

LITERARY FICTION FOR WOMEN BY WOMEN

AVAILABLE FORMATS

RIGHTS AVAILABLE FOR ALL FORMATS

NUMBER OF PAGES: 192

Generations of women in my family ensure genealogical continuity, stable relationships, the health of family members and receive the adoration of men through soup. So be it. (...)
Officially, they say I seduced my husband with my boldness, not my curves, but that doesn't mean anything.

- Magda Kołodkiewicz

MAGDA KOŁODKIEWICZ

ZUPA MUSI BYĆ!

What is a well-seasoned soup? A true story about life. So what is it really about? About pain, difficult topics, about hopes and promises. The best spice here is humor, which the author added from the heart! Soup is a must, but consumption has to provide reassurance. Tasty stories about life will amuse and touch. Should you take these with a grain of salt? It's up to you to decide!

HERE'S THE THING. I SIT AT HOME AND COOK SOUP.





LITERARY FICTION FOR WOMEN BY WOMEN ROMANCE NOVEL

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NUMBER OF PAGES: 165

It's a novel about life, making decisions and dealing with the consequences of our choices. An extremely moving story about a difficult love.

- Magdalena Witkiewicz, writer

The best novel about love

- readers' opinion

MARIKA KRAJNIEWSKA

BIAŁE NOCE

Ola, a student in Warsaw, meets Sergei in St Petersburg. They spend the famous White Nights together. At the time, Ola had no idea how much her stay in this magical city would change her life. Just before her return, her heart starts beating faster again, but Sergei's this time for brother Alexander, who has just returned from the war in Chechnya. A book about complicated relationships, courage and dedication in the name of a difficult love.

IT'S THIS WAR, MY WAR, THAT IS THE MOST TERRIBLE.
AND YOU ARE THE ENEMY,
BROTHER.



MARIKA KRAJNIEWSKA

ELVIS

TRILOGY



GENRE

LITERARY FICTION FOR WOMEN BY WOMEN

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NUMBER OF PAGES: OH, ELVIS: 320

NO, ASIU: 236 HEJ, MAŁA: 203

Don't set yourself up for a typically "summery "and non-binding read. "Oh, Elvis" is a warm novel laced with a touch of humor and at the same time proving that friendship till death really does exist.

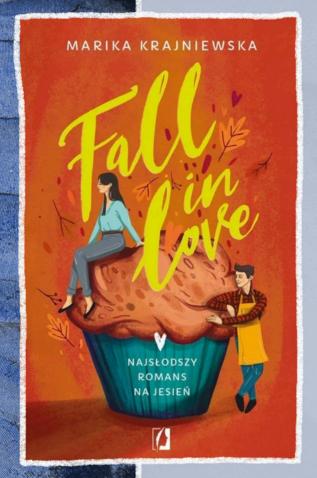
- Magda Zeist, maobmaze.pl

OCH, ELVIS! NO, ASIU! HEJ, MAŁA!

For years, Joanna has been devoting all her free time to the residents of the nursing home. It's a job that's not quite as peaceful as it sounds! Theft of an urn, a fashion show, a ghost who loses his clothes – the crazy old ladies provide the heroine and readers with unforgettable experiences. In the midst of all this chaos, Joanna tries to put her love life in order and realize her dream of becoming a mother. These funny and touching stories about an extraordinary family are like a warm grandmotherly embrace.

MARIA AND GENIA ARE VIGOROUS OLD LADIES, WHO ALL TOO OFTEN GET THEMSELVES INTO TROUBLE....





LITERARY FICTION FOR WOMEN BY WOMEN ROMANCE NOVEL

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NUMBER OF PAGES: 304

It will appeal to everyone who looks for not only vivid portraits and brilliantly described interpersonal relations, but also a unique atmosphere. A must read for any autumn reader!

- lubimyczytać.pl

A novel as enchanting as an autumn walk.

MARIKA KRAJNIEWSKA

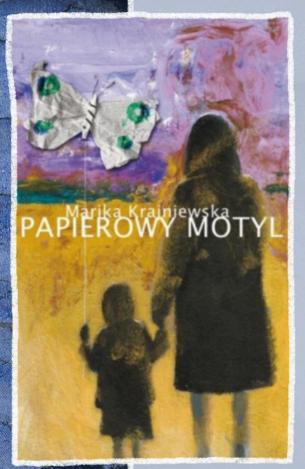
FALL IN LOVE

Jagoda and Adam are trying to build their daily lives and find a place where they can feel confident. Each of them has experienced disappointments in life: he in his childhood, she in her marriage. However, a magical autumn arrives, and with it a veritable storm of feelings.

