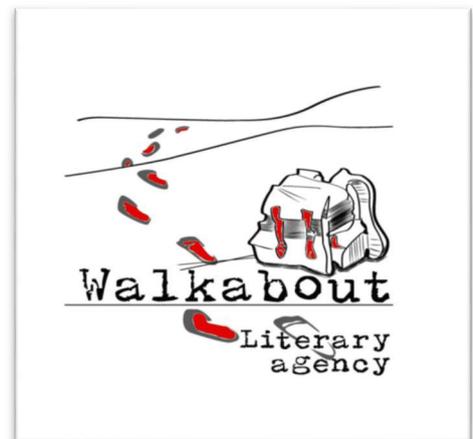

NON FICTION





Author: STEFANO BETTERA

Title: BUDDHA WAS A CONCRETE PERSON. ADVICES OF EASTERN HAPPINESS FOR WESTERN PEOPLE

(IL BUDDHA ERA UNA PERSONA CONCRETA. CONSIGLI DI FELICITÀ ORIENTALE A USO DEGLI OCCIDENTALI)

Pages: 220

First Publisher: Rizzoli

Forthcoming: 2nd April, 2019

Rights: Worldwide

ENGLISH SAMPLE AVAILABLE

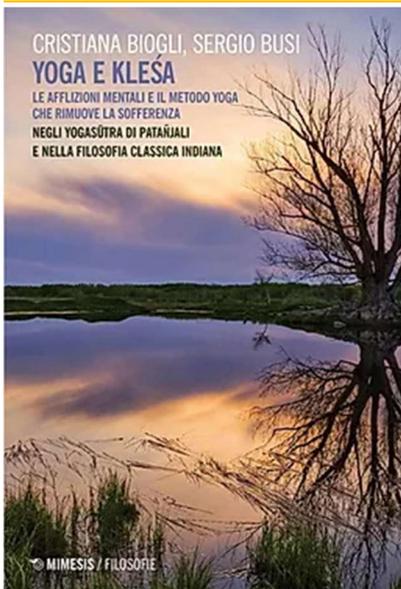
A BUDDHIST HANDBOOK TO HAPPINESS FOR NON-BELIEVERS. BECAUSE KINDNESS, CARE AND GENEROSITY ARE UNIVERSAL VALUES

After a restless childhood and adolescence, Bettera found his peace when he met Buddhism, as it helped him find answers to pressing questions in the life of a boy in Milan. This book is the outcome of 30 years of learning and meditation, and it provides us all with a guide to everyday life in our secular and hyper-technological Western civilization. Buddha's message can help anyone find his own balance, and offers a fresh perspective on the world. Each chapter deals with a crucial topic (the importance of listening, the power of kindness) providing practical instructions for meditation.

In Buddha was a concrete person Bettera deepens his meditations of decades around the thought of Buddha. To help us follow him, he organizes them in five steps that we can easily resume in our daily life. Each chapter deals with a theme - Wisdom, Kindness, Smile, Awareness, Inner searching, Compassion, Care and Education - relating it to both the Gotama message and the world of today and offering a practice to be developed and a meditation scheme. At the end of this journey, the readers can only gather an exhortation to embrace their life, whatever it is, with kindness and compassion. And to say yes to everything that brings us freedom and happiness.

The Buddha was a pragmatist, a concrete person. It will be enough to approach his teachings considering them as instruments, as stimuli. Nirvana, in this way, instead of being a distant paradise becomes the starting point, the condition that allows us to undertake our research, to recover that integrity and kindness that today's competitive and aggressive society seems to have torn us from heart.

STEFANO BETTERA is a writer and a journalist. A member of the Italian Buddhist Union and vice-president of the European Buddhist Union, he has been practicing insight meditation for 30 years. He teaches meditation throughout Italy, writes for the "Yoga Journal" and is a columnist at "Io Donna". He is the author of *Felice come un Buddha* ("Happy as a Buddha", Morellini 2017) and *Fai la cosa giusta* ("Do the Right Thing", Morellini 2018).



