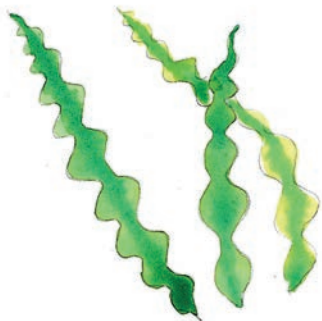


ADULT
BOOKS



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

FOREIGN

rights

SPRING 2021

BODY, MIND & SPIRIT
COOKING
CRAFTS & HOBBIES
GAMES
GARDENING & NATURE
HEALTH & WELL-BEING
PARENTING



THE EMBROIDERER'S ALBUMS

A gorgeous series to highlight the work of prestigious embroiderers! 20 charts per book, together with 5 sewn objects.

Hardcover / 21 x 30 cm / 96 pp / €21.00
6 available titles



French Celebrations and Regions
V. Enginger



ABC in Cross-Stitch
H. Le Berre

EMBROIDERY WORKSHOP

An original series revamping embroidery through 50 modern patterns in step-by-step photos.

Softcover with flaps / 20 x 25 cm / 128 pp / €14.95
2 available titles



Pretty Embroidery
J. Piettre



Urban Jungle
P. Poupon

SEWING WITHOUT A PATTERN

An original and simple approach of sewing for beginners offering 10 projects per title to sew without a pattern thank to clear explanations. Less stress, more creativity!

Softcover / 20 x 25 cm / 80 pp / €13.50
4 available titles



My Sewing Workshop without Patterns
J. Bajic



Sewing Toys & Games without Patterns
S. Scremin



Sewing Decoration without Patterns
M. Lhuillier



Sewing Clothes without Patterns
A. Baio

CROCHET WORKSHOP

By So Croch

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

Softcover / 17 x 22 cm / 64 pp / €10.50
5 available titles



Adorables Mini Animals



More Adorable Mini Animals

ABSOLUTE BEGINNERS

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

Softcover with flaps / 20 x 25 cm / 80 pp / €13.50-14.95
2 available titles



Crochet for Beginners
So Croch



Sewing for Beginners
L. Guyet

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
7 available titles



Circular Knitting
M. Mathieu



Sewing Tops & Dresses
C. Auzou

SEWING WORKSHOP

Trendy patterns and ambitious projects with step-by-step photos, for intermediate to advanced sewers.

Flexibound / 20 x 26 cm / 96 pp + 2 real-size patterns / €19.95
14 available titles



Sportswear
C. Jaubert



Party Dressing
C. Auzou



My Eco-Friendly Wardrobe

By L. Ripoll

A clever guide with step-by-step photos and clear explanations to master various techniques and sew 26 eco-responsible models, with advice on repairs, embroidery, customization, and dyeing. A green ally to sew a complete wardrobe of matching clothes!

Softcover with flaps / 20 x 25 cm / 192 pp + 6 real-size pattern boards / €25.00



My Boho Chic Wardrobe

By C. Plaut

18 original models (intermediate level) to create a capsule wardrobe and nail the boho chic style look: blouses, shorts, skirt, jacket, accessories... that can be combined and customized (length, sleeve types...)

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

ZERO-WASTE SEWING

By A. Malfilatre

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
4 available titles



Zero-Waste Sewing on the Move



Zero-Waste Sewing for Babies



Zero-Waste Sewing in My Bathroom



Zero-Waste Sewing in My Kitchen

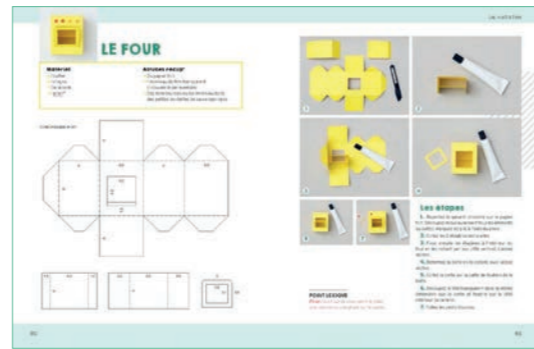


MAKING MY RECYCLED DOLLHOUSE

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 tips in step-by-step!

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



DECORATIVE HERBARIUMS

By L. Lazerges

Delicate and colorful, pressed flowers have made their comeback as a creative decorative trend. Golden, in papercut, XXL... 11 easy tutorials to create chic vegetal frames!

Softcover with flaps / 17 x 22 cm / 80 pp / €12.95

NATURE SPIRIT

A creative series inspired by nature: each title features projects in step-by-step photos, using various techniques.

Softcover with flaps / 22 x 22 cm / 80 pp / €12.95
7 available titles



Vegetal Dreamcatchers
C. Fabrègues



Mandalas Weaving
V. Gossart



CREATIONS FROM NATURAL MATERIALS

By E. Benedetti

15 sustainable and decorative projects (lampshades, mirrors, shelves, baskets...), in step-by-step, made from natural renewable materials (rattan, bamboo, wicker...). Each material is presented to learn more about its origin, operating conditions and impact on the environment to cleverly combine eco-responsibility and creativity!

