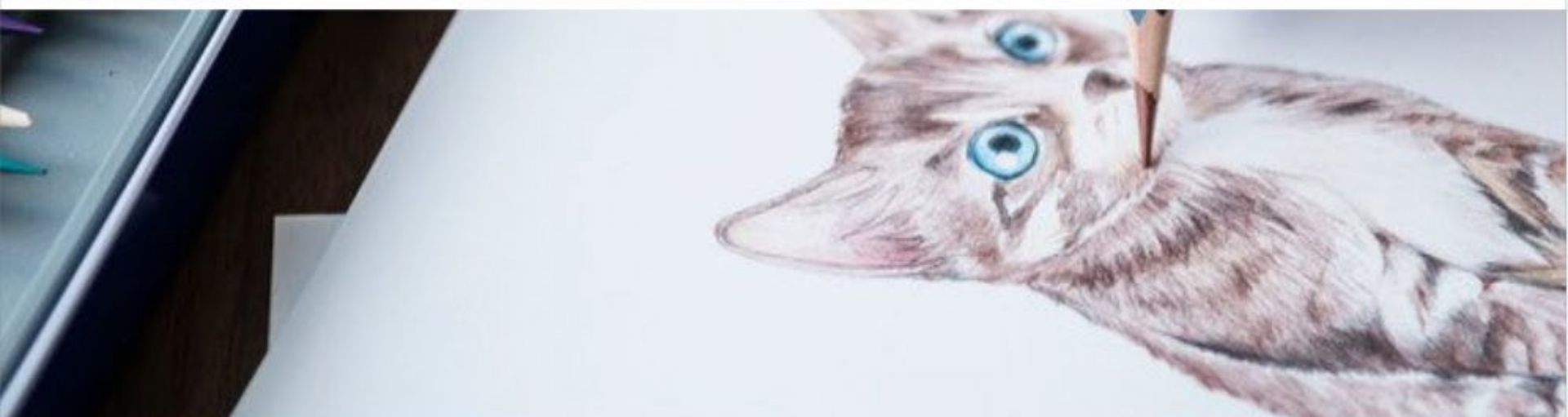


- Crafts & Hobbies
- Cooking
- Health & Self-Help
- Animals
- General knowledge & Essays
- Games



CRAFTS & HOBBIES



16th March 2022

Upcycling by sewing:
make new creations out of old materials!

DESCRIPTION

20 original upcycling sewing ideas for clothing or household linen, in a trendy spirit : no more throwing away, everything can be reused or even upgraded !

Convert your stained dress into a nice new skirt, your sweater with a hole in it into a nice accessory for the winter, no pattern needed in any projects. Give a new life to the old clothing that you loved by transforming it into various very trendy accessories!

KEY ARGUMENTS

- Upcycling = sewing green.
- Unique, ethical and trendy creations for all sizes.
- One part of the book dedicated to the technique and practical tips.

All rights available



Code: 5563752

Retail price: 14.95 €

Format: 185 x 235 mm

Nb of pages: 160

Binding: soft cover

Author(s): Annabel

Bénilan already wrote

My own basic wardrobe,

Easy to sew (code:

4044784).

**DON'T DISTRUB,
I'M SEWING!**

Coralie Bijasson

Code 2871123

Date of publ.: 28 febr. 2018

Format: 185 × 235 mm

Nb of pages: 160

Binding: soft cover

Retail price: 14.95 €





***Join the upcycling
revolution
with RESAP!***

DESCRIPTION

Follow the guide with RESAP and its 20 super easy sewing projects, made from pieces that everyone has (shirts, jeans, cotton t-shirts...).

To have a stylish dressing room that looks like you without consuming always more new clothing. From your own clothes (too small, stained...) or secondhand pieces (from secondhand stores, thrift shops...), create unique pieces!

KEY ARGUMENTS

- Upcycling, an unavoidable theme.
- RESAP, a year and a half of existence and already a great success.

All rights available

24th August 2022



Code: 2975561

Retail price: 15.95 €

Format: 185 x 235 mm

Nb of pages: 144

Binding: soft cover

Author(s): RESAP is a Parisian brand of upcycling clothes.



COLORING



MY COLORING BOOKS

Mes albums à colorier

Dessain et Tolra

Coloring
book



*Beautiful coloring books
about ancient ornithological
and botanical plates*

DESCRIPTION

Relax yourself with 40 magnificent detachable plates issued from the ancient Larousse picture archive, to color or paint. Ornithological drawings, botanic descriptions of vegetables and herbs, flowers... discover all the marvellous flora on our planet!

Including Latin and common names as a Larousse encyclopaedia.

KEY ARGUMENTS

- Magnificent illustrations to color with pencils, watercolor, gouache...
- A luxury Bodoni binding for a high quality coloring book, reinforced by the large and elegant format.

Over 16,000 copies of *My herbarium to color* sold in France!

Format: 225 x 297 mm

Nb of pages: 72, detachable

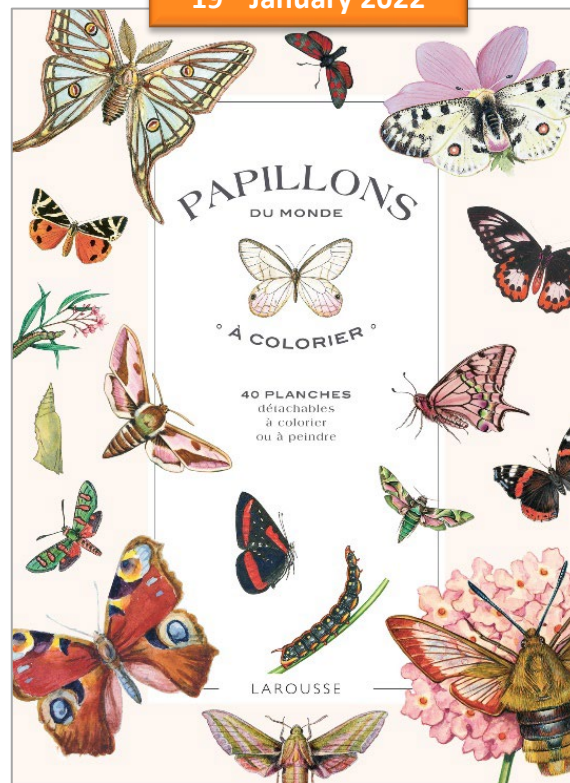
Binding: bodoni hard cover

Nb of illustrations: 40

Retail price: 13.90 € and 14.90 €

Previous titles sold: Danish,
Latvian, Spanish, Swedish.

19th January 2022



Also available:

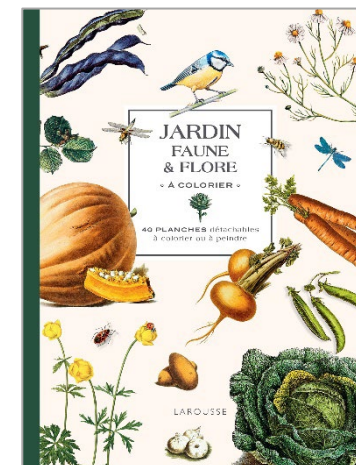
- **MY VEGETABLE HERBARIUM TO COLOR**
Code 3637309 - Retail price: 9.95 € - Publ. date: 3 October 2018
- **MY HERBARIUM TO COLOR**
Code NE 8849719 - Retail price: 12.90 € - Publ. date: 10 March 2021
- **BIRDS OF THE WORLD TO COLOR**
Code 8849473 - Publication date: 10 March 2021
- **GARDEN'S FLOWERS TO COLOR**
Code 8849596 - Publication date: 7 July 2021

18th May 2022



**AQUATICA –
THE SUBMARINE WORLD
TO COLOR**

Code 3512243



**MY GARDEN TO COLOR -
FAUNA AND FLORA**

Code 3512613



Enter a magical and divinatory world

DESCRIPTION

46 mystical, powerful and poetic illustrations, created especially for this book: Tarot cards, lucky charms, amulet, beauty of stars and planets, powers of astrology and signs, magical rituals by witches of all times...

Each image is accompanied by a short and inspiring text.

KEY ARGUMENTS

- Magnificent illustrations to color with pencils, watercolor, gouache...
- Tarot, astrology, magic: strong and trendy imagery, close to the art of divination and the universe of witches.
- A timeless and very popular theme.

Retail price: 9.90 €

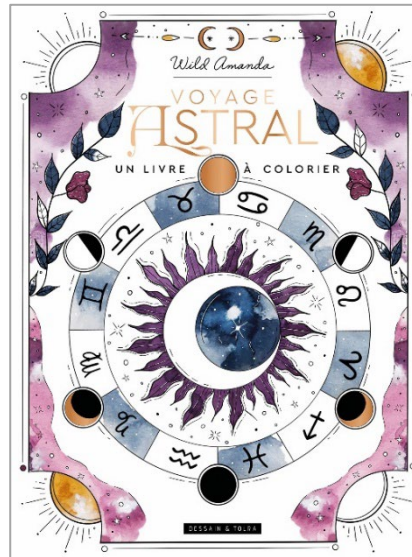
Format: 195 x 260 mm

Nb of pages: 96

Nb of illustrations: 46

Binding: soft cover

All rights available



CELESTIAL JOURNEY

Ill.: Wild Amanda

Code: 3447600

Date of publ.: 12 May 2021



SECRET TAROT

Ill.: Mélanie Voituriez

Code: 5324406

Date of publ.: 24 March 2021



MAGIC

Ill.: Wild Amanda

Code: 3447231

Date of publ.:

12 May 2021



COOKING



Let's cook the simple way!

DESCRIPTION

Make your dinner cooking easier with 35 simple and tasty recipes around one main theme.

The concept: 6 ingredients cooked in 3 steps recipes to create delicious, varied dishes!

KEY ARGUMENTS

- Each book corresponds to one cheap, easy-to-cook and international ingredient.
- No complicated food shopping or "chef" technics... but taste and diversity!
- Adapted to everyone: families with a less cooking-time or students with a low budget.

Format: 170 x 235 mm

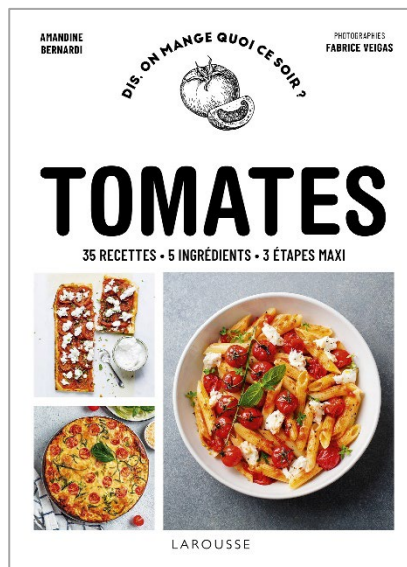
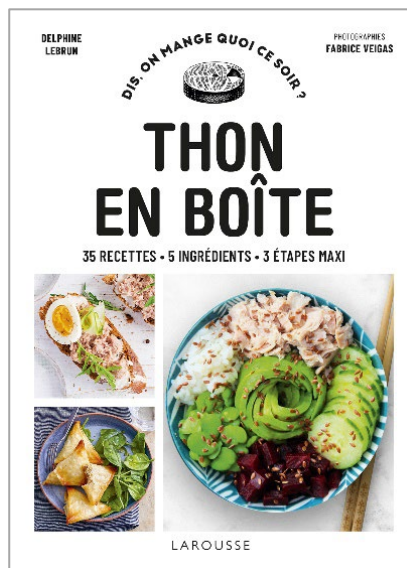
Pages: 80

Illustrations: 35

Binding: soft cover

Retail price: 8.95 €

All rights available

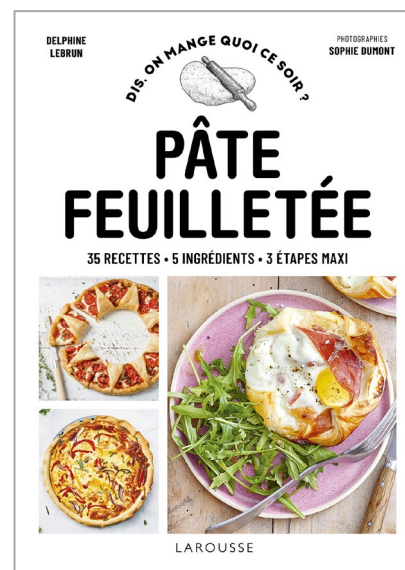


27th April 2022

CANNED TUNA

Delphine Lebrun

Code 2819122



PUFF PASTRY

Delphine Lebrun

Code 2822817

TOMATOES

Amandine Bernardi

Code 2822199

Top sales of the series:

1 - CHICKEN

Amandine Bernardi

Code 3437259

Publication date: 21 April 2021

2 - POTATOES

Delphine Lebrun

Code 3438489

Publication date: 21 April 2021

3 - EGGS

Amandine Bernardi

Code 5058734

Publ. date: 25 August 2021

4 - RICE

Delphine Lebrun

Code 3437874

Publication date: 21 April 2021

5 - PASTA

Delphine Lebrun

Code 5057749

Publ. date: 25 August 2021

6 - CHOPPED STEAK

Delphine Lebrun

Code 3437628

Publication date: 21 April 2021

How to start with some new cooking habits!

DESCRIPTION

With this trendy series, learn how to cook differently, easily and efficiently!

Over 15 titles related to our everyday life, each one composed of 40 to 50 recipes.

KEY ARGUMENTS

- A series that fully corresponds to cooking trends: batch cooking, healthier diet, green cooking...
- Little daily gestures to improve your diet without rewording everything.
- Including 30 pages of tips and tricks.

