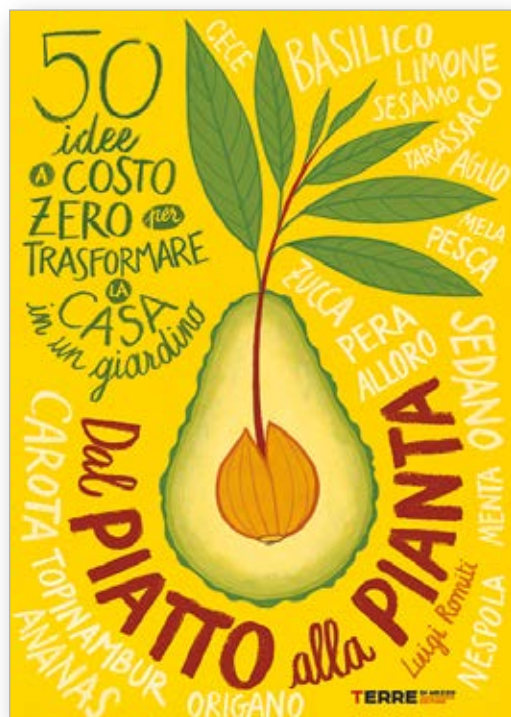




TERRE **DI MEZZO**
EDITORE
RIGHTS LIST **SUMMER 2021**



Dal piatto alla pianta

From the Dining Table to the Vegetable Garden

50 zero-cost proposals for transforming your home into a garden

Using the leftovers of fruit and vegetables that we consume on a daily basis and easy instructions, we can grow new plants of peppers, radishes, pomegranates, plums, pumpkins, lemons... An intelligent and inexpensive idea that will win over impassioned and amateur farmers, but even aimed at those who are looking for a simple way to get children acquainted with nature.





ECOFFICINE SERIES

Practical illustrated books for young and old, with a collection of many sustainable projects. A world of projects aimed at experiencing nature and leisure time in a new, more conscious and joyful way.

TEXT **Luigi Romiti**

ILLUSTRATION **Nadia Borgetti**

128 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-413-6

10,00 EUR

Sedano *Apium graveolens* var. *Dulce* Miller

Tipi di pianta Biennale, rusticante. Si face aggraziato in primavera e si stelo molto grosso lungo pochi metri dalla base. A fine autunno si utilizza: i fusti aggraziati. Presenta una radice a fittone, foglie pennate e segmentate sul margine, fiori bianchi (ovari) in struttura a ombrello e frutti (bacc) (semi) formati da due acheni.

Come si coltiva un nuovo esemplare utilizzabile a fine autunno.

Crescita veloce per la riproduzione. Al fusto: germi e foglie dello stelo. Se invece parti dal seme, il ciclo completo richiede 6-7 mesi.

Clima predilige un luogo luminoso,

ma non ama la luce diretta del sole, la temperatura deve essere e neppure quella troppo bassa (inferiore agli 0°C) anche per alcuni giorni.

La temperatura ideale è fra

15 e 22 °C. Se parti dai semi, puoi

procedere in diversi periodi dell'anno

(primavera, estate, autunno) ma la

più buona (la marea) per

raccolgere verso fine estate, è più

produttiva. Se parti dallo stelo,

puoi anche usare per altri periodi,

ma nel caso il clima esterno fosse

troppo rigido, sarà fondamentale

tenere il vegetale in casa.

Acqua mantenere il terreno

sempre umido.

Infestanti e coltivazioni in acqua

per la formazione delle radici, quindi

potrà procedere con la messa a

dimora. Preferisce terreni freschi,

profondi, ricchi in humus e

leggermente acidi. Sono invece

sensibilizzati nei confronti degli acidi

e eccessivamente salini. Il sedano

ha bisogno di potassio, pertanto

richiede al terreno qualche

cucchio di cenere di legno

contingente alla dose della di cenere.

Quando la fase di crescita coincide

con un momento di aridità

(due volte a settimana).

Come si procede

Taglia la base del gambo di sedano, dove essere di circa 5 cm, e mettila in una sbollita coperta solo i primi 2-3 cm con l'acqua (che dovrà cambiare ogni 3 giorni). Dopo circa una settimana, vedrai che inizieranno a svilupparsi i primi germogli al centro dello stelo (è una colorazione giallognola).

Lascia la pianta in un luogo luminoso

dentro casa, ma non alla luce diretta del sole.

Aspetta che si formino le prime foglioline

dai germogli, e si sviluppino le radici nella

parte inferiore della sezione (5 vortono

diva tre settimane). Quelli ingialliti nel

seno, lo puoi immergere nel bagno, ma

è meglio proteggerlo nei mesi invernali

ripetendolo in una mini serra o coprendolo

totalmente con un telo scuro di notte

non meno (tra). L'ideale è una protezione

arata, non necessariamente adagiata. Il

seno, che come abbiamo visto deve essere

sempre umido, va irrigato settimanalmente

con un infuso di opuntia (al fine di

permettere l'attacco di patogeni fungini).

È consigliabile le conservazioni con foglie

e fagioli, carvi e carofino (in tal

caso sarà il sedano che con la sua

fragranza terrà lontane le carie).

Cogli i gambi di sedano poco per volta per

favorire la successiva rigenerazione.

[Note nutrizionali] amaglie poco caloriche

(da solo 28 kcal per 100 g di parte edibile).

