

365 • FLEURUS • MAME • MANGO • RUSTICA • VAGNON • SECRET D'ÉTOILES

FALL 2022

ADULT  
BOOKS

# FOREIGN

# rights

BODY, MIND & SPIRIT

COOKING

CRAFTS & HOBBIES

GAMES

GARDENING & NATURE

HEALTH & WELL-BEING

OUTDOOR

PARENTING



## FIRST STEPS – FINE ARTS

A series dedicated to beginners: each model presents one to three specific techniques that will be easily acquired by the readers while following the steps!

Softcover / 21.5 x 25.4 cm / 80 pp /  
€11.95 to €12.95  
3 available titles



**First Steps in Watercolor**  
S. Van der Linden



**First Steps in Drawing**  
L. Herzog



**First Steps in Manga Drawing**  
V. H. Ta

## ILLUSTRATED STORY OF A LEARNING PROCESS

An original artistic method for beginners mixing a comic strip narration, following the learning process of the author, with didactic pages. Each difficulty is the subject of a lesson with many steps.

Softcover with flaps / 21.5 x 25.4 cm / 96 pp / €17.50 to €20.00  
2 available titles



**Drawing,  
An Illustrated Story**  
J.-J. Dzialowski



**Watercolor,  
An Illustrated Story**  
L. Ripoli

NEW

## MANGA DRAWING WITH ALCOHOL-BASED MARKERS

By V. H. Ta

A great gift for all manga lovers willing to discover the stunning effects of alcohol-based markers: 30 models presented in step-by-step and available on tracing paper at the end of the book, and 30 prepared pages to easily create a manga!

Softcover / 21.5 x 29 cm / 192 pp /  
€22.95



## EASY ART

A series to learn the basics of art techniques in a very easy and accessible way thanks to models and step-by-step exercises.

Softcover with flaps / 22 x 22 cm / 160 pp / €17.50 to €19.99  
8 available titles



**Easy Drawing**  
L. Herzog

BEST-SELLER



**Easy Drawing 2**  
L. Herzog

NEW

## 365 EASY DRAWINGS

By L. Herzog

The #1 author in drawing techniques offers 365 simple models to progress throughout the year. Each page includes a drawing to reproduce, thanks to a clear step-by-step demonstration.

Hardcover / 20 x 16 cm / 368 pp / €22.50



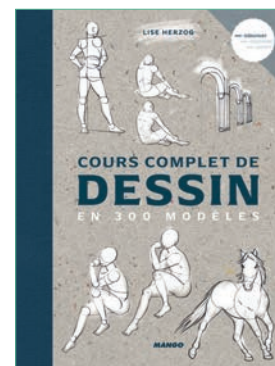
NEW  
EDITION

## COMPREHENSIVE DRAWING COURSES

By L. Herzog

More than 300 models, in step-by-step, covering the favorite themes of beginners: characters, animals and perspective. A remarkably comprehensive guide by Lise Herzog, the specialist of easy drawing.

Hardcover / 21.5 x 29 cm / 224 pp /  
€24.95



## DIY WATERCOLOR

By M. Boudon

A best-selling series of watercolor for beginners, with a simple guidance through the fundamental rules of the technique, precious advice to give depth to each project, and charming tutorials to reproduce beautiful compositions.

Softcover with flaps / 21.5 x 25.4 cm / 160 pp /  
€22.50 to €24.95  
3 available titles



BEST-SELLER

Flowers in Watercolor



NEW

Landscapes in Watercolor



NEW

## A YEAR OF WATERCOLOR

By L. Ripoll

52 techniques explained each through a model and step-by-step exercises, to practice every aspect of watercolor painting and smoothly progress. An inspiring guide with beautiful results from day one!

Softcover with flaps / 21.5 x 25.4 / 160 pp /  
€24.95



NEW

## WATERCOLOR, THE REVEALED WATER

By A. Baron

A professional watercolorist, famous for her mysterious dilution effects, shows in this guide to advanced artists how to tame water to achieve extraordinary effects! Each process is explained step-by-step to allow them to expand their palette of techniques.

Softcover with flaps / 21.5 x 25.4 / 128 pp /  
€24.95



## INTRODUCTION TO GOUACHE PAINTING

By E. de Castro

A fresh and modern book to start gouache painting, following 12 models clearly explained step-by-step with the unique advice and techniques of a confirmed painter.

Softcover with flaps / 21.5 x 25.4 cm /  
160 pp / €22.50



NEW

## HOW TO PAINT A PICTURE

By M. Baschet

Beginner artists will be able to start painting without difficulty thanks to simple models, in gouache or acrylic, broken down into clear steps. Technical focuses will help them easily understand and master the essentials: framing, composition, colors, contrasts ... all keys to successful paintings!

Softcover with flaps / 21.5 x 25.4 / 144 pp /  
€22.50



NEW

## ON-THE-SPOT DRAWING

By A. Decourchelle

How to capture the magic of the moment in just a few pencil strokes? Thanks to many tutorials and examples, with technical zoom-ins to get to the core of the subject and all the keys to an efficient drawing, mixing classical and contemporary techniques.

Softcover with flaps / 21.5 x 25.4 / 144 pp /  
€24.95



NEW

## FINDING YOUR ART STYLE

By J.-J. Dzialowski

A unique approach to drawing: more than 200 step-by-step models to practice different art styles, and understand their strength and specificities. Suitable for experienced artists to help them assert their choices and progress in the style that suits them.

Softcover with flaps / 21.5 x 25.4 / 144 pp /  
€22.95



## FIRST STEPS – NEEDLECRAFTS

A series dedicated to beginners: each model presents one to three specific techniques that will be easily acquired by the readers while following the steps!

Softcover / 21.5 x 25.4 cm / 80 pp / €11.95 to €12.95  
5 available titles



**First Steps in Knitting**  
P. Moëllic



**First Steps in Macrame**  
C. Bayol-Lavoux



**First Steps in Embroidery**  
N. Dentzer



**First Steps in Loom Knitting**  
Mademoiselle Plumette



## VINTAGE CROSS-STITCH

**By V. Enginger**

A beautiful cross-stitch book including 500 patterns, in a large format to simplify their reading, featuring multiple scenes inspired by timeless themes (childhood, cuisine, classic cars, ...), along with photos of finished projects showing off inspirational creations.

Hardcover / 23.5 x 28 cm / 192 pp / €27.00



## SWEET CHILDHOOD IN CROSS-STITCH

**By P. Samouïloff**

A beautiful book offering 80 sweet cross-stitch charts inspired by classic themes for children: childhood, tales and stories, daily life scenes... A dive into a poetic, playful and charming universe!

Hardcover / 23.5 x 28 cm / 192 pp / €27.00

## ZERO-WASTE CROCHET

**By Avril Crochett' prod.**

Quick-to-crochet projects with clear explanations and photos to be accessible to beginners. A creative technique for long-lasting and eco-friendly everyday accessories.

Softcover / 21 x 29.7 cm / 72 pp / €10.50  
2 available titles



**Zero-Waste Crochet in My Kitchen**



**Zero-Waste Crochet in My Bathroom**

## THE HANDBOOK

The ideal gift for all the needlecraft lovers: cute handbooks, fully illustrated with step-by-step photos and illustrations, clearly summarizing the techniques, the material and essential knowledge. Little books to always keep close at hand!