The story of a novice pastry chef and his mysterious client is about discovering one's own talents, and how the doors we sometimes close behind us open up new ones.

TORUŃ. A CITY WITH SOUL, SMELLING OF GINGERBREAD, PERFECT FOR LOVERS.





LITERARY FICTION FOR WOMEN BY WOMEN

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NUMBER OF PAGES: 188

An ordinary story of an extraordinary woman, one like many. The kind that don't have time to ask questions, they must act to find a way out of a deadly threat.

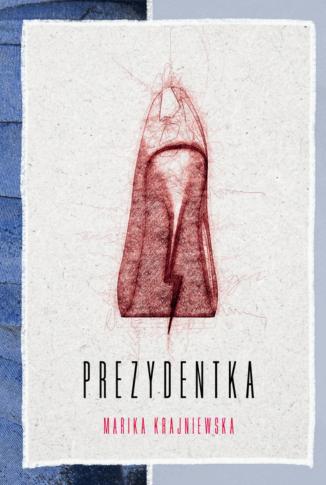
*This book is published by Wydawnictwo Kobiece. The rights for foreign editions belong to Marika Krajniewska.

MARIKA KRAJNIEWSKA

PAPIEROWY MOTYL

As a single mother, she faces a battle in which her daughter's life is at stake. There's sensationalism or sophisticated storytelling in this story. The simplicity comes from the naked truth about ourselves when, in a dramatic situation, we try to keep a straight face and get on with life. Lidia could pass herself off as a happy young mother, fulfilling her passions. After leaving the asylum, she vows to get on with her life as best she can, and even improve it. However, something will happen that will let fear settle into her life for good.





LITERARY FICTION FOR WOMEN BY WOMEN

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NUMBER OF PAGES: 346

If I'm accompanied in sisterhood by writers like you, if I'm accompanied by women like your heroines, found in the midst of actual, striking girls, then I'm not so scared anymore... I'm staying.

- Izabela Szolc, writer

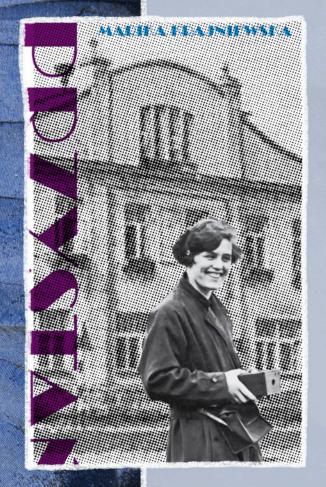
MARIKA KRAJNIEWSKA

PREZYDENTKA

While the government once again launches a battle against women, on the other side of the barricade, Laura takes a risk: she runs for President of Poland. She easily obtaines the 100,000 signatures required. She was on a roll. Until Laura's husband dies in a car accident. Laura decides to prove that someone is behind his death. She launches a private investigation, but the police accuse her of the alleged murder. Meanwhile, more and more women, angry at the government's actions, take to the city streets, and elections are fast approaching...

"PREZYDENTKA"
IS A STORY ABOUT THE
STRENGTH OF WOMEN.





LITERARY FICTION FOR WOMEN BY WOMEN

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NUMBER OF PAGES: 256

Marika Krajniewska's novel, although fiction, is firmly set in historical reality. It features both Umińska's underground activities and Leon Schiller's wartime theater, as well as the daily - how unusual - struggle of superheroines.

MARIKA KRAJNIEWSKA

PRZYSTAŃ

Marcelina is in her thirties, trained as an actress, has big ambitions, but few roles. She'll play anywhere as long as her potential is recognized.

Stanisława Umińska is considered the most talented actress of the younger generation. Her career collapses when she is accused of murdering her husband.

Pola is twelve years old when her world is turned upside down: she finds herself in a house called Przystań.

Enthralled by the children's comic strip characters of the 1930s, she dreams of becoming a superheroine herself.



LITERARY FICTION
PSYCHOLOGICAL FICTION

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NUMBER OF PAGES: 200

Here people are like stray dogs.
Only there are no shelters for them. (...)
Krajniewskaya's hero is obsessed with gold
and obsessed with his mother. He also has a
feeling that he has failed everyone.