Il ricco di potassio (fino a 210 mg per 100

g) e contiene discrete quantità di fosforo

(45 mg), calcio (21 mg), magnesio

(14 mg), vitamina C (acido ascorbico

3,2 mg) e vitamina A (come retinolo

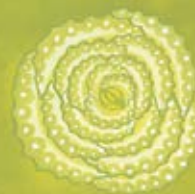
equivalente 277 µg). I lipidi sono quasi

totalmente assenti (0,2%). Le fibre aiutano

a ridurre colesterolo e trigliceridi. Contiene

particolari flavonoidi, gli psali, che in

mentre sinergica concorre a un'azione





LUCIA GENANGELI

is the “creative mind” of La Saponaria, craft workshop of certified organic cosmetics.

LUIGI PANARONI

is professor of Cosmetology at the Faculty of Pharmacy of the University of Urbino, chemist and master soap maker of La Saponaria.

Il primo sapone non si scorda mai

The First Soap is Never Forgotten

Ingredients and secrets of the best artisans

A delicate beauty treatment for the skin, a craft gift, and a way of caring of themselves and the environment. All this can be enclosed in a soap bar, if it is handmade with natural ingredients. A guide that teaches the basics of hot and cold saponification, and lets you experiment with great recipes to create beautiful and useful soaps.

AUTHORS **Lucia Genangeli,**
Luigi Panaroni

128 PAGES FULL COLOR

HARDCOVER

ISBN 978-88-6189-584-3

16,00 EUR





TEXT AND ILLUSTRATIONS **Elena Campa**

128 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-445-7

16,90 EUR



La stampa fatta in casa

Homemade Printing

Printing designs and patterns on paper and fabric with easily-found materials. The many techniques explained step by step are within everybody's grasp: from stamps to silk-screen printing, from collagraphy to stencilling, from masks to lithography.

TABLE OF CONTENTS

- **Your Workshop**
- **In the Kitchen**
- **Rubbers**
- **A New Life for the Simplest Objects**



L'ERBARIO NELL'AIUOLA

Che cosa ti serve

- foglie fresche
- forbici
- carta cotone o peso da 15x15 cm
- 1 pezzo di gomma crepla da 15x15 cm
- 3 pezzi di piovola da 10x15 cm da 1 cm di spessore
- colori da stampare a rilievo
- rullo o spatola per stampare
- piano di sovrapposizione
- macchina per la pasta



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Le foglie hanno mille forme differenti, a volte davvero strane. Per collezionarle tutte, potete creare un erbario stampato a matita. Non importa che siate in campagna o in città, anche al parco o nelle aiuole potete scoprire foglie interessanti.



Come si fa



Prendete tutti i materiali, a rilievo che trovate nella natura delle pareti, delle riposte o degli angoli, che possano avere disegni diversi, soprattutto naturalmente, erpici delle rovine, e ingegneri della forma che più vi piace per costruire la casa e gli elementi dello skyline. Immaginate più di un edificio per realizzare uno skyline a suoneria come quello della foto in pagina 33 vedere la matita ha la realizzazione.

Assemblate quindi i pezzi e create un collage sul cartone usando la colla più indicata a seconda del materiale utilizzato.



CONSIGLIO Cercate di non mescolare nelle stesse collage materiali molto sottili e consistenti, ma di usare elementi con spessore simile.

Realizzare un altro paio di collage per costruire uno skyline reale da assemblare come nella foto della pagina precedente.



Quando la colla è asciutta e gli elementi del collage sono ben fissati sul cartoncino, potete iniziare a stampare.

Nella pagina successiva vi spiego come inchiodare e stampare con la macchina della pasta, questo procedimento vale per molti dei progetti progetti proposti.

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[continua]

Inchiodare e stampare con l'impasta



Stendere uniformemente il colore con la spatola di gomma sul piano di inchiodatura. La quantità giusta di colore non permette di vedere il piano di.



Intanto, non sono così resistenti uno spessore, se vi accorgete di avere messo troppo, spostare la tela su un'altra tavola che sia vuota.



Coprire il tutto possibilmente nel colore fatto stesso, evitando quello in eccesso.



Passate il rullo sul collage per inchiodarlo.



Mettete la carta a contatto con il collage, premendo la gomma della macchina per la pasta a seconda dello spessore del collage.



Poi passare carta e cartoncino tra i due rulli. Che non, delicatamente separare la carta dal collage, la nostra stampa è fatta.

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ELENA CAMPA

is a young artist specialised in printing techniques. She organises workshops for adults and children. You can find some of her works and projects on her website, elenacampa.com.



ENGLISH SAMPLE AVAILABLE

AUTHORS **Nadia Abate,**
Danilo Cinciripini,
Paola Paradisi

92 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-500-3

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Crea il tuo cartone animato

Create Your Own Cartoon

From the pre-film era to the most imaginative animation techniques, this practical handbook explores the many faces of the “moving story”. Transforming the idea into a storyboard and giving life to characters with stop-motion, pixilation, the flipbook, cut-outs, clay, sand, or the classic technique of animation. The projects can then be filmed with a smartphone to become an actual cartoon.

NADIA ABATE,
DANILO CINCIRIPINI,
PAOLA PARADISI

are the “Animàni”: experts in film, the graphic arts and illustration, they organise workshops in the techniques of animation for children and adults.



16

THE ANCESTORS OF FILM

THE THAUMATROPE

Materials

1 sheet white poster board
1 cup
coloured pencils or markers
scissors
hole puncher
2 rubber bands or 2 short strings

What It Is

An optical toy composed of a disk of poster board decorated with images drawn or printed on both faces, and a hole punched on either side with a short string or rubber band attached to it.

The disk has a complementary images on its two faces: the classic example is that of a small bird on one side and its cage on the other.