Cloth flexibound / 13 x 18 cm / 152 pp / €13.50  
3 available titles



**The Knitting Handbook**  
M. Mathieu



**The Embroidery Handbook**  
C. Bavois

## CROCHET WORKSHOP

**By So Croch'**

Lovely and modern projects in crochet, ideal for intermediate crocheters!

Softcover or hardcover / 17 x 22 cm / 64 to 96 pp / €10.50 to €16.50  
6 available titles



**Adorable Animal Families**



**Adorable Pastries**

## LESSONS & IDEAS TO BEGIN

The perfect series for beginners to learn the basics of a technique in about 20 lessons, with clear explanations in illustrated step-by-step and real-size patterns, to create simple and timeless must-have items.

Softcover with flaps / 22 x 22 cm / 80 pp / €14.95  
9 available titles



**Sewing Leather**  
J. Kansara



**Sewing Children's Clothes**  
A. Berger

## ABSOLUTE BEGINNERS

A series dedicated to absolute beginners looking for trendy and accessible projects, presented in step-by-step photos with all the technical bases to succeed!

Softcover with flaps / 20 x 25 cm / 80 to 96 pp / €13.50 to €14.95  
4 available titles



**Cute Tops for Beginners**  
V. Tannenbaum



**Knitting for Beginners**  
B. Jaglin

## ZERO-WASTE SEWING

Easy sustainable alternatives to disposable items with 10 accessories to sew, thanks to detailed step-by-step illustrations, to protect the environment and save money!

Softcover / 21 x 29.7 cm / 64 pp / €9.90 to €10.50  
6 available titles



**Zero-Waste Sewing: Mending & Darning**  
E. Procopiou



**Zero-Waste Sewing for Celebrations**  
E. Lecourt



## THE BIG BOOK OF ZERO-WASTE SEWING

By A. Malfilatre

A bind-up edition of the "Zero-Waste Sewing" series including 35 easy sewing projects, explained through clear patterns, to revolutionize the daily life. Useful and eco-friendly homemade accessories!

Softcover with flaps / 21 x 29.7 / 192 pp / €24.95



## MY FIRST WARDROBE

By A. Gayral

Specially designed for beginners, this book features 15 models to create a complete wardrobe. Skirts, camisoles, trousers, sweat-shirts or dresses... each project teaches new techniques to peacefully practice and progress.

Softcover with flaps / 20 x 25 cm / 152 pp  
+ 2 real-size double-sided patterns boards / €25.00



## WORKWEAR

By L. Ripoll

A unique approach to sewing with a rich content including intermediate level sewing projects, knowledge about the history of clothing and watercolor illustrations: beautiful book to inspire seamstresses!

Softcover with flaps / 20 x 25 cm / 128 pp + 2 real-size double-sided pattern boards / €27.50



## CLOTH BOOKS AND COSTUMES FOR KIDS

By L. Sanchis & V. Desmoulins

A comprehensive book including 6 cloth books for babies and 16 dress-up outfits with accessories for children from 4 to 10, all detailed in step-by-step illustrations and real-size patterns.

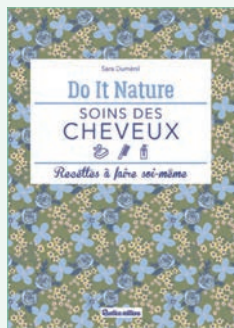
Softcover with flaps / 24.5 x 25 cm / 192 pp + 2 real-size pattern boards / €25.00



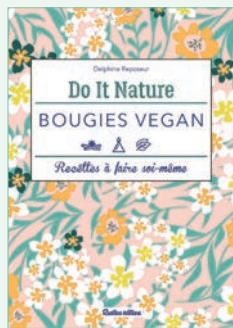
## DO IT NATURE

Homemade projects, accessible to beginners thanks to step-by-step photos, to avoid toxic material and endocrine disruptors in beauty products, perfumes and house products.

Softcover with flaps / 15 x 21 cm / 80 pp / €9.95  
16 available titles



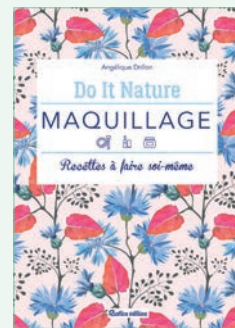
**Hair Care**  
S. Duménil



**Vegan Candles**  
D. Reposeur



**Plant and Flower-Based Soaps**  
A. Dougnac



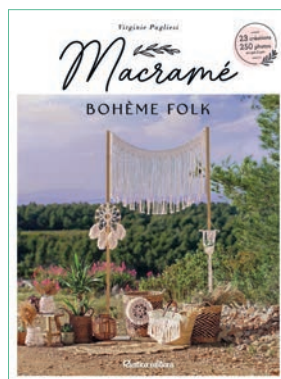
**Natural Make-Up**  
A. Drillon



**THE BIG BOOK OF UPCYCLED PALLET**  
By B. d'Asciano

A mini greenhouse, a headboard, a toy box... this book gathers 50 projects made from upcycled pallets with precise assembly diagrams. An all-comprehensive and clear handbook to make economic and ecological objects for the garden and the house!

Softcover with flaps / 22 x 22 cm / 304 pp / €24.95



**BOHO MACRAME**  
By V. Pugliesi

More than 20 step-by-step projects to create unique home decoration objects and boho accessories (wall hanging, decorative mandalas, basket, bag, headband...).

Hardcover / 19.5 x 26 cm / 160 pp / €17.95



**MAKING MY RECYCLED DOLLHOUSE**  
By V. Jelger

A comprehensive handbook to design a beautiful dollhouse from recycled materials, from the house itself to each detail of the rooms (48 amazing DIY projects). Clever upcycling step-by-step tips!

Softcover / 17 x 22 cm / 80 pp / €11.50



**DIY ART MATERIAL FOR KIDS**  
By D. Thibault

20 foolproof recipes by a teacher to make natural and green creative material for kids (playdough, puffy paint, magic sand, scratching cards...).

Softcover / 17 x 22 cm / 80 pp / €10.90



**THE BIG BOOK OF BEAD WEAVING PATTERNS**  
By E. Ramon

A simple technique for entrancing results! Beginners will easily weave bracelets and cuffs using beads thanks to 500 gorgeous patterns, from bold graphic prints and flowers to retro designs, with photos.

Softcover / 21.5 x 25.4 cm / 192 pp / €22.50



**500 MODELS OF BARGELLO, CANVAS PATTERNS & CO**  
By A. Hervé

Easier than embroidery, single yarn canvas is back with modern decorative designs. This book provides a reminder of the basic techniques and a catalogue of 500 diagrams: an incredible source of inspiration!

Softcover / 21.5 x 25.4 cm / 160 pp / €20.00

New  
series

## ORACLES: DECK AND GUIDE BOOK

An enchanting series of oracle sets including 25 cards with original illustrations and a 64-page book to understand the cards symbolism and the different possible draws.

Set / 8.4 x 16 cm / 25 cards + a 64-pp softcover book / €13.95  
2 available titles



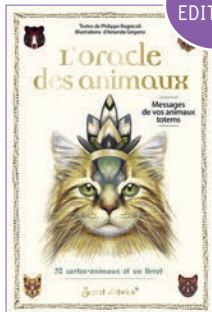
**Runes and Northern Legends Oracle**

M. & S. Mottet



**Trees and Oghams Oracle**

P. Hearts & L. Bossuet



## ANIMAL ORACLE

By P. Regnicoli & A. Grigorio

Thanks to 50 animal cards and a detailed leaflet, this set offers answers to all kind of questions. The totemic animals will be guides and guardians along the road.