Format: 200 x 265 mm

Pages: 144

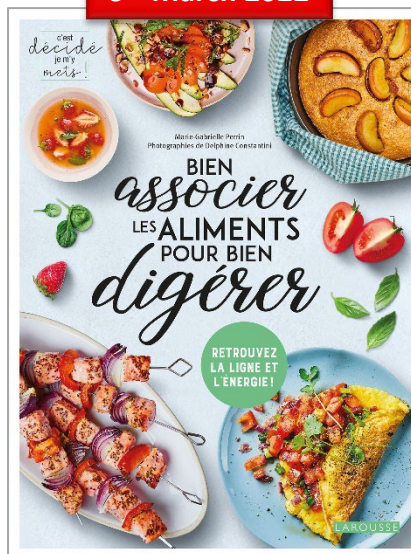
Illustrations: around 70

Binding: soft cover

Retail price: 12.90 €

Previous titles sold: German, Portuguese.

9th March 2022



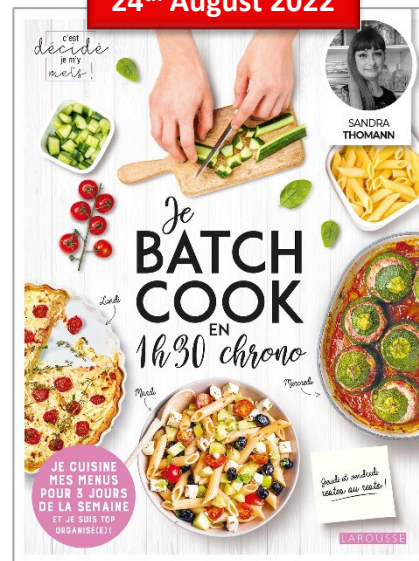
I DIGEST WELL!

Marie-Gabrielle Perrin

Code: 5908326

Retail price: 13,95

24th August 2022



BATCHCOOKING IN 1H30 TOPS!

Sandra Thomann

Code: 2774111

Retail price: 13,95

Top 6 sales of the series:

- 1 - **A WHOLE YEAR OF BATCH COOKING – MEAL PREP**
Sandra Thomann - 260 p. - 600,000 char.
Retail price: 24.95 €
Code 5201414 – Publ. date: 16 Sept. 2020
- 2 - **BATCHCOOKING FOR A HEALTHY WEEK**
Sandra Thomann - 260 p. - 600,000 char.
Code 6003972 - Publ. date: 10 June 2020
- 3 - **HEALTHY LOW GLYCEMIC INDEX COOKING**
Sarah Kdouh - 115,000 char.
Code 4087493 – Publ. date: 9 May 2019
- 4 - **SLIMNESS DIET BATCHCOOKING**
Sandra Thomann - 140,000 char.
Code 1279149 – Publ. date: 10 Jan. 2021
- 5 - **FORGET SUGAR (ALMOST)**
Séverine Augé, Sabrina Debusquat
136,000 char.
Code 7578819 – Publ. date: 13 March 2019
- 6 - **VEGETARIAN BATCHCOOKING**
Sandra Thomann - 130,000 char.
Code 3377554 – Publ. date: 10 June 2020

**100 recipes to discover the low GI diet
and treat yourself without depriving!**

DESCRIPTION

No new diet, but a new way of eating: low GI foods are satiating, do not induce cravings and promote weight loss (or its maintenance). Non-restrictive, this diet is healthy, diverse and balanced, and suitable for everyone. Discover tasty combinations with herbs, spices... and plenty of tips and advices to reinvent your basic recipes by using seasonal products.

KEY ARGUMENTS

- Trendy topic: eat a variety of foods and avoid overly refined or processed products.
- Easy recipes for everyday meals and simple ideas to prepare them.
- Realized with basic products, easy to find.

Format: 195 x 260 mm

Pages: 160

Binding: hard cover

Retail price: 19.95 €

All rights available

27th April 2022



**AT THE END OF THIS BOOK, YOU WILL KNOW
HOW TO COOK WITH LOW GLYCEMIC INDEX**

Elisabeth & Valéry Guedès

Code 2823804

Also available:

- **AT THE END OF THIS BOOK, YOU WILL KNOW HOW TO COOK**
Elisabeth & Valéry Guedès
Code: 5017476
Publication date: 23 Sept. 2020
- **AT THE END OF THIS BOOK, YOU WILL LOVE VEGGIES**
Amandine Bernardi
Code: 3213552
Publication date: 7 April 2021

I FINALLY UNDERSTAND LOW GLYCEMIC INDEX FOR DESSERTS

Je comprends enfin les IG bas ! – vol. 2 : recettes sucrées

*50 recipes for low GI desserts
and pastries, always quick
and easy to prepare!*

DESCRIPTION

50 recipes for everyday life: individual cakes or to share, creams and frozen desserts, holiday recipes, fruit desserts, breakfast treats...

The author reviews the main ingredients (flours, fats, sweeteners...) and shares her tips for twisting recipes.

Over 88,000 copies sold in France!

KEY ARGUMENTS

- A trendy (and healthy) topic.
- Low GI recipes, no fuss, fast and tasteful
- Simple explanations that make Low Glycemic Index easy to understand
- Author's testimonials, tips and ideas for organizing your daily cooking routine.

All rights available

16th February 2022



Code: 7816056

Retail price: 12.90 €

Format: 195 x 260 mm

Nb of pages: 128

Binding: soft cover

Author(s): Bérangère Philippon



**I FINALLY UNDERSTAND
LOW GLYCEMIC INDEX**
Bérangère Philippon

Code: 1288374

Date of publ.: 17 Feb. 2021

Retail price: 12.90 €

Format: 195 x 260 mm

Nb of pages: 144

Binding: soft cover

The emblematic dishes of Asian cuisines with simplicity

DESCRIPTION

Thai Liou, aka Le Riz Jaune on YouTube, shares with us his best recipes from Chinese, Thai, Japanese, Vietnamese, Korean and Lao cuisine. This trip all around Asia will introduce us to trendy dishes such as baos, spring rolls and iced mochis in addition to lesser-known specialties.

KEY ARGUMENTS

- A popular and renowned gastronomy.
- An easy access to the Asian continent through its cuisine
- A broad approach of the Asian cuisine including specialties for each country.

All rights available



Code: 8666664
Retail price: 17.95 €
Format: 190 x 260 mm
Nb of pages: 176
Binding: hard cover

Author(s): Thai Liou
manages a Youtube
channel with more than
1.4M followers.

FOOD ADDICT

Benjamin Verrecchia

*Become a chef for fancy dope
food for your guests!*

Code: 5060211

Date of publ.: 22 Sept. 2021

Retail price: 16.95 €
Format: 204 x 268 mm
Nb of pages: 160
Binding: hard cover

**35,000 copies sold
in France!**



*How to get them involved
for healthy meals
and peaceful evenings!*

DESCRIPTION

40 recipes for complete meals, desserts and snacks, along with activity ideas to keep the little ones busy and involved! No more hours in the kitchen to prepare 3 meals for dinner: choose a single healthy, balanced recipe adapted to the specific needs of children, and follow the simple tips to adapt it to the whole family! You'll also find presentation tips to entertain the little ones, important nutritional information and little game ideas around food to have fun while cooking!

KEY ARGUMENTS

- Kids in the kitchen: a successful theme!
- Recipes to cook by assigning small tasks to children while making most of the dish.
- Lots of nutritional information, tips and advice to vary the diet of children (and parents!).

All rights available



Code: 8878024
Retail price: 14.95 €
Format: 200 x 265 mm
Nb of pages: 112
Binding: soft cover

Author(s): Bérénice Bompert is a mother, nurse and dietician.

BAKERY FOR KIDS WITH KAYSER

Eric Kayser

Code: 3525908

Date of publ.: 22 Sept. 2021

Format: 190 x 232 mm

Pages: 128

Binding: hard cover

Retail price: 15.95 €



The guide to reduce sugar for your children – and yourself!

DESCRIPTION

The question of sugar is one of the main problems for parents when it comes to children's overweight problems, focus and mood disorders.

Find 40 healthy homemade snack recipes, easy to prepare and visually attractive... including tips to teach your children good eating habits.

KEY ARGUMENTS

- A trendy (and healthy) topic.
- Homemade solutions: healthier, cheaper and tastier!
- Sugary and industrial foods, a real issue for parents regarding their children's health.
- A practical guide, full of tips, advices and 40 recipes to reduce sugar.

All rights available

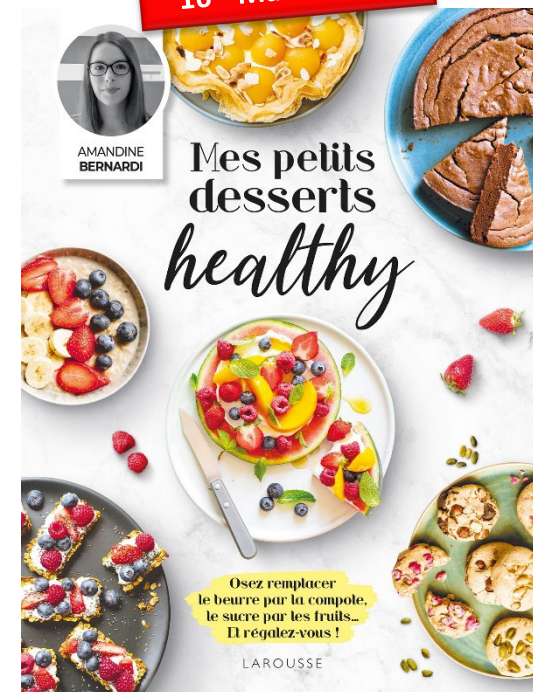
12th January 2022



Code: 5461283
Retail price: 10.95 €
Format: 245 x 250 mm

Nb of pages: 112
Binding: soft cover
Author(s): Ilham Moudnib

16th March 2022



MY SMALL LIGHT DESSERTS

Amandine Bernardi

Format: 195 x 260 mm **Code** 8662851
Pages: 112 **Binding:** hard cover
Retail price: 14.95 €

***More fat, less sugar
and melt away the pounds!***

DESCRIPTION

Adopt a gluten-free and low sugar diet to regain your figure, your well-being and your energy!

Discover 80 quick and easy recipes to accompany you at different meals but also for aperitifs with friends or picnics... With a complete introduction to the ketogenic diet and its benefits, including advices of the author about how to bring it into your daily life without constraint!

KEY ARGUMENTS

- The success of the ketogenic diet: simple, quick and delicious recipes, anchored in everyday life.
- An author who relies on her personal experience
- A book to adopt whether you are diabetic, gluten intolerant... or simply want to take care of your health and your figure!

All rights available



Code: 8645875
Retail price: 15.95 €
Format: 195 x 260 mm

Nb of pages: 144
Binding: soft cover
Author(s): Caroline Schwob

25th May 2022

**45 original recipes
easy to realize**

DESCRIPTION

100% light or 100% regressive:
perfect for a quick breakfast or
a snack to go, for a boost of
energy.

Made with whole grains, bowl
cakes are high in fiber and low
in fat.

Including nutritional theme
pages that explain how to eat
a balanced breakfast.

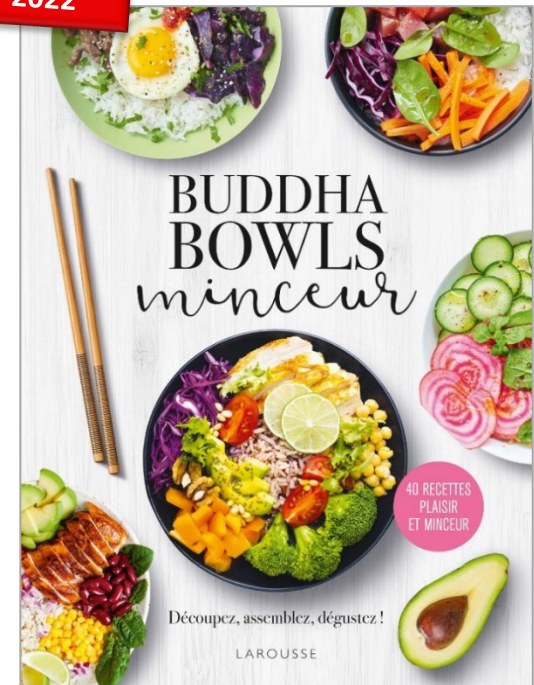
KEY ARGUMENTS

- A trendy (and healthy)
topic.

All rights available



Code: 2824174 **Nb of pages:** 112
Retail price: 15.95 € **Binding:** soft cover
Format: 204 x 268 mm **Author(s):** Marie-Elodie Pape



SLIMNESS BOUDDHA BOWLS

Manuella Chantepie

*45 slimming and fun recipes:
cut, assemble, taste.*

Format: 195 x 260 mm **Code** 2824420
Pages: 112 **Binding:** hard cover
Retail price: 15.95 €

**45 recipes of arranged rums
to enjoy the spicy side of life!**

DESCRIPTION

A good rum, some spices, fruits and the magic of maceration: discover 45 recipes of arranged rum and cocktails to sublimate them!

Through the pages, let yourself be guided to choose the best associations, learn how to choose your rum or discover the well-kept secrets of the specialists of your favorite drink!

KEY ARGUMENTS

- The recipes and tips are concocted by a professional who is well known in the mixology world.
- Rum is an alcohol that is fashionable, inexpensive and very appreciated for all the variations it offers.

All rights available

25th May 2022



Code: 2824666

Retail price: 15.95 €

Format: 204 x 268 mm

Nb of pages: 112

Binding: hard cover

Author(s): Sandrine

Houdré-Grégoire was elected best mixologist in France in 2008.

