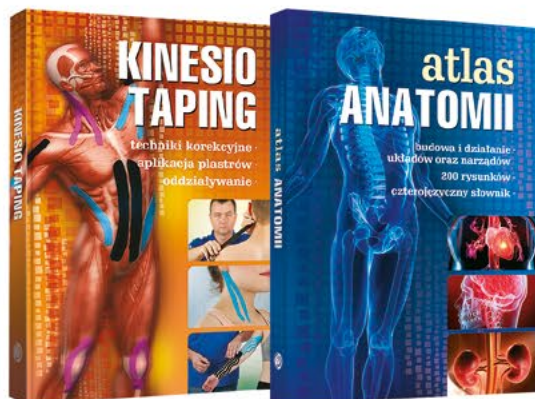
- ◇ Atlas of Anatomy
- ◇ Kinesio Taping
- ◇ Healthy Spine

SPECIFICATION

192 pp

165 x 240 mm

hardcover



We present a series of **self-help books** where readers can find **easy exercises** which will allow them to take **care of their health and physical shape**. The books were created by a team of expert physiotherapists for people who do not have much time for everyday physical activity. Comprehensible approach to health problems combined with exercise descriptions and instructive photographs will mobilize the readers to take proper care of their health.



TITLES IN THE SERIES:

- ◇ 5 Minutes for Your: Health
- ◇ 5 Minutes for Your: Spine
- ◇ 5 Minutes for Your: Joints
- ◇ 5 Minutes for Your: Heart



SPECIFICATION

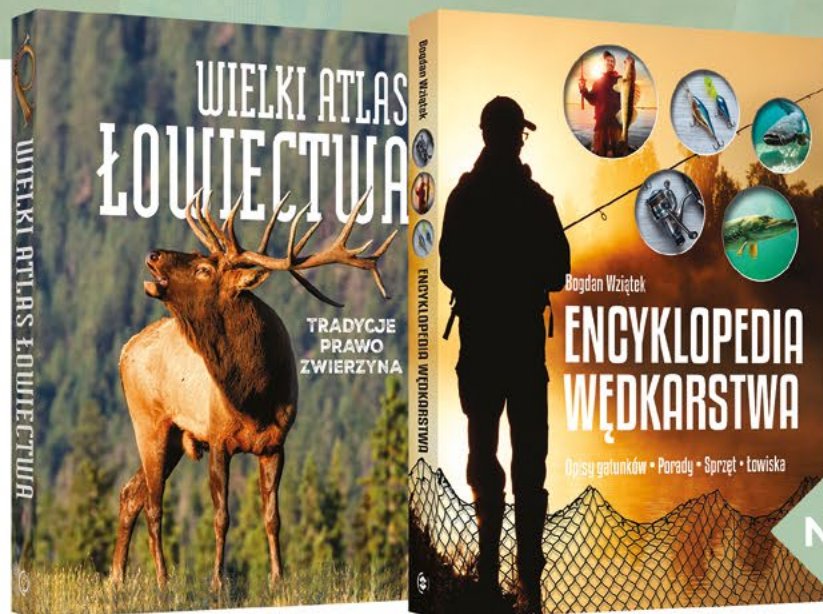
144 pp

210 x 275 mm

flexicover

SPORT & FITNESS

ACTIVE LIVING



- TITLES:**
- ◇ Great Atlas of Hunting
 - ◇ Hunting
 - ◇ Encyclopedia of Fishing (to be published in 2019)

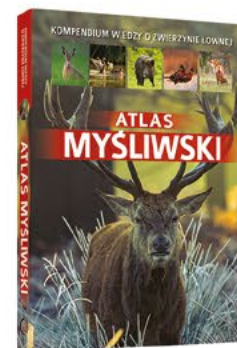
448 pp
241 x 300 mm
hardcover

NEW

Professional information on nature hobbies, prepared by a team of experts for hunting and fishing enthusiasts. The books in the series gather practical information on becoming a hunter or a fisherman, as well as traditions and customs from hunting circles. Individual chapters cover specific topics.

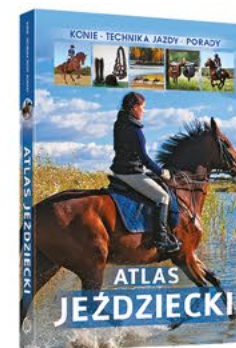


SPECIFICATION
240 pp
206 x 283 mm
hardcover



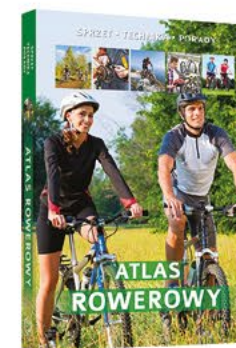
ATLAS OF HUNTING

The atlas presented here contains comprehensive descriptions of game animals, details of hunting a given species, selection rules, and instructions how to tell the sex and age of animals. Additionally, there is information on the game's reactions to shots. Numerous photographs and pictures are an unquestionable asset of the publication.