Author: CRISTIANA BIOGLI – SERGIO BUSI

Title: **YOGA E KLEŚA . LE AFFLIZIONI MENTALI IL METODO YOGA CHE RIMUOVE LA SOFFERENZA, NELLO YOGASŪTRA OF PATAÑJALI E NELLA FILOSOFIA INDIANA**

(YOGA AND KLEŚA. THE MENTAL AFFLICTIONS AND THE YOGA METHOD THAT REMOVES PAIN, IN THE YOGASŪTRA OF PATAÑJALI AND IN THE CLASSICAL INDIAN PHILOSOPHY

Pages: 220

First Publisher: Mimesis edizioni

Publication: March 5, 2020

Rights: Worldwide

The term *yoga* represents a more far-reaching terminology. Nowadays exists not only in the Asian culture but also in all continents perception; his long history has been intersected with different theories and societies. It has resisted to historical and cultural changes and has adopted, from time to time, different exceptions that make it so hard to lock up in a unique and immutable meaning. Wondering what it means is a priority, especially taking into account the fact that it is something alive in our diversified human society.

In this investigation, we cannot omit the *Yogasūtra* of Patañjali, which is the Indian classical philosophical text of greatest reference in the international yogic scenario.

Studying the *Yogasūtra*, we come across the theory of *kleśa*, the heart of Patañjali's teaching, which shows an idea of *yoga* verifiable also in the *Bhagavad Gītā*, in the *Upaniṣad*, in the *Buddhism*, that far from the meaning of "posture's performance", as very often many people incorrectly think nowadays, indicate a method which liberate the individual from suffering, where its origin resides in the ordinary perceptions of mind, through technique of concentration and meditation that progressively stop, and then transcend the frenetic and turbulent cognitive and emotional movements that human beings consider very seriously and ordinarily identify themselves with. *Yoga* is a practical knowledge that through the transformation of the mind opens gates towards an understanding, which transcend and 'see' its real concept, beyond the conceptual and semantic apparatus. Mind is a suffering soil but also liberation from pain, depending on its own individual's way of usage with awareness or gripped by distractions. *Yoga* is the responsibility's assumption of our own suffering and the mental training that leads to the achievement of happiness' goals.

Cristiana Biogli (1975) conducted classical studies and graduated in Moral Philosophy. She started to practice *yoga* from the beginning of her university and since 2003 she also began to teach it.

Sergio Busi (1959) lived in India and in Nepal for 16 years (1982-1998) where studied Indian philosophy and *yoga* under the monastic traditional methods, and subsequently under the *mahāyān* Buddhism teachings. Back to Italy, he graduated in Theoretical Philosophy.

The authors founded in 2004 the DRUMA YOGA, a Cultural Association based in Florence that spreads the practice and the study of *yoga* on what, in their opinion, are the fundamental pillars: *āsana* and *prāṇāyāma*, meditation and the study of philosophy. They run courses and *yoga* retreats, meditation, Indian philosophy and *Dharma* in their offices in Florence and Italy. <https://www.drumayoga.it>



Author: PAOLO BONOLIS

Title: **THE REASONS FOR MY SELF-TALK**
(PERCHE' PARLAVO DA SOLO)

Pages: 320

First Publisher: Rizzoli

Publication date: 1st October 2019

Rights: Worldwide

40.000 copies sold in four months

THIS IS PAOLO BONOLIS'S FIRST BOOK, AN IMPORTANT WORK IN WHICH HE TELLS HIS STORY THROUGH MEMORIES, REFLECTIONS AND ANECDOTES IN SEARCH FOR THE MEANING OF LIFE.