When the thaumatrope is still, the two images are separate; but if you twirl the disk quickly and constantly, keeping it suspended and taut between the two strings, you create the illusion that the two images are actually a single image: the little bird ends up in the cage!

This is something of a magic trick, a little visual deception which, due to the speed with which the disk is twirled, prevents the eyes from being able to see the images as unique and separate. The brain, which had already registered them at first glance, tries to come to the aid of the eyes and reconstruct them, but due to the speed of the twirling, it unites them in a single image. It was precisely from this optical illusion that the motion picture, or film, was born.



WHEN IT WAS CREATED

The thaumatrope, also known as the "magic disk," was invented between 1824 and 1925 by scientists who were studying vision. So it was not originally a toy, but rather was used to investigate the **PHENOMENON OF THE PERSISTENCE OF VISION**.



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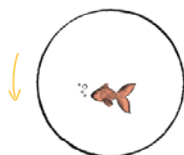
How to Make It

Think of an image you would like to represent: it must be composed of only two figures that are associated with one another. In this case, the fish and its bowl.



1 Take the poster board and draw a circle, using the cup or another round object. Or use the shape on the next page.

2 Cut out the circle.



3 Create the first figure on one side of the disk.

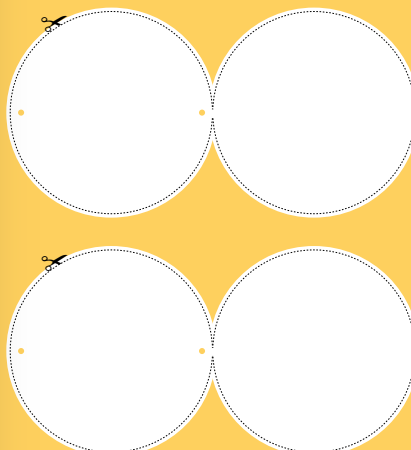


4 Turn the disk over to draw the other figure on the other side. Careful: the second drawing must be upside down with respect to the first, in order to create the optical illusion.



YOU CAN DRAW RIGHT HERE

Cut them out, fold, and glue the backs together: it's easy to build your thaumatrope





Lascia il segno

Leave Your Mark

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MONICA DENGGO

is an internationally-acclaimed calligrapher and teacher of handwriting and penmanship. She has developed an easy-to-learn cursive writing model that embodies the essence of years spent teaching adults and children. She's the author of the website scritturacorsiva.it and founder of the association Smed – Scrivere a mano nell'era digitale (Writing by hand in the digital era, smed2015.it).

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- Variations in Rhythm
- Capital Letters on Display

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- The Expressiveness of the Mark
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AUTHOR **Monica Dengo**

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HARDCOVER

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ritmo'u

Esercizi di ritmo e per scrivere sopra le lettere che puoi accoppiare
con ritmo di tanto forte a onda come tanto **u** rappresenta la struttura base delle lettere
u **a** **g** **q** **i** e anche **f** ed **h** per tracciare il movimento iniziale, indicato dalla freccia, di andamento
di tendenza possono aggiungere la **g** **i** anche loro collegandosi al quarto ritmo



28

ductus

Da questi quattro primi si possono ritrarre, come che il movimento della penna sul foglio si trasmette
al braccio rendendone partecipe tutto il corpo.



29 TUTTI I PRIMI E IL QUARTO

29

Texture

Stacca la trama del testo riprodotta in grigio con un colore a tua scelta



30

La parola che si trascrive è l'alternanza di suoni e gesti uniti a quella di lettere opposte a sensibili generano il ritmo
di questa texture.



31 LA TRAMA DEL TESTO

31



AUTHOR **Alessandro Bonaccorsi**

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La Via del Disegno Brutto

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Most people think they are not good enough to draw and, therefore, don't draw. They speak, write, think, sing, but do not draw. Our hands have become accustomed to driving, cooking, writing on a keyboard, but they have forgotten the joy of tracing signs, the pleasure of letting the pen flow onto the paper, in complete freedom.

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The wild boy

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PAOLO COGNETTI

(1978) was born in Milan.
With the novel *Le otto montagne* (Einaudi) he won the 2017 Strega Prize.





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What cats are for

There are times when you feel bogged down. Where everything seems useless. Including cats. Including a full starry night of crickets, or a glance exchanged on the street with a beautiful girl. But, sometimes, it is precisely from the apparently useless little things that brief moments of authentic happiness arise. Paolo Nori is one of the best known contemporary Italian authors. He has written dozens of books, the most recent being *I russi sono matti* (Utet, 2019), *Che dispiacere* (Salani, 2020), *Sanguina Ancora* (Mondadori, 2021). Andrea Antinori collaborates as an illustrator with various publishing houses. He was selected in 2017, 2020 and 2021 for the illustrators exhibition at the Bologna fair.

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LA PRIMA FRASE È SEMPRE LA PIÙ DIFFICILE

*The first sentence
it is always the most difficult*

“Inspiration is not the exclusive privilege of poets or artists”, argues Wisława Szymborska in these pages. “There is, there has been and always will be a series of people who receive her visit.” The strength of these people - and among them the poets - is that of repeating “I don’t know” every day, continuing asking questions, continuing to discover. People able to keep the amazement for things intact. Wisława Szymborska (1923-2012), Polish, she won the Nobel prize for literature in 1996.

Guido Scarabottolo is an illustrator, author, graphic and designer.