- Izabela Szolc, writer

"Schronisko" is an intimate story about a boy who becomes the local Batman.

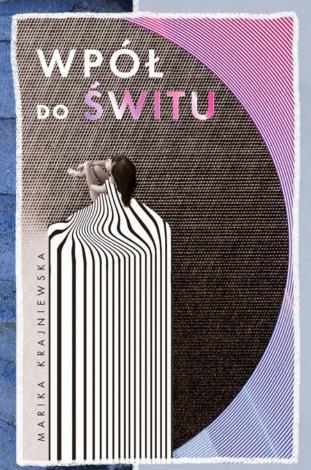
MARIKA KRAJNIEWSKA

SCHRONISKO

Chemik is a young scientist who receives a grant for research that could help cancer patients in the future. He works a part-time job at an animal shelter, trying to make ends meet. He also takes care of his alcoholic mother and his teenage sister, who has fallen in with the wrong crowd. When the sister dies, Chemik decides to bring justice himself.

WE DID IT QUICKLY, THEN SLIPPED OUT, CLOSING THE DOOR BEHIND US. WE REALIZED THAT IT WAS NOW TOO LATE FOR COWARDICE....





LITERARY FICTION FOR WOMEN BY WOMEN

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NUMBER OF PAGES: 280

Stanisława Umińska intrigues and inspires.
Her life is a ready script for a movie. Inspired
by the silhouette of the actress, Marika
Krajniewska created the book "Wpół do świtu",
in which Stasia Umińska, later Sister Benigna,
appears.

"Wpół do świtu" thrills, delights and supports in a non-obvious way!

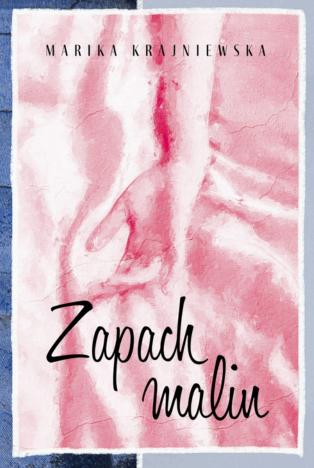
MARIKA KRAJNIEWSKA WPÓŁ DO ŚWITU

Ewa is approaching forty, with a well-adjusted life, a partner and a well-established career. Loss comes without warning. In a kaleidoscope of shattered emotions, the woman can't find herself. Everything changes when, in search of peace and quiet, she takes a job in an antique store.

Ewa begins transcribing Stanisława Umińska's old correspondence. To her great surprise, one day she discovers that these letters could be a map leading to a real treasure!

HALF TO DAWN IS THE TIME WHEN ALL CARES DO NOT YET MAKE THEMSELVES KNOWN.





LITERARY FICTION FOR WOMEN BY WOMEN

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NUMBER OF PAGES: 214

In her story, Krajniewska interweaves the distant past with the present we see outside the window. We reach the last page of this touching book and feel that one thing remains constant and most important: love.

- Janusz L. Wiśniewski

MARIKA KRAJNIEWSKA

ZAPACH MALIN

She had everything millions of modern women dream of. But fate had nothing on the successful businesswoman. Following accident, a car ambitious young woman is struck down by an illness that turns her world upside down forever. The protagonist finds herself alone with conscience, which suddenly has a lot say. What happens next is intriguing, and keeps you on the edge of your seat until the very last page.

SUDDENLY IT TURNS OUT THAT LIFE SO FAR HAS BEEN FILLED WITH CRUEL SELFISHNESS





LITERARY FICTION FOR WOMEN BY WOMEN

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NUMBER OF PAGES: 190

"Za zakrętem" has yet another protagonist: St. Petersburg. Marika Krajniewska describes her hometown very realistically and with meticulous attention to detail.

The author has shown the reader a contemporary Russia that he will not get to know from the front pages of newspapers.

MARIKA KRAJNIEWSKA

ZA ZAKRĘTEM

Several years of immense pain and Irina memories. Anna and experienced the drama of losing their children. The tragedy initially divided them, spawned hatred towards each other. However, they soon found that only they could understand one another. Over time, they became closer and closer, and their dislike gradually turned into friendship. The strange, sometimes toxic, sisterly relationship is both salutary and disastrous for them. Will they be able to overcome their own suffering and find a way out of the situation they find themselves in?