ATLAS OF HORSE RIDING

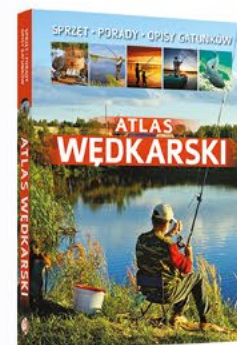
The handbook on equestrian sports includes information on horse anatomy and physiology, rider's equipment, basic topics concerning care and breeding, health problems, techniques and methodology of teaching horse-riding, exercises, and equine therapy.



ATLAS OF CYCLING

Atlas of Cycling is a perfect publication for people who wish to start their adventure on two wheels outdoors, and the ones who would like to hone their cycling skills. It provides advice what to consider when choosing a bicycle, how to get fit for cycling, improve your cycling techniques, and take care of your equipment.

192 pp
165 x 240 mm
flexicover



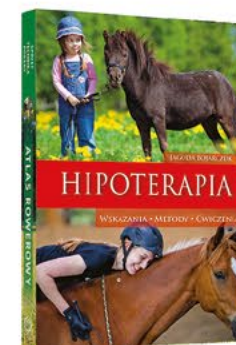
ATLAS OF FISHING

The handbook consists of a descriptive part, which is a must for any fisherman. The reader will find here information about methods and techniques of fishing, equipment, and baits. The second part includes descriptions of fish species, fishing grounds, and many practical tips.



ATLAS OF SAILING

The handbook contains information required by the training program for the yachtsman certificate. It presents basic information on: yacht construction, sailing theory, regulations, inland sailing directions, meteorology, and first aid. Chapters on maneuvering a sailboat and tying sailing knots include detailed instructional pictures.

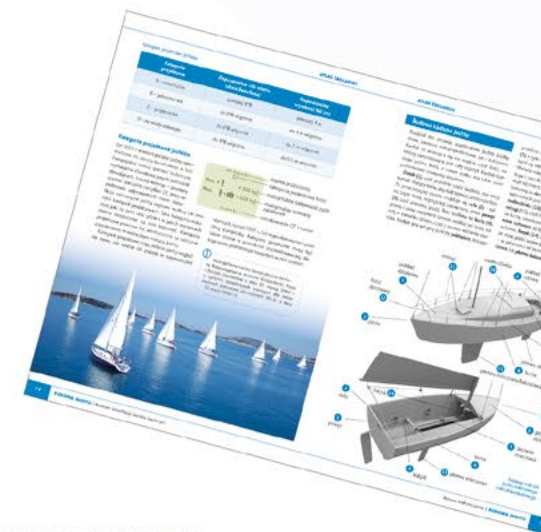


EQUINE-ASSISTED THERAPY

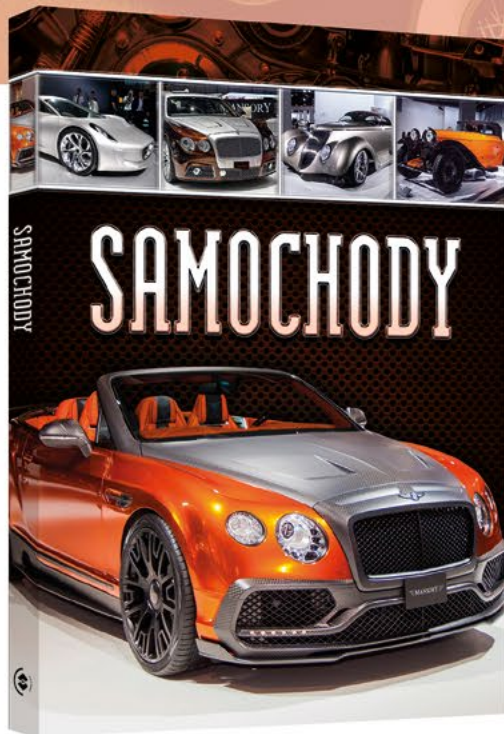
This richly illustrated publication contains the most important information about horses and the needs and requirements of these undoubtedly exceptional animals. The author presents the basics of horse riding and the secrets of equine-assisted therapy which is an increasingly popular method of treatment.