Hardcover / 21.5 x 25.4 cm / 160 pp / €24.95



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 / €10.95



WOODEN GAMES AND TOYS

By F. Mercier

20 beautiful sustainable projects, accessible to beginners, with scale drawings and detailed explanations in step-by-step for a faultless result.

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



THE UPHOLSTERER'S HANDBOOK

By C. Cau

Old-fashioned fabric, slumped upholstery, faded seat... a makeover is needed! To proceed methodically, a professional upholsterer guides readers through all the steps of seat renovation, covering each type of seat.

Softcover with flaps / 17 x 22 cm / 96 pp / €16.95

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
14 available titles

Vegetable Dyes and Ecoprint
B. Pekoz Bonnard

Solid Cosmetics
S. Duménil

The Barber's Products
A. Chavanne

Plant and Flower-Based Soaps
A. Dougnac

DIY Herbal Remedies
C. Passelègue

Natural Make-Up
A. Drillon



MOTHER & BABY NATURAL HOMEMADE CARE PRODUCTS

By E. Hébert

A must-have guide to prepare 100% natural care products for babies, pregnant and nursing women, including advice by a midwife on baby care. The 40 recipes, developed by an aromatherapist specialized in cosmetology, are followed by essential information on the equipment and material.

Softcover with flaps / 20 x 25 cm / 128 pp / €16.50

MIRACLE PRODUCTS

Accessible guides presenting amazing products that can be used in eco-friendly and zero-waste projects: cleaning products, detergent, body products, home and gardening products...

Softcover / 12 x 18 cm / 64 pp / €5.95
4 available titles



QUICK NATURAL BEAUTY CARE RECIPES

By E. Hébert

55 amazing beauty recipes for the face, hair and body, based on what we all have in our kitchens (honey, vinegar, coffee grounds, bananas, avocado, eggs, cucumber...): easy, cheap and green cosmetics!

Softcover with flaps / 17 x 22 cm / 128 pp / €12.95



Seaweed and Spirulina
N. Ianniello



Vegetal Charcoal
N. Cousin



Ashes
N. Semenuik



Hemp
E. Marcorelles

DRAW YOUR COMIC BOOK!

A clever series, for comic books lovers, combining 16 technical pages in step-by-step to start drawing and write a story, 32 detachable pages with comic strips on a special paper adapted to pens and alcohol-based markers, and 2 detachable tracing papers with words and graphic elements to add a professional touch to the drawings!

Softcover / 21.5 x 29 cm / 48 pp / €9.95
3 available titles



Draw Your Shoujo Manga!
V. H. Ta



Draw Your Comics!
J.-J. Dzialowski



Draw Your Manga!
V. H. Ta

THE DRAWER'S NOTEBOOKS

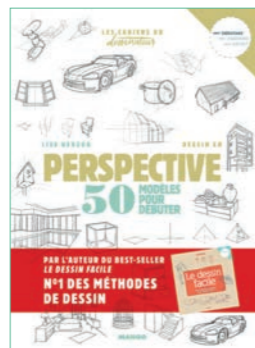
By L. Herzog

50 models to reproduce in step-by-step, to easily start drawing thanks to an efficient pedagogical method.

Softcover / 21.5 x 29 cm / 32 pp / €8.95
8 available titles



Moving Characters



Perspective Drawing

365 DAYS

A drawing per day, to be completed in the books thanks to a step-by-step model. The ideal books to easily learn and improve technics throughout the year.

Hardcover with cloth-spine / 21 x 16 cm / 368 to 376 pp / €20.00
2 available titles



365 Days of Alcohol-Based Markers Drawing
S. Kunz



365 Days of Drawing
L. Herzog

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.

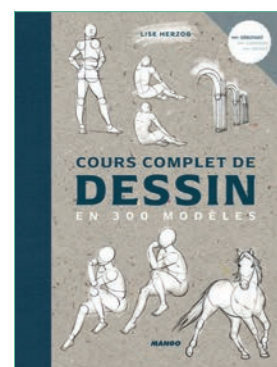
Softcover / 22 x 22 cm / 160 pp / €17.50 to €19.90
6 available titles



Easy Drawing
L. Herzog



Easy Watercolor
N. Paradis Glapa



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 complete guide by Lise Herzog, the specialist of easy drawing.

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

Best-seller



DIY FLOWERS IN WATERCOLOR

By M. Boudon

A best-selling title 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 flowers and compositions.

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



PAINTING LOVELY MOMENTS

By Y. Noritake

A beginners' guide to acrylic technique through 14 progressive models in step-by-step in an elegant, minimalist and modern style.

Softcover with flaps / 21.5 x 25.4 cm / 128 pp / €18.95



NEW

CHARMING WATERCOLOR FOR BEGINNERS

By Bleu Tango

An original approach of watercolor for those who don't know how to draw: thanks to numerous models in 5 steps maximum, Bleu Tango, a talented artist, guides the readers to spontaneous and fresh projects.

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



BOTANICAL & POETIC DRAWINGS

By V. Lefebvre

15 plants and urban jungle compositions to draw with black ink. An accessible and inspiring introduction to ink drawing to challenge beginners' artistic skills through charming black and white designs.