WHAT AWAITS BOTH WOMEN AROUND THE CORNER...?





LITERARY FICTION DYSTOPIAN FICTION

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NUMBER OF PAGES: 126

If I were to sum up "Bezczłowiecze" in one sentence, it would present itself as follows: the most lonely place? Crowd. I believe that this reading should be a must for everyone.

-tinarecenzuje.pl

Maciej Lasota is the author of the bestselling book "Przypadki, czyli awarie międzyludzkie"

MACIEJ LASOTA

BEZCZŁOWIECZE

"Bezczłowiecze" is is a story about how man, at his own request, has led to the decay of human relations by losing himself completely in the virtual world. This is the reality in which Maciek, a journalist completely unsuited to modernity, and Marta, for whom the cyber world is daily bread feeding her vanity, live. Can the tragic twist of fate that joined the paths of these two become the beginning of a rebirth of humanity?

IF YOU'RE NOT READY TO QUESTION YOUR OWN LIFE, DON'T READ THIS BOOK.





DARK FANTASY

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NUMBER OF PAGES: 296

As a child, I preferred animation.
In an animated film, just like in fantasy
literature, anything can happen - literally.
I, as a reader, am attracted to this
unpredictability.

- Konrad Makarewicz for Kulturalnerozmowy.pl

KONRAD MAKAREWICZ

NAJMROCZNIEJSZA JESIEŃ

One day Vins finds that the world has against sworn him. The miraculously avoids the gallows. He tries to survive in the besieged city entangled in bloody battles on both sides of the conflict. He meets powerful people and mysterious beings, witnesses unusual phenomena. He decides to recover something most precious that he lost years earlier. Will he succeed in reaching where the paths of his choices lead?

TO THEIR EYES APPEARED A SUCCESSION OF STEPS CARVED OUT OF DARKNESS BY THE GLOW OF A FEW SKYLIGHTS.





LITERARY FICTION FOR WOMEN BY WOMEN

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NUMBER OF PAGES: 248

Patrycja Mnich's writing attracts attention by creating human portraits painted with tenderness, but without idealization, with an understanding of what is small and great in a person.

-Tomasz Cyz – director, essayist, co-writer of "Dwutygodnik"

NOVEL IN THE PROCESS OF MOVIE ADAPTATION

PATRYCJA MNICH HEJ, DZIEWCZYNO

A brilliantly constructed and captivating story of independent, brilliant and courageous women. Feminism, but without demagoguery; a thesis, but without journalistic pretensions, sprinkled with humor, and situational comedy. These Krakow's "pains in the ass", as the author writes, are eternal. And that's what's so wonderful.

LES US NOW PRAISE BADASS WOMEN.
- REBEL GIRLS BOOK





LITERARY FICTION HISTORICAL FICTION

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NUMBER OF PAGES: 208

Leszek Szaruga (born Aleksander Wirpsza) is a Polish poet, translator of German poetry, literary historian and literary critic. On June 2, 2009, he was awarded the "Zasłużony Kulturze Gloria Artis" Silver Medal by the Undersecretary of State at the Polish Ministry of Culture and National Heritage, Tomasz Merta.

LESZEK SZARUGA

...ZMOWA KONTROLOWANA

José Martinez is a young Mexican historian who has ended up in Poland for his studies and, partly for personal reasons, can't seem to get away from this strange country. He can't even get rid of it when he's away from it. He tries to understand not only the complex history of this country, but also the mechanism of power, which still persists but is already beginning to falter.

An analysis of Polish anti-Semitism, which runs through our history, particularly at its most important moments. This is an extraordinary story about extraordinary people in extraordinary times. A must-read.

A masterful diagnosis of the totalitarian system in Poland.





LITERARY FICTION FOR WOMEN BY WOMEN SHORT STORY COLLECTION

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NUMBER OF PAGES: 196

The monodrama "Pepek", based on the short story "Córka" from the 2002 short story collection "Naga", won third prize in the Polish Contemporary Art competition, organized by the Ateneum Theatre and the Drama Association. Gustaw Holoubek was president of the jury.

A must-read for fans of the prose of Lisa Taddeo and Megan Nolan!