AUTHOR **Wisława Szymborska**

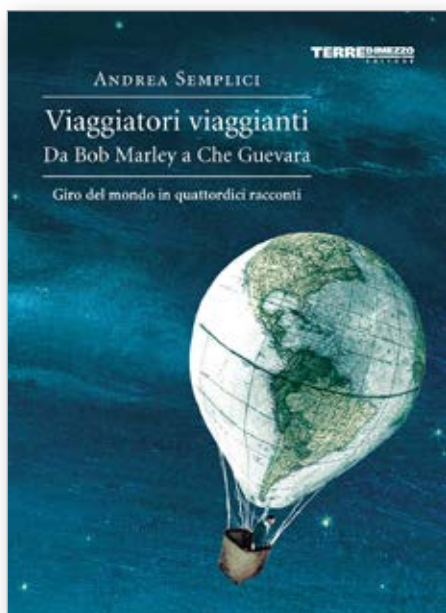
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TEXT **Andrea Semplici**

ILLUSTRATIONS **Gabriele Orlando**

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MA TU DIVERTITI

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IL POSTO PIÙ STRANO DOVE MI SONO INNAMORATA

The Strangest Place Where I Fell in Love

An absurd and mixed up family, impossible jobs, overly shy suitors who bring her flowers on a daily basis yet never speak up, true love that never knocks on her door. Irma is convinced by her father that “Cu niesci arriniesci” (if you want to make something of your life, you've got to leave the place where you were born), so she leaves Palermo for the cold Turin. Afterwards on from there to Prague and Rome; forever in search for her place in the world, although it always seems that somebody else manages to occupy that place before she does.

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After having left the man she lived with in Greece, Arianna returns to Ronco in the vicinity of Verona. Here she ends up dealing with her father, an introverted and uncommunicative man, and with the memory of her recently deceased mother. One day she happens to discover the existence of a half-brother living in the Marche region, the child of an early relationship that her father never disclosed to anyone (or at least, so does Arianna believe). Hence she sets off to meet him: a showdown with her father is inevitable at this point.

AUTHOR **Susanna Bissoli**

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AUTHOR **Giusi Marchetta**

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NAPOLI ORE 11

Naples, 11 O'clock

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AUTHOR **Giusi Marchetta**

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L'ORIGINE DELLA DISTANZA

The Origin of Distance

Vittoria decides to fly to Kyoto to visit her boyfriend Lorenzo. At the last minute he lets her know that he has to leave and won't be waiting for her, but insists that she fly out in any case. Vittoria suddenly finds herself in the midst of an unexpected country, where some people "disappear" thanks to special agencies, where some live in isolation without ever going out again and some who quit eating for fear of radiation. And when she finally sets foot in Lorenzo's house, she discovers something that she would have rather ignored. Stories intertwined in a novel about distance as a difficulty to relate oneself, the refusal of one's own body, love as a sort of salvation that is not always possible.

AUTHOR **Francesca Scotti**

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CARBONIO

Carbon

Elia Ferri is fired from the environmental association in which he has been active for years, so he accepts a job with the enigmatic Ermanno Maxer from Re-Carb – a company investing in technology aimed at trapping carbon dioxide (responsible for the greenhouse effect). Ferri is certain of the project's feasibility and while his career takes off (even to the detriment of his personal relations), he is not aware of being simply a pawn in a dangerous game that is way beyond him. A novel about the aspects of coherence, about how it may be preserved and at what price.

AUTHOR **Michele Governatori**

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ALICE SENZA NIENTE

Alice Without a Thing

Alice is thirty years old. With a degree in her pocket, she spends her time looking for a job that cannot be found, with absurd interviews and thousands of tricks for making ends meet on a low budget. Her biggest dream is managing to cinch a job, sooner or later, at least as a temp...

Initially published as an eBook online, where it turned out to be an actual sensation, this novel is the manifesto of thousands of young people who have been denied the hope for a respectable future – with over 35,000 copies downloaded in a short matter of time, articles published on blogs and newspapers, dozens of emails sent to the author.

AUTHOR **Pietro De Viola**

94 PAGES

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TERREMOTO

Earthquake

Enrico Macioci uses the earthquake that hit his land as the literary cue for investigating human beings and their small/great tragedies: a building evacuation leads to a showdown between two of its tenants; a man suffers from amnesia and asks what happened to whoever he meets; a fat man stands at the window, despite the risk of its collapsing, in the hope that the cats he usually feeds finally come back home. Enrico Macioci, with these stories set in L'Aquila in the wake of the 6 April 2009 earthquake, has composed a collective book with narrative and emotional power that it's difficult to forget.

AUTHOR **Enrico Macioci**

128 PAGES

SOFTCOVER

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IL PAESE DEI DIARI

The Land of Diaries

There's a place in the province of Arezzo that preserves the stories of Italians: it's called Archivio Diaristico Nazionale di Pieve Santo Stefano (National Diary Archive), which was founded by Saverio Tutino in 1984. A unique place in Italy that was established for the collection and preservation of diaries, memoirs and correspondence written by the common people. Beginning with this story, Mario Perrotta (writer, actor and theatre director) has written a fascinating narrative that gives life to some of the most interesting voices inhabiting the Archive – beginning with Clelia Marchi, who wrote her life on a bed sheet. Including a comment by Ascanio Celestini.

AUTHOR **Mario Perrotta**

232 PAGES

SOFTCOVER

ISBN 978-88-6189-361-0

15,00 EUR



PER CHI VUOLE NON C'È DESTINO

For those who want there is no destiny

"I didn't travel in search of fame, not for me but for the others. I was looking for redemption, and I found it."

The intense story of a child who, for a doctors' mistake, was born with a disability. Anger and the will to live lead him on the edge of an abyss. Then one day, he met the Camino de Santiago: a unique adventure began that, from then on, it will mark a turning point for the author but also for all of us.