Softcover with flaps / 21.5 x 25.4 cm / 128 pp / €18.95



WATERCOLOR, THE RECOMPOSED NATURE

By H. Ström

Fresh and delicate compositions that celebrate nature for watercolor lovers! Aimed at experienced watercolorists, the author offers detailed step-by-step models to understand each technical aspect and go further in mastering the technique.

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



NEW

HOW TO PAINT PORTRAITS

By S. Vanlerberghe

The workshop lessons of a professional portraitist to amateurs (advanced level): from the sketch to the final touch, the paintings are broken down to understand how the artist is using the described technical principles.

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

CALLIGRAPHY

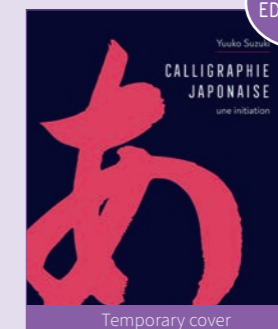
All-comprehensive books introducing beginners to calligraphy and, through the characters, fascinating cultures.

Hardcover / 21.5 x 26.5 cm / 80 pp / €20.00
3 available titles



NEW EDITION

Chinese Calligraphy
L. X. Polastron & O. Jiaoja



NEW EDITION

Japanese Calligraphy
Y. Suzuki



NEW EDITION

Arabic Calligraphy
G. Alani

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 / €13.50
12 available titles



Little Meditations for Kids
G. Diederichs & H. Chetaud



Evening Soothing Rituals
P. Pavy & Oreli

FAMILY BONDS

The ideal series to share quality time with the children! Through 5 illustrated short stories, the authors develop 30 activities and games in step-by-step, adapted to children from 3.

Easel book, wire-o / 26 x 19 cm / 40 pp / €13.95
3 available titles



Yoga for My Child
S. Vinay



Drama Games with My Child
P. Pavy & V. Leduc



Relaxation with My Child
C. Thirion

WITH MY FAMILY

How can parents create moments of bonding with their family in an already packed schedule? How to avoid feeling like their family is a little disconnected? How to find an activity that all family members will enjoy? These guides offer many activities, beneficial for all ages, in illustrated step-by-step, to prevent health problems, allow everyone to relax and share a good time.

Softcover with flaps / 112 pp / 19.5 x 21.5 cm / €12.95
2 available titles



Yoga with My Family
S. Vinay & A. Gouel



Sports with My Family
G. Gouriou, P. Pavy, A. Pavy & A. Gouel

FUNNY LEARNING

A teacher, specialized in alternative teaching methods (Montessori, Waldorf-Steiner, Reggio), developed pedagogical and playful activities for children, from 2 to 10, to develop their curiosity and imagination, while stimulating their reflection and capacities. Simple ideas to favor learning at school!

Softcover / 17 x 22 cm / 112 pp / €11.95
6 available titles



Introduction to Nature
E. Thiriot



Introduction to History & Geography
E. Thiriot



Playful Mathematics
D. Thibault



Introduction to Science
E. Thiriot

New series

TODAY'S PARENTS

Parenting guides dedicated to key questions of our contemporary societies, to have a fulfilled and empowered parenthood!

Softcover with flaps / 17 x 24 cm / 160 to 192 pp / €17.90
4 available titles



Non-Sexist Education
B. Laloüe



Having an Empowered Pregnancy
Dr. M. Roblin



Being a Father
O. Foissac



Work-Life Balance: Tips for Parents
E. Dufétel



LET'S PROTECT OUR CHILDREN FROM SCREENS
By M.-A. Le Roy

Based on parents shared experiences, this book reviews through 10 short and practical chapters the dangers of screens and provides concrete ideas to protect children and help them develop their critical spirit to properly use digital tools.

Softcover / 13 x 19 cm / 96 pp / €9.90

THE POSITIVE DADDY'S HANDBOOKS

By J.-F. Belmonte

Positive education is finally accessible to all parents thanks to those handbooks written by a positive daddy! In each book, the author gives information and advice to parents, together with little tools specially imagined to put the knowledge into practice (emotion wheel, cards game, vouchers of needs...).

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



Cooling Down



Raising Happiness



Developing Self-Confidence



Handling Emotions

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 Kid's Tantrums



The Little Illustrated Decoder of the Teen in Crisis



The Super Dad's Chronicles
By B. Perrier & Lavipo

THE SUPER DAD'S CHRONICLES

By B. Perrier & Lavipo

All the advice of a super dad to his best friend, the struggling dad! Written as comic strips, those chronicles of everyday life deal with all a dad needs to know, from the daily organization to the birthday parties, screen time, holidays, personal time... The strips are coming with some practical parts to learn the essential of a super dad.

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



BABY SIGNS
By C. Nougarolles & A. Galon

The new edition of a best-selling title (20 000 copies sold), reviewing 150 essential signs to help babies express themselves before being able to speak. Each sign is illustrated and a video is accessible with a QR code. A poster of the most important signs is offered with the book.

Softcover with flaps / 17 x 24 cm / 192 pp + 1 poster (34 x 62 cm) / €17.90

DO IT MAGIC

20 DIY projects per book dedicated to witchcraft, using powerful plants and gems, and associated magical rituals. Protection, purification, emotion management... great ideas to add a little touch of magic in our daily lives!