TITLES IN THE SERIES:

- ◇ Atlas of Cycling
- ◇ Atlas of Fishing
- ◇ Atlas of Horse Riding
- ◇ Atlas of Sailing
- ◇ Atlas of Hunting
- ◇ Equine-assisted Therapy



VEHICLES



Enthusiasts of timeless design will not overlook these albums presenting **cult motorcycles and cars**. Their shapes and design are easily recognizable despite the passing of time. The albums show i.a. BMW 507, Lamborghini Miura, Dodge Viper, Porsche 911, as well as 70 cult motorcycle models. Interesting descriptions of their performance options are illustrated with amazing photographs.

TITLES IN THE SERIES:

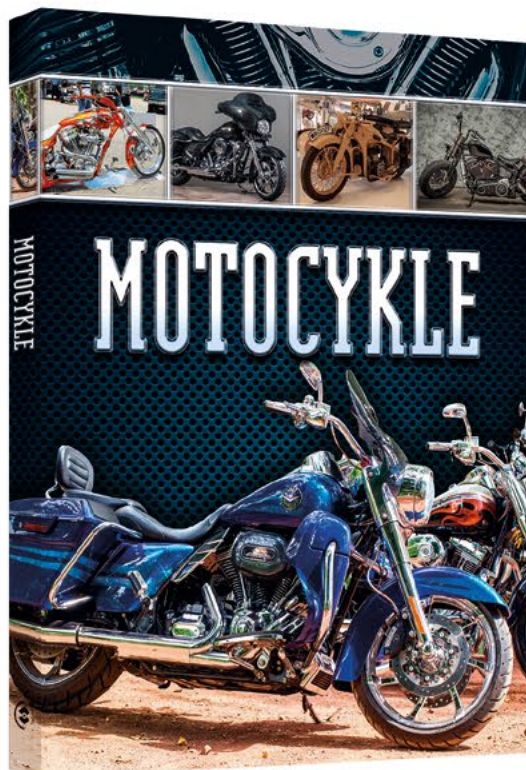
- ◇ Motorcycles
- ◇ Cars

SPECIFICATION

160 pp

206 x 283 mm

hardcover



TRAVEL & DISCOVERIES

REFERENCE BOOKS



SPECIFICATION

448 pp

165 x 240 mm

hardcover

AMAZING PLACES OF THE WORLD

The book **Amazing Places of the World** presents the most astonishing and captivating corners of the Earth: from melancholy Scandinavian landscapes, through modern metropolises, to untamed oceans – the abundance of attractions is incredible, and this book gives 1001 proofs.

EUROPE. 1001 MOST BEAUTIFUL HERITAGE SITES

The incredibly diversified landscape of Europe surprises with possibilities of passing the time. The travel guide presented here includes descriptions of the 1000 most beautiful places which will turn every planned trip into an incredible adventure. The amazing architecture is complemented with astonishing creations of nature.

500 WONDERS OF NATURE

The book **500 Wonders of Nature** includes descriptions of the most spectacular formations created by nature over millions of years. It is also an exciting attempt to explain the mysteries of creation of the strangest forms of the Earth's terrains.

TITLES IN THE SERIES:

