

MONDADORI

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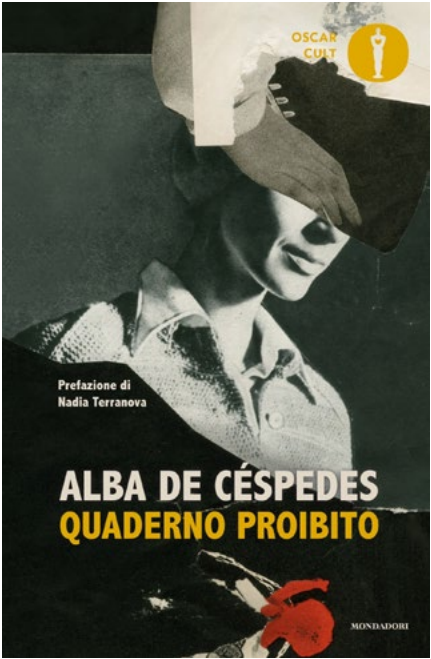
# ALBA DE CÉSPEDES

## Forbidden Notebook

“A best-selling novelist and political activist in her native Italy, she was admired for her sensitive depictions of women and their predicaments. Recently rediscovered, her work has lost none of its subversive force.” – *The New York Times*

“Championed by Elena Ferrante, de Céspedes’s neo-realist classic *The Forbidden Notebook* is being reissued 70 years after it was first published. It still speaks to women’s lives today”.  
– *The Guardian*

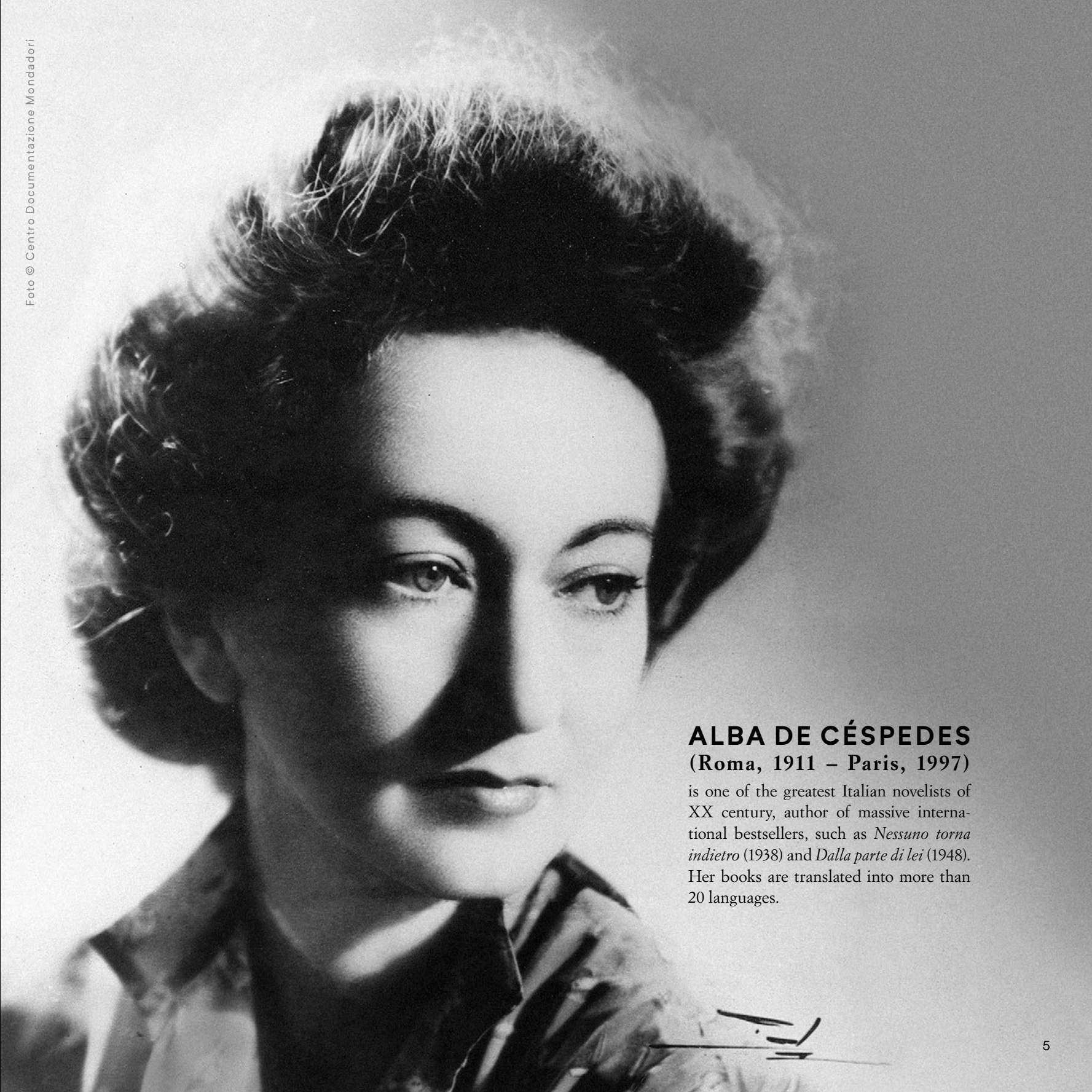
“Whether or not we choose to read *Forbidden Notebook* through a feminist lens, it is a radical novel. Freshly translated by Ann Goldstein with her signature energy, it blazes with significance. Women’s words are still laughed at, still silenced, still considered dangerous. De Céspedes vindicates, artfully and ardently, a woman’s right to write—a right that must never be taken for granted.” – *Jhumpa Lahiri The Paris Review*



Until Valeria began confiding her secret thoughts and feelings to a little black book, she never suspected how dissatisfying she had become with the shabby gentility of her bourgeois life. Suddenly she realized that her individuality was being stifled by the demand of her own high standards of devotion and duty to her husband, her daughters and her son. What goes on behind Valeria’s respectable façade – the conflict between the parents and children, husband and wife, their friends and lovers – is gradually unfolded. An intimate confession that leaves the reader shaken, feeling a sense of recognition of the universality of human relationships.

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INTO MORE THAN 20 LANGUAGES

Foto © Centro Documentazione Mondadori



## ALBA DE CÉSPEDES

(Roma, 1911 – Paris, 1997)

is one of the greatest Italian novelists of XX century, author of massive international bestsellers, such as *Nessuno torna indietro* (1938) and *Dalla parte di lei* (1948). Her books are translated into more than 20 languages.



PP. 500  
PUBLICATION:  
APRILE 2023

# ALBA DE CÉSPEDES

## The Remorse

Based on a deeply intimate style of writing, this novel gives voice to the anxieties of men and women in post-war Italy, putting on stage the irreconcilable conflict between two opposite worldviews.



Early 1960s. After a long period of silence, Francesca writes to her childhood friend Isabella, entrusting her with a task: she will have to hold on to her letters and deliver them to her husband Guglielmo in case “something bad” were to happen to her. Francesca reveals in those pages the most cliché of secrets, her affair with an architect called Matteo, a man with a pointlessly rebellious personality. Next to the letters in which Francesca declares her intention to leave the comforts of married life and those in which Isabella tries talk her out of it, the author also inserts the journal written by Gerardo: a young journalist who works for the newspaper that Guglielmo runs; he is planning on quitting a safe and well-paid job to dedicate himself to writing his novel. Each of them is experiencing in their own way a sense of shame and remorse. Based on a deeply intimate style of writing, this novel gives voice to the anxieties of men and women in post-war Italy, putting on stage the irreconcilable conflict between two opposite worldviews embodied by Isabella and Francesca: one, religiously inspired by a sense of duty and conformism, the other one, open, critical, and problematic.

PP. 400  
PUBLICATION:  
JUNE 2023

# ALBA DE CÉSPEDES

## In the Dark of Night

A love song for the nocturnal dimension of existence that turns into a poem of solitude.

Nel buio della notte (ed. Mondadori, 1976) is the Italian translation that De Céspedes made of her own French book *Sans autre lieu que la nuit* (published by Seuil in 1973), expanded with additional content in this edition. It represents the author’s most daring and experimental novel, a long narrative continuum that isn’t separated in chapters or paragraphs. It takes place in France, from dusk on March 20, 1972, until dawn on the next day: the last night of winter, the first day of spring, an expression of a deep need for renewal. The thoughts, conversations, and movements of a host of characters, a teeming crowd roaming around small apartments in the Latin Quarter and society parties, psychiatric wards and subway tunnels, bistros and taxis. With a plurality of stylistic and linguistic registers, De Céspedes creates a chain of stories in a long sequence that feels almost cinematic, depicting doctors and nurses, journalists and lawyers, taxi drivers and migrants, young political activists and drug-addicted outcasts, lonely girls searching for themselves and women busy in their roles of mothers and wives, free men and prisoners... A great ensemble novel that represents the weave of impulses and destinies of a large metropolis and the alienation of city life. A love song for the nocturnal dimension of existence that turns into a poem of solitude.





RAFFAELE LA CAPRIA

# The Mortal Wound

*Ferito a morte* is a book you can't get rid of. It is like a sort of boomerang: even if you wanted to toss it with all your strength as far away as possible (say, because it is too beautiful, so as not to feel inferior), it would take advantage of the curvature of space-time and return to you, coming up behind you and catching you by surprise. Might as well give up: re-read it once in a while, and every time you finish the last chapter go back to the first one. I warned you, now do as you please.

– Sandro Veronesi



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The story from *Ferito a morte* (*The Mortal Wound*) takes place over the span of eleven years: from the summer of 1943, when the protagonist Massimo De Luca met Carla Boursier during a bombing, until the day he moved to Rome at the beginning of the summer of 1954. Between these two moments in time, the story unfolds in fragments and flashes, each one present and remembered, each one referring to a different year, even though they all seem to be magically enclosed in the arc of one morning: underwater fishing, the boredom of the yacht club, lunch at De Luca's house... The last three chapters also present a summary of all of Massimo's subsequent trips to Naples, his disenchanted returns to the city that "mortally wounds you or makes you fall asleep, or both at the same time;" the city that he identifies with the unattainable Carla, with the sea, with the myths of youth. As E. M. Forster wrote, if "the final test of a novel will be the readers' affection for it," then *Ferito a morte* passed it with flying colors. The book, which the author himself defined as "not easy," is a cult for many critics and writers; it was (and still is) a popular book, loved and read, emotionally followed, even by readers who don't know much about literary issues but found in it their same nostalgia for a paradise lost and for a "perfect day." It is therefore a book of initiation, revelation, and discovery with universal value.