Pietro Scidurlo, a paraplegic man, aged 33 did the Camino de Santiago in a handbike. Upon his return, he founds *Free Wheels Onlus*, which provides protection and support to the disabled in order to surpass physical and mental barriers.

AUTHOR **Pietro Scidurlo**

136 PAGES

SOFTCOVER

ISBN XXXXX

Andrea Semplici

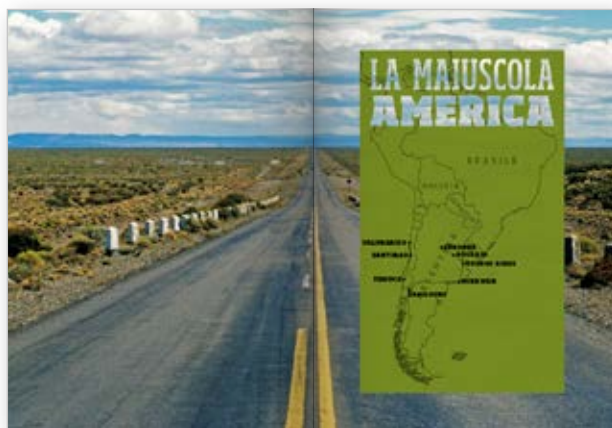
HARDCOVER

16,00 EUR

Ernesto Guevara's Unlaced Combat Boots

A journey to Argentina in the footsteps of El Che

Journalist and globetrotter Andrea Semplici returns to Argentina on the trail of the man who would become the hero of the Cuban revolution, discovering the places where Ernesto Guevara spent his childhood and walking in the footsteps of his restless travels as a youth – those by bicycle, alone, and the trip along with Alberto Granado on his famed Poderosa motorcycle, reaching Alta Gracia, Córdoba, Valparaíso, all the way to Buenos Aires and Chile. An act of love for a fascinating country and an immortal legend.





GENITORI IN CAMPO

Parents in the field

Raising children and winning together

Why children are always different from how we think of them (and generally more complicated than one washing machine)? And why parents sometimes become opponents? What does it mean to train talent and learn from mistakes? A very serious book written by a professional author. Raising children is a bit like playing tennis: game and match!

The author is a psychologist and coach. He has been working for years on relationships between adults (parents and coaches) on the tennis courts of Veneto, Lombardy and Lazio. He directs the Youtube channel "Gli Schizzati".

AUTHOR **Cristiano Pravadelli**

140 PAGES

SOFTCOVER 16X21 CM

BLACK AND WHITE / WITH ILLUSTRATIONS



IL DIAMANTE È PER SEMPRE

The diamond is forever

Ten stories to fall in love with baseball

Slow. Boring. Incomprehensible rules... Ready to change your mind about baseball? You will discover a world of champions, in life as in the field, who could break down the racial barriers before any other sport, transform the personal success in the redemption of entire communities, accomplish deeds like a Hollywood script, and divert a whole Nation - if only for a moment - from the dramas of History. All this "only" thanks to a club and a ball.

AUTHOR **Pietro Scidurlo**

260 PAGES

SOFTCOVER 14X20,5 CM

BLACK AND WHITE



HOSPITALEROS

Volunteers on the Camino de Santiago trail. Diary of an extraordinary experience

Every year thousands of people set off on ancient trails towards Santiago and Rome. And every night the doors of hostels and historical shelters open up to them, where the ancient hospitality practice called “a donativo” (free donation) is applied.

Hundreds of volunteers run these modern “hospitali”, dedicating their time to accommodating people from around the world. This diary describes how one may become a “hospitaleros” and the events that occur during days full of encounters and surprises.

AUTHOR Immacolata Coraggio

208 PAGES

SOFTCOVER

ISBN 978-88-6189-207-1

14,00 EUR



SEGUENDO I PROPRI PASSI

Following One's Own Footsteps

On foot from Seville to Santiago, along the ancient Via della Plata

The diary of a contemporary hiker, travelling along the footsteps of ancient medieval pilgrims. One-thousand kilometres through hills and headlands, bridges and encounters: a continuous back-and-forth through history, but also a spiritual journey. Already one-thousand years ago, Via della Plata was used by those who wanted to reach Compostela; today history blends itself with wine, with the strong flavours of garlic, jamón Serrano ham and hospitality. But also of the moral revolt of a country that finds itself up against violence.

AUTHOR Diego Marani

128 PAGES

SOFTCOVER

ISBN 978-88-6189-136-4

10,00 EUR



APPENNINO ATTO D'AMORE

Apennines: an Act of Love

The mountain we all belong to

The trip arrives at the right time. A temporary escape aimed at leaving behind tiresome and unwitting routines, only to draw from the vital energy of the trail. In addition to the veil that blurs one's desires, in search of that profound sense of life: friendship, a passion for mountains, for its landscapes, its people, the places that are depopulated and the return of younger generations. A thrilling journey along Italy's backbone, from north to south, amidst the splendour of its highlands. *Preface by Paolo Rumiz.*

AUTHOR **Paolo Piacentini**

144 PAGES

SOFTCOVER

ISBN 978-88-6189-453-2

14,00 EUR

SCONFINAMENTI SERIES

Books on the border between literature and news reports, as compelling as novels yet real to the very bone: from the most hidden spots in Libya illustrated by a "special" observer, to the choice of those (after having left their jobs) who decide to travel to China on foot, all the way to an "unconventional" pilgrim along the Camino de Santiago.