Paolo Bonolis talks to himself: he does so in order to gain a better understanding of things. One day he began writing down his thoughts; at first he did so extemporarily, but in time these very thoughts came together as a vast, sensational and meaningful picture of his life. The story begins with his childhood in Rome, and then comes the first and casual TV auditions and the encounters with Alberto Sordi and Raimondo Vianello, his personal and sporting experiences, his love for reading and traveling. All these elements intertwine and compose an amazing path of analysis and development as the author observes anything, from people's faces to the meaning of life, from love to slowness, God and technology, great values and small things of everyday's life. The result is a rich and inspirational book full of stories for both his fans and everybody else.

PAOLO BONOLIS (Rome 1961). He has been one of the most popular entertainment stars in Italy over the last thirty years. He hosted the successful TV show for kids *Bim Bum Bam* (from 1982 to 1990), and then worked for Fininvest and for Rai hosting TV shows such as *Non è la Rai* ("This is not Rai TV"), *I cervelloni* ("Brainiacs") and *Beato tra le donne* ("Blessed Art Thou Among Women"). He was instrumental in creating *Ciao Darwin* ("Hello Darwin") and *Chi ha incastrato Peter Pan?* ("Who Framed Peter Pan?"), he hosted *Striscia la notizia* (alongside Luca Laurenti), two editions of the Sanremo Festival and the talk-show *Il senso della vita* ("The Meaning of Life").



Author: JILL COOPER

Title: **THE JILL COOPER METHOD. FOREVER YOUNG, NATURALLY FIT**
(IL METODO JILL COOPER. GIOVANI E IN FORMA PER SEMPRE)

Pages: 177

First Publisher: Sperling & Kupfer

Publication: May, 2019

Rights: Worldwide

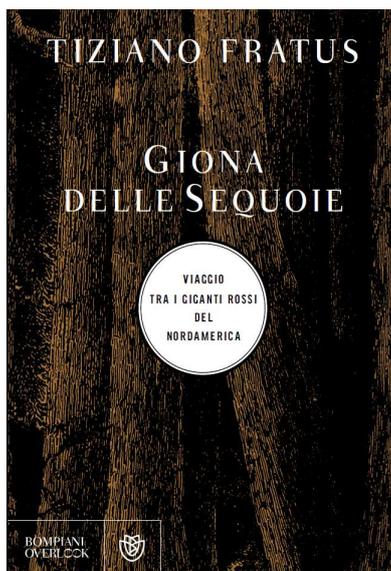
FITNESS COACH AND PERSONAL TRAINER TO THE STARS, JILL COOPER UNVEILS ALL THE KEYS TO STAYING YOUNG AND HEALTHY

WITH OVER 200.000 FOLLOWERS, HER METHODS ARE CHANGING THE WAY WE THINK ABOUT FITNESS AND WELL-BEING

“Ageing is a natural process which we cannot hinder; we can, however, choose not to go through it passively, but to stand up to it. This is for us to decide. There is no magic potion and not all of the ‘healthy’” suggestions we hear every day are what they seem. All the testing I have done through the years has led me to believe that if we make the right choices we have all the resources to slow down, fight and lessen the effects of time on our bodies. The book you are reading is just about this: how to live a better life, to keep fit and healthy, and to stay flexible, agile and fluid on both a physical and mental level. My main goal is to help you understand how to slow down biological cellular decay processes in your whole body, privileging the quality of the cells which affect brain and muscular activity, and generally speaking our happiness. Yes: happiness. I am going to tell you about vitality, about how to be strong and stay focused and efficient on a brain level, about how to stand up to the passing of time and to cope with ageing problems thanks to a body of tools and techniques that will fully affect your psychophysical well-being. I am here to walk you through this powerful path which I have already successfully tested with thousands of other people. Are you ready? Let’s roll!”