NAGA

Mother, daughter, wife, lover, widow. Lonely, raped, trans. The voices of women's souls echo in Izabela Szolc's stories. They arrange themselves into an emotionally saturated, sensual common song. In it we will hear pain, fear, longing and desire. We will hear the truth in it. Yes, sometimes the truth is uncomfortable, but with this approach, we forget that it is also liberating. And it is each of us who has the choice to be a liberated woman.

THAT'S ONE CAREER ALL FEMALES HAVE IN COMMON, WHETHER WE LIKE IT OR NOT: BEING A WOMAN.

- BETTE DAVIS





AUTOBIOGRAPHICAL FICTION

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NUMBER OF PAGES: 400

Anyone who grew up in the reality of the 1990s and the first decade of the 21st century will find a piece of their own story in the story of Tadek and Piotrek. "Game over," however, is not only a nostalgic journey into the past, but also a painfully honest portrait of Millenials.

AUTHOR'S MOST PERSONAL NOVEL

TOMASZ ŻAK

GAME OVER

After a dozen years, Tadeusz returns to the county town of Niedorzecze, to his room with yellow wallpaper and "Bravo Sport" posters. He returns for his friend's funeral. He returns to all his first times.

What will the main character learn on this journey? Will he find his first love and who will his friend really turn out to be? And above all, will he learn the answer to the most important question: why did Piotrek choose death?

SOMETIMES, TO MOVE ON, WE HAVE TO GO BACK TO WHERE IT ALL STARTED.







SATIRE GENRE PARODY

AVAILABLE FORMATS

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NUMBER OF PAGES: 146

"Kryminałek" is a humorous novel, with a philosophical undertone. Great comebacks, subtexts, and a witty plot that doesn't tire but rather leaves us wanting more at the end. It's an ironic story that will also appeal to fans of political critique.

- megakultura.pl

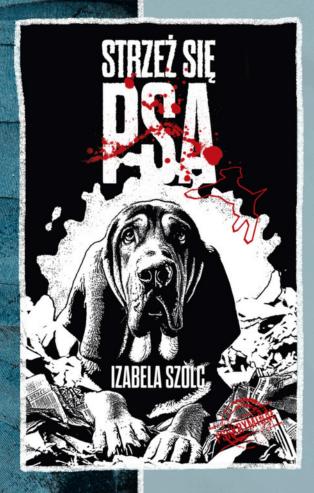
MACIEJ LASOTA

KRYMINAŁEK

Maciek, a private detective, has long had his glory years. Once a hero of the media, painted as the only righteous one, he now drowns his sorrows in alcohol. Everything changes when one night the hero begins to hear a strange voice, and a beautiful client unexpectedly arrives at the office, asking the detective to solve the most difficult puzzle of his career.

IF YOU DON'T DREAD THE STOMACH ACHE CAUSED BY LAUGHTER, THEN THIS STORY IS FOR YOU.





COSY CRIME

AVAILABLE FORMATS

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NUMBER OF PAGES: 154

The author perfectly builds tension and keeps the reader in suspense until the surprising finale. The descriptions of places and emotions are so realistic that the reader can get into the atmosphere (...) and feel the emotions of the characters.

- nakanapie.pl

Witty and humorous cosy crime for lovers of detective stories and dogs!

IZABELA SZOLC

STRZEŻ SIĘ PSA

Residents of a super-modern Warsaw housing estate one by one die in unexplained circumstances. To find the murderer and stop further bloodshed, a specialist must step in.

Hailing from a family of experienced detectives, Albrecht has crime investigation in his blood. At stake is the safety of his fellows and, above all, the lady of his heart - Laura.

It's time for this Latin-loving bloodhound to take matters into his own paws and venture into the maze of clues and lies.

IF YOU HAVE SOMETHING ON YOUR CONSCIENCE... BEWARE OF THE DOG!







FOR CHILDREN AND ADOLESCENTS AGED ABOUT 10-16 YEARS, FOR PARENTS AND TEACHERS

AVAILABLE FORMATS

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NUMBER OF PAGES: 150

The book is designed to explain step-bystep the principles of creating a detective story. In 33 exercises, the author will develop a brilliant plot strategy, come up with a mystery, and create full-blooded heroes and craft a story that is sure to delight future readers.

NAPISZ WŁASNĄ KSIĄŻKĘ DETEKTYWISTYCZNĄ!