Foto © Stefano Baroni

## RAFFAELE LA CAPRIA (Naples, 1922 – Rome, 2022)

made his literary debut with *Un giorno d'impazienza* (1952, published in English with the title *A Day of impatience*) and achieved notoriety with *Ferito a morte* (1961, winner of the Premio Strega, published in English as *The Mortal Wound*). His books include *False partenze* (1974 and 1995), *L'armonia perduta* (1986), *Letteratura e salti mortali* (1990), *La mosca nella bottiglia* (1996), *Lo stile dell'anatra* (2001), *L'estro quotidiano* (2005), *Doppio misto* (2012), *La bellezza di Roma* (2014), and *La vita salvata* (2020).



DANIELE MENCARELLI  
Hungry for Air

What are the extreme conclusions of a parent's love?  
Daniele Mencarelli is back with a new powerful novel, questioning the crucial issues of our existence with his usual cold-blooded lucidity and his poetic, essential, and direct language.



Pietro Borzacchi is driving his car with his eighteen-year-old son Jacopo when the clutch suddenly breaks down. His luck turns when he runs into Oliviero, a mechanic who offers to take them to the nearest town, Sant'Anna del Sannio. When Jacopo steps out of the vehicle, something seems wrong with him: his vacant gaze, his undulating stride, his left hand keeps on rubbing the leg of his trousers, back and forth. Jacopo is autistic: he has low-functioning autism. As Pietro reluctantly explains, "He doesn't talk, he can't do anything, he pisses and shits on himself." While they wait for Oliviero to repair the car, they will stay at Agata's, in the town's café and inn. Little by little and almost against his will, Pietro finds himself reconciling with some of the little pleasures in life: eating a good dish, engaging in a conversation, observing people's everyday lives flowing around him... But the night in which he lives is still too dark to leave room for dawn. In the extremely compact and dramatic three-day arc, Mencarelli delves into one of the most intense, but also most heavily theorized and exalted feelings, parental love, tackling it in a completely anti-rhetorical way and drawing it to its extreme conclusions.

**DANIELE MENCARELLI** was born in Rome in 1974. His debut novel *La casa degli sguardi* was published by Mondadori in 2018 and was awarded the Premio Volponi, the Premio Severino Cesari Opera Prima, and the Premio John Fante Opera Prima. His second novel *Tutto chiede salvezza* (Everything Calls for Salvation) was published in 2019; it received the Premio Strega Giovani, it was translated in nine countries and was adapted into a Netflix TV series that was released in October 2022. *Sempre tornare*, published in 2021, concludes his ideal autobiographical trilogy and received the Premio Flaiano 2022.

FROM THE SAME AUTHOR  
Everything Calls for Salvation

"Salvation. For me. For my mother on the other side of the phone line. For all the sons and daughters. For all the mothers and fathers. For all the brothers and sisters of all times, past, present, and future. My disease is called salvation."

Daniele is twenty years old when he has a violent outburst of rage and is involuntarily committed into a psychiatric ward. It is June 1994. He would be a young man like any other were it not for his extreme sensitivity and the fact that he is stuck in a hospital room for a week. Throughout this experience, which feels like a delirious summer camp in a circle of hell, Daniele is flanked by his roommates: a bunch of disturbing and sweet characters, incoherent yet wise. In the depth of this madness shines a powerful humanity, which Mencarelli is able to voice with unique tenderness and strength. The author sets the stage for the desperate, furious search for meaning of a boy imploring to be saved.



TRANSLATED INTO MORE THAN 9 LANGUAGES

ADAPTED INTO A NETFLIX TV SERIES  
RELEASED IN OCTOBER 2022

ENGLISH TRANSLATION AVAILABLE



# ROMANA PETRI

## Stealing the Night

Everyone knows: Antoine de Saint-Exupéry wrote *The Little Prince*, one of the world's most popular novels. What everyone does not know is that Antoine, familiarly Tonio, is a character who is worth a great story on his own. And it is the story that Romana Petri has written with the fever and fury of someone who lets himself be captured by a character and makes it his own, or rather steals it, so much so that it more than often takes the form of imagination.



Orphaned by his father, Antoine de Saint-Exupéry, familiarly known as Tonio, lives a happy childhood in the castle of Saint-Maurice-de-Rémens, loved, celebrated, enveloped in the monstrous, almost obsessive love for his mother; a childhood that remains glued to his soul for the rest of his life, ever since he sees, heartbroken, his youngest brother die. Childhood follows him like a destiny when, exalted, he begins to fly, civilian and military pilot, when he falls in love over and over again, when he moves to America, when he writes. Where Tonio went, we do not know, in the burning skies of 1944. We do know that he left us the stars of the night, the dream of a wonder that was never consummated. Romana Petri constructs and deconstructs, crumbles the rules of biography, evokes and recounts loves, friendships and disappointments as details of an appetite for adventure that is never satisfied, moves between dates and within History in the sole search for the prince who defeated the night and flew into infinity.

LOONGLISTED FOR THE PREMIO STREGA 2023

**ROMANA PETRI** is a translator and critic. She works with the publications Io Donna, La Stampa, il Venerdì di Repubblica, and Corriere della Sera. Her novels have been translated in the United Kingdom, the United States, France, Spain, Serbia, the Netherlands, Germany, and Portugal. Her books include *Ovunque io sia* (2008), *Ti spiego* (2010), *Le serenate del Ciclone* (2015, winner of the Premio Super Mondello and Premio Mondello Giovani), *Il mio cane del Klondike* (2017), *Pranzi di famiglia* (2019, winner of The Bridge Awards), *Figlio del lupo* (2020, winner of the Premio Comisso and the Premio Speciale Anna Maria Ortese-Rapallo), *Cuore di furia* (2020), and *La rappresentazione* (2021).

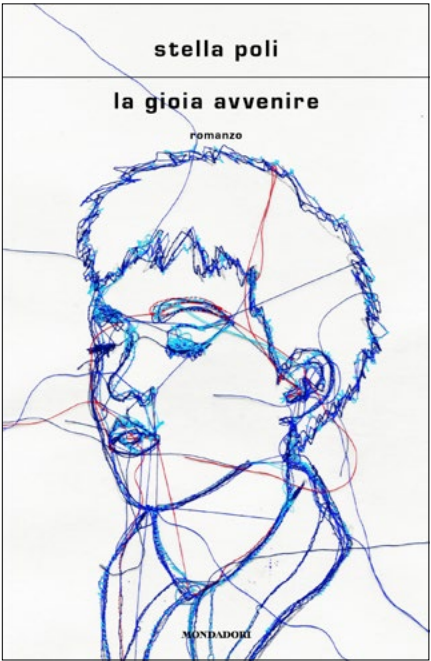
# STELLA POLI

## The Joy Ahead

*La gioia avvenire* is a dazzling debut – harsh, disjointed, at times impudent – that holds together the density and sound of poetic writing and the analytical finesse of prose. It is a courageous reflection on consensus, the fallibility of human justice and the persistence of wounds.

“A very powerful text comprising a collection of fragmented episodes rendered particularly effective by its sharp prose.” Jury’s statement for the Premio Calvino

Nadia was fourteen years old when her story jammed. She hid her shape under basketball sweatshirts, was good at school and sang in the church choir. One day a 40-year-old married man, a friend of her father’s, started courting her. It was a slow approach, made up of tiny movements, glances. She did not perceive the danger at first, she was curious, provoking upset in a man made her feel beautiful, seen. ‘I wish I could say that he took me by surprise, forcibly overpowered me, beated me,’ she writes. Instead she got into his car the first time on her own. By the time she realised, it was too late. It took months, then, before she found the strength to escape. And it took much longer before she was really ready to denounce. That’s why her psychotherapist is here today, in a prestigious office in the centre of Milan: she wants legal advice. Is it too late to seek justice? Perhaps, she thinks as the conversation with the lawyer brings out another truth, telling this story is already a form of reparation.



## STELLA POLI

After completing a Ph.D. in philology with a thesis on poetic translation, Stella Poli has been working as a researcher at the University of Pavia and teaches editing of contemporary poetry for MasterBook at IULM. She is an editor for trasparenze and La balena bianca, she is a freelance editor and translator, she works with Galleria delle Visioni, and she is a cultural tracker for Catalogo dell’Arte Moderna. Her essays and short stories have been published in several magazines.



MICHELA MURGIA

## Three Bowls

The explosive novel of the most brilliant and controversial intellectual in recent years.



Every book by Michela Murgia is an event. This is a novel of interlocking stories.

The distinct voices of the characters in these stories, all unknowingly linked, make this a book that is both intimate and universal, where the real protagonist is the time of radical change, the threshold of events that overturns the paradigm of every biography, when existence turns on a dime and nothing can stop it. One evening you sit down at the table and the life you knew is over. Sometimes it is a mourning, an injury, a dismissal, an illness, the loss of a certainty or a love, but always it is a change in the horizon of your hopes that leaves you no escape. Crossing that crisis line shows that sometimes the best response to a disaster that you do not control is a disaster that you do control, even if you are the one who generates it.

In a state of grace, like the great narrator of *Accabadora*, Murgia writes a highly original book for all of us that refers to a constellation of other books. Fitzgerald's *The Crack-up*, Herringel's *Zen in the Art of Archery*, Didion's *The Year of Magical Thinking*.

**MICHELA MURGIA** made her literary debut in 2006 with *Il mondo deve sapere*. She won the Premio Campiello with her novel *Accabadora*. Her books have been translated and published in over thirty countries. She and Chiara Tagliaferri co-wrote *Morgana. Storie di ragazze che tua madre non approverebbe* (ed. Mondadori, 2019), a book inspired by the widely successful podcast with the same name created in 2018 for the platform Storielibere.





# PAOLO NORI

## But I Warn You that I Am Alive For the Last Time

After the resounding success of his book *Sanguina Ancora* (which sold 25,000 copies), Paolo Nori returns with the story of another great figure in Russian literature, Anna Akhmatova.