Box / 13.4 x 20.3 x 2.5 cm /  
52 cards + a 52-pp booklet /  
€19.95

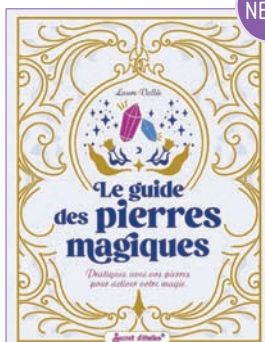


## DIY FOR WITCHES

By M.-N., F. Denis & B. Benoit

More than 20 projects in step-by-step (vegetal amulet, runes, home decoration, magical herbarium...), with all the rituals to make and bewitch the objects. The perfect gift to nowadays witches!

Hardcover / 19.5 x 26 cm / 160 pp /  
€17.95



## THE GUIDE TO MAGICAL STONES

By L. Vallée

This comprehensive handbook allows beginners to discover 40 magical stones and their uses in rituals. An indispensable resource for witchcraft practitioners!

Softcover / 17 x 22 cm / 160 pp / €17.95

## MY ORACLE CARDS TO COLOR

33 oracle cards to color in each set, before using them for personal questions, thanks to the explanation given in the leaflet. A unique creative divinatory set!

Set / 6.2 x 12 cm to 7.75 x 15 cm / 33 cards + a 16-pp wire-stitched booklet /  
€7.95 to €10.95  
5 available titles



**Sacred Feminine Oracle Cards**

A.-S. Casper & L. Bossuet



**Witch Oracle Cards**

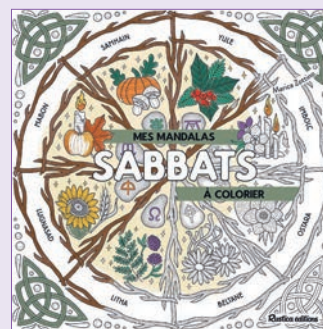
N. Mellier & M. Blanc

## MY NATURE MANDALAS TO COLOR

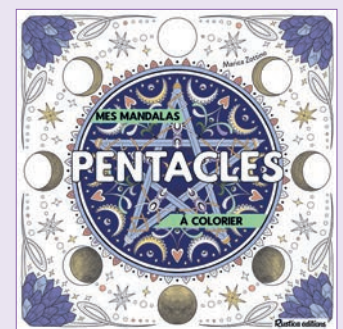
By M. Zottino

30 detailed full-page drawings per title, along with inspiring quotations, to connect with nature and spirit. A creative and relaxing activity!

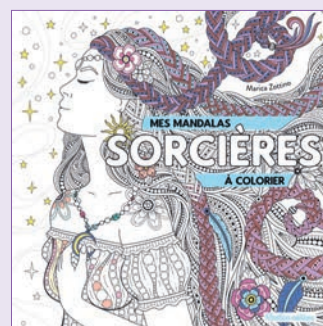
Softcover / 29.7 x 29.7 cm / 64 pp / €12.95  
7 available titles



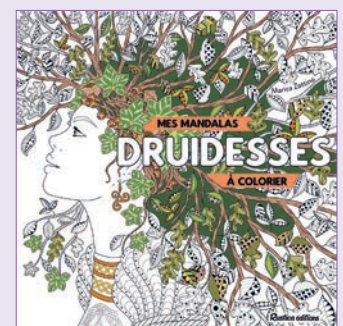
**My Sabbath Mandalas to Color**



**My Pentacle Mandalas to Color**



**My Witches Mandalas to Color**



**My Druidesses Mandalas to Color**



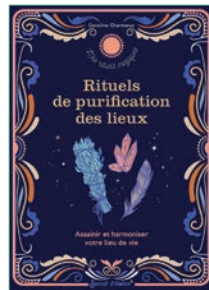
## MY MAGICAL RITUALS

Fascinating guides, accessible to a large public, offering spiritual and practical guidance to relax and reconnect to one's inner self.

Softcover with flaps / 15 x 21 cm / 80 pp / €9.95  
13 available titles



**Secret Recipes of Druidesses**  
*F. Laporte*



**Space Purification Rituals**  
*C. Chemeux*



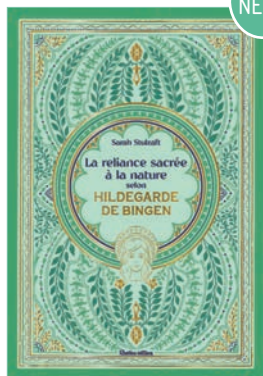
**Celebrating Full Moons**  
*S. Ribeiro*



**Spells and Hexes**  
*P. Hearts*



**The Healing Powers of Water**  
*O. Marangoni*



**HILDEGARDE OF BINGEN AND THE SACRED CONNECTION TO NATURE**  
**By S. Stulzajt**

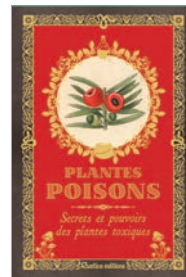
The unique vision of Hildegarde of Bingen on the place of humankind through an ode to what links the different parts of life together in all of its dimensions: vegetable, animal, human, sacred. A holistic and modern approach to the sacred dimension of the links between nature and life.

Hardcover / 18 x 26 cm / 176 pp / €24.95

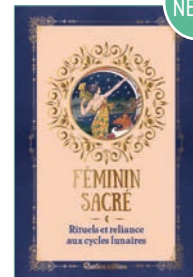
## LITTLE PRECIOUS BOOKS

Beautifully crafted little books to learn about a fascinating and mysterious universe. A rich iconography, with engravings, painting reproductions and ancient illustrations.

Hardcover / 11.5 x 17 cm / 144 pp / €14.95  
16 available titles



**Poisonous Plants**  
*E. Lais*



**Sacred Feminine**  
*C. De Leenheer*



**A Witch's Garden Grimoire**  
**By S. Ribeiro & M. Ta**

A great reference book compiling garden magic, plant knowledge, recipes, DIYs, and detailed illustrations of 85 plants to easily set up a witch's garden, to grow plants for food consumption, all the necessary medicinal plants and all the ingredients of magical works.

Softcover with flaps / 19.8 x 24.8 cm / 368 pp / €35.00



**MEMOIRS OF WITCHES**  
**By M. & S. Mottet**

An original gift book in between a coffee table book and a witches' encyclopedia, gathering witches, enchantresses, woman in white, historical facts and legends. Written by a mother and her daughter, passionate about forgotten legends on the magic beings.

Hardcover / 22 x 30 cm / 208 pp / €29.95



## MEDIEVAL HERBALISM & MAGICAL PLANTS

**By M. & S. Mottet**

A gift book on medieval herbalism through the story of a knight returning from a crusade. Between an illustrated tale and an encyclopedia of medicinal plants, it offers a rich exploration of the legends around plants and their powers!

Hardcover / 22 x 30 cm / 208 pp / €32.00



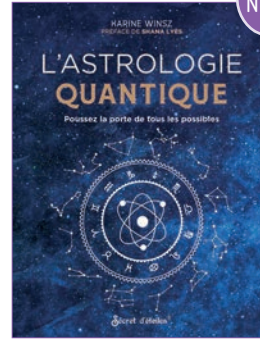


## THE GUIDE TO ASTROLOGY

By G. Bonfré

A clear and accessible introduction to the fascinating universe of astrology: planets, symbolism, solar and lunar signs, ascendant and descendant, birth chart... A precious daily guide to a harmonious life!