Writing a book is within your reach! With the advice given here, you can create your own detective story and put it directly into your book. You'll write the title and your name as the author on the cover. Give it to your friends to read! Put it on a shelf to inspire you to come up with more stories! Crafting your own book is a fascinating adventure that will help you develop new habits to promote better learning and openness to the world. Best of all, you'll become an author!





FOR CHILDREN AND ADOLESCENTS AGED ABOUT 9-16 YEARS, FOR PARENTS AND TEACHERS

AVAILABLE FORMATS

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NUMBER OF PAGES: 300

"Złote Myśli" is: creativity exercises and brain activation (fitness for the brain), attention practice, boosting self-confidence, openness to others, personal development, discovering one's own resources and strengthening positive beliefs.

The magic is that when you find supportive thoughts within you, they become a personal cloak of super power.

ZŁOTE MYŚLI

We used to call them "pele-mele", then " golden thoughts". In the old days, in a Golden Thought notebook, you'd write down the various questions you wanted to ask your classmates to find out more about them. Today, we're bringing you a slightly different "Golden Thought". Thanks to some creative questions, our "Złote Myśli" will help you turn your thoughts and those of your friends into real gold! These are questions - tools to make your own dreams come true faster and to awaken the power of your own agency.

YOU ARE AWESOME. YES, YOU! THANK YOU FOR BEING HERE!





wonders!

GENRE

FOR CHILDREN AGED 3 YEARS AND OLDER

AVAILABLE FORMATS

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NUMBER OF PAGES: 44

ILLUSTRATION

MARIA TOMASZEK

Short, extremely pertinent and accessibly presented thoughts contain everything worth going through life with.

Author Marika Krajniewska and illustrator Maria Tomaszek have prepared a unique guide to discover the incredible power of goodness. It costs nothing, and can do

- wnaszejbajce.pl

MARIKA KRAJNIEWSKA

KSIĄŻKA PEŁNA DOBRA

"Książka pełna dobra", suggests us to go towards goodness and be able to look for it and find it wherever we are. To have fun creating our own goodness and shaping it imaginatively, to work on our own values, to learn to focus on positive things. It's also about acquiring the ability to bring goodness to places where we don't see it at first.

DISCOVER THE KINDNESS! IT'S RIGHT NEXT DOOR.





NOVEL WITH FANTASY MOTIFS FOR TEENAGERS

AVAILABLE FORMATS

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NUMBER OF PAGES: 176

This is a story about maturity, fear, and looking into ourselves. A maturity that is only born when we try to maturely understand the consequences of our immature, impulsive decisions. About the fear of what the world is hiding for us behind the horizon line.

- Maciej Lasota

MARIKA KRAJNIEWSKA

OSTATNIA PODRÓŻ

Niki turns eighteen in two days and already knows she doesn't want to be any older. Lena can't find her way in the world around her. When they both decide to commit suicide, they receive a mysterious invitation to the Epicentrum club. There they begin their final journey. With nothing to lose, they decide to make the journey. What will happen on this journey into the unknown? Where will their encounter with the surprising figure of Death, a dark past and an unknown future lead them?





GENREBOOK FOR YOUR

BOOK FOR YOUNG CHILDREN

AVAILABLE FORMATS

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NUMBER OF PAGES: 186

"Księżniczka Zoya" is an interesting, extremely valuable novel for the youngest readers. (...) The book will appeal to everyone - regardless of gender.

-Patryk Obarski, granice.pl

MARCIN SZMEL KSIĘŻNICZKA ZOJA

Does being a princess or superheroine mean that we are surrounded by magic? Of course, but not quite the kind you've read about in fairy tales so far. There are no fairy godmothers or wizard elves here. Instead, there is power, coming straight from the heart. From whose heart? Well, just from yours!

No one will be able to conjure for you what only you yourself can summon. And when you master this art, you will also be able to share happiness with others, and no magic is needed for that.

ZOJA IS A SUPERHERO AND A PRINCESS. JUST LIKE ANY OF US.





BOOK FOR YOUNG CHILDREN

AVAILABLE FORMATS

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NUMBER OF PAGES: 92

Izabela Szolc's "Pięć stron świata" is more of a booklet than a book, but let its not-so-substantial size not lead anyone to hastily conclude that it is not worthy of attention. (...) "Small is beautiful".

- reader's opinion, lubimyczytać.pl

PIĘĆ STRON ŚWIATA

A warm and somewhat philosophical story about how good it is to follow your dreams. About the great power of feelings and empathy. This is a story about a family of people and a family of cats, who together create their own enchanted world of love.