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RUSSIA ▶ AST

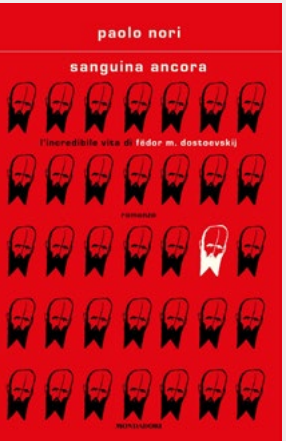
**PAOLO NORI** (Parma, 1963), is a professor at the IULM University in Milan, where he teaches Editorial Translation: Russian fiction and non-fiction. He has published several novels and essays, including *Bassotuba non c'è* (1999), *Si chiama Francesca, questo romanzo* (2002), *Noi la farem vendetta* (2006), *I malcontenti* (2010), *I russi sono matti* (2019), *Che dispiacere* (2020), and *Sanguina ancora* (2021). He has translated and edited books by major Russian authors the likes of Pushkin, Gogol, Turgenev, Tolstoy, Chekhov, and Dostoevsky.

As Nori writes: We want to tell you the story of Anna Akhmatova, a Russian poetess who was born near Odessa in 1889 and died in Moscow in 1966. Even though Anna Akhmatova wanted to be called a poet, not poetess. And her name wasn't actually Akhmatova, it was Gorenko. When her father, an officer in the Russian navy, found out that his daughter was writing poems, he urged her "not to befoul their respectable name with such dishonorable affairs." So she decided to change her last name and adopt the surname of one of her relatives on her mother's side: a Tartar princess called Akhmatova. In the late seventies, they asked her friend and protégé (and future Nobel laureate in literature) Joseph Brodsky to commemorate her. He said, "Every meeting with Akhmatova was quite a wonderful experience for me. When you physically feel like you are dealing with someone better than you. Much better. With a person who transforms you with one intonation. And Akhmatova, with just a tone of voice or a turn of the head, turned you into a homo sapiens." This strong woman was labeled by Soviet critics as "half nun, half harlot;" she was excluded from the Union of Soviet Writers and was thereby deprived of means to support herself; her loved ones were taken away from her, including both of her husbands and her dear friend and colleague Osip Mandelstam, who died in a gulag. And yet, she managed to become Russia's most popular voice against the Nazi siege during World War II.

# FROM THE SAME AUTHOR

## Still Bleeding

A heartbreaking, unforgettable portrait of Fëdor Dostoevsky.



25,000 COPIES SOLD IN ITALY

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RUSSIA ▶ AST

A novelised biography of Fëdor Dostoevsky, but at the same time a kind of autobiography of the author himself and of all the great number of readers, who were captured by Dostoevsky's world and couldn't leave it. "Raskolnikov, the main character from *Crime and Punishment*, at a certain point asks himself: "Am I like an insect or like Napoleon?" Well, back when I was fifteen years old, I also asked myself that question: "What about me? Am I like an insect or like Napoleon?" I had a distinct feeling that book, published 112 years ago, opened up a wound in me that is still bleeding. Why? This book explores the incredible romanticized life of Fëdor Michajlovič Dostoevsky, an engineer without calling, a translator humiliated by his publishers, an aspiring revolutionary sentenced to death, pardoned, sent to Siberia, and then readmitted to Saint Petersburg, an incompetent and desperate player, a husband completely in love with a stenographer twenty-five years younger than him, a man with insignificant looks, old even when he was young, a sick and confused man who managed to die at the peak of his biggest success.



EMANUELA FONTANA

# The Proofreader

The secret editor of Alessandro Manzoni

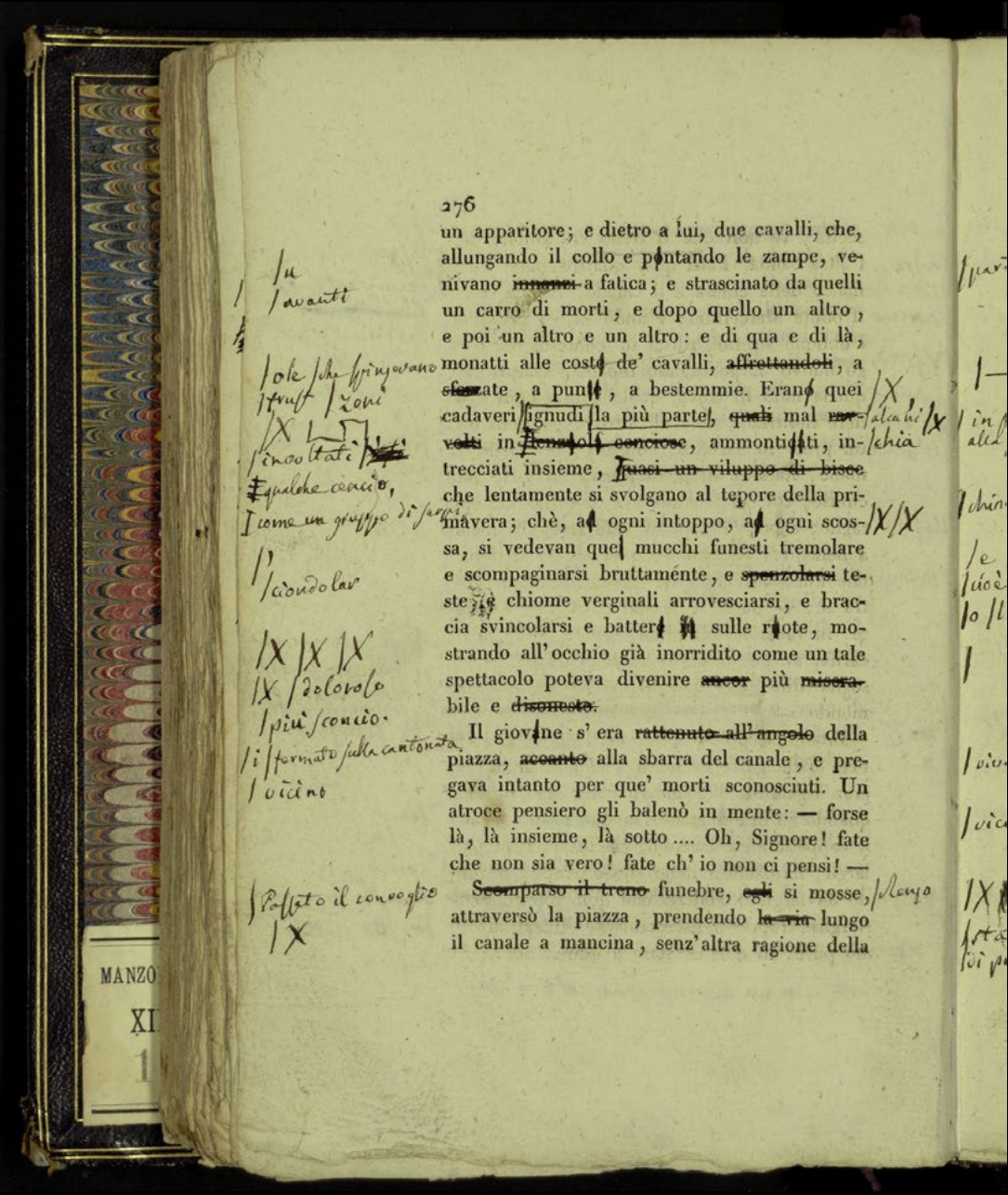
The real story, unknown to most, of the young woman from Florence who helped Alessandro Manzoni revise the language of *I promessi sposi* (*The Betrothed*).



1838. Emilia Luti is a twenty-four-year-old governess who works in the household of the painter and writer Massimo d’Azeglio, a close friend of Alessandro Manzoni. That is how she starts going to Manzoni’s house. The first publication of his book *I promessi sposi* (*The Betrothed*) was already a great success and he is now thinking of reprinting it in a new illustrated version that is also going to be thoroughly revised. His chemistry with Emilia begins almost by jest, when he asks for her opinion regarding a few sentences from his essay *Storia della colonna infame* (*History of the Column of Infamy*). He is very impressed by her observations and, shortly later, he starts sending her notes listing some of the terms and idioms that don’t convince him, asking her for advice. Over the course of several months, the two of them end up reviewing and editing the entire novel together, generating quite a few reactions among the people surrounding Don Alessandro. Drawing from the letter exchange between Alessandro Manzoni and Emilia Luti, and from a critical study of the various editions of Manzoni’s masterpiece, Emanuela Fontana gracefully reconstructs this delicate and sincere friendship. She fictionalizes Emilia’s life, turning her into a great literary figure and doing her justice by shedding light on the role that she played (which, according to Manzoni himself, was much greater than the contributions of many erudite professors) in helping him find a natural and unitary language for Italy’s most famous novel ever.

**EMANUELA FONTANA** is a teacher, a journalist, and a finalist at the Premio Calvino XXI. Her debut novel *Il respiro degli angeli* (*Vita fragile e libera di Antonio Vivaldi*), published by Mondadori in 2021, was the first to explore the life of the brilliant composer of *The Four Seasons*.

Foto © Alessandro Manzoni, *I promessi sposi*, Storia milanese del secolo 17 scoperta e rifatta da Alessandro Manzoni. Tomo terzo, pagina 276, 1826. Su concessione del Ministero della cultura — Pinacoteca di Brera — Biblioteca Braidenese, Milano.



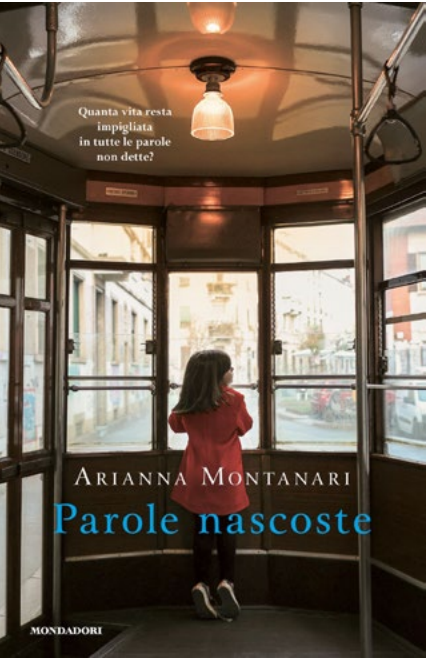
A page from the *Promessi Sposi* (*The Betrothed*) from the ‘twenty-seventh’ edition with Alessandro Manzoni’s autograph corrections for the second edition of the novel. Here is a famous passage on the plague in Milan in chapter XXXIV, an example of the profound ‘rinsing’ carried out by the author with the precious help of Emilia Luti.