Softcover / 17 x 22 cm / 144 pp / €14.95



NEW

## QUANTUM ASTROLOGY

By K. Winsz

Inspired by quantum tunneling, the author developed simple techniques to explore one's resources and strength, in a practical guide aiming at readers practicing astrology. A modern perspective to go beyond the limiting beliefs.

Softcover / 22 x 17 cm / 160 pp / €17.50



## DECODING MESSAGES FROM THE UNIVERSE

By A.-S. Casper

Who has never experienced strange coincidences? This mysterious and fascinating phenomenon is called synchronicity. This accessible book invites to decode the messages sent by the Universe through a unique program to finally discover the unlimited power of synchronicities and live them fully.

Softcover / 17 x 22 cm / 144 pp / €14.95

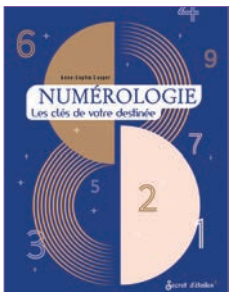


## MEDIUM: DEVELOP YOUR EXTRASENSORY ABILITIES

By M.-N. Denis

A great practical guide, accessible to beginners, to easily develop one's medium aptitude with many exercises, tips and detailed tools: oracles and tarot, the Ouija board, the pendulum, radio, automatic writing, art, trance...

Softcover / 17 x 22 cm / 144 pp / €17.50



## NUMEROLOGY – THE KEYS TO YOUR FATE

By A.-S. Casper

Numerology is a powerful self-development tool. This guide brings together theory and practice, through calculations and tests, to learn about one's personality, achievements, and potential.

Softcover / 17 x 22 cm / 160 pp / €17.50



## THE EVERYDAY TAROT

By J. Provvidenza

How to learn to know and better fulfil oneself? Thanks to tarot! Throughout the pages, readers will discover the main principles of a tarot deck and how to use it through exercises, draws and rituals. A playful, intuitive and modern approach, developed by a witch-tarologist.

Softcover / 17 x 22 cm / 144 pp / €14.95



## THE GUIDE TO RUNES

By N. Myara

An all-comprehensive handbook to discover runes and sacred alphabets (Futhark runes, witches' runes, oghams...) and interpret their messages thanks to practical exercises, divinatory draws, thematic interpretations, DIY and many other wonders.

Softcover / 17 x 22 cm / 144 pp / €17.95



NEW

## THE GREAT BOOK OF DIVINATORY ARTS

By P. Hearts

An all-comprehensive illustrated reference guide to learn more about 26 divinatory arts (runes, Tarot, geomancy, palmistry, Yi King...), to practice and develop one's gift!

Softcover with flaps / 19.8 x 24.8 cm / 464 pp / €39.00



NEW

## YOU'LL BE A NEW MAN MY SON!

By B. Chaumeil

Surly, insensitive, strong... men carry on their shoulders a heavy heritage, leading to sufferings. This book focuses on the male identity to deconstruct the image of the strong man and to give back all its place to the sensitive dimension thanks to 33 keys of transformation.

Softcover / 14 x 21 cm / 208 pp / €14.95

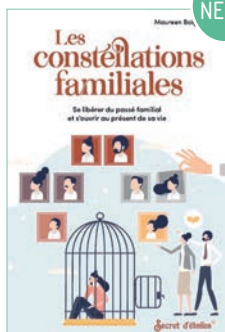


## HEALING TREES

By F. Laporte

A guide to enhance the body and mind health by linking with the energy of 15 trees, selected for their sacred dimension. A true invitation to enjoy the benefits of sylvotherapy!

Softcover with flaps/ 17 x 24 cm / 128 pp / €14.95



NEW

## FAMILY CONSTELLATIONS

By M. Boigen

Family constellation is a method of transgenerational family therapy based on the uncovering of the family unconscious to solve conflicts. A practical essay to open up a field of possibilities: getting out of generational disorders, moving on from generational trauma, freeing from familial debts, etc.

Softcover / 14 x 21 cm / 144 pp / €14.95



## KARMIC RELEASES

By C. Tesnier

There are sometimes unexplained feelings of reliving the same situations over and over again: they are linked to previous lives! A book to better understand one's soul cycle, identify and understand the hang-ups and finally get free from these past lives.

Softcover / 17 x 22 cm / 128 pp / €14.95



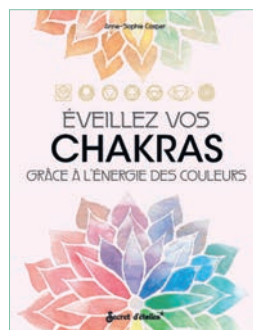
NEW

## WHAT IF MY CHILD IS SPIRITUALLY SENSITIVE?

By S. Gentil

Indigo, rainbow and crystal children have a highly developed sensitivity, and see, feel and hear the spiritual world from birth. This guide offers insight into the spiritual development of children, as well as exercises and practical advice, to allow them to understand and grow their potential.

Softcover / 14 x 21 cm / 192 pp / €17.50



## AWAKEN YOUR CHAKRAS

By A.-S. Casper

This guide offers a new approach to awaken chakras using the energy of colors. Through exercises and practical advice everyone can easily discover the chakras, rebalance and harmonize them.

Softcover / 17 x 22 cm / 160 pp / €17.50

## SECRET MESSAGES FROM NATURE

By A.-S. Casper

Original and practical guides to connect with nature and its energies, and unlock one's mind for personal growth.

Hardcover / 12 x 17.4 cm / 112 pp / €13.95

2 available titles



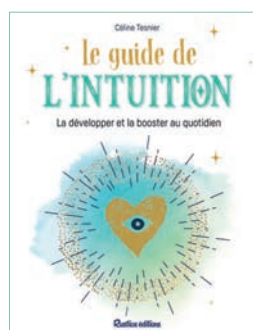
NEW

Messages from the Birds



NEW

Understanding the Signs from Nature



## THE GUIDE TO INTUITION

By C. Tesnier

Though intuition is a natural tendency, our logical reasoning and restrictive thoughts limit it. With simple exercises, the author gives tools to understand how intuition works, and how to develop it in the everyday life.

Softcover / 17 x 22 cm / 128 pp / €14.95

New series



## THE ENERGY WAYS

By N. Bonnaud, V. Luccioni, L. Stefano & P. Honoré

The energetic therapies (Qi Gong, mudras, yoga, heart coherence, ...) are real tools to our well-being and health, by rebalancing our body and mind. A practical approach of energy by two specialized therapists.

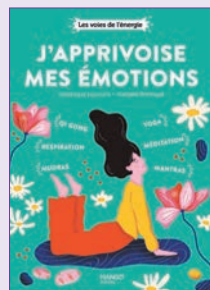
Softcover / 15 x 21 cm / 128 pp / €11.95  
5 available titles



Attracting Positive Energy



Taming My Stress



Taming My Emotions



Blossoming as a Highly Sensitive Person

## MY CHALLENGE BOX

52 coaching cards per title with exercises, activities and advice to make progress every day in different fields: self-confidence, mindfulness, body care...