THE LITTLE GIRL LEANED OVER
THE CAGE. SHE LET OUT A
LITTLE CRY, AND IMMEDIATELY
THE LARGER BLACK KITTEN
MEOWED. THEY BOTH JUMPED.
SHE SAW THE KITTEN, AND HE
SAW HER. THE KITTEN WITH
ONE BRIGHT, OPEN EYE
LOOKED STRANGE. HE LOOKED
LIKE.... A PIRATE?







FOR WOMEN BY WOMEN FSSAYS

AVAILABLE FORMATS

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NUMBER OF PAGES: 204

"Siostry. Eseje" features three writers, three perspectives, but one common thought: life strokes us with a rough hand, throws stumbling blocks at our feet, makes us our own worst enemies.

- Małgorzata Żebrowska, zupelnieinnaopowiesc.com

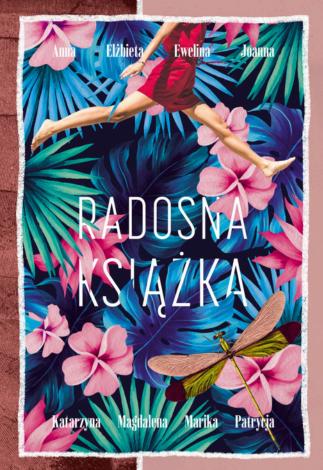
JUSTYNA BARGIELSK MARIKA KRAJNIEWSKA IZABELA SZOLC

SIOSTRY

"Siostry" is a collection of emotions, fears and hopes. Our ups and downs, the winding paths we tamed to get where we are. Our path marks a new starting line every day, and our desires show ever newer finish lines. We trust in our power, through which we discover the ripeness of our own strength and the depth of our powerlessness. We claim that each of us is enough and delight in our lives. Our book is an invitation for you to tenderly focus your attention on yourself, on your own path. Perhaps our stories will be a signpost for you.

ASPERGER'S SYNDROME, DIVORCE, TOXIC RELATIONSHIPS, OR PERHAPS OVERWHELMING SHAME THAT ENSLAVES?





FOR WOMEN BY WOMEN SELF HELP BOOK

AVAILABLE FORMATS

RIGHTS AVAILABLE FOR ALL FORMATS

NUMBER OF PAGES: 192

I highly recommend the anthology to all those who so far describe their existence as bland or sad, and maybe after this reading they will change their state and in a while find that they are happy.

- sztukater.pl

MARIKA KRAJNIEWSKA RADOSNA KSIĄŻKA

If you are and feel but lack the vitamin D in life, read how other women got it. Gather inspiration, grab a recipe and cook joy your way. Joy is built without fireworks, intimately. Our authors will show you how to prepare it, rediscover it or awaken it.

"Radosna Książka" is not a textbook that will teach you how to be happy. It is a collection of lessons on finding joy that women like you have gone through.

AFTER READING THE BOOK, YOU WON'T FEEL CHEERY. YOU WILL FEEL MUCH MORE: THAT JOY LIVES WITHIN YOU.





GENRESELF HELP BOOK

AVAILABLE FORMATS

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NUMBER OF PAGES: 126

ILLUSTRATION

DOROTA JANICKA



Hi, it's me - your Inner Voice.

Can you hear me? I know, you find me in another book you read at bedtime or while eating your morning oatmeal with apples. Each book, I think, can take you to a world of inner imagination. Transport you to corners where you not only learn about important issues, but also see what is beautiful. In you. In the whole world. I firmly believe this, which is why I am here with you to take you on a journey.

MALIKA TOMKIEL MARIKA KRAJNIEWSKA

TWÓJ WEWNĘTRZNY GŁOS

Follow the voice that pops up inside you every day. Sometimes it tells you something, sometimes it tries to protect you, and sometimes... it sits completely silent. Explore the stories carried by your inner power. Approach mindfulness, meditation or yoga, find the good in small things and discover your own emotions. Let your inner voice resound. Let it tell you that you are important not just to him. You are the dream of the Universe, let this truth be whispered to you.

EACH OF US: REGARDLESS OF AGE AND GENDER DESERVES A MOMENT JUST FOR OURSELVES ...AND TRAVEL WITH A BOOK.