# ARIANNA MONTANARI

## Hidden Words

What does it mean to live in a family where certain words, the crucial ones, are never even spoken? With her debut novel, Arianna Montanari explores the complicated and powerful love that a daughter feels for her father, a love that has now found the words to express itself.



Every family is a cosmos governed by laws that are as coherent as they are inexpressible. The sun in this family is the father: he is a dark and riotous sun, but when he decides to open up, he shines with unique brightness and warmth. Alcoholism, depression, and disease are the unspeakable words that the daughter, now an adult, has retrieved and is chasing down in the labyrinths of memory. She skillfully does so by accompanying the perspective of a young Arianna (who has a partial view of things and can only interpret what goes on around her through a childish filter and then through an adolescent one) with the perspective of the young woman who has pieced together, understood, meditated, and has come to accept the never-ending mystery that our parents often keep on representing. In her debut novel, Arianna Montanari has a clear voice and a style of writing that captures with extraordinary precision the states of mind of a girl dealing with the ineffable that entangles the world of adults. A mature and compelling literary debut. A disenchanted gaze capable of stunning emotional accuracy.

**ARIANNA MONTANARI** has a degree in philosophy, lives in Milan, and works at the bookshop Colibrì. This is her first novel.

# MARIANGELA TARÌ

## Motherland

When the land gets sick, poisoned by the same steel mill that provides jobs and hope to its people, mothers also get sick: because of the injustice, the pain, or, if they have left, homesickness.

Emma is a young woman who was born and raised in Taranto, a place she truly loves. She decides halfheartedly to leave and move to Northern Italy. She goes to Verona and meets Martino, who turned his Apulian roots into a business and got the famed Michelin star for his restaurant. The days, months, and years go by, and Emma gets sick: the homesickness from which she suffers makes her lose her appetite and the joy of living. Not even the birth of her son manages to fill that void. Meanwhile, miles away, her beloved Taranto is being poisoned by the fumes of the Ilva steel plant, by the white powder that taints the grapes and corrupts all the soil. Despite the fear, after being hospitalized, Emma decides to go back: back to that farmhouse where her grandmother used to make fresh pasta, where she never felt alone, enveloped in the embrace of the community. It is only by returning that Emma will be able to understand herself, to forgive herself, to stop feeling like she is wrong as a mother. Mariangela Tarì explores in a new and powerful way the feeling of returning to your origins, to that umbilical cord made of flesh, affections, and places, which we deceive ourselves into thinking we can sever forever.



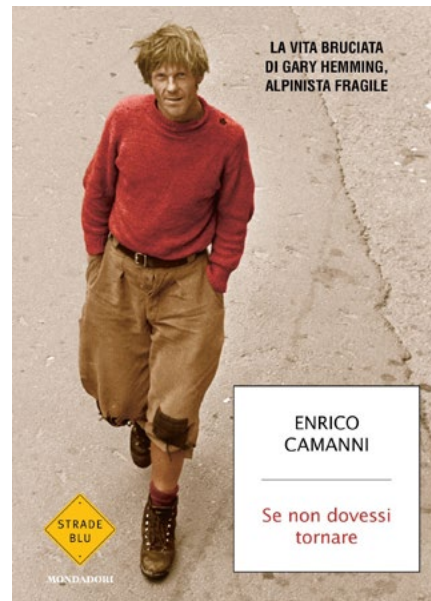
**MARIANGELA TARÌ** has a law degree and started working as a special education teacher for children with disabilities. She has been collaborating for years with the theater C.R.E.S.T. in Taranto, creating theater programs for schools. She is the president of La Casa di Sofia, a social development organization that provides recreational therapy to improve the quality of life of children with disabilities or seriously ill. Her first novel, *Il precipizio dell'amore*, sold over 15,000 copies and she was awarded the title Knight of Merit of the Italian Republic “for the precious, intense, and passionate testimony of the daily struggles of family caregivers.”



ENRICO CAMANNI

## If I Don't Come Back

The electric, passionate, harrowing story of the last years of the iconic climber, the mountaineer maudit, inspired and restless, from his sensational feats on Mont Blanc to his relentless existential breakdown, to his premature and tragic suicide.



1966. The Californian Gary Hemming finds a blanket of clouds looming over his head. Everything changes when he finds out in a newspaper about two climbers stuck on the Petit Dru, the hardest summit in the Mont Blanc massif. Hemming senses that the rescue organizations run the risk of not reaching the missing climbers in time, so he decides with an intrepid group of climbers to tackle the mountain following a direct route. It seems insane, a risk and a death sentence, but Hemming and his team succeed in the feat, saving the stranded climbers from certain death. Gary becomes the face of the rescuers and soon the press and the cameras are all over him. Nobody understands the truth beneath the surface: Gary Hemming isn't only charming and mercurial, he is also defective, and all that attention is worse than poison for him. Like a match that burns out in an instant, Hemming slips into an arc of dark desperation and existential breakdowns, followed by excesses that pollute this "fragile friend" even more. It is the beginning of a series of wandering and increasingly desperate months that end abruptly by Lake Jenny where Gary Hemming turns the gun on himself.

Enrico Camanni, who is also an alpinist as well as a narrator of the mountains, reconstructs with his vivid and fast-paced style the rapid arc of this mountaineer, placing it within the context of 1968: a shimmering and unique time, of which Hemming represents the perfect zeitgeist with his life and also, unfortunately, with his death.

**ENRICO CAMANNI** is a writer, a journalist, and an alpinist, whose passion is evenly split between the mountains and writing. He was editor in chief of a few publications and is the author of several books. He writes in the crime and culture sections of the newspaper La Stampa. He published *Una coperta di neve* (2020) and *La discesa infinita* (2021) as part of Il Giallo, Mondadori's historic series of crime novels.

SANDRO FRIZZIERO

## How I Love You So

A dazzling style of writing, solid and articulate, that has set apart Sandro Fizziero's voice from the very start. After ranking as a finalist for the Premio Campiello 2020 with his book *Sommersione*, he returns with a novel that combines refined style, a caustic gaze, and lyricism.

Alessio Gorgosalice is at a point of no return. It is Christmas Eve and he is rushing down the path that leads to Villa della Pace, the assisted living facility where his grandmother Armida lives because of her senile dementia. There is something that he wants to confess to her.

Alessio is barely over thirty, he is an insurance agent, and his life is extremely ordinary.

He is married to Isabella. They live in a townhouse that they bought with some help from his father-in-law; they carefully decorated the place with mass-produced furniture from a "warehouse store in the middle of the countryside, a sort of miniature microcosm, an epitome of the world, a museum of creation: on the seventh day, god created designer radiators."

But under the polished surface of a life like many others, wild instincts are stirring, reawakened by his extramarital relationship with Barbara. Alessio feels like the performance that has always been his life has cracked in an irreversible way, and that he is overflowing with impulses that are becoming impossible to contain.



**SANDRO FRIZZIERO** teaches literature in high school. He made his debut in 2018 with *Confessioni di un Neet* (ed. Fazi), a finalist for the John Fante Award 2019. He followed it in 2020 with *Sommersione* (ed. Fazi), winning second place at the Premio Campiello. His short stories have been published in newspapers and literary blogs.



# GIANLUCA GOTTO

## Deep as the Sea, Light as the Sky

With his four books, Gotto has already sold 250,000 copies, a commercial success that keeps on growing with time.

“Back to the origin: calm your mind. Lie down on a meadow and look up there.”

“You are not the clouds, which come and go and are always moving. You are the sky. And the sky is light precisely because it holds nothing back.”



In this inspirational essay, Gianluca Gotto tells his readers about the fundamentals of an ancient and fascinating Eastern philosophy that saved him during the darkest time of his life: Buddhism. Starting from the Buddha’s original teachings and his many experiences around the world, the author offers us some practical (and very contemporary) advice to live in complete serenity in this increasingly loud and complex world. A manual for a good life based on an eight-point path that allows those who follow it to understand their suffering and transform it into total happiness.

30.000 COPIES SOLD AND IN THE TOP THREE  
OF ITALIAN BESTSELLERS LISTS SINCE PUBLICATION

**GIANLUCA GOTTO** is a digital nomad: he writes articles and books while traveling around the world, especially throughout Asia. He shares his Zen lessons and life experiences on his Instagram account and his blog “Mangia Vivi Viaggia.” In 2018, he wrote down his life story in the book *Le coordinate della felicità*, which he then followed up with the novels *Come una notte a Bali*, *Succede sempre qualcosa di meraviglioso* and *La pura vida*. His TEDx “Come essere felici ogni singolo giorno” is one of the most viewed videos in Italian.

# FROM THE SAME AUTHOR

## Something Wonderful Always Happens

A novel for a generation of free spirits, dreamers and travellers.

The story of Davide’s journey, a young man who sees all of his certainties crumble one after the other, until he loses the will to live. And the story of Guilly, a character somehow not in the right time, whom Davide meets by chance or by fate in Vietnam and teaches him an alternative way full of light to deal with life. A story of rebirth to lose and find yourself, in which Gianluca Gotto explores the topic of the pursuit of happiness (a theme he also grappled with in his memoir *Le coordinate della felicità* – *The Coordinates to Happiness*) on a universal level: the final destination of this journey isn’t attaining a certain kind of life, but a state of mind. A warm feeling that is always inside us, regardless of what destiny has in store for us. We could call it many different things: serenity, internal peace, lightness, calm. Or, as Guilly would say, “the feeling of being home, always.”



ENGLISH SAMPLES AVAILABLE





GIUSEPPE CULICCHIA

The Girl Who Mustn't Cry

After *Il tempo di vivere con te* comes the story of a daughter who wasn't allowed to cry and then cried herself to death twenty years after becoming a mother.