40° AND BEYOND: THE BEST LIQUORS AND SPIRITS

Anne-Sophie Bigot

Discover 200 references of high-quality liquors and spirits from all over the world

Code: 6531373

Date of publ.: 20 Oct. 2021

Retail price: 19.95 €

Format: 207 x 248 mm

Nb of pages: 240

Binding: hard cover



35 recipes to incorporate plant-based beverages into your cooking!

DESCRIPTION

Almond, soy, oat, rice, hazelnut, spelt... when faced with the supermarket aisle, the choices are numerous, but do you know which plant-based drink to choose for which recipe?

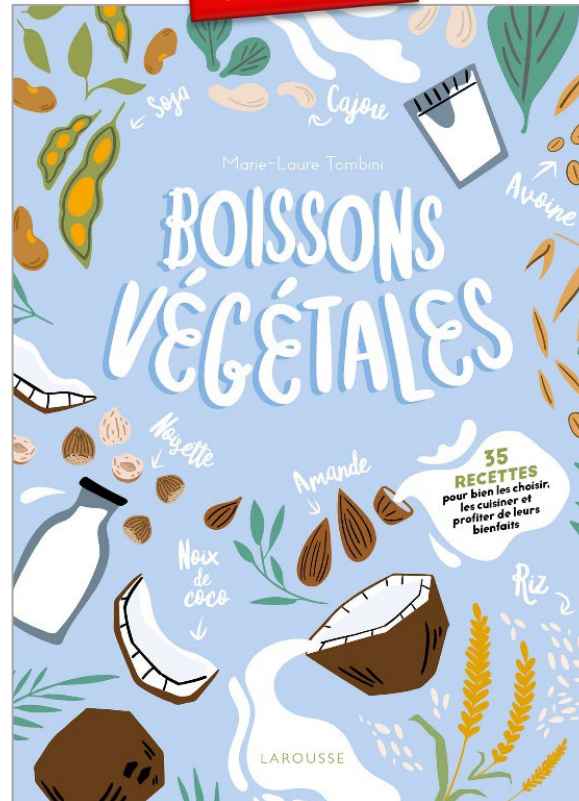
Through 35 recipes, a specialist in plant-based cooking teaches you how to choose them according to the type of dish and incorporate them into your favorite recipes: gratins, quiches, cakes, pies, pancakes, creams etc.

KEY ARGUMENTS

- Plant-based beverages are on the rise: rich in vitamins and minerals, with less impact on the environment and without the ethical problems associated with dairy farming.

All rights available

4th May 2022



Code: 2824912

Retail price: 9.95 €

Format: 170 x 235 mm

Nb of pages: 80

Binding: soft cover

Author(s): Marie-Laure Tombini

25th May 2022



GREEN SMOOTHIES AND HEALTHY JUICES

Ellen Frémont

50 healthy and tasty drinks to boost your energy!

Format: 170 x 235 mm

Pages: 96

Retail price: 9.95 €

Code NE 2825281

Binding: soft cover



LE CORDON BLEU'S BAKERY SCHOOL

80 recipes of traditional breads, from all around the world, including viennoiseries and non-bread bakery products.

Learn how to make your own bread with the famous *Le Cordon bleu* school: dough shaping, kneading or scoring bread and succeed the baking procedure thanks to the best chef bakers' advice and know-how.

KEY ARGUMENTS

- Making your own bread is a growing trend.
- Thanks to the advices from the prestigious school, discover also a healthier way to make bread.
- Beloved activity perfectly suitable with children or on your own.

Code: 6436814 **Binding:** hard cover

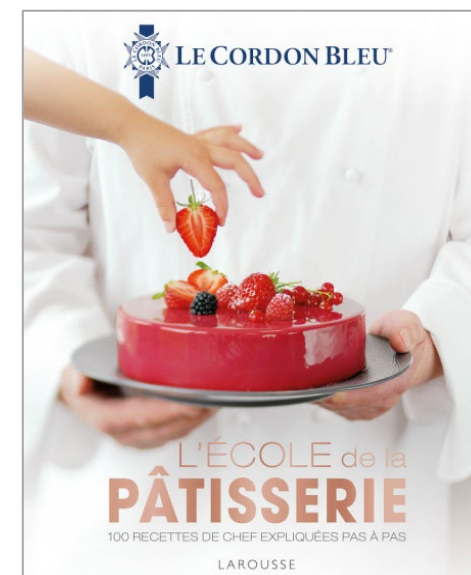
Pages: 304 **Nb. of char.:** 325,000

Format: 230 x 200 mm

Retail price: 29.95 €

Publication date: 13 October 2021

Rights sold: Chinese simpl., Chinese complex, Korean, Spanish, Hungarian, English, Italian, German.



LE CORDON BLEU'S PASTRY SCHOOL

100 recipes explained step by step by the Chefs of the famous French culinary school

Code NE 6528050

Publication date: 5 October 2016

Format: 230 x 280 mm **Pages:** 512

Nb. of illus.: over 1,400 **Nb. of char.:** 450,000

Binding: hard cover **Retail price:** 29.95 €

20,000 copies sold!

Rights sold: Chinese simpl., English, German, Hungarian, Italian, Korean, Polish, Portuguese, Russian, Spanish.



Parenting & Childhood



I AM EXPECTING A BABY WITH SOPHROLOGY

J'attends bébé avec la sophrologie

The key to a healthy pregnancy for me and my child

DESCRIPTION

A soft birth preparation method thanks to sophrology, with numerous benefits for the mother-to-be (to de-stress, to better live the upheavals of the body, to give birth in full consciousness...), but also for her baby (parents-child link in utero, emotional safety...).

A well-being program for each month of pregnancy with:

- specific sophrology exercises, with links to carry them out guided and in music;
- the transformations of the mother-to-be;
- the development of the baby in utero;
- answers to common questions of pregnant women.

KEY ARGUMENTS

- A recognized author, who works in maternity wards.
- Original music by Laurent Stopnicki to accompany the proposed sessions.

All rights available

4th May 2022



Code: 8337457

Retail price: 16.95 €

Format: 180 x 220 mm

Nb of pages: 160

Binding: soft cover

Author(s): Carole Serrat is a sophrologist. She has been accompanying pregnant women for fifteen years in hospitals.



Healthy and tasty homemade food, season by season, in only 2 hours of cooking on weekends!

DESCRIPTION

80 delicious and healthy recipes combining two 100% effective and balanced concepts:

- Batch cooking: 16 weeks of menus according to the seasons. Use the list provided to do your shopping, cook all the dishes during the weekend, assemble them and reheat them during the week before dinner time.
- A dish for the whole family with ground versions (6 months and up) or chunky versions specially adapted for babies (from 18 months)

KEY ARGUMENTS

- The winning combo of 2 concepts to offer your baby and your whole tribe tasty homemade meals without spending hours in the kitchen every night of the week.

All rights available

2nd March 2022

CÉLINE DE SOUSA
SANDRA THOMANN

Je batch cook
pour bébé
et toute ma famille

À PARTIR DE
6 MOIS



Je prépare
EN 2H LE WEEK-END



Je déclina
POUR BÉBÉ



LAROUSSE

Code: 7998865

Retail price: 15.95 €

Format: 180 x 220 mm

Nb of pages: 168

Binding: soft cover

Author(s): Céline de Sousa is a chef specializing in baby food.
Sandra Thomann is the creator of the blog *Cuisine Addict* and the author of numerous cookbooks.

CHRISTELLE COURRÈGE
CÉLINE DE SOUSA

Je cuisine
pour bébé
et toute ma famille

100 recettes + 400 déclinaisons



**100 RECIPES
FOR THE WHOLE FAMILY,
INCLUDING BABY**

**Céline de Sousa
Christelle Courrège**

Code: 7665967

Date of publ.: 2 January 2019

Retail price: 12.90 €

Format: 185 x 235 mm

Nb of pages: 252

Binding: soft cover

52,000 copies sold already!

Rights sold: German,
Romanian, Spanish.



Positive parenting: trust yourself, you have all the resources to raise your children.

DESCRIPTION

A practical and positive parenting book that explains the changing role of parents in their children's education and gives all the tools to support them in their skills.

Two main parts:

1. Supporting and valuing parents' skills: recognition of their role as a protective factor for the child's overall health.
2. Identify and reinforce each skill: positive attention, fluid communication, conflict management, realistic objectives... with an assessment of the family situation, advice, exercises.

KEY ARGUMENTS

- A growing educational practice
- To support parents who are increasingly led to doubt their abilities.

All rights available

18th May 2022

Dr CORINNE ROEHRIG
Médecin et thérapeute familiale

PARENTS vous avez des COMPÉTENCES !



“Faites-vous confiance, vous avez toutes les ressources pour donner le meilleur à vos enfants.”

LAROUSSE

Code: 8617823

Retail price: 16.95 €

Format: 140 x 205 mm

Nb of pages: 192

Foreword by **Boris Cyrulnik**

Binding: soft cover

Author(s): Corinne

Roehrig is a physician and family therapist.

24th August 2022

SHANE LOVE



LE GUIDE JOYEUX ET DÉCOMPLIÉ
DE TOUTES LES MAMANS SOLOS !

LAROUSSE

SOLO MOM WELL IN HER SKIN

The joyful and uncomplicated guide for all solo moms! To reassure women in their journey, to make them feel less guilty and to give them all the keys to a fulfilled life

Code 8844437

Format: 140 x 205 mm

Pages: 256

Author: Gaëlle Baldassari

Binding: soft cover

Retail price: 18.95 €



5th January 2022

Our most successful parenting and healthcare titles

DESCRIPTION

Helpful topics, written by specialists and comprehensive for a large audience.

KEY ARGUMENTS

- Most successful titles, with updated facts.
- Actual popular topics.

Format: 125 x 192 mm

Pages: 224 to 256

Binding: soft cover

Retail price: 6.95 €



CHILD FROM 6 TO 11 YEARS OLD

Gilles-Marie Valet

Code: 8695945

over 16,000 copies sold!

Rights sold: Chinese simpl., Italian



NATURAL HEALTHCARE FOR CHILDREN

Carole Minker

Code: 8705664

Rights sold: Spanish



101 GOLDEN RULES FOR FRIENDLY EDUCATION

Gilles-Marie Valet

Code 8706156

over 14,000 copies sold!

Rights sold: Romanian

Self-Help





**All the advice of a dermatologist
for a beautiful skin:
no complexes, just solutions!**

DESCRIPTION

A very practical guide on :

- the most common skin problems, that people all ages can experience;
- an update on all elements that have an influence on our skin (hormonal, environmental, lifestyle...) and how to remedy them;
- the various therapeutic treatments (medication, dermocosmetic care...);
- daily care to keep your skin healthy.

KEY ARGUMENTS

- A practical skin problems guide: help with diagnosis and presentation of the various possible treatments.
- A theme that concerns young and old alike.

All rights available



Code: 7998865

Retail price: 15.95 €

Format: 180 x 220 mm

Nb of pages: 168

Binding: soft cover

Author(s): Audrey Perret-Court

(alias **Dermato Drey**) is a

dermatologist. She creates

videos for the general public on

all dermatological problems on

social networks

***A scientifically proven method
to prevent attacks and
limit the progression of the disease***

DESCRIPTION

Today Endometriosis is still poorly understood and diagnosed, even though it affects 10 to 20% of women. This chronic disease causes painful periods and fertility problems. The earlier it is treated, the better it is possible to control the symptoms and prevent them from worsening.

This practical essay proposes a method and concrete solutions to improve the patient's situation. It explains step by step the mechanisms of inflammation and guides its readers towards an adapted lifestyle and diet.

KEY ARGUMENTS

- Endometriosis is a real social issue, at the heart of many books.
- A subject that concerns young and old alike.
- With recipes and advice from a chef to combine well-being and gustatory pleasure.

All rights available

8th June 2022

Anne-Charlotte Garet & Céline De Sousa

SOULAGER, L'ENDOMÉTRIOSE

GRÂCE À UNE ALIMENTATION
ANTI-INFLAMMATOIRE



LAROUSSE

Code: 2687928

Retail price: 15.95 €

Format: 140 x 205 mm

Nb of pages: 224

Binding: soft cover

Author(s): Anne Charlotte

Garet is a dietician-nutritionist.

Céline de Sousa is a chef specialized in food diversification.



Coping with the shock, finding peace and rebuilding

DESCRIPTION

A practical essay that accompanies patients, their loved ones and caregivers on a psychological and medical level.

The author addresses all the changes and questions caused by a chronic disease: the diagnosis, the periods of care, the pain, the view of oneself, the future, the health, the relationship with others, the work... to allow to move towards a better way of life.

KEY ARGUMENTS

- The number of diagnoses of chronic diseases is increasing.
- A book that does not focus on a particular disease, with enlightening analyses and concrete advice

All rights available

24th August 2022

Marie de Bonnières
psychologue clinicienne



MIEUX VIVRE AVEC UNE MALADIE CHRONIQUE

Maladie de Crohn, diabète, endométriose...
Faire face au choc, trouver l'apaisement
et se reconstruire

20 MILLIONS DE PERSONNES CONCERNÉES EN FRANCE

LAROUSSE

Code: 2080945

Retail price: 18.95 €

Format: 215 x 315 mm

Nb of pages: 272

Binding: soft cover

Author(s): Marie de

Bonnieres is a clinical

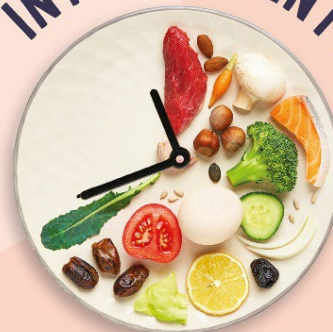
psychologist



16th March 2022

ISABELLE DOUMENC
Naturopathe

JE ME METS AU JEÛNE INTERMITTENT!