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

New series



Witches' Pentacles and Altars
N. Myara



Witches' Amulets and Jewels
O. Laissouh



NEW

DIY FOR WITCH

By M.-N. & F. Denis

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



GEMS OF POWER

Beautiful gift books for gems lovers: each title includes a real gemstone and a book highlighting the benefits of the gem, and all the associated rituals to rebalance the vital energy, meditate, create...

Hardcover / 17 x 22 cm / 64 pp + 1 gem / €14.95
2 available titles

New series



My Druidess' Gem
C. Chermeux, L. Vallée & F. Laporte



My Witch's Gem
C. Chermeux & L. Vallée

THE ORACLE

By C. Coldefy

Original gift books to answer all kind of daily questions (family, work, love, well-being...), by turning an arrow embedded in the book and visible through a die-cut in the front cover. Let the spiritual power of the oracles guide you!

Hardcover / 17 x 22 cm / 64 pp / €12.95
2 available titles



Angelic Oracle: Messages from my Guardian Angel



Bohemian Oracle: My Good Fortune

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
7 available titles



Magic Beauty Recipes
C. de Leenheer



Preserving My Vital Energy
C. Chermeux



The Witch's Potions
M.-N. & F. Denis

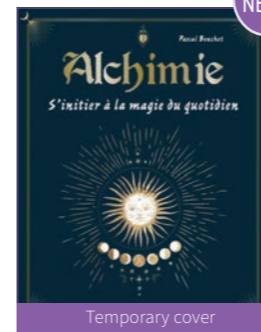


THE MAGNETISM GUIDE

By A.-S. Casper

A fascinating practical guide uncovering the secrets and principles of magnetism along with exercises to help everyone find a physical, psychic and emotional balance, and reveal their inner energy.

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



NEW

ALCHEMY, THE DAILY MAGIC

By P. Bouchet

An original approach of self-development, based on the principles of alchemy: as base metals can be noble metals, our own personality can be transmuted to become deeper, more authentic. Using all the symbols of alchemy, the author presents an original, personal and spiritual journey for a better knowledge of oneself.

Softcover / 17 x 22 cm / 176 pp / €17.50



THE SACRED NATURE OF WOMAN

By F. Goddyn

An inspiring book highlighting the sacred feminine and the deep connection of women to nature. The author offers practical advice to heal the feminine body, mind and spirit, and unleash this inner vital energy through crystal healing, herbal medicine, meditation, spirituality, shamanism...

Hardcover / 18 x 26 cm / 208 pp / €24.95



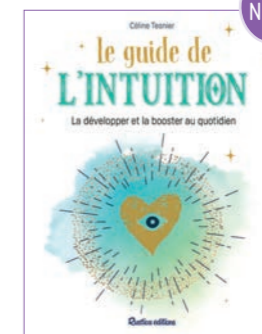
NEW

CLEARING YOUR ANCESTRAL LINEAGE AND HEALING YOUR FEMININE

By B. Chaumeil

An highlighting book, written by a specialist of women's ailments, to understand the concept of pain-body of oneself, of one's female lineage but also of the female collective, to be able to be healed and be part of a new freed female identity, enriched from the past.

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



NEW

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

THE GUIDE TO ENERGETIC THERAPIES

By A.-S. Casper

A comprehensive guide to all the energetic techniques that can be daily used to regenerate and balance our psychic and physic energy: magnetism, acupuncture, reflexology, phytotherapy..., through 30 practical illustrated exercises to heal the body and mind.

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



NEW

THE FAMILY INHERITANCE: FREEING YOURSELF WITH THE PSYCHOGENEALOGY

By V. Leprovost

An exploration of the mysteries of transgenerational memory through epigenetics, family trauma, myths or secrets... After an explanation on how this hidden burden is transmitted from one generation to another, the author, specialist of psychogenealogy, develops ways to be free from memories that can have a huge impact on present lives.

Softcover / 14 x 21 cm / 160 pp / €17.50



NEW

THE SACRED FEMININE: MEDITATIONS & FEMININE ENERGY

By V. Rott

An enthralling ode to the Sacred Feminine offering mindful meditations and floral elixirs to help women reconnect with their deepest inner selves and maintain a close relation to nature.

Softcover / 18 x 26 cm / 128 pp / €17.50

THE ENERGY WAYS

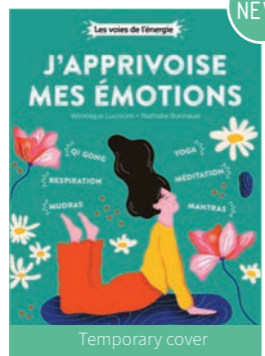
By N. Bonnaud & V. Luccioni

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

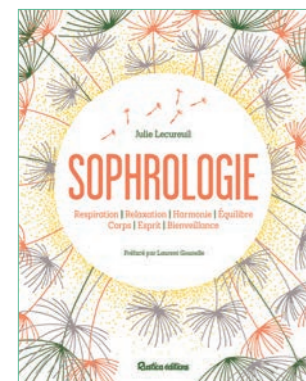
Softcover / 15 x 21 cm / 128 pp / €11.95
2 available titles



Taming My Stress



Taming My Emotions



RELAXATION

By J. Lécureuil

This book offers a smooth introduction to relaxation with the presentation of all the benefits of this activity, following by exercises to practice every day at home, and also at work!