Case / 10 x 12.5 cm / 52 cards / €12.95  
10 available titles



My Crush's Oracle



Tattoo Oracle



My Relaxation Ritual  
M. Quercron



My Self-Hypnosis Ritual  
C. Delétoille

## THE POSITIVE HANDBOOKS

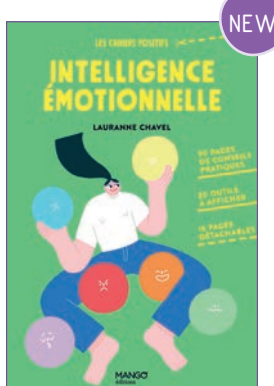
By L. Chavel & Lavilletlesnuages

Comprehensive and accessible self-development handbooks to achieve positive self-empowerment. Each title includes practical advice from a professional coach, exercises (writing, mind-mapping, role playing...) and 20 tools on detachable pages.

Softcover / 19.5 x 28.8 cm / 80 pp / €9.95  
8 available titles



Don't Beat Yourself Up



Emotional Intelligence



## A GUIDE FOR THE INTROVERT TEAM

By L. Vesper & G. Rosell

A practical guide for every introvert to contemplate themselves with more indulgence and to turn this aspect of their personality into a strength. An inclusive, positive and benevolent approach based on the author and her online community's experience.

Softcover with flaps / 17 x 24 cm / 176 pp / €14.95



NEW

## SELF-REALIZATION ORACLE

By Noémie @meufcocotte & E. Debesse

An inclusive and modern oracle uniting modern self-help trends (witchcraft, astrology, tarot and oracles) and feminism. A cross-over that will appeal to everyone!

Case / 13.1 x 14.7 cm / 40 cards + a 8-pp leaflet / €16.95

Temporary cover



NEW

## ALWAYS TOO MUCH OR NOT ENOUGH

By L. Sarabadzic & M. Mille

A fun comic strip book to better understand what patriarchy and its injunctions are, and how to get free from them. The sexist and patriarchal mechanisms explained in a fun and educational way through little scenes centered on different injunctions: too independent or not enough, too career-oriented or not enough...

Softcover / 17 x 24 cm / 176 pp / €17.95



NEW

## MYTHS, A MIRROR FOR OUR SOCIETY

By L. Abad Estieu & L. Loux

Though mythology is a reading material for our society, most of them have often carried sexist, lgbtphobic stereotypes, rooted in rape and incest culture. A feminist activist gives her own reading of 13 of them to resituate the messages they convey in the context of their time of writing and to draw new lessons from them.

Hardcover / 17 x 24 cm / 208 pp / €24.95

Temporary cover



NEW

## ON THE WAY TO A NEW MASCULINITY

By M. Baillard

This comic strip book offers a powerful reflection on the place of men today through the story of a student's gradual awareness of inequalities, along with 20 pages of educational resources explaining different concepts: toxic masculinity, sexism, mansplaining, etc.

Softcover / 17 x 24 cm / 208 pp / €17.95



## HOW FEMINISM WILL RUIN YOUR LIFE (TO BETTER REBUILD IT, I SWEAR)

By F. Vedreine

This book, both personal and universal, written with humor and pop-culture references, gives women keys to live after the deconstruction to which their feminist reflections lead them, with their convictions and their contradictions.

Softcover / 17 x 24 cm / 192 pp / €16.95

## IT'S MY LIFE!

60 pages of practical advice and 20 detachable pages of tools on today's social topics. Positive handbooks to fully enjoy one's life, body and choices!

Softcover / 19.5 x 28.8 cm / 80 pp / €9.95 to €10.95  
4 available titles



## ASTROSEX

By A. Sutter & A. Tahir

This guide allows to establish one's astral chart to have a better knowledge of oneself and one's desires, making astrology a true tool for self-development. A vision of a modern and contemporary astrology on the path to love and sexual compatibility!

Softcover / 17 x 24 cm / 176 pp / €14.95



NEW

## Asserting Yourself at Work

M. Gayet & M. Giusiano



NEW

## Exploring with Your Partner

Masha Sexplique & M. Giusiano



## MY NATURAL REMEDIES

By Dr. G. Latify

An accessible series dedicated to alternative medicines (homeopathy, phytotherapy, aromatherapy, trace elements, foot reflexology ...) and natural remedies, written by an experienced doctor.

Softcover / 15 x 21 cm / 144 pp / €12.95  
2 available titles



Natural Remedies for Children and Teenagers



Natural Remedies for Women



## NATUROPATHY: PREGNANCY, POSTPARTUM & BABY'S FIRST MONTHS

By V. Loth

An essential book for a natural pregnancy and for the baby's first months, with advice regarding food, breathing, sleep, emotions, mother and baby's care... Written by a professional nurse, specialized in naturopathy and doula.

Softcover with flaps / 20 x 25 cm / 208 pp / €17.90

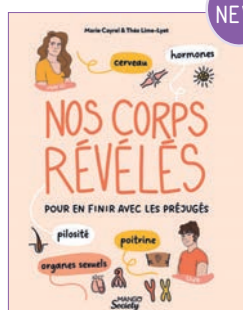


## SUPPORTING YOUR PARTNER AFTER A CHILDBIRTH

By V. Loth & A.-C. Barbequet

New mothers need support and understanding! A doula and a pediatrician-naturopath share advice to support the physical and emotional well-being of the young mother, to gently train the co-parent for the postpartum state.

Softcover with flaps / 17 x 22 cm / 144 pp / €14.95



NEW

## OUR REVEALED BODIES

By M. Cay & T. Lime-Lyet

A modern and accessible illustrated guide of scientific popularization to learn about one's body from a biological point of view, in its functioning and its specificities, and deconstruct and be free from many stereotypes.

Softcover with flaps / 17 x 22 cm / 192 pp / €16.95

## MY JOURNEY THROUGH CHRONIC ILLNESS

Powerful illustrated accounts, at the same time moving and full of humor, comprehensive and accessible, about the experiences of illnesses specific to women from the description of the illness, symptoms, diagnostic wavering, treatments to the daily life... Specialized doctors bring their professional view and contribution.

Softcover with flaps / 17 x 24 cm / 192 pp / €14.95 to €16.95  
2 available titles



## Once Upon A Time... My Endometriosis

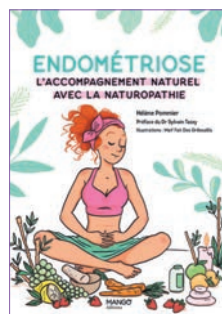
By MaY Fait Des Gribouillis & Dr. M. Even



## Once Upon A Time... My Lipedema

By C. Fourneaux, Dr. L. Vaillant & MaY Fait Des Gribouillis

NEW



## ENDOMETRIOSIS: A NATURAL APPROACH WITH NATUROPATHY

By H. Pommier & MaY Fait Des Gribouillis

A practical book, full of advice, to discover the most suitable alternative medicines (diet, physical exercises, psycho-emotional management, medicinal plants, essential oils, self-massages, breathing, reflexology...) to prevent pain and better live with endometriosis on a daily basis.

Softcover / 15 x 21 cm / 128 pp / €9.95



NEW

## LIVING WITH THE PCOS

By C. Quemin & Dr. M. Pugeat

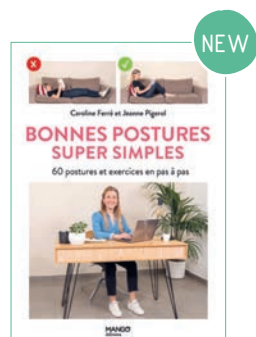
Polycystic Ovary Syndrome is the most common hormonal disease among women of reproductive age: one woman out of ten is affected! An illustrator suffering from it shares her experience with humor and lightness, with the technical and medical support of Dr. Miguel Pugeat, who gives practical advice on how to live better with the disease.