SUPPRIMEZ UN REPAS PAR JOUR
POUR DES BIENFAITS SANTÉ-MINCEUR

LAROUSSE

***Cut out one meal a day for
health and weight loss benefits***

DESCRIPTION

Discover the therapeutic benefits of intermittent fasting in this professional book.

Understand the physiological mechanism of intermittent fasting with the destocking of fats into glucose to provide energy to the body, and its impact on health (regeneration of the microbiota, protection against cardiovascular diseases, reduction of diabetes, cholesterol and hypertension, better concentration...)

KEY ARGUMENTS

- A serious and personalized method according to one's objectives to follow intermittent fasting in complete safety and to have an adapted diet.
- Testimonies of people before and after, with biological data (glycemia, cholesterol level...).

All rights available

Code: 8695453

Retail price: 12.90 €

Format: 140 x 205 mm

Nb of pages: 192

Binding: soft cover

Author(s): Isabelle

Doumenc is a
naturopath.



Take care of your health

DESCRIPTION

A new collection that helps to understand our daily health problems, causing pain that is often stubborn and recurrent, to identify their origin, and then to act with concrete and effective solutions...

In a playful and educational approach, take stock in the form of a quiz, to better understand the functioning of the body and act to get better.

KEY ARGUMENTS

- Topics at the heart of our concerns
- Books designed to provide concrete and practical solutions
- With targeted thematic files and testimonials.

Format: 180 x 220 mm

Pages: 144

Binding: soft cover

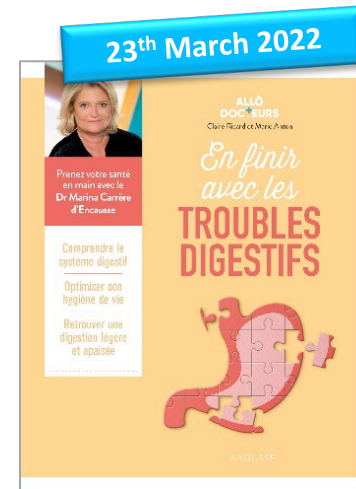
Retail price: 13.95 €

All rights available



PUT AN END TO SLEEP PROBLEMS

Cécile Guéry Riquier
Code 8951097



PUT AN END TO DIGESTIVE PROBLEMS

Claire Ricard, Marie Anton
Code 8952204



PUT AN END TO SUGAR

Claire Ricard
Code 8951589



PREVENT AND RELIEVE BACK PAIN

Rachel Frély
Code 2837100



PUT AN END TO STRESS

Anne Ghiringhelli
Code 2836731

***Anger, stress, anxiety...
a healer helps you release
your emotions***

DESCRIPTION

Many ailments originate from our emotions. They act on our body but also on our mind and our energy in the form of pain, imbalances (digestive, hormonal, dermatological) and diseases.

Magnetism is a powerful tool that works on all our dimensions to help us manage and release our emotions. With the help of simple exercises, this book proposes to treat at the source the emotions that make us suffer, with magnetism techniques within everyone's reach.

KEY ARGUMENTS

- Solutions for everyone and self-care techniques
- A topic that gains an increasing audience.
- A new tendency that allows to deal with emotions in a natural way.

All rights available

23th April 2022

Christophe Limayrac
Anne Ghiringhelli

Apaiser ses émotions avec le Magnétisme

Colère, stress, anxiété... un guérisseur
vous aide à libérer vos émotions



LAROUSSE

Code: 3796381

Retail price: 16.95 €

Format: 140 x 205 mm

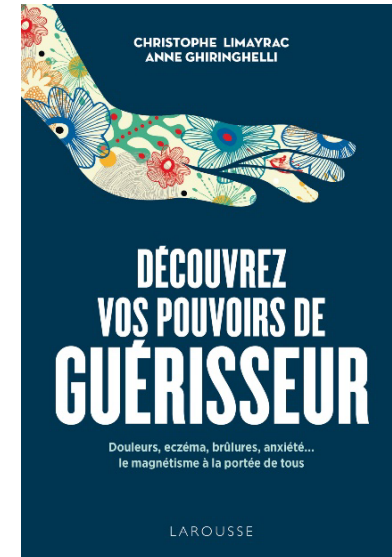
Nb of pages: 240

Binding: soft cover

Author(s): Christophe

Limayrac is a healer
and a magnetizer.

Anne Ghiringhelli is a
journalist.



CHRISTOPHE LIMAYRAC
ANNE GHIRINGHELLI

DÉCOUVREZ VOS POUVOIRS DE GUÉRISSEUR

Douleurs, eczéma, brûlures, anxiété...
le magnétisme à la portée de tous

LAROUSSE

DISCOVER YOUR HEALING POWER

Christophe Limayrac
Anne Ghiringhelli

Code: 4805136

Date of publ.: 17 April 2019

Retail price: 14.95 €

Format: 140 x 205 mm

Nb of pages: 220

Binding: soft cover

14,000 copies sold already!



Take care of your multiple energies to make your inner and outer beauty vibrate

DESCRIPTION

A practical and exhaustive guide to reveal you all the keys to a glowing beauty. Focusing on the distinction between inner and outer beauty, but also the energetic sheath of your body. Taking into account the chakras and their colors, as well as their influence on your internal and external radiance. Explaining all the care rituals: purification, precious stones, vibrating fields, detox recipes, self love, your sacred space, mindfulness, and so on!

KEY ARGUMENTS

- Take control of your beauty and your well-being with these DIY refined cares!
- A book to reconnect with your radiance through natural methods (crystals, minerals and plants).
- A Zeitgeist topic focusing on beauty through natural methods.

All rights available



Code: 5540361
Retail price: 18.95 €
Format: 210 x 260 mm
Nb of pages: 256
Nb of char.: 180,000
Nb of ill.: 70
Binding: soft cover

Author(s): Mayia Alleaume is a professional make-up artist and works for the greatest celebrities. She developed particular care methods to light up the beauty of every person.

4th May 2022

Nadège Lanvin



MON YOGA DU VISAGE
 au fil des saisons et des âges



Auto-massage, renforcement musculaire, acupression, drainage lymphatique, respiration

LAROUSSE

**MY FACE YOGA
 THROUGH THE
 SEASONS AND THE
 AGES**

We do not have the same skin at 30 and 50!

Format: 140 x 205 mm
Code: 2838085
Pages: 144
Author: Nadège Lanvin
Binding: soft cover
Retail price: 14.90 €

***Stones and rituals
to reveal the radiance of
your inner sacred feminine!***

DESCRIPTION

A book to guide every woman to meet her deep and unique femininity, to live it fully and to celebrate it, with lithotherapy as a tool of personal development.

- 33 crystals as feminine archetypes to discover the fullness of her potential and powers: the aquamarine woman, the amethyst woman, the labradorite woman...
- 33 rituals to become aware of and integrate the vibratory energy of each stone: writing, meditation, singing, fumigation...

KEY ARGUMENTS

- Two major themes in full swing: ecofeminism and lithotherapy.
- New ways to realize and strengthen your femininity.

All rights available

18th May 2022



Code: 8843944

Retail price: 17.95 €

Format: 140 x 205 mm

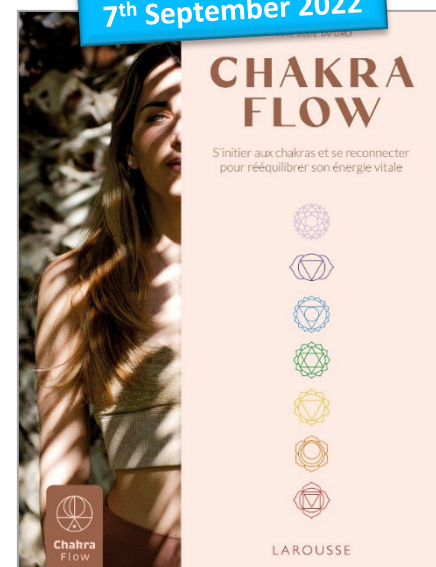
Nb of pages: 192

Binding: soft cover

Author(s): Nadège Bellanti

is an energy therapist, shaman and crystal theme interpreter. She leads women's circle retreats.

7th September 2022



CHAKRA FLOW

*Learn about and connect to
the chakras to rebalance
your vital energy*

Author: Anne-Julie Tafuro

Code 2750173 **Pages:** 240

Binding: soft cover

Retail price: 17.95 €

Format: 168 x 220 mm



Discover the magic powers of more than 80 easy-to-find plants!

DESCRIPTION

Plants can be protective, purifying, aphrodisiac or healing. As a figure close to nature and its energy, witches have gained knowledge in magic and herbalism through the centuries of history and literature.

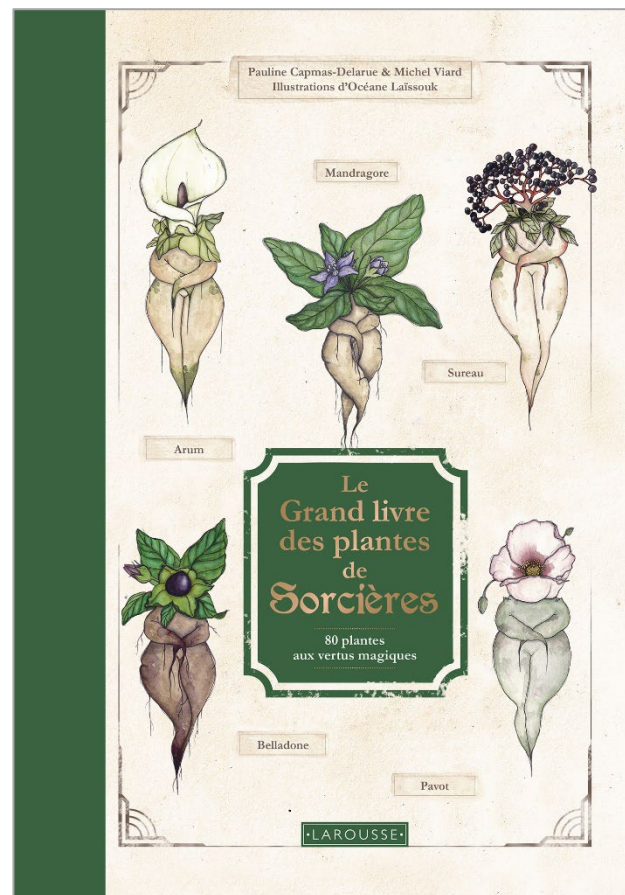
Enriched by beautiful illustrations, this book offers a deep look into that knowledge.

Learn how to use apricot as a love philter, noble bay leaf as a luck amulet, birch wood to protect babies' cradles...

KEY ARGUMENTS

- An all-purpose spell book about witches favorite plants and their properties: a unique concept.
- A very elegant and original book, with a large format: a real grimoire between your hands!
- Charming illustrations for a soft and enchanting atmosphere, full of delicacy and femininity.
- Natural and soft medicines are very trendy: this book is definitely a must-have!

All rights available



Code: 5295356

Retail price: 24.90 €

Format: 195 x 234 mm

Nb of pages: 224

Date of publ.: 13 Oct. 2021

Binding: hard cover

Author(s): Pauline

Capmas-Delarue,

Michel Viard,

Ill.: Océane Laïssouk.

***Discover the wisdom of stars
and how to interpret
your astrological chart!***

DESCRIPTION

A practical introduction method, including: the study of zodiac signs, planets, houses, the Sun-Moon relationships...

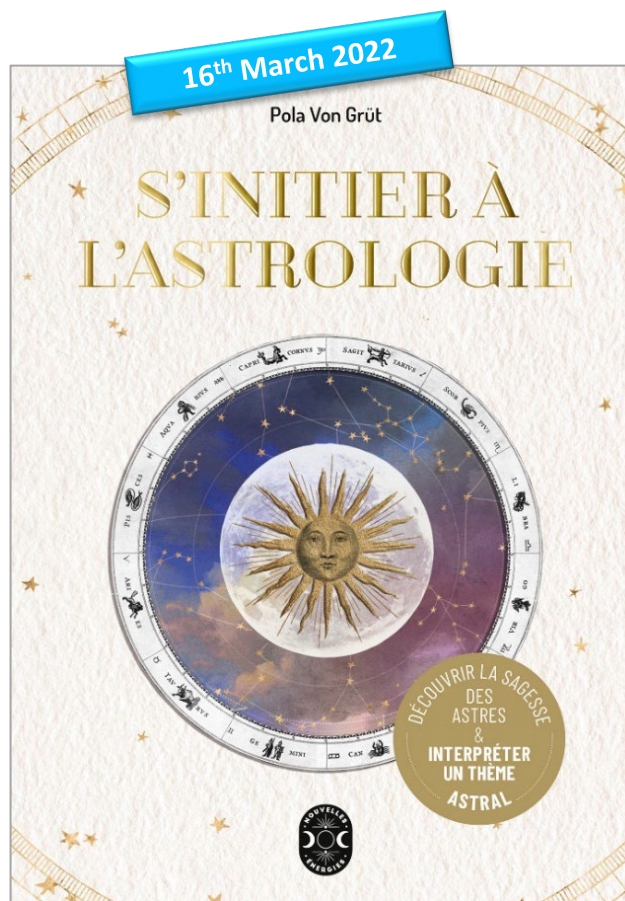
Learn also how to interpret your astrological chart, the cosmic mirror of your personality and your potential. According to your birth date/time and the positioning of the stars and planets, the impacts on our personality, our behavior and our aspirations in many aspects of our life (relationships, love, work, money, etc.)