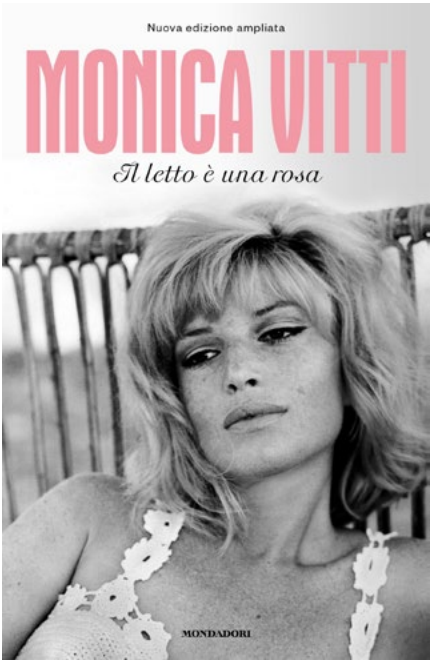
Ada Tibaldi was Giuseppe Culicchia's aunt. She was also the mother of Walter Alasia, the young terrorist who died in a gunfight with the police in 1976 and the subject of an explosive memoir written by Culicchia. But even before Walter, Culicchia always wanted to bring justice to Ada's memory, who died of a broken heart just a few years after her son's death. So he turned Ada into an unforgettable character, reconstructing her all-too-short life, at times through the gaze of a nephew who adored her, and other times through the stories they told him. Starting from that day in 1933 when she was born in Nole Canavese with a cleft lip, which is why the doctors then recommended after the surgery that she mustn't cry. From her childhood in the 1930s and '40s lived in symbiosis with her sisters and marked by hunger and the war, to her bold and rebellious youth. Her first loves, the disappointments of marriage, moving to Sesto San Giovanni, working in a factory, the union fights and the protests for women's empowerment. And especially her bond of complicity, also political, with her son Walter, her absolute love for him, and how his death (which happened basically right before her eyes) would drain her of her strength to live in just a few years.

**GIUSEPPE CULICCHIA** (Turin, 1965) is a former bookseller who has published over thirty books with Italy's major publishers and has been translated in ten languages. His long-standing hit *Tutti giù per terra* (*We All Fall Down*) has been in print for over twenty-five years and was adapted into a movie. His book *Torino è casa mia* is the best-selling title in the Contromano Collection of the publisher Laterza. He recently published *E finsero felici e contenti* with Feltrinelli and *Berlino è casa* with Laterza. His other titles include *Il paese delle meraviglie* (2004), *Brucia la città* (2009), *Sicilia, o cara* (2010), *Venere in metrò* (2012), *E così vorresti fare lo scrittore* (2013), *Mi sono perso in un luogo comune* (2016), *Il cuore e la tenebra* (2019), and *Il tempo di vivere con te* (2021). He translated books by Mark Twain, Francis Scott Fitzgerald, and Bret Easton Ellis, among others.

MONICA VITTI

The Bed Is a Rose

Monica Vitti. After almost twenty years of absence from the scene, the Italian actress most loved by intellectuals and audiences alike left the stage for good on February 2022. From her dramatic roles in the sixties to her comedic roles in Italian comedies, her charm and unique personality made her a legend for many generations. She had three important love stories: Michelangelo Antonioni, the director of photography Carlo Di Palma, and, above all, the filmmaker Roberto Russo. Before getting ill, Monica Vitti had enjoyed writing for Mondadori *Il letto è una rosa* (*The Bed Is a Rose*), putting down on paper reflections and stories from her personal life. A warning: this isn't the whim of a star but a real book, thought out, intelligent, and a pleasure to read even thirty years later. As the critic Giovanni Mariotti wrote, "Monica's imagination brightens everything it touches."



**MONICA VITTI** was one of the most renowned and beloved Italian actresses. She made her debut in theater and then moved to cinema, where she became the muse of incommunicability in Antonioni's unforgettable movies *L'avventura*, *La notte*, *L'eclisse*, and *Deserto rosso*, which made her internationally famous. She created irresistible comedic characters that highlighted her brilliant side, becoming a star of Italian comedy next to actors like Marcello Mastroianni, Alberto Sordi, Ugo Tognazzi, and Nino Manfredi. She received several awards, including five David di Donatello Awards for Best Actress, three Silver Ribbons, twelve Golden Globes, a Career Golden Lion from the Venice Film Festival, and many more.



# GIAN MAURO COSTA

## I Will Kill You for Fun

Over the backdrop of an incredibly vivid Palermo that is unlike the usual postcards, the story sinks its roots in the beginning of the Short Twentieth Century.



Angela Mazzola is a thirty-year-old woman who was born and raised in the outskirts of Palermo. Fueled by the right combination of levity and determination, Angela isn't an unyielding paladin of justice or a superhero: she is simply determined to live her life fully and be the only one behind the wheel. She used to imagine that working for the homicide squad would have been hectic like in a TV show, but she spends half the time just doing clerical work instead... Until a man is shot dead in an abandoned farmhouse during an airsoft game. The body doesn't have a name and the murder doesn't seem to have a motive, so there will be many leads to follow, perhaps too many. Angela finds herself working side by side with Francesco Agnello, an aloof colleague from the forensic department. Soon, the two of them develop a deep chemistry that goes beyond the professional sphere, which complicates things, especially because he is (almost) happily married. Meanwhile, her personal life is overshadowed by her father's condition as he starts to display some worrying signs of Alzheimer's disease. To escape their respective family issues, Angela and Francesco delve into the investigation but, as the days go by, instead of untangling the knots in the case they become even more garbled. As they follow the threads, they discover that the victim's origins and his mysterious interests date back to World War I...

**GIAN MAURO COSTA** was born and lives in Palermo. He worked as a journalist with many newspapers, including L'Ora, Rai, Linus, and Il manifesto. He is the author of several novels, like *Yesterday*, *Il libro di legno*, *Festa di piazza*, *L'ultima scommessa*, *Stella o croce*, *Mercato nero* (ed. Sellerio), and *Luci d'agosto* (published by Mondadori). He has also written and directed TV shows and documentaries.

# SARA VALLEFUOCO

## Chimeras

Deputy Brigadier Ghibaudo returns to deal with an indecipherable murder that takes place in Rome at the turn of the twentieth century and faces even more unexpected emotional backlash that will push him to make some courageous and difficult decisions.

It is the night of New Year's Eve, the last night of the nineteenth century, and Rome is preparing for the dawn of the new one. After the adventure in Sardinia, which was not devoid of painful days, Deputy Brigadier Ghibaudo has accepted Amelia's offer to move to Rome: a marriage of convenience would grant her the possibility to finally register at the university to study medicine, and it would give him a way to hide his homosexuality. But what seems like the perfect solution on paper might not hold in reality, also due to a society in which gender equality is still far from the horizon. Lies and things left unsaid start to infiltrate the crevices of their daily lives, undermining their foundations. Destiny returns to knock at their door when a young bride is found dead in a bathtub after apparently drowning in it. Is it a tragic accident or an indecipherable murder? Ghibaudo tackles the case with his colleague Moretti and his growing passion for new investigative techniques. But what he doesn't know is that everything is about to change, from his professional convictions to his relationship with Amelia, due to the arrival of a journalist who seems to know him better than anyone else.



**SARA VALLEFUOCO** lives near Trento, where she teaches literature in high school. Her debut novel *Neroinchostro* will soon be published in France.



# NATASHA STEFANENKO

## Return to the City with No Name

An exciting autobiographical thriller written and experienced by the talented TV host.



One bad day, Natasha receives a phone call from her mother. She is very alarmed because her father, Boris, a nuclear engineer and a great Russian patriot, hasn't returned home from work. Without informing or explaining anything to anyone. The entire Stefanenko family lives in the legendary Sverdlovsk-45, the city that doesn't exist on official maps, which rises on top of one of the most important underground research laboratories involved in the war effort. Her father's disappearance ignites the fuse of a desperate search that turns into a spy story set in pre-Putin Russia.

**NATASHA STEFANENKO** was born in Russia and is a metallurgical engineer with a bright career as a TV host in Italy.

# LUCA ARGENTERO

## Cancel All My Appointments

Fabio Resti is an entrepreneur from Rome who dabbles successfully in organizing corporate events brimming with every kind of diversion. A dark shadow is cast over his glittering life when he receives an unexpected phone call from the financial police: officer Borsari informs him that he has an urgent court order for him and that he is involved in an ongoing investigation. Because of potential evidence tampering, Fabio is forced to cancel all of his appointments and start the summer under house arrest at his parents' house. It is a very hard blow for him, but it is also the beginning of a small, personal revolution. Being confined in the apartment where he grew up, observing the loving relationship between his sprightly parents, the ambiguous charm of the girl next door, the lengthy process of Italian justice, the growing silence from coworkers and friends, the lack of events and supporting characters... All this will transform Fabio's childhood bedroom from a place of detention into a springboard to a very different future compared to his recent past. Through Fabio Resti's misadventures, the author describes the protagonist of a season of wild vitality, blinded by excess and easy money, when an entire generation was ravenously chasing a hedonistic and not very constructive dream.



**LUCA ARGENTERO** is a TV, film, and stage actor. *Disdici tutti i miei impegni* is his first novel.



PP. 300  
PUBLICATION:  
JANUARY 2023

## MICHELE ARENA

# All the Heroes I Know

A collective story of resistance against the brutality and hopelessness that permeate the margins of many urban areas. A story that touches multiple chords, in a funny, surprising, and deeply moving way.



Who are the heroes from the title? The heroes are all kids, like Zanushe: she is the daughter of an Albanian migrant and knows absolutely everything about soccer and space explorations. Mario, a Chinese boy who is bullied at school and loves to write slasher stories. Dylan, who knows many amazing things about his parents' homeland, Peru, and dreams of becoming a soccer player. And also heroes like Rakula, with all of his frailty, and Thomas, the gentle giant of the group. Basically, the heroes of this story are the children of a periphery dominated by non-places, a crossroads of people with different origins and hardships, areas where schools do everything except taking care of those who really need it. But Zanushe and his friends have already figured this out and, after the latest abuse from a teacher, they decide to react. They create their own personal version of school, one that finally respects them for who they are and is tailored to them. It will be located in the neighborhood's laundromat and it will be named after their idol Buzz Aldrin, the second man to step foot on the moon. The one who was forgotten by almost everyone, just like them. And, while they hustle to build a world that looks more like them, life happens, with its tragedies, drama, and surprises.

**MICHELE ARENA** works as a teacher in the outskirts of Florence. He is one of the creators and founders of the non-profit story-telling school "Porto delle Storie" (inspired by Dave Eggers' experience in San Francisco), which provides a safe space for children to find an expressive outlet through writing.