DANCALIA

Danakil

Walking on the bottom of a vanished sea

A desert of salt, a volcano that plays hide-and-seek, a lake that attracts birds and then kills them. Those who travel to the Danakil Depression, between Ethiopia and Eritrea, move about on rocks with psychedelic colours, risk getting bogged down in quicksand or getting lost in the peaceful setting of Madame Kiki's establishment at the outskirts of the desert. Because Danakil belongs to the Afar, an enigmatic and "ferocious" people who only reveal their humanity to those who are able to stand "side-by-side with diversity".

Preface by Pietro Veronese.

AUTHOR Andrea Semplici

192 PAGES

SOFTCOVER

ISBN 978-88-6189-317-7

1490 EUR



ERA UN GIORNO QUALSIASI

Just Another Ordinary Day

Sant'Anna di Stazzema, the 1944 slaughter and the search for the truth.

A story spanning three generations

Alberto was ten years old on 12 August 1944. He and his mother had just been evacuated to Sant'Anna di Stazzema, a peaceful place. But the Germans climbed up to the village that same day, slaughtering women and children: about 400 people were killed, including Alberto's mother. A massacre that nobody mentioned in Italy until the resounding trial that took place in 2004. The paths and choices through which the truth, at first denied and then repressed, became history.

AUTHOR Lorenzo Guadagnucci

196 PAGES

SOFTCOVER

ISBN 978-88-6189-391-7

12,00 EUR



TI CHIAMO PER NOME

I Call You by Your Name

Stories of possible reconciliations

What if they killed your father? What would you do? Would you forgive them? And what if somebody light-heartedly spreads slander on your account that ends up ruining your life? Your mother abuses you: do you forget? This book collects the true and touching stories of men and women who, in different ways, have answered these questions with a "yes". But also the words of those who, from behind bars, have decided to knuckle down and reconcile with the "outside" world. Including data sheets on associations promoting paths of remedial justice and mediation.

AUTHOR **Elena Parasiliti**

160 PAGES

SOFTCOVER

ISBN 978-88-6189-266-8

12,00 EUR



OVUNQUE TU VADA

Wherever You Go

Experiencing the essential, one minute at a time

In life, there's always a "before" and an "after". A trivial accident transforms a parish priest in the prime of his life into a completely paralyzed "tetrapriest". Everything changes from that moment onwards. An intimate journey through the frontiers of human existence, where a man's choices, his faith and love are rooted. But even his relationship with friends, his own body and his total dependence on others.

AUTHOR **Gigi Sabbioni**

143 PAGES

SOFTCOVER

ISBN 978-88-6189-092-3

13,50 EUR



Prima l'insalata!

Salad First!

7 steps and 50 recipes towards a healthy lifestyle

A simple revolution: eat well and stay healthy. Always begin with vegetables, cook more pulses and less animal proteins, choose whole grain cereals and never forget essential good fats. The time has come to modify our eating habits if we want to live longer. A recipe book that, using solid scientific foundations, teaches the principles of well-balanced nutrition. All you have to do is follow Sergio Chiesa's seven suggestions and then get down to cooking the delicacies proposed by Laura Faggian.

AUTHORS **Sergio Chiesa, Laura Faggian**

224 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-359-7

14,00 EUR





SAPORI SERIES

Sitting around a well-laid table is one of the pleasures of life. But what ends up in our plates? The choice of ingredients and recipes we prepare is crucial for our taste buds, but also for our health and for that of the environment in which we live.



PASTA MADRE, LIEVITO VIVO

Starter Dough, Fresh Yeast

How to make starter dough, preserve it and use it to the fullest

All you need for starters is some water, flour and a teaspoonful of honey. These simple ingredients trigger a healthy revolution that arouses sensations and emotions that thought were believed lost. From common bread to gluten-free loaves, from Neapolitan pizza to more complicated desserts, we shall be discovering the power of fresh yeast. This is accompanied by an enthusiastic story written by the author, who has employed extensive time in experimenting and fine-tuning each and every single recipe.

AUTHOR **Roberta Ferraris**

160 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-307-8

12,00 EUR



IL PESCE GIUSTO

The Right Fish

50 tasty recipes that respect the sea

The fish that we usually eat is in risk of extinction: according to experts, 80% of fish stocks have reached or overcome maximum levels of sustainable fishing. But only 10% of the over 700 edible species inhabiting in our seas are ever marketed. It would be best to concentrate on other fish species, which are often even less expensive.

For every “sustainable” fish, there’s a practical information sheet that reports the best season for its purchase and how to cook it.

AUTHORS **Enrico Biolchini,
Giorgio Cabella**

200 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-320-7

14,00 EUR



AUTHORS **Francesca Scotti,**
Alessandro Mininno

136 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-399-3

12,00 EUR

The Sushi Game

Banzai guide to Japanese cuisine

Japanese cuisine means raw fish. No, its variety is enormous and mainly entails soup. Who's right? Let's play at discovering the traditional cuisine of the Land of the Rising Sun through an entertaining book that's full of pop illustrations. We shall discover on level one, the easiest one, some friendly yakitori and onigiri; but the difficulty level goes up to ten, where we come upon the frightening "dancing squid bowl".





UNA ZUCCHINA NON FA PRIMAVERA

*One Courgette Does Not Make
a Summer*

Guide to fruit and vegetables (and not only) in season

Today we're having pumpkin? But is it in season? Wondering whether the fruit and vegetables we purchase have ripened naturally at the time we eat them has three main benefits: flavour, health, environment. But do we know when it's the right time to pick asparagus, broad beans and spinach? Or even apricots, pears, oranges, cantaloupes, cherries... A practical guidebook for recognizing the right season and learning how to cook excellent dishes with authentic country flavours. With at least one recipe for each product.