Discover ceremonies and rituals around the lunar cycle

KEY ARGUMENTS

- Astrology: a popular and booming topic.
- Both a practical guide and a nice-looking book
- Around 30 inspiring and magnificent illustrations designed by the author Pola von Grüt.

All rights available



Code: 3444644

Retail price: 14.95 €

Format: 150 x 200 mm

Nb of pages: 128

Nb of char.: 200,000

Binding: hard cover

Author(s): Astrologist

Pola Von Grüt trained at the Faculty of Astrological Studies in London.



Between self-development and spirituality

DESCRIPTION

A collection designed as a grimoires, to unit everything a "modern witch" must know in order to live in harmony with nature and the elements.

Everyday ancestral woman rituals made from plants, oils, crystals, talismans, incenses, cards...

KEY ARGUMENTS

- Trendy topics and inspirations: feminism, women's power, sacred feminine, female cycle, sorority, moon...
- For the women who want to reconnect with themselves and their power.
- Reference author: health and wellness journalists.

Format: 118 x 155 mm

Pages: 192

Binding: soft cover

Retail price: 7.95 €

All rights available

16th March 2022



ART OF THE PENDULUM AND DIVINATORY CARDS

Andréa Louis
Code 8438955

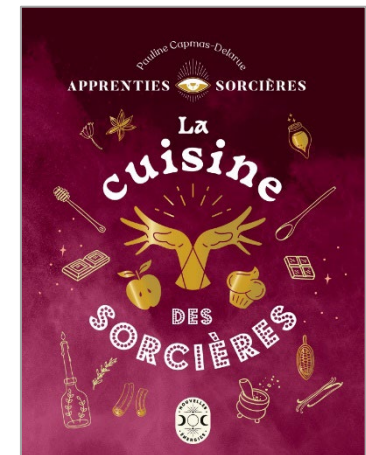
- **LITTLE MAGIC RITUALS**
Delphine Lalande
Code 3442796 - Date of publ.: 12 May 2021
Rights sold: English
- **PLANTS, POTIONS AND DECOCTIONS**
Pauline Capmas-Delarue
Code 3442304 - Date of publ.: 12 May 2021
- **CRYSTALS AND ENERGIES**
Claire Taupin
Code 3442673 - Date of publ.: 12 May 2021
Rights sold: English

2nd June 2022



THE ART OF TAROT – PRINTS AND INTERPRETATIONS

Amélie Auffret
Code 2806686



THE WITCHES' COOKING

Pauline Capmas-Delarue
Code 2807056

Discover esotericism and add some magic into your everyday life



INTRODUCTION TO THE ART OF USING A PENDULUM

In this box:

- 1 pendulum and its protection sleeve
- 6 radiesthesia / dowsing charts (percentage of vitality and chakras, dating a family event, original wound...)
- An introduction guide to discover radiesthesia, a classic field of esotericism

Code: **7637182**

Andrea Louis

Box format: 215 x 190 x 35 mm

Pages: 48

Retail price: 19.95 €

Date of publ.: October 2021

All rights available



MY HEALING CRYSTALS

In this box:

7 lucky charms made of authentic stones to bring positive energy depending on the one you need most and a booklet to discover the healing benefits of crystals, tips to cleanse and charge the stones, exercises to reach and maintain your inner balance.

Code: **7635826**

Box format: 240 x 185 x 30 mm

Pages: 48

Retail price: 19.95 €

Date of publ.: October 2021

All rights available

Body training & Yoga





A complete sport and health program for all, by the physiotherapist of champions!

DESCRIPTION

Many factors such as a sedentary lifestyle, stress or even a wrong movement can have an impact on our physical condition, generate physical and moral tensions, even pain.

By following Florian Patalagoïty's unique sports programs, you will be able to get back in shape:

1. 8 weeks to treat pain with zone by zone programs (knees, trapezius, hips, neck...)
2. 12 weeks to strengthen yourself with an adapted program
3. simple tips to boost your well-being with a healthy lifestyle
4. How to recover and manage stress
5. Preserve yourself on a daily basis with the right postures for each case.

KEY ARGUMENTS

- A complete program to feel good in your body: relieve pain zone by zone, then strengthen, tone and gain.
- Step by step photos and QR codes leading to videos.
- A renowned specialist shares his knowledge.

All rights available

23th March 2022



Code: 8347545

Retail price: 16.90 €

Format: 180 x 220 mm

Nb of pages: 240

Binding: soft cover

Author(s): Florian Patalagoïty
is a kinetic therapist for high level athletes





Combine yoga, pilates and meditation to beat stress and boost your energy!

DESCRIPTION

Stress can quickly poison our lives with loss of morale and self-esteem, sleep disorders and even chronic pain! With a concrete program of yoga and Pilates, including meditation, illustrated exercises and small rituals in 20 minutes per day, with advice and tips for well-being (diet, lifestyle, recipes ...), this book helps to reconnect to oneself and find inner harmony, learn to love oneself in its entirety, develop its resources to approach life in a positive way, reconnecting with mobility, strength and flexibility...

KEY ARGUMENTS

- Daily routines and tips, developed by a renowned coach.

All rights available

23th March 2022



Code: 7999111

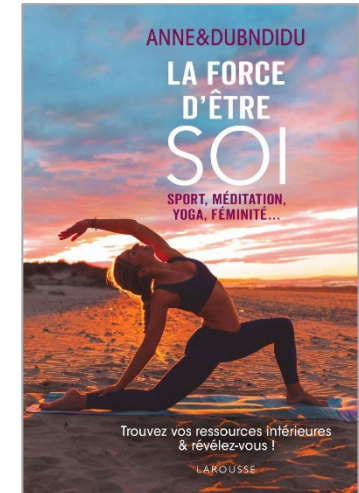
Retail price: 16.90 €

Format: 180 x 220 mm

Nb of pages: 240

Binding: soft cover

Author(s): Aurélie Edmond is a sports trainer



THE FORCE TO BE MYSELF

Anne&Dubndidu

Lifestyle and exercise guide to boost my own well-being balance

Code: 3709566

Date of publ.: 27 April 2016

Retail price: 14.95 €

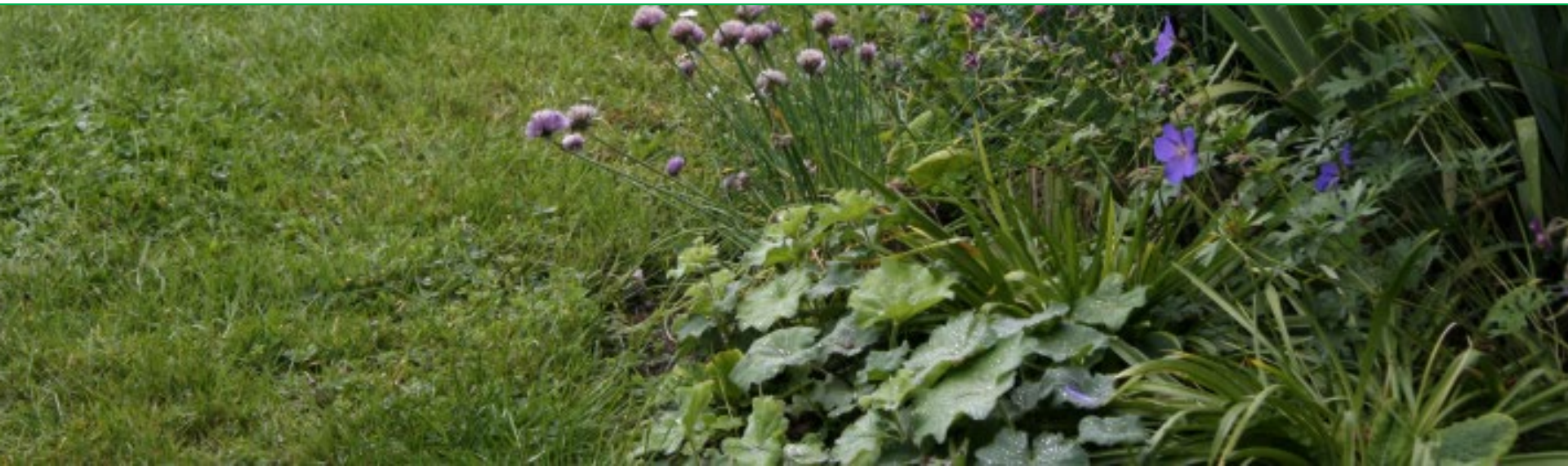
Format: 140 x 205 mm

Nb of pages: 224

Binding: soft cover



GARDENING





23th February 2022

***A no-nonsense garden book
for beginners looking
for experienced advice.***

DESCRIPTION

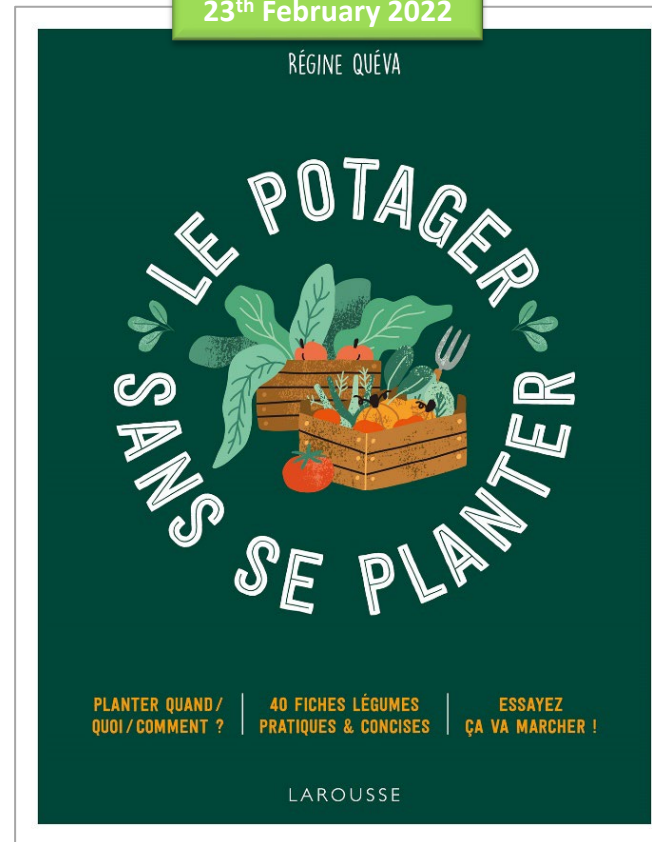
A real bible for the vegetable garden, with a multitude of practical photos, 40 vegetable plant cards, evolution charts (from seedling to plant), all sprinkled with advice and tips.

Month after month, Régine Quéva explains the essential gestures, the sowing and planting, the pruning... From the vegetable to the ornamental garden, everything is covered to give simple reference points to beginners or more seasoned gardeners.

KEY ARGUMENTS

- A book on vegetable gardening, simple, accessible and very visual for an assured abundant production!
- Same format and same principle as the successful book *Make your own laundry soap*.

All rights available



Code: 7802268
Retail price: 15.90 €
Format: 180 x 230 mm
Nb of pages: 128
Binding: hard cover

Author(s): Régine Quéva
organizes trainings on the environment and the natural recipes she has developed.



**MAKE YOUR OWN LAUNDRY
SOAP, TOOTHPAST,
CLEANING PRODUCTS...**

Régine Quéva

over 96,000 copies sold!

Code: 8721650

Date of publ.: 7 April 2021

Format: 180 x 230 mm

Pages: 144

Binding: hard cover with wire'o

Retail price: 16.90 €

Rights sold: German



*Imitating the forest
for a productive and
sustainable garden*

DESCRIPTION

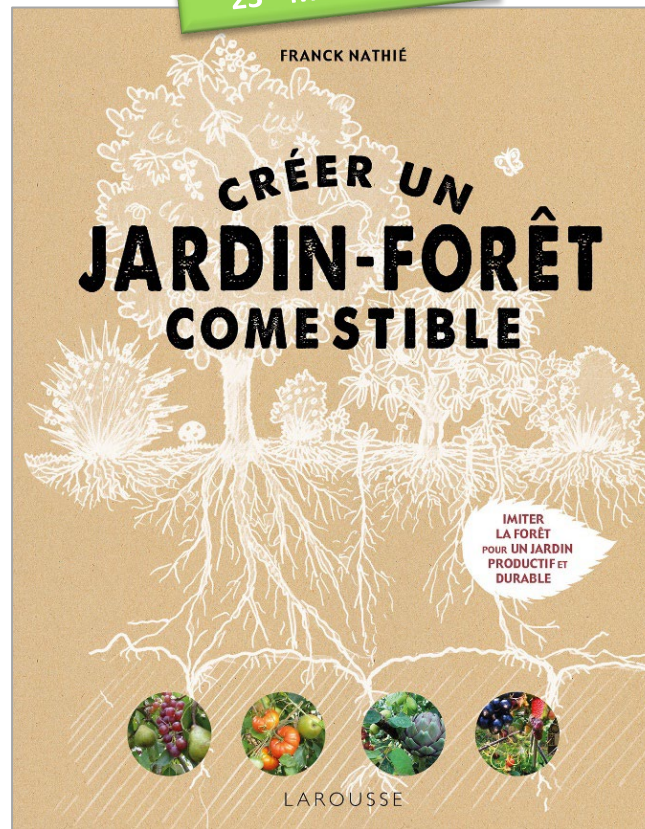
The forest-garden means using the different levels of vegetation for even more abundant harvests. In a small or large garden, this book will show you all the possibilities of plant associations: multi-stage hedge, fruit jungle...

KEY ARGUMENTS

- A new direction in permaculture.
- A trendy topic for all gardeners.

All rights available

23th March 2022



Code: 8439447
Retail price: 14.90 €
Format: 185 x 235 mm
Nb of pages: 144

Binding: soft cover
Author(s): Franck Nathié
is a permaculture
researcher and trainer.