Jill Cooper was born in Wichita, Texas, and grew up in Florida. She attended New York University and majored in Economics from the University of Rome. As a fitness coach she has been consultant and trainer for numerous successful Italian TV shows: Amici, Grande Fratello, Verissimo, Maurizio Costanzo Show, Pomeriggio Cinque, Mattino Cinque, Forum and Buona Domenica. She participated in Peking Express in 2017, making it to the finals. She is currently advisor for the show Detto Fatto on Rai 2. She authored five books on fitness and staying young, and since 2013 became a real wellness, beauty and fitness brand on Hse24. She created the SuperJump training technique. This is her first novel. Jill lives between Rome and Fuerteventura with her husband Alessandro, her daughter Veronica and their pets Spunk and Lilly. When she’s not writing, you can be sure she is exercising.

www.jillcooper.it @jillcoopersuperjump



Author: TIZIANO FRATUS

Title: JONAH OF THE SEQUOIAS. A JOURNEY ACROSS THE RED GIANTS OF NORTH AMERICA

(GIONA DELLE SEQUOIE. VIAGGIO TRA I GIGANTI ROSSI DEL NORDAMERICA)

Pages: 352

First Publisher: Bompiani

Publication date: June, 2019

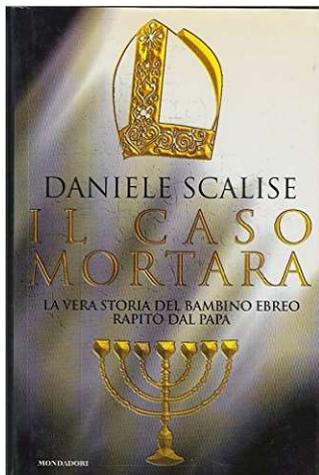
Rights: Worldwide

THE SEEKER OF SECULAR TREES DESCRIBES A WORLD OF NATURE AND POETRY, HOME TO THE BIGGEST AND OLDEST TREES ON THE PLANET.

AN “ON THE ROAD” JOURNEY REMINISCENT OF THE GREAT POETS AND WRITERS OF THE BEAT GENERATION.

There are journeys to places that bring you back to your own roots. In California Tiziano Fratus discovered a spiritual land whose power reached his innermost being. The Sequoia Belt is one of the biggest churches on the planet, along with the Amazon and Borneo rainforests. Here Fratus breathed the ocean wind among the red giants in mythical places such as Big Sur, Humboldt County or Jedediah Smith; he headed for the sacred places of Sierra Nevada, from Calaveras to the Yosemite, from Mariposa to the Giant Forest, from General Grant to the Mountain Home Grove. A legendary story unfolds in the shade of these vertical paradises. It is the story of the men and women who played a crucial role in the conquest of these unexplored lands: the first lumbermen and the grizzly hunters who discovered them, as well as the early park rangers and the many who fought to preserve these environments, and last but not least all those writers, poets and artists who drew their inspiration from these places.

Tiziano Fratus was born in Bergamo in 1975. His encounter with California’s millennial sequoias and with the woods below the Alps brought him to create the concept of *Homo radix* (root-man), followed by the discipline of “dendrosophy” and the theory of the “fifth humanism”. These theories are presented in his numerous books, such as *Manuale del perfetto cercatore d’alberi*, *Ogni albero è un poeta* and *L’Italia è un giardino*. He writes for “La Stampa” and “il Manifesto”. His poems have been translated into nine languages and published in sixteen countries. He published *I giganti silenziosi* (*The Silent Giants*) for Bompiani in 2017. [www.homoradix.com]



Author: DANIELE SCALISE

Title: THE CASE OF EDGARDO MORTARA. THE TRUE STORY OF THE CHILD KIDNAPPED BY THE POPE (IL CASO MORTARA. LA VERA STORIA DEL BAMBINO RAPITO DAL PAPA)