Softcover with flaps / 18.5 x 24 cm / 192 pp / €19.95

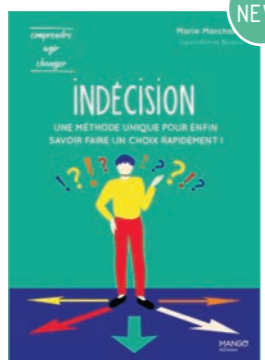
UNDERSTANDING, DOING, CHANGING

Specialists deliver their own self-development methods to a large public. Useful guides made accessible by helpful illustrations.

Softcover / 15 x 21 cm / 160 pp / €12.95
5 available titles



Digital Detox: Unplug from Your Screens!
T. Dumas



Indecisiveness
M. Marchand

New series

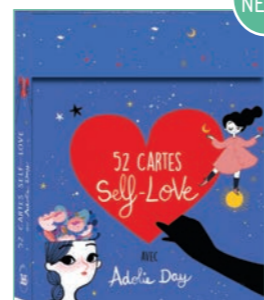
MY CHALLENGE BOX

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

Case / 9.8 x 12.5 cm / 52 cards / €12.95
6 available titles



Oracles to Reconnect to Your Inner Self
K. Hollier



Self-Love
A. Day

THE POSITIVE HANDBOOKS

By L. Chavel

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, beautifully illustrated by Lavillettesnuages.

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



Being Bold



Joy and Optimism



Oversensitivity



Going with the Flow

New series

HEALTH WITH NO TABOOS

A series dedicated to chronic diseases to better live with them and avoid diagnostic wavering, thanks to practical advice and answers by specialized doctors, with an up-to-date content on prevention and treatments.

Softcover / 15 x 21 cm / 160 pp / €14.95
8 available titles



Hypertension
Dr. F. Laveau



Rheumatoid Arthritis
Dr. J.-D. Cohen



30 DAYS TO PRACTICE SELF-HYPNOSIS

By P. Chami, D. du Perron & E. Causse d'Agraves

A 30-day program to master self-hypnosis, to progress smoothly and return to a peaceful daily life, including 30 audio exercises to download! To reinforce visual memorization, an inspirational illustration is associated to each exercise.

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



THE PENIS: EVERYTHING ON THIS LITTLE-KNOWN ORGAN

By Dr. M. Lenois

An all-comprehensive book, under a medical and scientific angle but full of humor and funny facts, outlining a history of the penis: functioning and dysfunctions, anatomy and even animals' penis...

Softcover with flaps / 17 x 24 cm / 216 pp / €16.95



ENDOCRINE DISRUPTERS: THE WAR IS DECLARED!

By Dr. O. Bagot

Bisphenol, paraben, herbicides... endocrine disrupters are everywhere in our environment, both outdoor and in houses, and cause major illnesses. Starting from her experience as a gynecologist, Dr. Odile Bagot explains here one of the greatest scandals of our times and gives useful advice to minimize the risks in our daily lives.

Softcover / 14 x 21 cm / 256 pp / €17.50

LITTLE VISUAL GUIDE

Clear and detailed guides written by specialists, full of information in infographics to make scientific knowledge understandable and accessible to everyone, and learn the tools to improve our health and well-being.

Softcover / 15 x 22 cm / 128 pp / €11.95
10 available titles



Healthy Heart and Arteries!
G. Montalescot



How to Sleep Well!
I. Arnulf & V. Slimani



THE CARDIAC COHERENCE

By C. Gormand

The cardiac coherence, based on a specific rhythm of breathing, is a simple and efficient technique to manage stress and emotions, improve concentration and lower anxiety. The author gives the essential keys to its functioning and 28 exercises for adults, children and babies for a daily practice.

Softcover with flaps / 18.5 x 24 cm / 192 pp / €19.95



ONCE UPON A TIME... MY ENDOMETRIOSIS

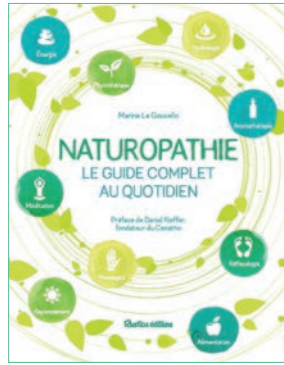
By MaY & Dr. M. Even

The powerful illustrated account of MaY about her experience of endometriosis (description of the illness, symptoms, diagnostic wavering, types of lesions, fertility issues, treatments, daily life...). Thanks to the contribution of a specialized doctor and the amazing illustrations, the book is at the same time all-comprehensive and accessible, moving and full of humor.

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



Best-seller



THE BIG BOOK OF NATUROPATHY
By M. Le Gouvello

A guide introducing naturopathy and full of holistic advice to treat common troubles thanks to adapted solutions (food, physical exercises, aromatherapy, and more) by a certified multi-disciplinary naturopath.

Softcover with flaps / 18.5 x 24 cm / 208 pp / €19.95



NEW

FERTILITY AWARENESS AND NATURAL CONCEPTION
By F. Goddyn-Okoh

As more and more people are looking for a more natural lifestyle, this book explores the natural family planning and conception, without medications or devices, by a better knowledge of one's own body, fertility mechanisms and physiological impacts.