23th February 2022



TRANSFORM YOUR GARDEN INTO AN ISLAND OF FRESHNESS

*All the techniques to make your
garden a shady refuge
even in hot weather!*

Author: Serge Schall
Format: 185 x 235 mm
Code: 8259713
Pages: 144 Binding: soft cover
Retail price: 12.90 €



23th February 2022

30 projects to make your garden a biodiversity refuge.

DESCRIPTION

Let your garden breathe thanks to small arrangements to welcome all the diversity that nature offers us: a few wild plants for butterflies, dig a small pond, make a pile of dead wood to welcome a hedgehog, plant an open hedge, put up nesting boxes... All you have to do is observe and be amazed.

KEY ARGUMENTS

- With the massive disappearance of many insects and birds, the "Rewilding" movement is gaining momentum across the planet

All rights available



Code: 7802391
Retail price: 14.90 €
Format: 185 x 235 mm
Nb of pages: 144
Binding: soft cover

Author(s): Catherine Delvaux
is already author of several gardening titles like **Useful planting** (code 3955410).



WELCOME TO THE WEEDS IN THE GARDEN!

François Couplan

Code: 8725957

Date of publ.: 24 Feb. 2021

Retail price: 12.90 €
Format: 125 x 180 mm
Nb of pages: 192
Binding: soft cover

23th February 2022

**Grow 50 medicinal plants
on your balcony and
use them for all the little
ailments of everyday life.**

DESCRIPTION

A sheet for each plant with :

- 100% organic cultivation and maintenance advice;
- the right gestures for a successful harvest and conservation;
- recipes for infusions or preparations with their therapeutic indications.

In addition: an index of minor ailments and pathologies to quickly find the right plant to use!

KEY ARGUMENTS

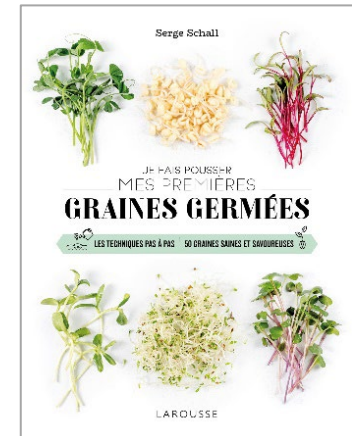
- With medicinal plants: everyone becomes a little herbalist...

All rights available



Code: 1790769
Retail price: 12.90 €
Format: 168 x 220 mm
Nb of pages: 144
Binding: soft cover

Author(s): Serge Schall
has written more than sixty books, all devoted to the garden and plants.



I GROW MY FIRST SPROUTED SEEDS

Code: 8682152
Date of publ.: 26 Feb. 2020

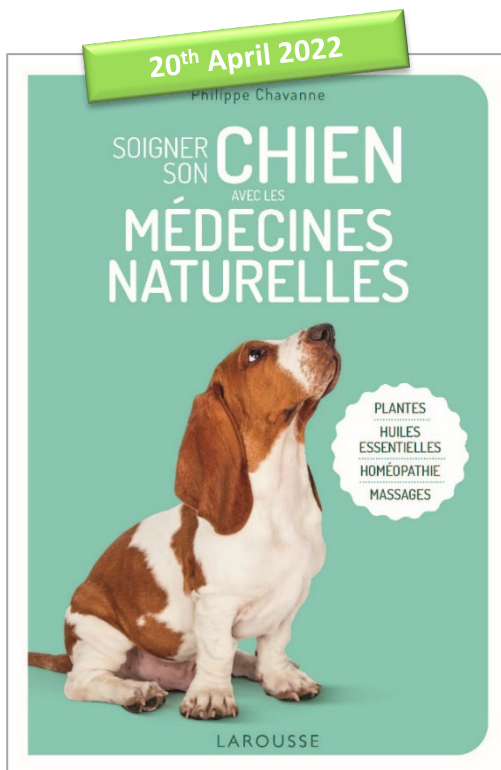
Format: 168 x 220 mm
Nb of pages: 80
Nb of illustrations: 70
Binding: soft cover
Nb of characters: 105,000

ANIMALS





Des livres pour les amoureux des chiens



TREAT YOUR DOG WITH NATURAL MEDICINES

Code 3066687

Philippe Chavanne is a journalist.

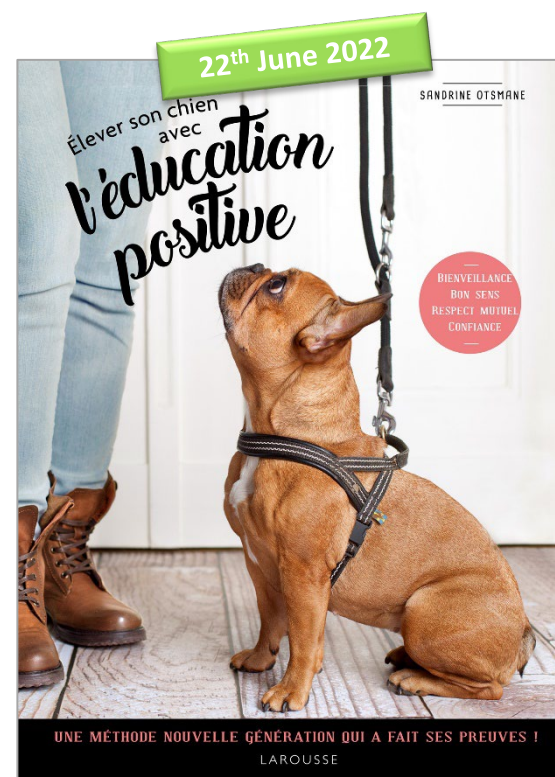
An easy-to-use guide to improving your dog's well-being and curing a whole range of ailments related to his daily life, with a section dedicated to natural preparations.

Format: 125 x 180 mm

Pages: 128

Binding: soft cover

Retail price: 13.90 €



RAISE YOUR DOG WITH POSITIVE EDUCATION

Code 2767584

Sandrine Otsmane

A relationship is built for two: discover a new generation dog training method, based on trust, benevolence and mutual respect, for a resilient relationship.

Format: 168 x 220 mm

Pages: 96

Binding: soft cover

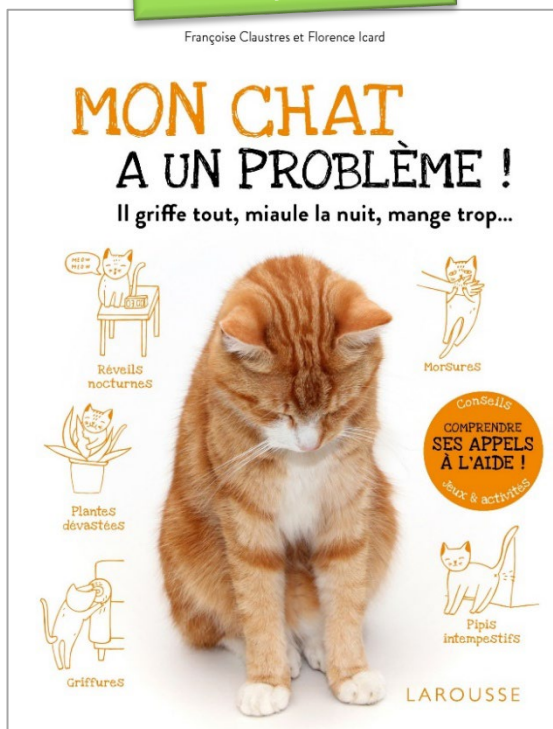
Retail price: 9.90 €

All rights available





20th April 2022



MY CAT HAS A PROBLEM

Code 8259467

Florence Icard

Françoise Claustres

Decipher the behavior of our cat to better understand him, anticipate his needs, avoid him to get bored and develop, then, behavioral disorders.

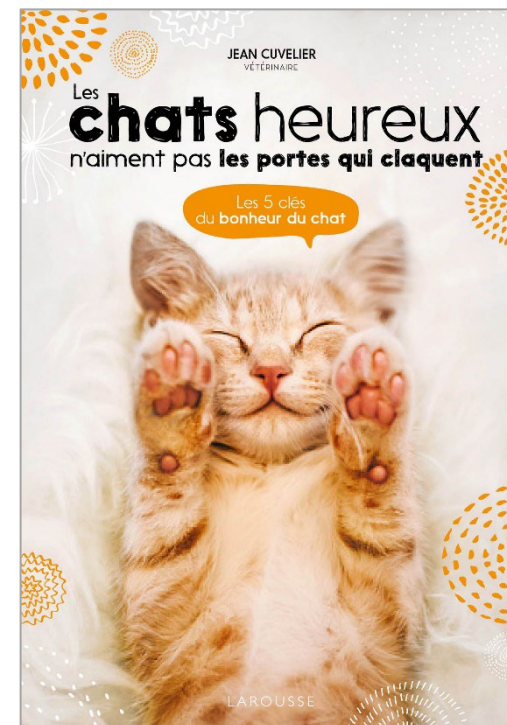
With 20 illustrated cards, recipes for treats, DIY to make toys ...

Format: 168 x 220 mm

Pages: 128

Binding: soft cover

Retail price: 10.95 €



HAPPY CATS

DON'T LIKE SLAMMING DOORS

Code 8734569

Jean Cuvelier is a veterinarian.

Date of publ.: 17 March 2021

An original guide: Self-help for cats! "happiness recipes" based on the deep nature of your cat to offer him fulfilling living conditions!

Format: 125 x 180 mm

Pages: 192

Binding: soft cover

Retail price: 9.95 €

All rights available



GENERAL KNOWLEDGE



Fine art albums for a large public

DESCRIPTION

30 titles to discover a painter monography or an artistic movement, with large format reproductions to perceive the detail of the works.

Each title is organized in 2 parts:

1. The painter's life or historical artistic movement. A new approach explains techniques and gives the keys to decipher the paintings.
2. The major paintings in a large format.

KEY ARGUMENTS

- Authors specialized in art history, but accessible to a large audience.
- Large format reproductions of high quality.
- A successful series: over 11,000 copies of Hokusai sold!

Format: 190 x 235 mm

Pages: 128

Nb of ill.: around 80

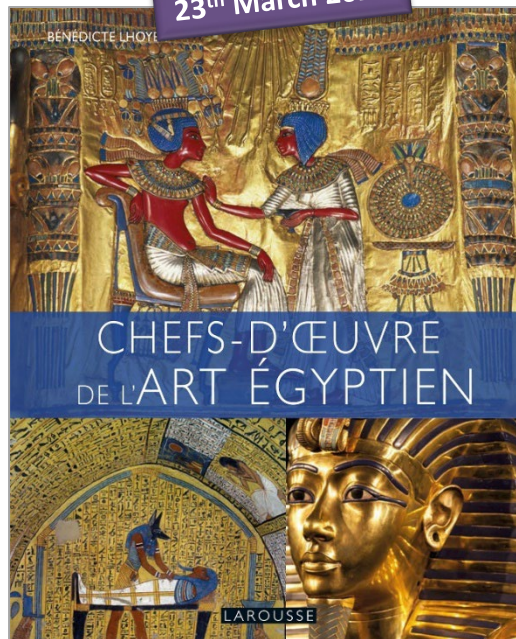
Nb of char.: 80 to 100,00

Binding: hard cover with jacket

Retail price: 12.90 €

Previous titles sold: Chinese simpl., Vietnamese, Russian

23th March 2022

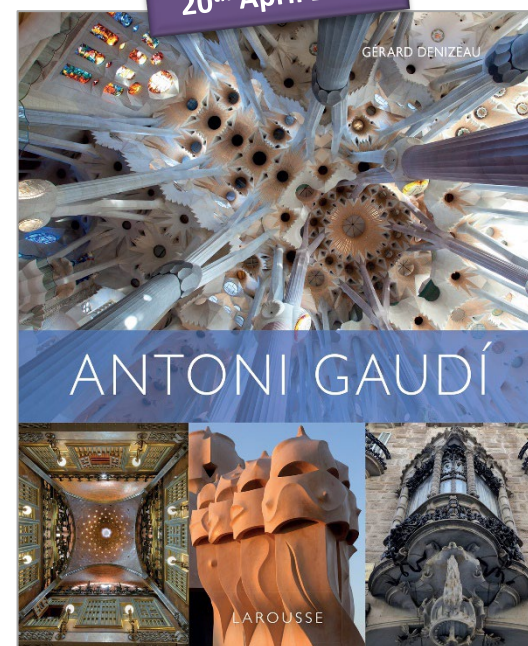


EGYPTIAN ART MASTERPIECES

Benedicte Lhoyer

Code: 1697784

20th April 2022



ANTONI GAUDÍ

Gerard Denizeau

Code: 3110639

Top 5 sales of the series :

1 – HOKUSAI - Johann Protais, Éloi Rousseau - Code: 6422267 - Date of publ.: 10 Sept. 2014

2 – RENÉ MAGRITTE - Johann Protais, Éloi Rousseau - Code: 3297742 - Date of publ.: 14 Sept. 2016

3 – THE MAJOR ART MOVEMENTS - Gérard Denizeau - Code: 4429699 - Date of publ.: 21 Feb. 2018

4 – BERTHE MORISOT - Sabine Andrews - Code: 7760137 - Date of publ.: 27 March 2019

5 – VAN GOGH, MASTER OF COLOR - Gérard Denizeau - Code : 6866055 - Date of publ.: 20 Sept. 2017



Art at a child's level

DESCRIPTION

Through the greatest masterpieces, explained in an accessible and evocative style, this album will lead its little readers to an encounter with art.