AUTHOR **Roberta Ferraris**

176 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-965-0

12,00 EUR



VERDURA E FRUTTA ESOTICA

Exotic Fruit and Vegetables

When you know it better, you'll cook it better

What is okra? How do you use rocoto? What accompanies chutney?

A practical guidebook with sixty delicious recipes for discovering and learning how to cook exotic fruit and vegetables, as they are increasingly crowding the stalls of our markets. From shrimp gumbo to pak choi rice, from palitos de yuca to sea bass in coconut milk. For all those curious chefs, for those who want to reproduce an unusual recipe eaten on holiday, or simply for those who love eating and want to try their hand at original flavours.

AUTHOR **Roberta Ferraris**

192 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-217-0

13,00 EUR



IO MANGIO COME VOI

I Eat Just Like You Do

63 tasty recipes for eating well from the age of 6 months to 99 years

When children first taste their baby food, they don't always seem quite pleased about it. So why not start by feeding them healthy food, simple to prepare yet at the same time tasty and suited for the whole family? The recipes in this book have been written by researchers and nutritionists from the Burlo Garofolo Hospital in Trieste, who have collected the experiences of many parents. These recipes are aimed at sharing a flair for good food with one's children, providing suggestions for preparing healthy, well-balanced and appetizing meals.

88 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-273-6

11,00 EUR



QUESTO L'HA FATTO IL MIO BIMBO

Cooked by my Child

Recipes and stories in season for young chefs

36 easy recipes, delicious and using in season ingredients for children from the age of 4. For all those children who imitate their mothers and fathers as they cook, for all those parents who want to hand down their passion for good cuisine. Enough of those disgusting sloppy messes made of water and flour. Let's make room for pans and bowls, making wells in flour and using double boilers. And voilà! Some excellent delicacies for the joy of the entire family. And while the cake is baking in the oven or the "granite" sorbet is cooling down, there's enough time to read the entertaining stories and legends that accompany every dish.

AUTHORS Carlotta Benedetti, Daniela Maniscalco

96 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-203-3

10,00 EUR



OLIO DI PALMA

Palm Oil

The truth about the ingredient that has invaded our tables

Steer clear of palm oil, or rather not. It is the most employed table fat in the world and it can be found everywhere: cookies, snacks, cakes, cream spreads, crackers... But it's also used in cosmetics, medication, detergents and animal feed. Then there are those who say it's unhealthy and that palm cultivation is destroying the forests of producing countries, whereas others boast of its benefits for man and the environment. Where does the truth lie? This book gives voice to experts and provides useful tools for making a conscientious choice.

AUTHOR **Mariangela Molinari**

96 PAGES

SOFTCOVER

ISBN 978-88-6189-381-8

10,00 EUR



RESTIAMO ANIMALI

We're Still Animals

A vegan lifestyle is a question of justice

In this book Lorenzo Guadagnucci, a journalist and activist, explains how “a vegan choice is nothing else but the premise, perhaps the condition, for what really counts – namely a commitment towards creating a fairer society. “We’re still animals”, we say to ourselves, because we’re aware of being guests (and not dominators) of the planet Earth, travelling companions of all other living beings, to whom we owe respect... I believe the heart of animalism, or better yet antispecism, lies exactly here. It is a battle against injustice”.

AUTHOR **Lorenzo Guadagnucci**

256 PAGES

SOFTCOVER

ISBN 978-88-6189-224-8

14,00 EUR



I MOSTRI NEL MIO FRIGORIFERO

Monsters in my Refrigerator

What hides within snacks, ready-made meals, cold cuts, beverages, yogurt, sauces...

This guidebook analyses common food eaten on a daily basis (from cold cuts to ready-made sauces, from snacks to crisps and frozen food), providing readers with useful tools for making wise choices within the vast sea of products offered on supermarket shelves. Part of the book is dedicated to the analysis of flavourings, food additives, pesticides, intolerance and food frauds.

AUTHOR Stefania Cecchetti

208 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-126-5

10,00 EUR

STILI DI VITA SERIES

A certain style and the right tools are needed for living in a sustainable way. Like these books written to promote alternative consumer, participation and aggregation practices.



Piccoli viaggiatori a piedi e in treno

Young Travellers on Foot and by Train

30 short excursions for family entertainment

Trains and locomotives (especially ancient or steam ones) have always fascinated children and adults alike.

This guidebook suggests a series of walking routes that are suited for young children (from zero to ten years of age), coupled with as many railway routes and a double proposal involving daily outings or entire weekends.

Proposals come complete with all sorts of practical information: where to eat, where to sleep, playgrounds, what to visit and emergency telephone numbers.

AUTHORS **Annalisa Porporato, Franco Voglino**

176 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-296-5

14,90 EUR





SUSTAINABLE TOURISM SERIES

A book series dedicated to those who not only want to be tourists, but travellers, while on holiday: curious about the cultures they encounter, capable of communicating the tradition of which he/she is the bearer, focusing on turning the journey into an opportunity of growth for everyone.



AUTHOR **Alessandro Vergari**

160 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-241-5

14,00 EUR

Social Trekking

36 proposals for hiking together, creating a network in Italy and abroad

There is a category of tourism involving paths, emotions and encounters. It's called social trekking: walking together to experience places in a more authentic manner, stopping along the way to meet those who live there. From Val Grande to the hills of Maramures, in Romania; from the Etruscan Iron Trail, all the way to Ciudad Encantada: hikes, weekends or actual trips while walking in the company of others, sharing the laboured silence of an uphill climb or the pleasure of a refreshing dip, the surprise of an encounter or the wonder of a breathtaking view.