- ◇ Dream Travels
- ◇ Dream Travels for Four Seasons of the Year



SPECIFICATION

448 pp

241 x 300 mm

hardcover



TRAVEL & DISCOVERIES

GUIDEBOOKS

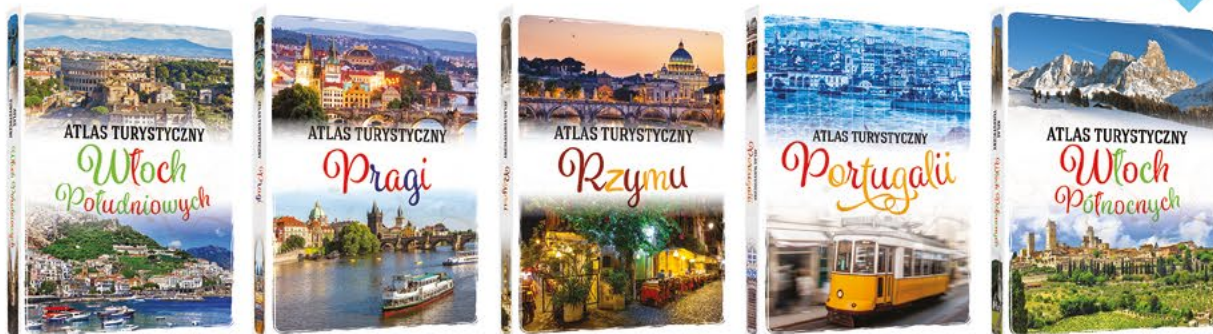


SPECIFICATION

192 pp

165 x 240 mm

hardcover

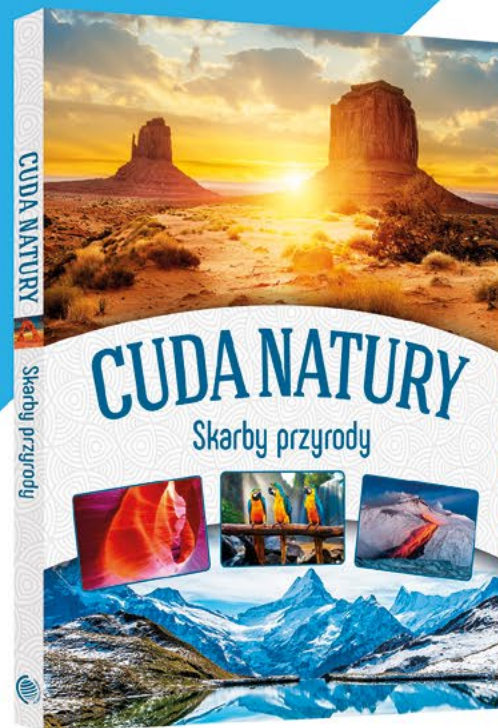


TITLES IN THE SERIES:

- ◇ Tuscany
- ◇ Portugal
- ◇ Bulgaria
- ◇ Croatia
- ◇ Barcelona
- ◇ Cyprus
- ◇ Prague
- ◇ Rome
- ◇ Spain
- ◇ Canary Islands
- ◇ Northern Italy
- ◇ Southern Italy

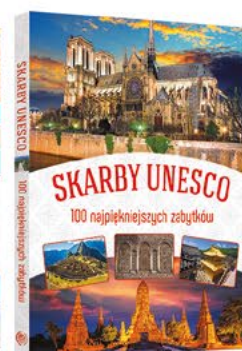
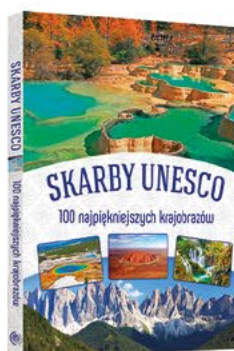
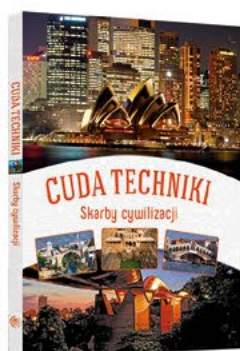
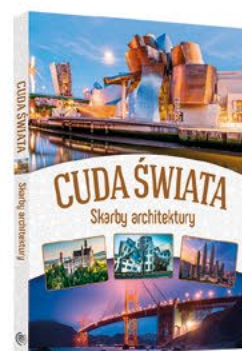
This series of travel guides comes very handy when planning vacation. The books cover the most important information about the history, geography, cuisine, and culture of a given country or region. Itineraries through cities or parts of the region are a great advantage of the atlas. Colourful photographs and thorough descriptions will help you plan a holiday that will match your expectations.





TITLES IN THE SERIES:

- ◇ Wonders of Nature. Treasures of the Natural World
- ◇ Wonders of the World. Treasures of Architecture
- ◇ Europe. The Most Beautiful Cities
- ◇ Treasures of UNESCO. 100 Most Beautiful Landscapes
- ◇ Treasures of UNESCO. 100 Most Beautiful Heritage Sites
- ◇ Wonders of Technology. Treasures of Civilization



PARK NARODOWY LOS GLACIARES

Argentyna

Wspaniały kraj położony w południowej części Ameryki Południowej. Jego granice tworzą góry, rzeki i jeziora. W tym kraju znajduje się jeden z największych parków narodowych na świecie - Park Narodowy Los Glaciares. Jest to park o ogromnym znaczeniu przyrodniczym i historycznym. W jego skład wchodzi wiele jezior, w tym słynne jezioro El Estero Viedma, oraz liczne góry i lodowce. Park ten jest nie tylko miejscem dla miłośników przyrody, ale także dla turystów, którzy chcą zobaczyć niezwykłe krajobrazy i zabytki kultury.



PALAU

Republika Palau

Na południowym wybrzeżu Oceanu Spokojnego, w grupie wysp Mikronezji, znajduje się niewielki państwo - Republika Palau. Jest to państwo o ogromnym znaczeniu przyrodniczym i historycznym. W jego skład wchodzi wiele jezior, w tym słynne jezioro El Estero Viedma, oraz liczne góry i lodowce. Park ten jest nie tylko miejscem dla miłośników przyrody, ale także dla turystów, którzy chcą zobaczyć niezwykłe krajobrazy i zabytki kultury.



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