For each work: its history, a setting with evocation of the context, a deciphering of 2 to 3 details or symbols and a summary of the essential points to remember.

KEY ARGUMENTS

- Author specialized in art history and writing for children
- More than 50 works reproduced in large format

Format: 200 x 243 mm

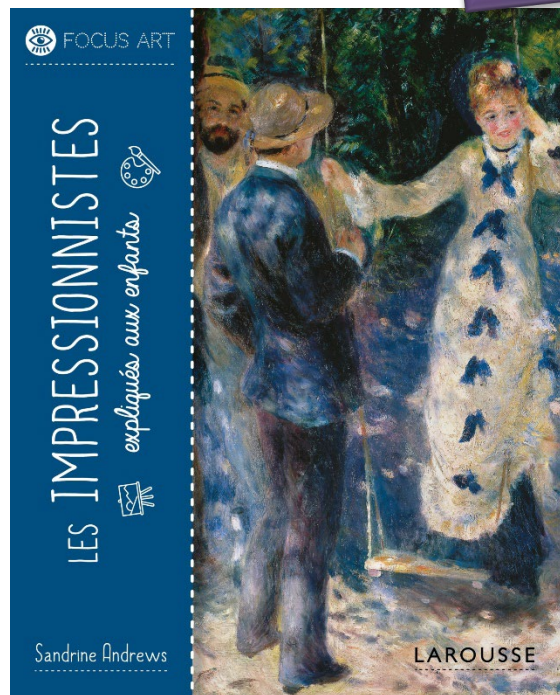
Pages: 128

Binding: hard cover with jacket

Retail price: 14.95 €

All rights available

18th May 2022



IMPRESSIONISTS EXPLAINED TO CHILDREN

Sandrine Andrews

Code: 2872142



PHARAOHS EXPLAINED TO CHILDREN

Sandrine Andrews

Code: 2872019



***You think that gods, myths and legends are part of our past?
Think again!***

DESCRIPTION

Hidden behind words, stories, expressions or even brands, these legendary characters born more than thirty centuries ago are everywhere and manifest themselves in many ways in our daily lives...

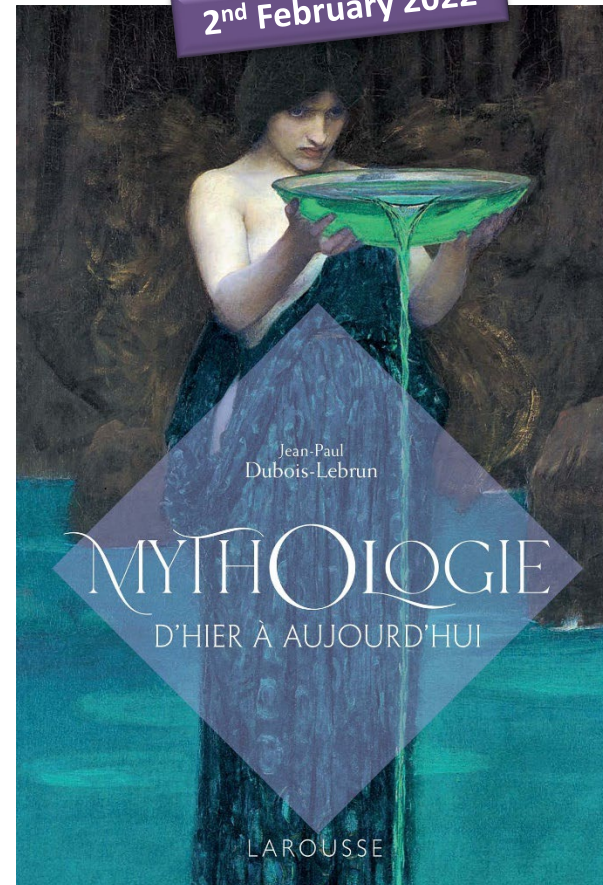
This book is a refreshing dive into fabulous stories and puts mythology under the spotlight to allow us to see it from another angle.

KEY ARGUMENTS

- Mythology explained and revisited, seen from the angle of our everyday life
- A book for the general public on a promising theme

All rights available

2nd February 2022



Code: 1712248

Retail price: 16.95 €

Format: 148 x 210 mm

Nb of pages: 360

Binding: soft cover

Author: Jean-Paul Dubois-Lebrun is a journalist. With a degree in classical philology, he has taught Latin and Greek.



***15 stories to discover the world's
greatest magicians, witches and
illusionists of all times!***

Since the beginnings of mankind, magicians, witches, illusionists or even mentalists, spiritualists, tricks and spells have always been part of the history in some way or another.

Alternately perceived as a phenomenon of fascination and disgrace, magic has shaped the imagination by revealing social questions and legendary beliefs.

Through 15 ages, this magnificently illustrated book tells the stories of the most famous personalities, from Circe to Allan Kardec and Michée Chauderon, Nostradamus and Houdini.

KEY ARGUMENTS

- An exceptional iconography with rare and precious documents!
- Magic and its history: a booming theme with a large audience.
- Everything you always wanted to know about magic!

All rights available



Code: 6640945

Retail price: 29.95 €

Format: 230 x 280 mm

Nb of pages: 240

Binding: hard cover

Date of publ.: 20th October 2021

Author: Isabelle Fougère is a reporter and producer.

She already wrote **Miscellaneous of General knowledge** (code 4876497).



Urban fashion trends since the 80s!

Dive into the history of urban fashion and discover its different trends, the emblematic brands that built this movement and its influence on each and everyone of us!

Relive its evolution since the 80s :

- The B-BOY style from New-York between the 80s and 90s
- The HIP-HOP East Coast style and the WEST COAST trends from the years 1990 to the 2010s
- The new trends since 2010: hypebeast, the *sapeurs*, the mod fashion, the lo-life movement, the outerwear and Japanese techwear...

With original chapters that focus on different phenomena such as the skateboard trend and the supreme NYC, women and street fashion, luxury's influence on the street and vice versa.

KEY ARGUMENTS

- Artists and fashion designers out in the streets to conquer the whole world!
- A real bible to offer to all the fans of fashion and street culture.
- International approach: various interviews with specialists from all parts of the world.

All rights available



Code: 5506135

Retail price: 29.95 €

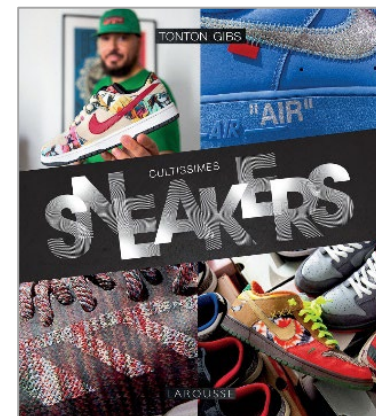
Format: 265 x 300 mm

Date of publ.: 10th November 2021

Nb of pages: 240

Binding: hard cover

Author: Tonton Gibs.



THE SNEAKERS COLLECTOR BIBLE

Tonton Gibs

Code 7658970

Date of publ.: 4 November 2020

Format: 265 x 300 mm

Nb of pages: 240

Binding: hard cover

Retail price: 29.95 €



***A fantastic immersion into the
mental and sensory universe of
animals!***

Most fauna encyclopedias essentially deal with anatomy. It is time to focus on what happens in their mind...

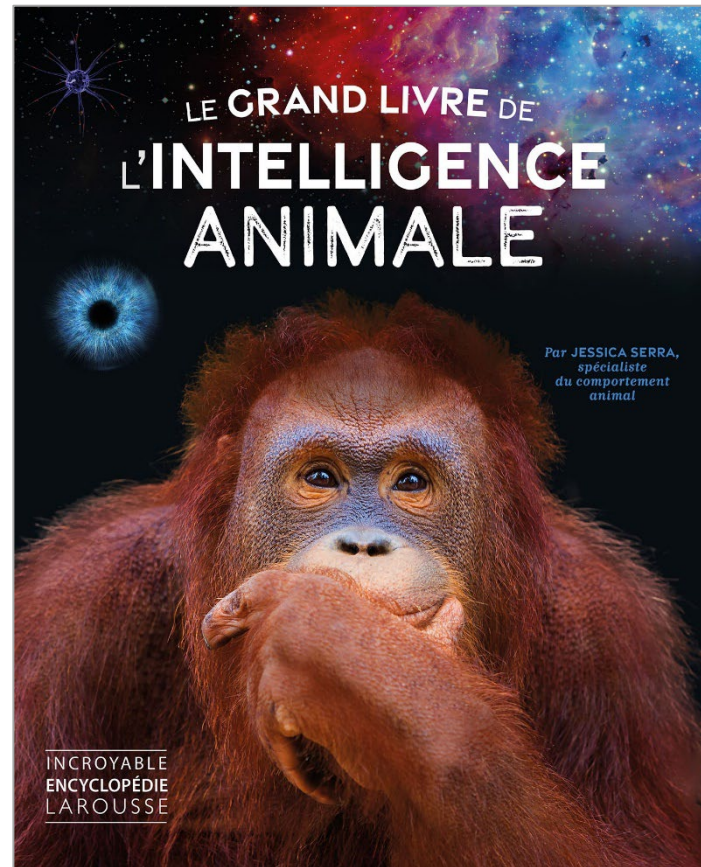
Based on recent scientific discoveries, this illustrated book is an invitation to enter animals' inner world to answer some of the most fascinating questions: can animals fall in love?

What type of communication is there between two species? Do animals have a memory?

KEY ARGUMENTS

- Everything you always wanted to know about animals' mind functioning!
- A very trendy theme based on the reflection about animals' sensibility.
- Not so many ethology books are aimed at the general public: definitely a pioneer work!

All rights available



Code: 5297324

Retail price: 19.95 €

Format: 220 x 270 mm

Nb of pages: 144

Date of publ.: 10th November 2021

Nb of charac.: 204,000

Binding: hard cover

Author: Jessica Serra is a doctor in ethnology.



ESSAYS





***Successfully identifying mild autism
to improve any relationships!***

DESCRIPTION

Without being aware of it, we can all be affected by autism spectrum disorders (ASD): either by carrying them or by being close to someone who does. Indeed, the spectrum of autism is wide and when these disorders are mild or highly compensated, the diagnosis is rarely made. This invisible autism is a source of misunderstanding, incomprehension, and even suffering in the day-to-day relationships between autistic and non-autistic people: one would like the other to change, the other would like us to stop pressuring him or her to fit in. This book gives us concrete keys and proposes to "heal" these relationships in order to find a virtuous dynamic. A playful and engaging construction: excerpts from sessions with recurring characters whose awareness and evolution we follow, alternating with explanatory moments.

KEY ARGUMENTS

- A useful book to better live one's relationships while respecting the personality and particularities of each person.
- A book for the general public that addresses both autistic and non-autistic people

All rights available

16th March 2022

Isabelle Le Peu'ch

UN LÉGER SOUPÇON D'AUTISME



Réussir à identifier
l'autisme léger pour améliorer
les relations au quotidien

LAROUSSE

Code: 4475437

Retail price: 16.95 €

Format: 135 x 215 mm

Nb of pages: 288

Binding: soft cover

Author(s): Isabelle Le

Peu'ch is a Gestalt
therapist

Put an end to missed opportunities of love!

DESCRIPTION

We don't write our love stories on a new blank page. Our beliefs and convictions have a strong impact on them and sometimes limit the full potential of a relationship.

This book brings to light the 5 most rooted toxic beliefs and investigates their origin:

- "Someday My Prince Will Come"
- "Opposites attract"
- "when you love, you don't count the cost"
- "Life is a long, quiet river"
- "Either passion or nothing"

Through the personal accounts of several couples, she shows the many repercussions of these beliefs on our relationships and suggests practical and precise solutions to turn them into more positive thoughts.

KEY ARGUMENTS

- A practical guide to avoid unhappiness
- A topic that appeals to a large audience.
- A book to never again miss out your partner and fully live your love.

All rights available

5th January 2022

CAMILLE ROCHET
psychologue

LES 5
croyances
QUI EMPÊCHENT
D'ÊTRE
Heureux
EN COUPLE

LAROUSSE

Code: 1752475

Retail price: 16.95 €

Format: 135 x 215 mm

Nb of pages: 240

Binding: soft cover

Author(s): Camille Rochet is a

psychologist and couple

therapist. She is a member of

the French family therapy

institution (*Société Française de
Thérapie Familiale*)



What if social networks prevent us from loving?

DESCRIPTION

Until recently, love was an absolute, an ideal. And we thought that it was only possible to be totally happy when we met our soul mate... But what about love at the time of the great market of feelings which develops according to the algorithms? Have dating sites totally desecrated love? Does the profusion of possibilities of "dates" make us insatiable and unable to pass the stage of building a couple?

In a very original way, Eliette Abecassis proposes to reenchant our time, to reinvent love and to find the strength of feeling by following the steps of the heroes and heroines of the films and novels where love is stronger than everything.

KEY ARGUMENTS

- Love in the time of social networks: a passionate subject
- An established author with an important background.
- A trendy topic which concerns a large audience.

All rights available



26th January 2022

DE L'ÂME SOEUR À TINDER

ET SI LES RÉSEAUX SOCIAUX
NOUS EMPÊCHAIENT D'AIMER ?



Par **Éliette
Abecassis**
LAROUSSE

Code: 3796627

Retail price: 16.95 €

Format: 135 x 215 mm

Nb of pages: 224

Binding: soft cover

Author(s): Eliette

Abecassis is a renowned author who has written some thirty books.





***Dare to disappoint our
parents to find our own way
and live our life***

DESCRIPTION

This book explores in detail the emotional mechanisms that hinder our choices and our development. Sometimes the family does not provide a secure environment and, without realizing it, traps the child in a sense of debt or in loyalty conflicts. With the help of numerous case studies, the authors suggest ways of freeing ourselves from guilt and breaking the chains that cause us to suffer.