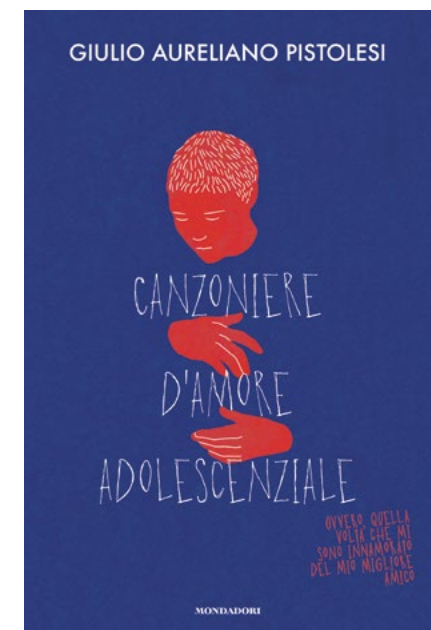
PP. 150  
PUBLICATION:  
MAY 2023

## GIULIO AURELIANO PISTOLESI

# A Collection of Poems on Teenage Love

The original story of a heartrending and (possibly) unrequited love written by a very young poet.

Written in verse like an actual collection of poems, this book tells the story of the author's desperate (but also sweet and audacious) love for his best friend, the person who knows him best in the world and with whom he has shared everything. From their vacations to their first bottle of beer, from their PlayStation matches to their love for Pokémon, to the first hormonal storms. And, like every first love, there is a moment when the person who suffers in silence can't hold it in anymore: when you need to express what you feel, risk everything in hope of having actually picked up on something, and maybe discovering that your feelings are reciprocated. That is when Giulio gathers together all the poems that he wrote for his friend/crush over the years; poems brimming with emotion, but also with doubts and sometimes rage, because it seems absurd that his friend still doesn't get it, that he doesn't see how he feels about him. He takes his collection of poems and hands it to him, forcing himself to reveal the truth to him: about his homosexuality and his feelings for him.



**GIULIO AURELIANO PISTOLESI** is a college student majoring in literature. He is barely twenty and this is his first book.



# BENEDETTO XVI

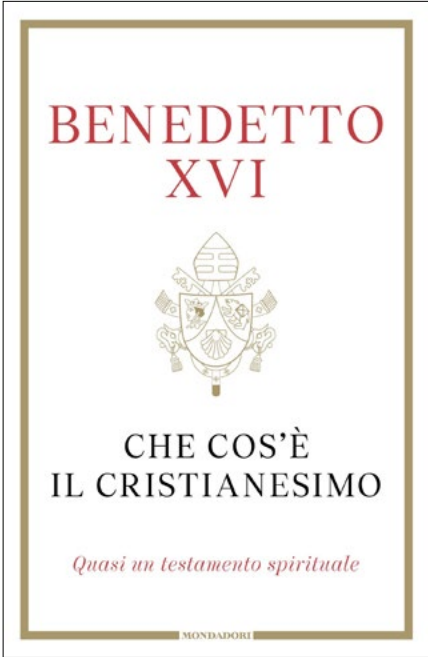
## What Christianity Is About

Edited by Elio Guerriero and Georg Gänswein

The Pope Emeritus expressly requested for the book to be published after his death.

*Che cos'è il Cristianesimo* is the spiritual testament of Benedict XVI.

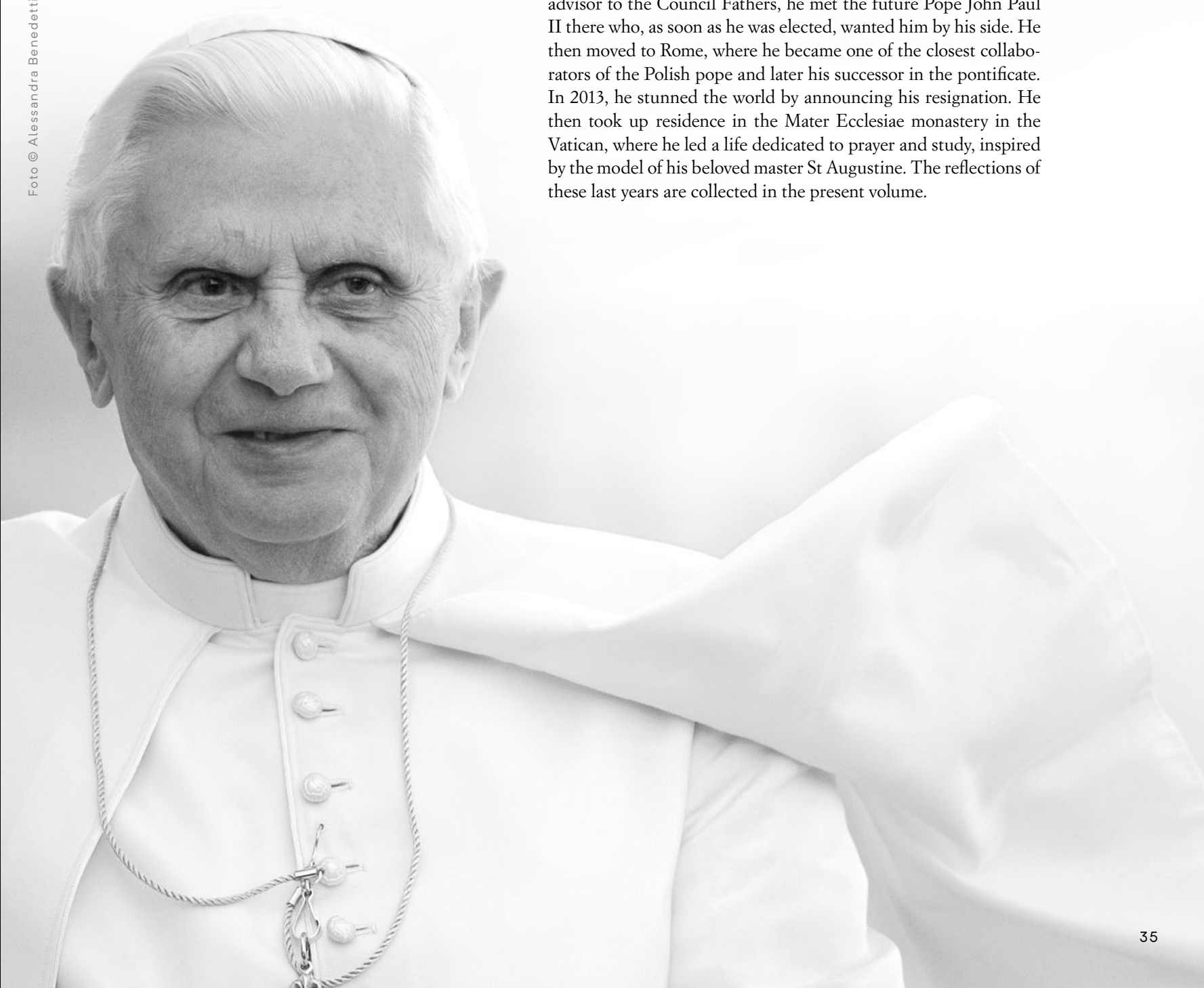
The book contains texts written by the Pope Emeritus during his stay at the Mater Ecclesiae Monastery in the Vatican and also contains some unpublished essays.



TRANSLATION RIGHTS SOLD  
INTO 13 LANGUAGES

At the end of his life and as Pope Emeritus, Benedict XVI entrusted this work to all to share his last reflections on some fundamental themes of the Christian religion. As the subtitle states, the volume is almost a spiritual testament, dictated by the wisdom of the heart of a master who was always attentive to the expectations and the hopes of the faithful. During his years at the Mater Ecclesiae monastery in the Vatican, his discreet presence and prayer were an important support for the life of the Church. From there, he observed nature benevolently, a mirror of the love of God the Creator, from whom we come and to whom we return to. From there he looked at his home country, Germany. Other countries were also important in his life such as Italy where he spent a large part of his life, France which welcomed him into its Académie and other countries in Europe. To these countries the Pope Emeritus entrusted, in a faint but passionate voice, his request not to renounce the Christian heritage, which is a precious legacy for humanity as a whole. Among the many topics discussed in the book, we find some of the cornerstones of his thought: the importance of the roots of Christianity, the dialogue between religions, the relationship between Christians and Jews. During his lifetime, Benedict XVI was not always understood. No one, however, has been able to deny the lucidity of his thought and the strength of his arguments, which this latest work brilliantly brings together.

Foto © Alessandra Benedetti/Corbis via Getty Images



**BENEDICT XVI**, born in Bavaria in 1927, was in the years following the Second World War an ‘enfant prodige’ of theology. Requested to come to the Vatican II as an expert, theological advisor to the Council Fathers, he met the future Pope John Paul II there who, as soon as he was elected, wanted him by his side. He then moved to Rome, where he became one of the closest collaborators of the Polish pope and later his successor in the pontificate. In 2013, he stunned the world by announcing his resignation. He then took up residence in the Mater Ecclesiae monastery in the Vatican, where he led a life dedicated to prayer and study, inspired by the model of his beloved master St Augustine. The reflections of these last years are collected in the present volume.



PP. 168  
PUBLICATION:  
APRIL 2023

# TERESA VERGALLI

## A Partisan Life

The vivid and topical testimony from one of the last voices of the Italian Resistance.

A memoir that reminds us that the battles of the previous century are, unfortunately, the same ones that we are called upon to confront today (albeit with other means and prospects): defending democracy, the right to education, the rights of women and children. An additional reason not to forget.



“One day, they suddenly told me that I couldn’t go to school anymore. I was in my second year of high school. My father said that I had to stay home because it was dangerous outside. But I was sixteen and I wanted to contribute to changing the world in which I lived, I couldn’t think about anything else. My skin was engraved with the aversion to the violence and injustices to which we were subjected, the sweeps, the raids, the arsons, the public killings. It was normal to be brazenly antifascists.” These are the words of Teresa Vergalli, a partisan whose battle name was Annuska; she was active in the Val d’Enza countryside, between Reggio Emilia and Parma. She was a courier for the Resistance: she would travel across the entire area south of the Via Emilia to relay messages and documents, but also to accompany managers and military leaders from one place to another, making sure they weren’t intercepted or arrested. Now that she is ninety-five, in light of the tragic events that are rattling the international balance, she feels the need to make her voice heard again, sharing her experience. To remind us that everything we achieved through blood and pain doesn’t last forever: we need to keep on defending freedom and democracy constantly.