Pages: 250

First Publisher: Mondadori

Publication: 1997

Rights: Worldwide

STEVEN SPIELBERG'S NEXT MOVIE IT WILL BE INSPIRED TO EDGARDO MORTARA, A JEWISH CHILD (BOLOGNA, ITALY, 1858) WHO, HAVING BEEN SECRETLY BAPTIZED AT THE AGE OF 7, WAS KIDNAPPED BY THE POPE AND EDUCATED TO THE CATHOLIC FAITH TO BECOME A PRIEST

About the film:

The Kidnapping of Edgardo Mortara

Director: **Steven Spielberg**

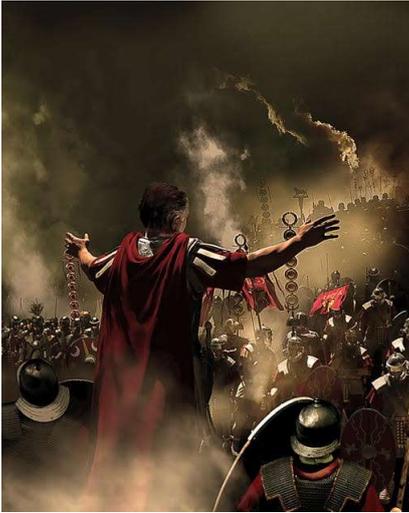
Writers: **David I. Kertzer (based on the essay by), Tony Kushner**

Stars: **Oscar Isaac, Mark Rylance, Isaac Eshete**

Co-Production: **Amblin Entertainment Studio and Leone Film Group**

Bologna, June, 1858: The papal guards, by order of the Inquisition, snatch from his parents arms a child of seven, Edgardo Mortara, son of a modest jew merchant, who was secretly baptized by his Catholic maid. To free Edgardo intervened unnecessarily Napoleon III, Emperor Franz Joseph and the president of the United States. The adamant Pope Pius IX, renamed Edgardo and directs him to an ecclesiastical career. Don Pio-Edgardo spends a life tormented by a deep manic-depressive neurosis. His private diaries, that the author of the book has found in a Roman convent, reveal the drama of a man turned into a symbol.

Daniele Scalise, writer and journalist, has worked for RAI as director and programmer, and for Quotidiani Associati as war zones correspondent. In his writing he has committed on racial and sexual discrimination (antisemitism and omophobia). *Lettera di un padre omosessuale alla figlia* (Rizzoli, 2008) is a letter to explain his homosexuality to his daughter. The essay *Il caso Mortara. La vera storia del bambino ebreo rapito dal papa* was published by Mondadori in 1997 and is now out of print (italian pdf available). Thanks to this publication, Daniele Scalise is considered one of the leading expert about this incredible story. His novel *The stolen life of Edgardo Mortara* will be published by Longanesi in 2019-2020.



Author: MARIANGELA GALATEA VAGLIO

Title: CAESAR, THE MAN WHO CHANGED THE DESTINY OF ROME

(CESARE, L'UOMO CHE HA CAMBIATO IL DESTINO DI ROMA)

First Publisher: Giunti

Publication date: October 2020

Pages: 380

Rights: Worldwide

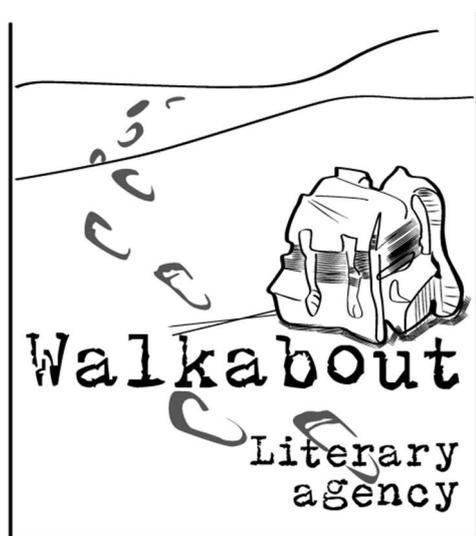
ALL THE CHARM OF CAESAR IN A PAGE-TURNER THAT KEEPS US GLUED UNTIL THE LAST BREATH.