Softcover / 15 x 21 cm / 128 pp / €12.95



NEW

IMMUNO-BOOST
By N. Aubineau

An essential guide to protect and boost one's immune system: daily advice to be less tired and stressed, a program to strengthen one's immunity and a presentation of the powerful trace elements, vitamins and super food.

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

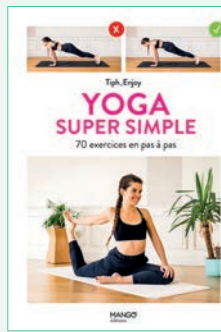


NEW

HEALTHY SPICES
By S. Macheteau

Spices are well-known to cook tasty dishes but, as a real functional food, they also have powerful health benefits. After a general part, the author presents 25 spices, highlighting their active principles.

Softcover / 15 x 21 cm / 96 pp / €12.95

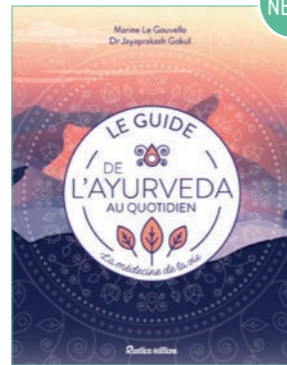


NEW

SUPER EASY YOGA
By Tiph_Enjoy

An introduction to yoga for beginners with 70 exercises clearly explained in step-by-step photos. For each pose, the author highlights the common mistakes for a safe practice at home.

Softcover / 15 x 21 cm / 144 pp / €14.95



NEW

THE BIG BOOK OF AYURVEDA
By M. Le Gouvello & G. Jayaprakash

An all-comprehensive book, mixing the traditional approach of Ayurveda and the occidental lifestyle, to be accessible to a large audience, including a test to find one's dosha and corresponding advice, and illustrated exercises (food, lifestyle, drinks, yoga, breathing exercises...).

Softcover with flaps / 18.5 x 24 cm / 176 pp / €19.95



NEW EDITION

AQUA FITNESS
By L. Bedos

A waterproof book to organize one's own aqua fitness session by following 80 illustrated exercises in the swimming pool: warm-up, upper and lower body, abs, relaxation...

Wire-o, coated with plastic / 15 x 21 cm / 30 pp / €17.50

STARTING AND OUTDOING YOURSELF

A series dedicated to the thrill lovers looking for new experiences. From the presentation of the equipment, the tips and advice of experienced authors, to the different techniques of each sport, training and accounts from amateurs and professionals, ideal guides for beginners!

Softcover / 15 x 21 cm / 112 pp / €14.95
3 available titles

New series



NEW

Foiling, Flying Over Water
V. Sipan



NEW

Outdoor Rock Climbing
R. Bourdier



NEW

Trail Running
C. Bertin



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



NEW

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...)

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



NEW

THE SURVIVAL KNIFE
By W. Bergé

A practical and pedagogical handbook to know everything on the survival knife: how to choose it, when and how use it, how to maintain it, presentation of the main types of knives...

Softcover / 13.5 x 21 cm / 96 pp / €11.95



NEW

THE SURVIVALIST'S 100 ESSENTIAL PLANTS
By D. Tribaudeau

A comprehensive guide to 80 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

New series

MICRO ADVENTURES

An original invitation to live amazing outdoor adventures just over the weekend: the ideal way to reconnect with nature and experience self-sufficiency.

Softcover / 15 x 21 cm / 128 pp / €13.50
3 available titles



NEW

A Break in the Mountain
E. Surel & C. Trier



NEW

Fishing Adventure
M. Luchesi



NEW

Immersion in the Forest
A. Cambe

HEALTHY COOKING

30 healthy and original recipes to avoid industrial drinks and products.

Softcover / 15 x 21 cm / 64 pp / €7.95
5 available titles



Healthy Breads
A. Blin



Easy Jams
A. Blin



Easy Preserves
A. Blin



SUPER EASY PLANT PROTEINS

By A. Roman

Delicious and easy recipes to replace animal proteins while maintaining a balanced diet. Clear instructions, common and varied plant-based protein foods, as scrumptious and simple ways to reduce meat consumption!

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



NATURAL SUGARS DESSERTS & SNACKS

By M. Chantepie

All the great classics of pastry made with unrefined and natural sugars: whole cane sugar, raparuda, muscovado, honey, beet sugar and more. Scrumptious recipes for sweet tooth to avoid the danger of refined sugar.

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



BEAUTY FOOD

By E. Hebert

A practical illustrated guide written by a natural cosmetics expert to find out the wonderful effects of natural seasonal food on human body, giving all the instructions to choose correct ingredients and make homemade cosmetics.

Softcover with flaps / 17 x 22 cm / 128 pp / €12.95

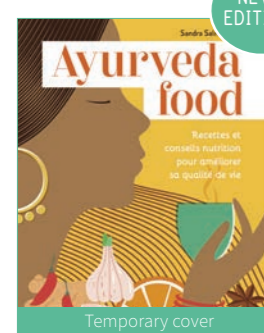


ZERO-WASTE COOKING ON A BUDGET

By M. Rey & C. Ratia

An approach of 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 / 17 x 24 cm / 128 pp / €14.95



AYURVEDA FOOD

By S. Salmandjee & E. Figgé

According to Ayurveda, food has an influence on our health and well-being but also on our mindset. A comprehensive guide to ayurvedic diet, including all the bases and more than 30 recipes, to easily find the right balance.