Softcover with flaps / 17 x 24 cm / 192 pp / €14.95

## SUPER EASY!

40 to 70 exercises per title, clearly explained in step-by-step photos, to begin a new sport at home! For each pose, the author highlights the common mistakes for a safe practice.

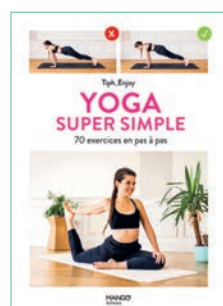
Softcover / 15 x 21 cm / 144 pp / €14.95  
4 available titles



**Super Easy Body Postures**  
C. Ferré & J. Pigerol



**Super Easy Core Strengthening Exercises**  
A. Lebkowski



**Super Easy Yoga**  
@Tiph\_Enjoy



**Super Easy Pilates**  
@Jesuisunecoach

## THE FAMILY WELL-BEING GUIDE

All-comprehensive guides to alternative medicines to understand their basics, reviewing about 100 detailed remedies and 300 specific recommendations to treat troubles. Reference books for an everyday use by all the family.

Softcover with flaps / 18.9 x 23.4 cm / 384 to 416 pp / €19.95 to €24.95  
6 available titles



**The Family Guide to Ayurveda**  
P. Moret, B. Deschamps  
& A. Tardif



**THE ILLUSTRATED GUIDE TO NATUROPATHY**  
By A. Carsalade & C. Terrier

A fully illustrated guide for an original and simplified approach to naturopathy, to suit a large audience. From the great principles of naturopathy to advice to adapt them to each one's needs: a comprehensive and accessible book.

Softcover with flaps / 20 x 25 cm / 96 pp / €13.50



**NATUROPATHY FOR A HAPPY BELLY**  
By C. Brun

The intestine is an organ whose functioning is essential for health and well-being. A naturopath brings uninhibited and precise explanations on its function and its pathologies, and offers practical advice to naturally manage each disorder.

Softcover / 15 x 21 cm / 96 pp / €9.95



**ENERGY BOOST THROUGHOUT THE SEASONS**  
By S. Stulz

A comprehensive handbook mixing the different approaches of holistic medicine (Chinese medicine, naturopathy, yoga, shamanism) to boost vitality and energy. This clear guide includes the presentation of useful plants, recipes, yoga and breathing exercises to live in harmony with the seasons.

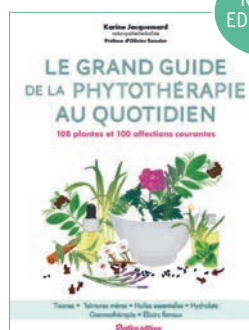
Softcover / 17 x 22 cm / 144 pp / €14.95



**A NEW BREATH IN MY LIFE!**  
By J. Lecureuil

A practical guide to understand one's breath and how its vital organic function impacts one's global equilibrium. The book features many exercises, as well as various emotional and inspirational personal accounts, to reconnect to one's body, emotions and mind.

Softcover / 17 x 22 cm / 96 pp / €12.95



**THE BIG BOOK OF DAILY HERBAL MEDICINE**  
By K. Jacquemard

A clear and all-comprehensive presentation of 108 medicinal plants and their daily practical uses, along with healing or treatment advice for 100 common ailments. The perfect introduction to herbal medicine!

Softcover with flaps / 18.5 x 24 cm / 384 pp / €24.95



## LIFE ON THE BRIGHT SIDE

Valuable short and synthetic guides, written by experts (child educators, neuropsychologists), with many tips to help and give self-assurance to parents.

Softcover with flaps / 17 x 22 cm / 144 pp / €14.95  
4 available titles



**How to Protect Your Children during Separation?**

*B. Humbeek*



**How to Develop Your Child's Autonomy?**

*J. Save-Pédebos & A. Florea*



**How to Let Go without Letting Your Child Go?**

*B. Humbeek & C. Girard*



**How to Deal with Sibling Rivalry?**

*B. Humbeek*



BIND-UP EDITION

**THE BIG BOOK OF LITTLE ZEN RITUALS**

**By P. Pavy, G. Diederichs & S. Vinay**

120 stories, rituals and meditation routines for parents to share with their children to bring them well-being and serenity.

Hardcover / 272 pp / 18 x 24 cm / €22.95  
From 3 to 10



**THE POETIC DIARY OF MY PREGNANCY**

**By C. Pastorini & L. Pauvert**

A poetic diary to be filled in by pregnant women wishing to keep track of precious and unique moments, together with 16 illustrated poems to the baby to forge a deep and intimate bond.

Softcover with flaps / 15 x 21 cm / 192 pp / €14.95

## ZEN CASE

An original series enhancing children's well-being. Each title includes a guide for parents and 30 illustrated activity cards to pick up according to the child's need.

Case / 12 x 18 cm / 30 cards + 24 pp / €15.00  
14 available titles



**The Earth & Us – Philosophy Questions**

*C. Pastorini & N. Rosenberg*



**What Is Difference?**

*C. Pastorini*

## SUCCEED IN SCHOOL

**By C. Dalle**

It is not always easy to find the right words and activities to handle school issues. What to do when one doesn't like a school subject? When your child can't stay focused? An experienced teacher gives adapted tips and advice for parents to support their children and overcome their difficulties.

Softcover with flaps / 96 to 128 pp / 13 x 19 cm / €9.90 to €11.90  
2 available titles



**Overcoming Academic Failure in Elementary School**

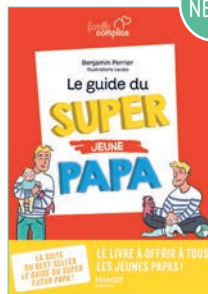


**Teacher's Tips for School Success**

## MY SUPER FAMILY

Advice and personal accounts to raise a child nowadays are gathered in these lavishly illustrated guides, with humoristic colored drawings, written by experienced authors.

Softcover with flaps / 17 x 24 cm / 192 to 208 pp / €12.95  
7 available titles



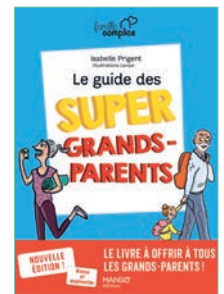
**The Super New Dad's Guide**  
B. Perrier & Lavipo



**The Super Blended Family**  
C. Hellele



**The Super Future Dad's Guide**  
B. Perrier & Lavipo



**The Super Grand Parents Guide**  
I. Prigent-Chesnel & Lavipo

## PRACTICAL ADVICE FOR PARENTS

A series developed by three speech therapists to provide parents with learning techniques, to understand the difficulties their children experience, and to give them games and exercises designed to support them, and help them improve.

Softcover / 80 pp / 19.5 x 28.8 cm / €12.50  
From 6 onwards  
2 available titles



**Concentration Games & Activities**  
S. Lambert



**Math Games & Activities**  
G. Bynen-Journo

## THE LITTLE ILLUSTRATED DECODER

By A.-C. Kleindienst & L. Corazza

Fully illustrated guides written by a psychologist to handle everyday situations, develop a dialogue with the child, teen and within the couple, according to the positive discipline method.