THE LIFE, EXPLOITS, SECRETS AND CHALLENGES OF ONE OF THE MOST IMPORTANT AND POWERFUL CHARACTERS OF HISTORY.

THIS BIOGRAPHY HAS THE PACE OF A TV SERIES, COMPELLING AND INSISTENT TO READ PAGE AFTER PAGE.

Fascinating, erudite, shrewd and unpredictable: Gaius Julius Caesar, the man who shocked Rome, was all this. Born in one of the oldest and noblest families of Rome, sophisticated intellectual and man-at-arms, since he was a boy, he had to deal with implacable enemies and untrustworthy allies, fighting his numerous battles with shrewdness and cunning. Before even on the battlefields, he learned to cope with thousand traps of the Roman Senate and political struggle between factions. Unrepentant seducer, charmed womanizer, fascinating boy and apparently a vain person, he transformed himself in a strategist and leader, expanding Rome's boundaries way to the ocean and conquering new lands and new populations. The absolute power was his scope and he reached it. But not even his intelligence could save him from the betrayal of his most trusted collaborators and from a conspiracy that cost him his life.

Mariangela Galatea Vaglio has published two historical non fiction books that had a great sales success, *Didone per esempio*, and *Socrate per esempio* (Castelvecchi). She has two important blog: in the Espresso web site: *Nonvolevofarelaprof* and *Il Nuovo Mondo di Galatea*, born in the 2006 and now having more than 3.700.000 contact. Her latest publication, *L'italiano è bello. Una passeggiata tra le sue regole e bizzarrie* (Marsilio, 2017) a non fiction book about the italian language and *Teodora, the daughter of the Circus* (Sonzogno, 2018), an historical novel about the overwhelming love story between Justinian and Theodora, in the background of one of the most complex and mysterious eras in history.



ABOUT US

**Walkabout Literary Agency – Via Ruffini 2/a
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Instagram: [walkabout Lit Age](#)

Walkabout Literary Agency was established in 2014 and since then has been successfully operating in the fields of book publishing and translation rights sales, Film/Tv licensing. We are proud to represent various leading Italian and foreign writers as well as some new and talented voices. WLA represents authors from all around the world in the fields of literary and commercial fiction, children fiction and general non-fiction. In five years WLA has forged solid and fruitful relationships with the major Italian and foreign publishing groups and Tv and movie producers. We represent also foreign publishers in the sale of translation rights. We attend the most important international bookfairs like Frankfurt, London, Paris, Madrid, Milan and Turin.

Wla it's based in Rome, Italy.

Wla is proud to be one of the 37 founders of [ADALI - Associazione degli Agenti Letterari Italiani](#), the first Association of Italian Literary Agencies.

Fiammetta Biancatelli is Owner and Managing Director. She has been Spanish translator and co-founder of [nottetempo edizioni](#), which has worked as an editor in the Italian and translated fiction. She worked also as a press officer in chief and events planner for Publishers and Book Festivals before creating and starting to manage Walkabout Literary Agency.

Ombretta Borgia is Owner and Rights and Contract Manager, she has been Portuguese translator and she has worked for 12 years as a Foreign Rights Manager for Editori Riuniti, before creating the agency.

“Walkabout” is a long ritual journey that Aboriginal people engage in, by walking through large expanses of grasslands in Australia; this allows them to have contacts and exchanges of resources, both material and spiritual, such as the traditional songs. Bruce Chatwin recounted the Walkabout in his “Songlines”: “(...) It was believed that each totemic ancestor, on his journey across the country had spread a trail of words and musical notes along his footprints, and that these Dream tracks had remained on the ground as a 'way' of communication between the various distant tribes. A song was simultaneously both a map and a transmitting aerial. (...) And a man during a *walkabout* always moved following a song path (...)”

We believe that the name Walkabout describes very well and encompasses the philosophy and the work spirit of our agency.