KEY ARGUMENTS

- An original analysis for a subject that concerns us all.
- A very practical essay that provides important information to fully live our lives.

All rights available

16th February 2022

Elisabeth Darchis
& Alberto Eiguer



Trahir POUR grandir

Oser décevoir
ses parents
pour enfin
vivre sa vie

LAROUSSE

Code: 3077490

Retail price: 17.95 €

Format: 135 x 215 mm

Nb of pages: 254

Binding: soft cover

Author(s): Alberto Eiguer, psychiatrist and psychoanalyst, is president of *Association internationale de psychanalyse de couple et de famille*.

Elisabeth Darchis is a clinical psychologist.



80 questions young people have about sex

DESCRIPTION

The author answers young people's questions about sexuality, but also about love, the relationship with the body, the relationship with others...

In the manner of a big sister, she gives firm, realistic and encouraging advice in a relaxed and playful tone, and denounces many preconceived ideas!

KEY ARGUMENTS

- A book for young people on the delicate subject of sexuality with a frank tone, without taboos but never vulgar.

All rights available

5th May 2022

Nadia Richard, créatrice de (l)utile

parlons
cash

“TOUT DE SUITE
QUAND ÇA PARLE
DE CUL Y A
DU MONDE!”



LES RÉPONSES À TOUTES LES QUESTIONS
QUE TU TE POSES SUR LE SEXE !

LAROUSSE

Code: 5595022

Retail price: 17.95 €

Format: 140 x 205 mm

Nb of pages: 256

Binding: soft cover

Author(s): Nadia Richard is an actress and a video maker.



12 rituals for a fulfilling sexuality

DESCRIPTION

Many books on sexuality are presented as manuals that are too "technical" and filled with too many injunctions... However, a liberated and fully lived sexuality should not only focus on sexual pleasure. This book proposes 12 principles and 12 rituals to reconnect with oneself and with the other... and develop our erotic intelligence.

KEY ARGUMENTS

- Crossing of topics in the air of time: mindfulness and slow sex
- An experiences author with a new approach on an old theme that still matters

All rights available

27th April 2022

Florentine d'Aulnois-Wang



Les clés de l'intelligence érotique

12 RITUELS POUR PRENDRE SOIN DE SON COUPLE
ET RETROUVER UNE SEXUALITÉ À SOI

LAROUSSE

Code: 6971232

Retail price: 18 €

Format: 135 x 215 mm

Nb of pages: 224

Binding: soft cover

Author(s): Florentine
d'Aulnois-Wang is a

psychologist trained in Gestalt
Therapy and a therapist for
couples.

FLORENTINE D'AULNOIS-WANG

LES CLÉS DE L'INTELLIGENCE AMOREUSE

13 rituels pour
prendre soin de son couple

« Un livre optimiste
qui donne envie de mieux se connaître,
mieux aimer... et le faire à deux ! »
Florence Servan-Schreiber

LAROUSSE

THE KEYS TO LOVE INTELLIGENCE

13 rituals to
take care of your couple

Code: 6943003

Date of publ.: 6 June 2018

Format: 140 x 225 mm

Pages: 240

Binding: soft cover

Retail price: 18 €



***Reconnecting to your power
as a mother with the
benevolence of the Doulas***

DESCRIPTION

The Doula is the new emerging figure in women's health care. She specializes in the psychological and practical support of women during pregnancy and the months following birth. This book aims to help women reconnect with their power and to reappropriate ancestral gestures that are too often forgotten. It proposes rituals but also practical and psychological advice with the aim of lightening the mental load of the mother, giving her confidence in her abilities and allowing her to blossom as a mother but also as a woman.

KEY ARGUMENTS

- A book that explores motherhood through the lens of powerful women and sisterhood
- A guide that kindly answers questions and eases concerns.

All rights available

2nd March 2022



Code: 1186546

Retail price: 16.95 €

Format: 140 x 215 mm

Nb of pages: 256

Binding: soft cover

Author(s): Amandine

Lagarde and Yanick Revel
are Doulas.



How to reconnect with your partner under the covers

DESCRIPTION

The arrival of a child causes a tidal wave in a couple, everything is turned upside down... For the first time, this book considers postpartum sexuality in a global, physiological and psychological way. The author provides clear and detailed explanations of what happens in a woman's intimacy after the arrival of a baby, as well as practical advice on how to rediscover a fulfilling sexuality and bring simplicity back into this period of great change.

KEY ARGUMENTS

- An uncomplicated approach to a still taboo subject by a very legitimate author.

All rights available

6th April 2022

Caroline Le Roux
sage-femme et sexologue

UNE
SEXOLOGUE
RÉPOND
SANS TABOU
À TOUTES VOS
QUESTIONS!

la Vérité
sur le sexe
après
BéBé



FATIGUE, DOULEURS, LIBIDO :
comment renouer avec votre partenaire
sous la couette

LAROUSSE

Code: 1751736

Retail price: 16.95 €

Format: 135 x 215 mm

Nb of pages: 224

Binding: soft cover

Author(s): Caroline Le Roux

is a psychologist, midwife

and sexologist.

ANNA ROY
Sage-femme et chroniqueuse à La Maison des Maternelles
avec la collaboration de Caroline Le Roux

LA VIE RÉVÉE
DU
POST-PARTUM



Confidences
et vérités
sur l'après-
accouchement



Par ANNA ROY
auteure du podcast « Sage Meuf »
et chroniqueuse
à La Maison des Maternelles

LAROUSSE

Another title on a
similar subject:

THE POST-PARTUM
DREAMED LIFE

Anna Roy

Confidences and truths
about the post-partum
period!

Code: 8136436

Date of publ.: 7 April 2021

Format: 135 x 215 mm

Pages: 224

Binding: soft cover

Retail price: 15.95 €

8 scientific reasons to believe in life after death

DESCRIPTION

This book is intended for people who, despite numerous scientific proofs, still doubt the existence of life after death, but also for those who do not doubt, but are looking for an accessible book to convince their loved ones and to get informed.

Point by point, the authors deconstruct the 8 objections most frequently raised by skeptics (it's an invention to reassure themselves, if it were true scientists would have already proven it, if it were true the dead would try to communicate with us...) and rely on scientific arguments and numerous testimonies.

KEY ARGUMENTS

- A new approach: scientific answers to those who doubt.
- Recognized scientific authors.
- A topic that gains increasing attention in society

All rights available



Code: 5594652

Retail price: 16.95 €

Format: 135 x 215 mm

Nb of pages: 224

Binding: soft cover

Author(s): Olivier Chambon is a physician and psychiatrist-psychotherapist

Marie-Odile Riffard is a clinical psychologist and psychotherapist.



LIFE AFTER DEATH. WHY YOU HAVE TO BELIEVE IT

*Scientific evidence for the
survival of consciousness*

Code: 8136436

Date of publ.: 26 Aug. 2020

Format: 140 x 225 mm

Pages: 350

Binding: soft cover

Retail price: 16.95 €

***Coaching your budget,
strengthening your wallet,
controlling your expenses...
it's possible***

DESCRIPTION

This guide is the result of the author's experience and offers a simple and effective 3-step method to take control of your finances:

1. Take stock of your relationship with money: get rid of the mental burden of the budget, the taboos linked to money or the blockages in front of the figures;
2. Draw up a budget without forgetting anything: fixed expenses, shopping and credits, extras...
3. Setting goals: planning, investing, stopping overdrafts, borrowing serenely...

KEY ARGUMENTS

- A theme with a high demand: in the era of all-digital, bank cards and virtual money, one can quickly find oneself overwhelmed and cross the red line...
- A practical guide that will help you to never suffer from bad finances

All rights available

16th March 2022



Code: 7989391

Retail price: 14.95 €

Format: 140 x 205 mm

Nb of pages: 160

Binding: soft cover

Author(s): Anna Gasiorowska is the creator of the Instagram account **lapetitebudgeteuse**.

Master Bitcoin to invest safely!

DESCRIPTION

Blockchain...Bitcoin...Satoshi...Cryptos...Ethereum...Mining...NEXO...Between uninformed opinions and incomprehensible jargon, it can be difficult to get your first foot in the cryptocurrency world.

Neophyte or not, this book gives the keys to understand the technology of blockchain and Bitcoin and tips on how to use it safely.

KEY ARGUMENTS

- To make discover cryptocurrencies to the neophytes and to deepen the knowledge of the more enlightened amateurs
- Partnership with Cryptoast.fr, a website dedicated to cryptocurrencies with a permanent access via links to specific pages regularly updated.

All rights available



Code: 8262419

Retail price: 14.95 €

Format: 168 x 220 mm

Nb of pages: 224

Binding: soft cover

Author(s): Thomas Herbst is the president of Cryptoast - Média Blockchain.



GAMES





**A game series
set in various universes!**

DESCRIPTION

Take up the challenge and choose between all styles of games: logic, enigmas, puzzles, culture, escape game, crime investigation... in beautiful visual universes: steampunk, Sherlock Holmes' desk, police station...

KEY ARGUMENT

- Game books for adult: a very popular product!
- Altogether brain-training and entertainment.

Retail price: 5.99 €

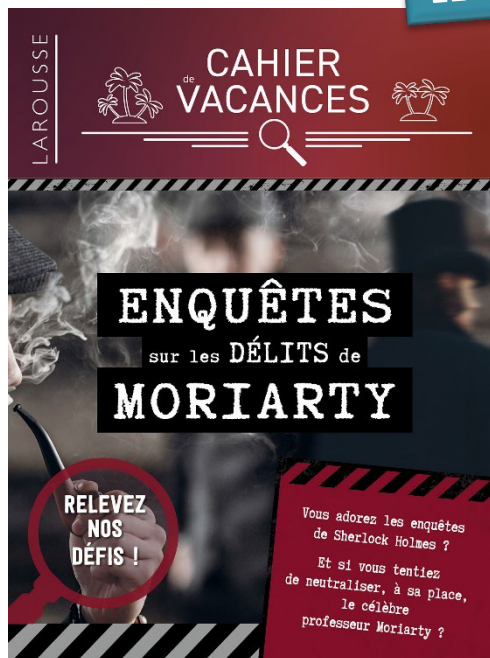
Format: 210 x 285 mm

Nb of pages: 64

Binding: soft cover

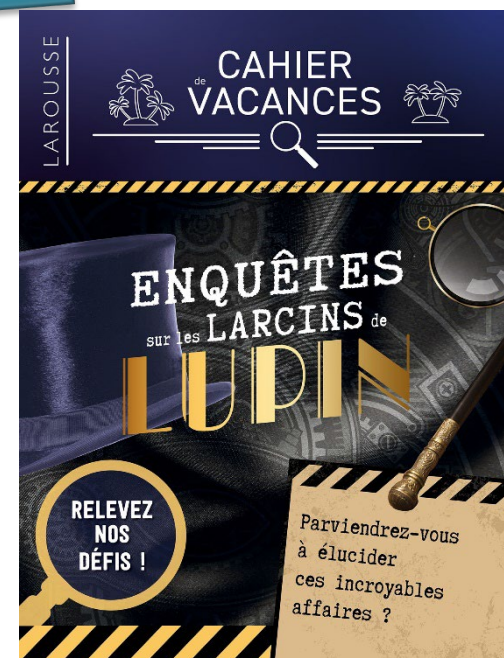
All rights available

11th May 2022



INVESTIGATION OF MORIARTY'S CRIMES

Code 1281487



INVESTIGATION OF LUPIN THEFT

Code 1281610

Also available:

INVESTIGATIONS

12 police investigations to solve.

Code: 3510140 - Date of publ.: 20 May 2020

SHERLOCK'S INVESTIGATIONS

Code: 3140666 - Date of publ.: 12 May 2021

PUZZLES

Code: 3510017 - Date of publ.: 20 May 2020

ENIGMAS

Code: 3509648 - Date of publ.: 20 May 2020

WHEELS OF THE TIME

Escape game

Code: 2956341 - Date of publ.: 12 May 2021



11th May 2022

60 minutes to escape!

DESCRIPTION

A very immersive game book, mixing element of Escape game and Choose-your-own-adventure book!
In each volume, discover various rooms, explore them to advance in the story and manage to escape from where you've been hold.
Logic games for all parts of escape parties.
A practical pocket format.

KEY ARGUMENT

- Escape game: a trendy topic!
- Discover various new adventures.
- A successful series: over 21,000 copies of **Murder at the manor** sold!

Retail price: 4.95 €

Format: 125 x 180 mm

Nb of pages: 128

Nb of characters: around 80,000

Binding: soft cover

Previous titles sold: Spanish, Norwegian, Romanian, Hungarian



**WITCHCRAFT
IN SALEM ?**
Code 2835378



**THE SPECTRE
OF CTHULHU**
Code 2835747
Gilles Saint-Martin

Top 5 sales of the series :

- 1 - **MURDER AT THE MANOR** - Nicolas Trenti - Code: 7238800 - Date of publ.: 13 Feb. 2019 Including a web app.
- 2 - **ALEX AND LEONARDO DA VINCI'S SECRET** - Vincent Raffaitin - Code: 6069824 - Date of publ.: 3 July 2019
- 3 - **IN MAFIA'S CLUTCHES** - Nicolas Trenti - Code: 2153541 - Date of publ.: 13 June 2018 Including a web app.
- 4 - **TIME LABYRINTH** - Nicolas Trenti - Code: 2153172 - Date of publ.: 13 June 2018 Including a web app.
- 5 - **TRACKED ON THE WEB** - Nicolas Trenti - Code: 7238677 - Date of publ.: 13 Feb. 2019 Including a web app.