Softcover with flaps / 17 x 24 cm / 192 pp / €14.95  
3 available titles



**The Little Illustrated Decoder of the Teen in Crisis**



**The Little Illustrated Decoder of the Kid's Tantrums**

## YOU'RE GROWING, LET'S TALK!

By B. Perrier & Lavipo

Serious advice diluted with humor to best support children's evolution. A series to think about every subject that impacts them in today's society, to support them and open a dialogue without being outdated.

Softcover / 15 x 21 cm / 80 pp / €9.95  
2 available titles



**Social Networks**



**Video Games**

## UNDERSTANDING CHILDREN WITH SPECIAL NEEDS

Fully illustrated guides written by experts to better understand the children with special needs. Each topic (communication, autonomy, learning, social life) is taken from the children's point of view and focuses on everyday life situations, to help parents to perfectly grasp their feelings.

Softcover with flaps / 17 x 24 cm / 192 pp / €17.90  
2 available titles



**Understanding The Autistic Child**  
G. Bernier, L. Gascon & B. Viellard



**Understanding The High Potential Child**  
A. Florea & J. Save-Pédebos



## DAILY DISCOVERIES

365 logical games and exercises to stimulate the brain cells, for a challenging and stimulating year.

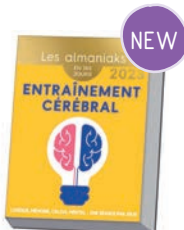
Softcover / 11 x 14.5 cm / 640 pp / €10.99  
4 available titles



**An Incredible Memory**  
N. Masson & Y. Caudal



**Mind Games**  
S. Lebrun & L. Audrain



**Brain Training**



**Puzzles**  
B. Myers

## 300 LOGICAL GAMES

Ideal gifts for lovers of brain teasers (puzzles, observation and logical games) with 300 original games per title and different levels of difficulty.

Integra / 15 x 20 cm / 448 pp / 14.95  
3 available titles



**300 Puzzles for Geniuses**  
B. Myers



**300 Games & Exercises for a Memory at the Top!**  
N. Masson & Y. Caudal

## A CRIME TO SOLVE

An incredible series of detective investigation games where the player must unmask the culprit. Clues to find, suspects to interrogate, motives to reveal... the perfect series for those loving a good mystery!

Softcover / 19.5 x 28.8 cm / 48 pp / €9.95  
4 available titles



**The Strange Curse of the Missing Treasure**  
V. Pelletier & S. Garot



**Cold-blooded Murder in Transylvania**  
V. Raffaitin & L. Dessertine



**The Mysterious Fire of the Tranquility Estate**  
V. Raffaitin & Wcomics



**The Insoluble Murder of Edouard Barnabé**  
V. Pelletier & D. Chapoulet

## ESCAPE GAME

Enigmas for one or two players to solve in one hour through brain-teasers, clues, maps, and riddles. Dark and scary locations make for an intense experience. Exciting adventures to live... at home!

Softcover or softcover with flaps / 19.5 x 28.8 cm / 48 pp / €9.95  
17 available titles



**A Night at the Movie Theater**  
M. Tardy, R. Strobbe & C. Benoit

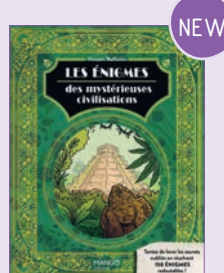


**At the Heart of Hell**  
K. Le Bagousse, T. Lièvre & M. Coudray

## ENIGMAS

Unique and original game books to solve 150 enigmas, split into 10 themed chapters, on a particular universe. A series to challenge one's mind!

Hardcover / 17 x 22 cm / 208 pp / €14.95  
2 available titles



**Mysterious Civilizations**  
V. Raffaitin



**Arsene Lupin**  
B. Myers

## 100% HOMEMADE

A series adapted to beginners with more than 100 recipes and 90 step-by-step photos to master all the key techniques.

Softcover with flaps / 18 x 22 cm / 192 pp / €14.95  
7 available titles



**Homemade Smoked Food**  
C. Guézille



**Homemade Drinks**  
A. Blin & C. Zurbach



## ZERO-WASTE COOKING ON A BUDGET

By M. Rey & C. Ratia

An approach to zero-waste on a budget starting with the kitchen (organization, accessories...) to the cooking (left-overs, tops and peeling) with 60 easy and yummy recipes.

Softcover with flaps / 17 x 24 cm / 128 pp / €14.95



## HOMEMADE FEASTS

By P.-L. Viel & V. Drouet

Suited for big or small parties, this cooking reference book reviews about 200 staple recipes for starters, entrees and desserts that are impossible to mess up and will easily become signature dishes. A must-have book for successful meals!

Hardcover / 18 x 24 cm / 188 pp / €24.95



## COOKING WITHOUT LEFTOVERS

By B. Dahl

To avoid waste in the kitchen, here is a simple method: learning how to cook leftovers for yummy meals, easy to prepare. Each recipe of the book can be turned into 3 different meals, together with tips to use everything!

Softcover with flaps / 19 x 26 cm / 128 pp / €16.95



## THE BEST WORLD PLANCHA

By L. Hanno

A comprehensive book to master plancha and griddle cooking, and discover more than 50 new exotics, colorful and healthy recipes from the entire world. The reader is taken into a fascinating travel with mouthwatering photos.

Softcover with flaps / 19 x 26 cm / 144 pp / €15.00



## THE BIG BOOK OF BARBECUE

Collective work

150 simple and tasty recipes of meat, fish, shellfish and crustaceans, side dishes and desserts, including sauces, marinades, clear explanations for choosing and maintaining the barbecue, the right utensils, cutting and cooking advice... A reference book for grilling aficionados!

Hardcover / 23.5 x 28.5 cm / 224 pp / €24.95



## SUPER COCKTAILS

By F. Castellon

Test out 100 cocktails, sorted by type of alcohol, from all the classics to the new trends! Fernando Castellone reveals in step-by-step his knacks, preparation and presentation techniques, and gives some ideas of salty side dishes. Cheers!

Softcover with flaps / 21 x 28.5 cm / 224 pp / €17.50



## AGAINST THE CURRENT: ON BOARD THE SEA SHEPHERD'S KITCHEN

By Sea Shepherd

A vegan recipe book on the steps of Sea Shepherd, an international, non-profit marine conservation organization that engages in direct action campaigns to defend wildlife. Between technicality and accessibility, this guide offers recipes, illustrated step-by-step, portraits, and photographs to discover a generous, but also surprising and green way of cooking.

Hardcover / 21.5 x 26.8 cm / 256 pp / €29.95





## BENTOS

### Collective Work

About 50 recipes for simple, yummy and healthy meals to prepare and take everywhere, with varied inspiration (world cooking, veggie, fast lunches...).

Softcover with flaps / 19 x 26 cm / 160 pp / €15.00



## PARTY DESSERTS

By M.-L. Tombini

30 easy recipes for special occasions! From the greatest classics to the trendy ones, the author guides cooks into mastering new techniques thanks to step-by-step photos, to treat their loved ones with beautiful homemade cakes!

Softcover with flaps / 19 x 24.5 cm / 128 pp / €12.95



NEW

## HUNGRY!

By M. Chibrard & V. Garnier

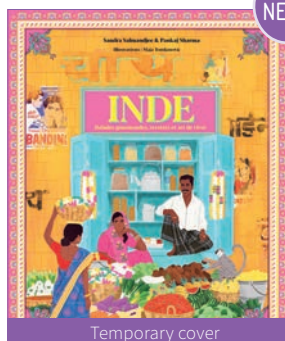
Starters, revamped classics, pastas, quick dishes, solo meals, bowls and salads, world cuisine, desserts, snacks... accessible and addictive recipes, all with an original twist, for a fun, enthusiastic and original daily cooking!