**TERESA VERGALLI** (1927) was a partisan courier in Emilia-Romagna in 1944-1945 and dedicated her entire life to antifascism and defending the values of democracy. She was an activist for the Union of Italian Women and an editor for the magazine *Noi Donne*, and she used to teach in elementary schools in the outskirts of Rome during the seventies and eighties.

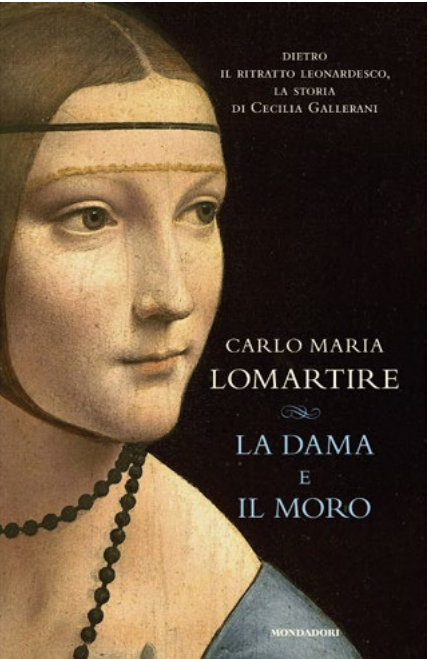
PP. 210  
PUBLICATION:  
JULY 2023

# CARLO MARIA LOMARTIRE

## The Lady and the Moor

The story behind *The Lady with an Ermine*, the tale of Cecilia Gallerani and the mark she left on Milan.

Cecilia Gallerani was fifteen when she became the lover of Ludovico Sforza, known as “il Moro” (literally, “the Moor”). It was love at first sight. She was beautiful, intelligent, and cultured. The duke of Milan asked Leonardo to paint her: she is *The Lady with an Ermine*, the most stunning portrait of a woman painted by Da Vinci’s genius, which is now on display at the Czartoryski Museum in Kraków. Cecilia and the Moor had a son, Cesare Sforza; when he was still a child, Ludovico wanted to make him the archbishop of Milan. The love between the couple was strong and long-lasting: it didn’t stop after the “political” wedding between Ludovico and Beatrice Gonzaga, or after Cecilia was given in marriage to one of the Moor’s loyal companions, Count Ludovico Carminati de’ Brembilla. In the prosperous Milan at the time of the Sforza, Cecilia brought together intellectuals, writers, poets, historians, philosophers, and artists, anticipating by centuries the noble women who enlivened salons and discovered talents. Her life was later overturned by the tragic events that brought an end to the duchy and the Sforza family, but her intense cultural activity continued until she died at the age of sixty-three in the castle of San Giovanni in Croce near Cremona.



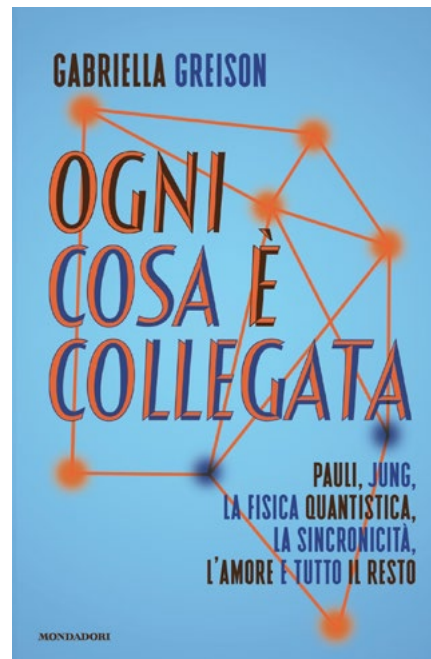
**CARLO MARIA LOMARTIRE** is a journalist from Milan and the author of biographies and historical-political essays. He published with Mondadori the books *Mattei*, *Insurrezione*, *Il bandito Giuliano*, *Il qualunque*, *Gli Sforza*, *Il Moro*, *Gli ultimi duchi di Milano*, and *Giovanni dalle Bande Nere*. He wrote *Nella stanza del sindaco* with Gabriele Albertini, and *Memorie di un partigiano aristocratico* with Paolo Brichetto Arnaboldi.



GABRIELLA GREISON

## Everything is connected

Pauli, Jung, quantum physics, synchronicity, love and all the rest



Take the term ‘synchronicity’, which we usually use to refer to those events that occur at the same time. There are scientists who are afraid to use this word because it evokes mystical concepts or too slippery terrain. But science is not for or against synchronic concepts: if anything, scientists are. In fact, there is a physicist, who went against everything and everyone, who was not afraid of this word. On the contrary, he set out to investigate it. And he did it together with the world’s most famous working psychoanalyst, the one who had created that word. This is the story of a physicist so talented that at the age of thirty (actually, less) he was placed exactly between Einstein and Maxwell in the list of the most important physicists of the 20th century: Wolfgang Pauli. But also of the most criticised, mocked, derided character in the entire scientific world. Mainly because of his second life, which Pauli chose to spend in the roughest quarters of the big cities, hanging around brothels, drinking whisky, picking fights with the strangest people, and always returning home in the early hours of the morning. But, as if that were not enough, there is another twist. Wolfgang Pauli was being analysed by Carl Gustav Jung, who had asked only one thing in return: that Pauli would explain quantum physics to him. This is a story of disquiet. A story in which a way of reasoning that is peculiar to us, and that we take for granted, is questioned. What is told in this book is the true, unbelievable story of Pauli and Jung, of quantum physics and synchronicity, of the mind and love, and how everything is extraordinarily tied together.

**GABRIELLA GREISON** (Milan, 1976) is a physicist, a writer, a journalist, and an actor. She has been called the “Rockstar of Physics” and is the author of several books.

GIULIA ZOLLINO

## Uncover Yourself

Why women’s struggles all start with the body

A reflection on women's bodies, from personal experiences to the words of the most influential feminist philosophers.

Beauty, violence, sex, maternity. Women’s bodies have always been a crossroads of battles and claims. Giulia Zollino, a communicator and activist, explores the topic from the perspective of a young woman, starting from her personal experiences. She sets off by examining how the myth of beauty shapes the perception of the female body, fueling shame, guilt, and a sense of inadequacy. She then focuses on sexual objectification, a central concept to then talk about harassment and gender-based violence. Finally, she tackles the topic of sexuality, how it is still considered a woman’s duty to please a man, and how it is stigmatized if free or excessive. A story of oppression that Zollino overturns when she finally encounters feminism: only then she is able to free herself from the patriarchal mentality that she had absorbed and create a new way to be, live, and love.



**GIULIA ZOLLINO** is a communicator and activist. She has a degree in anthropology and a graduate degree in sexual education, she teaches classes and provides counseling on issues related to sexuality and body acceptance. Her Instagram page has over 70,000 followers.



## GIULIO GUIDORIZZI

# Olympus

A beautifully illustrated book written by Italy's most famous Greek scholar presenting the Great Greek Myths to boys and girls of all ages.



Passed on by epic poets, then written down and translated into every language in the world, the incredible stories of Greek gods and heroes are still popular thousands of years later and keep on captivating readers of every age. The Greek scholar Giulio Guidorizzi takes us on a voyage to discover myths, heartbreaking and impossible love stories, feats of incredible ingenuity, adventurous journeys, suspended between legend and reality.

**GIULIO GUIDORIZZI** is a Greek scholar, a translator, a scholar of classical mythology and anthropology of the ancient world, and a professor at the University of Milan and at the University of Turin. His works include the edition of *The Bacchae* by Euripides and *The Clouds* by Aristophanes, a commentary of *Oedipus at Colonus* by Sophocles, the translations of *Bibliotheca* by Apollodorus, *Myths* by Hyginus, and *On the Sublime* by Anonymous. He wrote the books *Letteratura greca*, *Il mito greco*, *Ai confini dell'anima*, *Il compagno dell'anima*, *La trama segreta del mondo*, *Io*, *Agamennone*, *I colori dell'anima*, and *Ulisse*. He is coordinating the major project of creating a new edition of *The Iliad* (which he is also translating) that will be published by the Fondazione Lorenzo Valla.

## MARINO GIACOMETTI

# To Each Their Own Everest

How to reach the point where sky and heart meet

Would you like to become a mountain climber? Would you like to be a skyrunner? The father of skyrunning talks about his school of life.

This is more than a book of mountaineering adventures and tales of feats; it can also be useful for those who don't go to the mountains very often, those who will never go, those who want to stay healthy, those who want to get back in shape, or those who are curious and want to learn about the outside world... and those who want to actually climb Mount Everest themselves. It is a book to rouse the readers' curiosity, to motivate them, to prepare them for new goals in terms of health, hiking, and mountaineering. Readers will learn a lot of things about Mount Everest, its history, conquest, records, mass ascents, and the fundamental instructions to start training, running uphill, trekking in the mountains, even up to a Himalayan base camp at 26,000 feet, from the preparation involved to the equipment and food. The pages on how to make Mount Everest (literal or metaphorical) the goal of our athletic activities are alternated with the author's biographical story and his journey, which started up in mountain pastures, then landed in the city and, finally, bounced back to the mountains. A book lacking in self-aggrandizement but full of humor.



**MARINO GIACOMETTI** founded the FSA (Federation for Sport at Altitude) and then the ISF (International Skyrunning Federation), which currently organizes 200 competitions and has 50,000 members. He is universally recognized as the “father” of skyrunning, the man who coined the term and made the sport popular thanks to his many athletic feats and his commitment and work in the federations he created.

# DARIO BRESSANINI

## Is It Good or Bad?

Dario Bressanini is one of Italy’s most beloved and esteemed science writers. His social media channels have over a million followers. His books on food science published by Gribaudo have sold over 220,000 copies.



From palm oil to gluten, from preservatives to added sugar, today’s food seems more like an enemy against which you have to defend yourself rather than one of the great pleasures in life. Also due to marketing, which has become increasingly aggressive when it comes to nutrition. The famous science writer Dario Bressanini examines a few false myths spread by social media and advertisements: for instance, that chlorophyll is supposedly good for your skin and hair, or that Himalayan pink salt (which is only dirty salt) brings you clarity and helps you avoid falling into traps. With the simple language and scientific insight that have always distinguished him, Bressanini dismantles one by one our food fears, allowing us to get our groceries and sit at the table with more awareness and serenity.