Softcover with flaps / 17 x 22 cm / 128 pp / €12.95



COOK THE NATURE!

By C. Calendula

80 recipes with wild edible plants, easy to find, to awake senses to the good taste of nature! A specialist gives an overview of the 25 most emblematic plants (dandelion, poppy, mallow...) and offers several recipes for each of them, from harvest to plate.

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

100 AMAZING RECIPES

100 yummy recipes with photographs per book, along with eco-friendly tips, for tasty, healthy and original ideas for everyday!

Softcover / 17.2 x 20.3 cm / 192 pp / €6.95
8 available titles



Vegetable
M.-G. Gomez-Roman



Mocktails
Collective



Light Cooking
M.-L. Tombini



Salads
M.-G. Gomez-Roman



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



WHOLE SOUPS

By N. Paprikas

Minestrone, borscht, chorba, Chinese, Thai, with fish, meat or vegetarian... the author gives her 50 best recipes of whole soups from the world.

Softcover with flaps / 19 x 26 cm / 128 pp / €15.00



SUPER WORLD FINGER FOOD

By C. Sourbier

From India, USA, Japan, Great Britain, Germany... whether they are renowned or astonishing, these finger food recipes have to be tasted!

Softcover with flaps / 21 x 28.5 cm / 192 pp / €17.50



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



CHEESES

By C. Ferreira

An authentic discovery of the diversity of French cheeses and the traditional know-how of the passionate artisan cheese makers. Beautiful photographs show the production process, and are coming with 60 classic or original recipes to savor cheese at its best!

Softcover with flaps / 21 x 28.5 cm / 224 pp / €24.50



SUPER PASTRY

By C. Ferreira

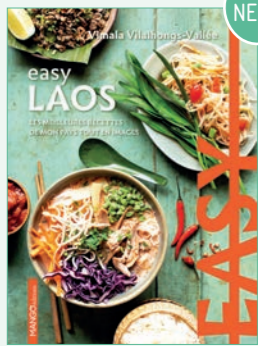
From the little biscuit to the big birthday cake, 100 essential recipes of pastry, with all the bases (dough, creams...). Lots of tips to adapt the recipes by adding some spices, zests according to one's taste. A reference book accessible to beginners!

Softcover with flaps / 21 x 28.5 cm / 192 pp / €17.50

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
12 available titles



Easy Laos
V. Vilaihongs-Vallée



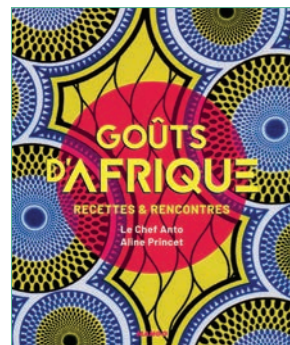
Easy Veggie India
S. Salmandjee



Easy Lebanon
F. Zeidan



Easy Korea
L. Kyung



TASTES FROM AFRICA

By Chef Anto & A. Princet

A young chef offers a minimalist African cuisine reviewing the best dishes and offering original recipes, with stunning details about key ingredients, insightful cultural information, and interviews of famous people of African heritage on their food memories. A beautiful book offering a culinary journey through sub-Saharan African culinary traditions.

Hardcover / 23.5 x 28.5 cm / 208 pp / €29.95

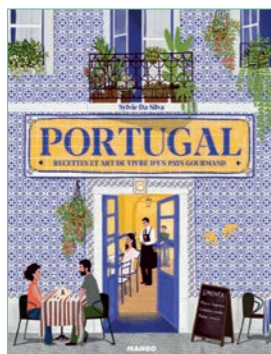
A SCRUMPTIOUS STROLL

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 or softcover with flaps / 21 x 28.5 cm to 23.5 x 28.5 cm / 208 to 256 pp / €24.50 to €29.95
3 available titles



A Scrumptious Stroll in France
C. R. Vincent & M.-L. Fréchet

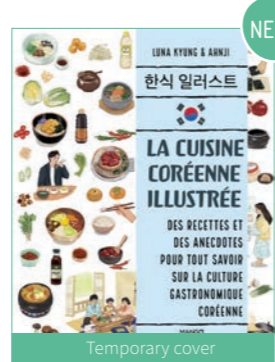


A Scrumptious Stroll in Portugal
S. Da Silva & V. Garnier

ILLUSTRATED COOKING BOOK

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

Softcover / 18 x 23 cm / 128 pp / €13.50
3 available titles



The Illustrated Korean Cooking Book
L. Kyung & Ahnji



The Illustrated Japanese Cooking Book
L. Kié & H. Kishi

Best-seller



THE ILLUSTRATED JAPANESE LIFE

By L. Kié & H. Kishi

An illustrated book to learn everything on the Japanese lifestyle: daily life (how to travel, language, blunders...), arts, cooking, celebrations and festivals.