Hardcover / 20.2 x 25.3 cm / 208 pp / €29.95

## A SCRUMPTIOUS STROLL

A food road trip in the heart of beautiful countries and across their various regions to discover their specialties, major products, and traditions. Recipes, techniques in step-by-step, and interviews will lead the readers into a tasty exploration of fascinating cuisines.

Hardcover / 23.5 x 28.5 cm / 208 pp / €29.95  
4 available titles



NEW

**A Scrumptious Stroll in India**  
S. Salmandjee & P. Sharma



**A Scrumptious Stroll in Morocco**  
N. Paprikas



## IMPRESSIVE RECIPES FOR SPECIAL OCCASIONS

By S. Mahut

50 impressive and original recipes, but still super easy to cook! Yummy and beautiful dishes for birthdays, candlelit dinner, New Year's Eve or any special occasion!

Softcover with flaps / 19 x 24.5 cm / 128 pp / €12.95



NEW EDITION

## CHRISTMAS COOKIES AND CAKES

By M.-L. Tombini

27 Christmas scrumptious recipes to move from a beginner to an expert level for professional-like homemade cakes and biscuits. The book features four levels of difficulty with step-by-step photos to master pastries techniques and improve one's skills... and enjoy delicious sweets!

Hardcover / 19 x 24.5 cm / 144 pp / €15.00

## ILLUSTRATED COOKING BOOK

Reference books fully illustrated by drawings to learn everything about world cultures and gastronomies. An amazing discovery of customs and flavors!

Softcover / 18 x 23 cm to 19 x 23 cm / 128 pp / €13.50 to €13.95  
4 available titles



### The Illustrated Indian Cooking Book

S. Pankaj, S. Salmandjee & A. Charbin



NEW

### The Illustrated Vietnamese Cooking Book

M. Ung & N. Nguyen



### The Illustrated Korean Cooking Book

L. Kyung & Ahnji



BEST-SELLER

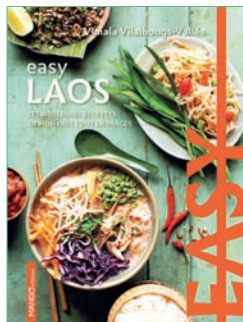
### The Illustrated Japanese Cooking Book

L. Kié & H. Kishi

## EASY

Basic dishes from traditional world cuisines with step-by-step explanations on the ingredients and equipment, a chef's tips, and cultural anecdotes with more than 300 photos!

Hardcover / 19 x 26 cm / 144 pp / €15.00 to 16.50  
14 available titles



**Easy Laos**  
V. Vilaihongs-Vallée



**Easy Mauritius**  
K. Froger & S. Mahut



**Easy Indian Naan & Curries**  
S. Salmandjee & A. Chemin

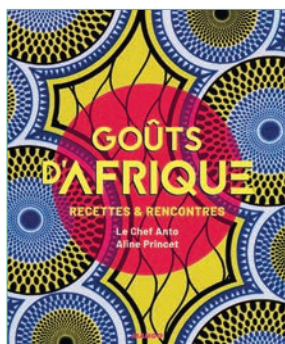


**Easy Thai**  
C. Trieu & S. Merdrignac

## TASTES FROM

Contemporary chef books mixing original recipes, insightful cultural information and interviews of famous people on their food memories. Beautiful books offering a culinary and cultural journey.

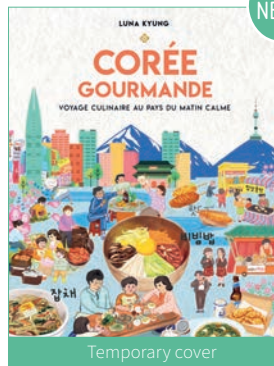
Hardcover / 23.5 x 28.5 cm / 208 pp / €29.95  
4 available titles



**Tastes from Africa**  
Chef Anto & A. Princet



**Tastes from Japan**  
L. Kié & A. Princet



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## SCRUMPTIOUS KOREA

By L. Kyung

A unique guide revealing every facet of the Korean gastronomy culture. Over 100 authentic recipes, step-by-step techniques, lively anecdotes, insightful stories, maps, beautiful photos and colorful illustrations, for an in-depth culinary journey!

Hardcover / 23.5 x 28.5 cm / 240 pp / €32.00



## THE BEST RECIPES FROM CHINA

By M. Zhang, C. Deslandes & L. Prache

A beautiful book on Chinese cuisine combining classic recipes, fascinating texts on Chinese gastronomic culture, culinary traditions and habits, sublime photos and illustrations from Chinese daily life and must-have ingredients. A gourmet trip to China!

Hardcover / 21 x 26.8 cm / 192 pp / €24.95



## ASHKENAZI JEWISH CUISINE

By E. Gainsburger

A beautiful reference book on Ashkenazi Jewish cooking to discover a simple, generous and accessible cuisine for every day and for special occasions! A simple and modern graphic approach, more than 100 recipes, information to get the ideal cupboard, to learn more about kashrut, holidays and culinary specialties, along with many tips and anecdotes. Es gezunterheyt!

Hardcover / 18 x 24 cm / 288 pp / €24.95



## A TAVOLA! AUTHENTIC ITALIAN HOME COOKING

By C. Saturno, C. Deslandes

A beautiful illustrated guide, with photos and drawings depicting scenes of daily life and key ingredients of Italian cuisine (cheese, pasta ...), for a culinary journey to discover authentic Italian family recipes!

Hardcover / 21 x 26.8 cm / 192 pp / €24.95





### THE SURVIVALIST'S FOOD

By D. Tribaudeau & R. Vollot

Survivalist experts share their tips, tricks and recipes for preparing and consuming wild foods. Making utensils, mastering fire and cooking: great survival skills in the wilderness!

Softcover / 17 x 22 cm / 96 pp / €12.95



### THE CAMPER'S KNOTS

By G. Maclachlan

A small, practical and well-illustrated guide to the essential knotting techniques for camping and bivouacking, with about 45 knots illustrated step by step.

Softcover / 13.5 x 21 cm / 64 pp / €9.95



### THE SURVIVALIST'S 100 ESSENTIAL PLANTS

By D. Tribaudeau

A comprehensive guide to 100 plants, useful for the survival or edible: how to recognize them, where to find them, when and how to collect them, how to use them... For a safe approach, the author also highlights the toxic plants.

Softcover / 17 x 22 cm / 96 pp / €12.95



### THE SURVIVALIST'S PRACTICAL GUIDE

By R. Vollot, Y. Goncalvez & R. Boclet-Weller

Written by survivalist experts, this synthetic guide presents field knowledge and tips to master the art of wilderness survival by reviewing the most important skills needed for emergency preparedness.

Softcover / 19 x 26 cm / 144 pp / €19.95



### THE SURVIVALIST'S ESSENTIAL KNOW-HOW

By D. Tribaudeau

An essential handbook to all the survival amateurs, including numerous illustrated step-by-step techniques (building a shelter, lighting a fire, making a bow...) from a professional.

Softcover / 17 x 22 cm / 144 pp / €14.95



### 20 MULTI-PURPOSES PLANTS FOR SELF-SUFFICIENCY

By C. Calendula

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By R. Elger

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By Céleste

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ph: (+33) 1 53 26 34 46

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