**DARIO BRESSANINI** is a university researcher and chemistry professor at the University of Insubria in Como. He runs the monthly column “Pentole e provette” for the magazine Le Scienze, and he is also the author of the blog “Scienza in cucina.” His numerous publications include *Pane e bugie* (2010), *Contro natura* (2015), and, published by Gribaudo, *La scienza della pasticceria* (2014), *La scienza della carne* (2016), and *La scienza delle verdure* (2019). He is one of Italy’s most beloved and esteemed science writers. His social media channels have over a million followers.

# STEFANO ERZEGOVESI

## One Bite at a Time

After the pandemic, eating disorders have increased by 400%, especially among young people. Thanks to his long experience with patients, Stefano Erzegovesi presents a way to deal with anorexia, bulimia, and binge eating.

Going against an obsession bent on controlling our lives, just like going against an apparently irresistible emotional hunger, is a steep and slippery slope full of obstacles. Knowing it ahead of time is crucial: dealing with the symptoms of an eating disorder doesn’t mean facing “something adolescent that will go away on its own.” It means undertaking an arduous journey that has to be planned out like a hike in the mountains, in other words, well-equipped, aware of what you are doing, and never on your own. Eating disorders have increased exponentially after the pandemic, a growing number of people suffer from anorexia, bulimia, binge eating, and obesity resistant to diets. Stefano Erzegovesi explains how to deal with them in his new book, illustrating a possible course of treatment that begins with confronting our obsession and necessarily involves our relationship with the people close to us. The goal is to create a dialogue with the persons who are suffering and help them get back to a balanced diet.



**STEFANO ERZEGOVESI** is a psychiatrist, a nutritionist, and the director of the Center for Eating Disorders at the San Raffaele Hospital in Milan. He is a member of the scientific committee of “EAT Alimentazione Sostenibile,” a project by the Gruppo San Donato Foundation that promotes the culture of healthy nutrition in every aspect of life. He is one of the experts of the Health Forum of Corriere della Sera and of the blog of the Fondazione Veronesi. He published the books *Il digiuno per tutti* (2019), *La dieta della mente felice* (2020), and *Che cavolo di dieta!* (2022). His dream, which has now come true, is to heal people inside a great kitchen.



# ALBERTO GRANDI

## Invented Designation of Origin

Marketing lies about typical Italian products.



The Parmigiano Reggiano most similar to that created so many centuries ago by the wisdom of the Emilian monks? It's the Parmesan produced in Wisconsin, USA. And that sweet and juicy marvel, pampered by the sun and air of Sicily, called the Pachino tomato? It's a hybrid produced in a laboratory by an Israeli multinational seed company. Not to mention Marsala: it was invented, marketed and produced on a large scale by an English merchant who added alcohol to the wine for the sole purpose of preserving it better during transport to the motherland. And all that fuss about defining DOC, DOP or IPG wine on the basis of supposedly thousand-year-old vineyard traditions? A noble intent that pretends not to know that in the second half of the 19th century, a parasite destroyed all the vineyards in Italy and Europe. Having to start from scratch, our winegrowers compulsorily used non-native vines and various grafts. Alberto Grandi, professor at the University of Parma, reveals how much marketing is behind the resounding success of the Italian food industry. The many typical Italian products, most of the dishes and the Mediterranean diet itself are delicious, but the legends of history and wisdom that accompany them are much more recent inventions, triggered by the industrial crisis of the 1970s: it was at that time that Italian entrepreneurs and growers teamed up to invent an alleged thousand-year-old tradition of our food and the consequent storytelling to support it. 'Invented Designation of Origin' is a book that will anger - but perhaps also reason with - all those who are fideistically in love with the great myth of Italian typicality.

**ALBERTO GRANDI** (Mantua, 1967) is an associate professor at the University of Parma. He teaches History of Businesses, History of European Integration and has taught Economic History and Food History. He is the author of around forty essays and monographs in Italy and abroad.

# FINANCIAL TIMES

FT Magazine Food & Drink

## Everything I, an Italian, thought I knew about Italian food is wrong

From panettone to tiramisu, many 'classics' are in fact recent inventions, as Alberto Grandi has shown

For Grandi, the story of carbonara perfectly encapsulates Hobsbawm's idea of the "invention of tradition". To shed some light on this national favourite, I call Bernardino Moroni, the 97-year-old grandfather of a Roman friend. "We only had pasta on Sundays," he says on a video call from his home in Morlupo, in the province of Rome. His childhood meals were mainly minestra, beans and vegetables from the family's kitchen garden, he explains. When I ask him about carbonara, a supposed staple of Roman cooking, he looks away from the camera. "Maybe once a year we ate amatriciana [a tomato-based recipe with bacon], when we could afford to kill a pig. But I'd never heard of carbonara before the war." That is because, as the food historian Luca Cesari, author of *A Brief History of Pasta*, puts it, carbonara is "an American dish born in Italy" and it wasn't born until the second world war. The story that most experts agree on is that an Italian chef, Renato Gualandi, first made it in 1944 at a dinner in Riccione for the US army with guests including Harold Macmillan. "The Americans had fabulous bacon, very good cream, some cheese and powdered egg yolks," Gualandi later recalled. Cesari dismisses myths that carbonara was the food of 18th-century Italian charcoal workers as "ahistorical". For Italians born after boom years, carbonara has an unalterable set of ingredients: pork jowl, Roman pecorino cheese, eggs and pepper. But early recipes are surprisingly varied. The oldest was printed in Chicago in 1952 and featured Italian bacon, not pork jowl. Pork jowl didn't come to replace bacon until as recently as the 1990s.



# GABRIELE GHEZZI

## Let It Go

Meditation practices and lessons in wisdom to live fully in the present.



**GABRIELE GHEZZI** is a young meditation coach. His social media channels have become widely popular in the past couple of years, garnering almost 100,000 Instagram followers thanks to his videos with hundreds of thousands of views.

In this time of chronic instability, the generation of millennials seems to constantly be looking for footholds and points of reference; they are seeking unconventional paths to find alternative roads to the previously established routes where their hopes and dreams keep on getting shattered. Gabriele Ghezzi’s book offers meditation practices, personal experiences, and lessons in wisdom from Eastern philosophies to abandon the burdens that the past and future cast on the present, preventing us from living fully in the here and now.

# GIACOMO MORO MAURETTO

## If I Plant a Tree May I eat a Steak?

A scientific guide for a mindful environmentalism

The science of ecology explained by one of Italy’s most popular and respected science communicators.

Is hunting ethical or not? Is it always wrong to eat meat? Are renewable sources really better than hydrocarbons? Mauretto’s book starts off with these questions and presents a new, non-ideological perspective on everything regarding the environment and climate change. With the typical sober style of Entropy for Life (his nom de plume on social media), he delves into all the thorny and often controversial issues that affect our present and will shape our future.



**GIACOMO MORO MAURETTO**, known as Entropy for Life, has a social media community of over 100,000 followers on both Instagram and YouTube. Over the years, he has become one of the points of reference in science communication in Italy.



# REGGIO CHILDREN

## Outside the Nest

A hundred questions and a thousand answers for free parents and children.



**REGGIO CHILDREN** is an international center that promotes the experience of Reggio Emilia’s public preschools and kindergartens. An innovative approach to education inspired by Loris Malaguzzi and famous around the world, which also works for children over six.

“Smartphones, tablets, computers, yes or no?” “If their redfish dies, should I tell them or replace it with another one and pretend nothing happened?” “Can I let them learn their father’s foreign language, or will they get confused?” “The grandparents help us in the day-to-day logistics, but sometimes they are a little too present: would a babysitter be better?” “Why does my kid eat veggies at kindergarten but not at home?” These are just some of the most common questions in the ongoing conversation between teachers and parents, especially when their children are very young and experiencing nursery school or kindergarten for the first time. In this book aimed specifically at parents, the teachers from Reggio Children try to answer many predicaments, from the simplest to the most complex, faced by every parent who has their child’s wellbeing at heart. This conversation between parents and teachers is aimed at supporting the life path of families raising children.

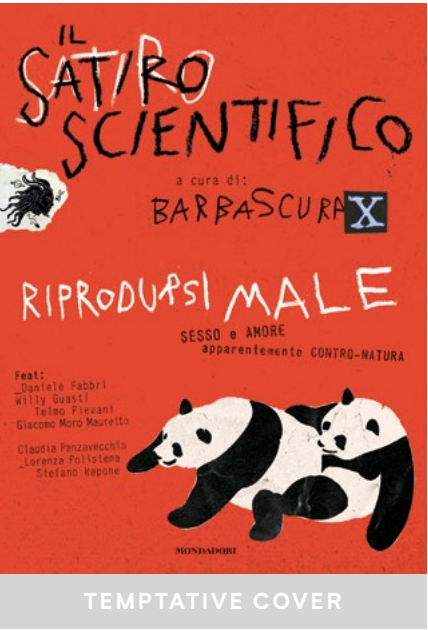
# BARBASCURA X

## The Scientific Satyr

Volume 1: Reproducing Badly — Seemingly unnatural sex, love, and evolution.

The new project of Barbascura X, the most followed science communicator in Italy: a book/magazine on science issued every six months directed by Barbascura X. A product that is thorough, over-the-top, and funny, just like its curator. Infographics, illustrations, in-depth articles, and humor to provide a new approach to science.

The first volume of the book/magazine by Barbascura X will probably be entitled “Reproducing Badly” and will deal with sex in every natural environment: from dinosaurs to mammals, from alien life forms to plants. The book/magazine presents a series of in-depth science articles on the topic along with funny counterpoints, illustrations, comic strips, as well as commentaries written directly by Barbascura X.



**BARBASCURA X** is a chemist, science populariser, theatre performer, writer, author, musician and video-maker. With a degree in organic chemistry and a PhD in green chemistry and production of materials from renewable sources, he has worked in major laboratories across Europe. He has become famous on the web for his column “Scienza Brutta” (Ugly Science), a series of parodic and irreverent pseudo-documentaries in which the lesser-known and shocking aspects of the natural sciences are recounted. Between popularisation and satire, he has brought science to theatres, conferences and various television programmes. For his unusual way of dealing with these topics, he has been called the punk of science popularisation.



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