PIEMONTE

La valle degli occitani

A Elva, c'è un museo un po' particolare. Le foto seppiate e gli oggetti qui conservati sono mani testimoni di un tempo in cui tutti i maschi adulti del paese andavano a raccogliere capelli per il nord Italia, per poi riportarli a casa, lavorarli e rivenderli alle fabbriche di parrucche. I più pregiati erano quelli delle donne anziane, meglio se il pelo era bianco candido. Ma erano molto apprezzate anche le lunghe trecce delle giovani spose. Di solito le donne vendevano i loro capelli per guadagnare qualche soldo, per tirare avanti nella vecchiaia, per fare la dote alla figlia, per pagare un debito. I ragazzini rimangono meravigliati davanti alle tache del museo dei capelli di Elva. Ma ancora di più rimangono a bocca aperta all'incontro con Prezzemolo, un simpatico signore che è venuto apposta per raccontarci, con storie e battute, la sua infanzia di poverità, passata ad arrangiarsi per inventare giochi e passatempi. Sembra strano che un gruppo di bambini abituati alle meraviglie degli effetti digitali si appassionino e noti affascinato di fronte al cuore amato e elastico, al frullino, al gioco della lippa.

Il territorio

La valle Maira, nelle Alpi Cote, indenne dagli abusi della società industriale e da sciagurate attraversamenti transfrontalieri, è un ambiente naturale alpino fra i più belli e meglio preservati del Pie-

monte. Ad accrescere la meraviglia, la presenza della comunità occitana, che parla ancora oggi l'antica lingua d'oc. Nelle accoglienti locande, potremo scoprire tradizioni, usi e costumi, conservati gelosamente ancora oggi.

La valle, ricca di storia e d'aria, è disseminata di antichi borghi di pietra, intati e splendidamente conservati, di bellissime chiese e santuari.

Anche dal punto di vista naturalistico il percorso offre un'ampia varietà di paesaggi, dai boschi di pini silvestri ai pascoli della bassa valle, dai lariceti, ai grandi prati e alle brughiere d'alta quota, ricchissimi di fioriture anche in piena estate. L'isolamento di questa zona garantisce un'atmosfera fuori dal tempo, non artificiale, anche grazie ai tanti "custodi" del luogo, persone che hanno scelto di rimanere orgogliosamente in questa valle, a salvaguardare le tradizioni.

La proposta

La cooperativa Walden viaggia a piedi propone questo trekking anche a famiglie con bambini e ragazzi: il percorso non presenta particolari difficoltà e tutta la valle è servita da un comodo skibus, che può portare i bagagli o anche le persone, nel caso abbiano dei problemi a percorrere una tappa a piedi.

L'itinerario parte dalla borgata Carnoglieres di Macra, dopo aver guardato il film *Il vento fa il suo giro*, sottile introduzione ai luoghi e all'atmosfera di queste montagne. Decorando poi la Via dei Cidamini si raggiunge la chiesa di San Peyre, una delle più antiche della valle e seguendo una mulattiera si arriva allo splendido punto tappa di San Martino dove, la sera, si attende un concerto musicale di occitani. Un'altra breve e agevole giornata di cammino ci porta a scoprire la conca di Elva e le sue 28 borgate; qui visiteremo la bella chiesa di Santa



CAMMINATORI

Hikers

Practical guidebook for explorers, globetrotters, travellers, pilgrims, tourists, adventurers

Are you planning to embark upon a long route or a few days of trekking and wonder what should be done in preparation? Do you have to change your backpack or hiking boots and don't know which ones to pick? An exciting handbook with all you need to know about technical, physical and mental preparation, rules of the road, how to wade across a stream and how to walk ahead in the dark. Loads of practical advice and tips that will come in handy for enjoying the hike and reaching your destination (with satisfaction).

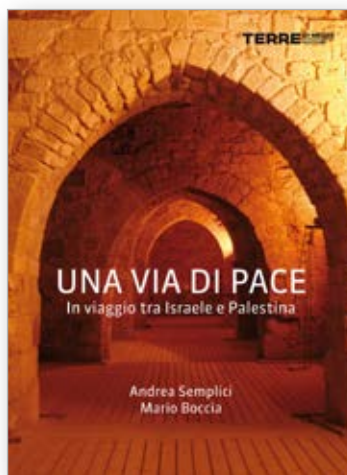
AUTHOR Giancarlo Cotta Ramusino

168 PAGES

SOFTCOVER

ISBN 978-88-6189-239-2

13,50 EUR



UNA VIA DI PACE

A Trail of Peace

On a journey between Israel and Palestine

Akko, Haifa, Taybeh, Tulkarem, Nablus, Jericho: three Israeli cities and three Palestinian ones united by a trail of peace that (one stage after the other) leads us into discovering the landscapes, food, scents, ancient and recent history, faces and customs of a difficult yet beautiful land. A report that is simultaneously a guidebook, with useful tips for those who want to walk down the same road, in the conviction that every traveller is a thread contributing towards the weaving of a fabric of peace.

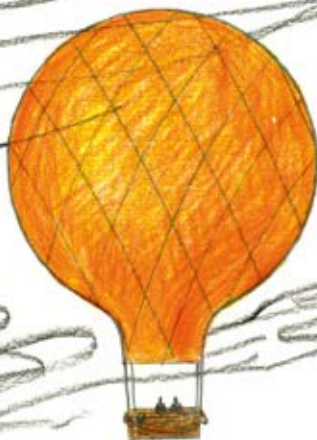
AUTHORS Andrea Semplici, Mario Boccia

256 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-188-3

16,00 EUR



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