Softcover with flaps / 18 x 23 cm / 144 pp / €15.00



NEW

MY LIFE IN A TINY HOUSE

By E. Marcorelles

The account of a family of 4, living in a tiny house, with a minimalist and self-sufficient lifestyle. A comprehensive book including the building of the tiny house, the arrangement and the daily life.

Softcover / 19.5 x 26 cm / 160 pp / €19.95



NEW

ZERO BUDGET GOAL

By S. Grenat

15 challenges for a green life on a budget! Tips and practical exercises to consume in a better way, learn how to do things by oneself and re-use, in a zero-waste spirit.

Softcover / 13 x 19 cm / 64 pp / €5.95



THE 12 SHIPS THAT WILL SAVE THE SEA

By C. Britz

Collecting plastic, conducting scientific expeditions, sailing without any means other than the wind, the sun, and the water... a journalist presents 12 exceptional boats that, each in their own way, participate in the defense of the oceans.

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



NEW

HAPPY COLLAPSOLOGY

By V. Turpyn

Instead of being afraid of a potential civilizational collapse, the author takes the opposing view: this collapse is bound to happen, so we should accept it to be able to rebuild a new world afterwards.

Softcover / 15 x 21 cm / 112 pp / €12.95



MINIMALISM

By J. Crillen

An all-comprehensive and progressive approach to the various dimensions of minimalism, thanks to tips to be applied in the everyday life (budget, web, time management...) to understand that most of the time, less is more.

Softcover / 16 x 22 cm / 144 pp / €12.95



ZERO-WASTE

By C. Ratià

A guide to make accessible lifestyle changes to reduce household waste while protecting the environment and saving money at the same time, along with advice adapted to the motivation, budget and time available to each reader.

Softcover / 16 x 22 cm / 176 pp / €12.95



NEW

LOW TECH

By C. Chabot & P-A. Lévêque

As more and more people are aware of the ecological impact of lots of high technologies, a movement is coming up to develop green low technologies, with the idea to live better with less. The authors presents several detailed examples (composting toilets, solar oven, waste stabilization ponds...), accessible to a large public.

Softcover / 18 x 22 cm / 128 pp / €14.95



DO WE (SERIOUSLY) WANT TO CHANGE THE WORLD?

By B. Badré

As the financial capitalism reaches its limits, leading to environmental catastrophes and growing inequalities, Bertrand Badré, former CFO of the World Bank Group, shows that it is still time to set up an economy that fits into a framework concerned with nature and a harmonious human and social development.

Softcover / 15 x 22.5 cm / 208 pp / €17.00

HOMEMADE PLANTS

By Céline – I do it myself

Indoor gardening has never been so easy and cheap than with homemade plants from pits, pips or cuttings. The author presents her techniques in step-by-step photos for decorative and beautiful houseplants.

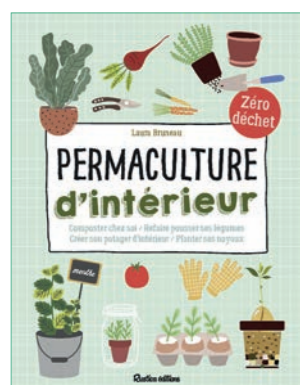
Softcover / 17 x 19 cm / 80 pp / €9.95
2 available titles



Seed Pits and Pips Growing



Cuttings Growing



INDOOR PERMACULTURE

By L. Bruneau

A practical guide full of ideas and advice to apply the principles of permaculture and zero-waste indoor, from composting, keeping and planting pits, recycling pots and cups, to reducing water consumption. A step-by-step guide to create a beautiful indoor green garden!

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



GARDENING WITH ESSENTIAL OILS

By J.-Y. Meignen

A practical guide revealing the benefits of 20 essential oils to take care of indoor and outdoor plants, prevent attacks by pests or diseases, and biostimulate the plants.

Softcover / 17 x 19 cm / 96 pp / €12.95



SOFT PRUNING OF FRUIT TREES IN PERMACULTURE

By J.-L. Petit

Soft pruning is based on the observation of the fruit trees and their natural development, to be less aggressive and let each tree have its own shape, instead of fighting against nature. This technique gives healthier and balanced trees, with a more regular production of fruits.

Softcover / 17 x 22 cm / 96 pp / €14.95



HERBS & MEDICINAL PLANTS SQUARE-FOOT GARDEN

By L. Bourgeois

An accessible guide to build a square foot garden, in step-by-step, plant and associate more than 30 aromatic and medicinal plants, before using them as teas, perfumes, salads, jams.

Softcover / 15 x 21 cm / 80 pp / €9.95



A GARDEN IN THE CITY

By C. Munoz & N. Castel

The need of green spaces for those living in cities is blatant! Ideal to beginners, this book presents easy projects adapted to small spaces (balconies, terraces, flats), including seed harvest, repotting, cutting...

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



THE PRACTICAL GUIDE TO BIOLOGICAL CONTROL

By Th. Trédoulat

The biological control gathers all the natural mechanisms to protect plants and vegetables (micro-organisms, minerals...). In this reference book, lavishly illustrated, the author explains the mechanisms of biological control and, for each plant or species, the main illnesses and parasites and the associated natural solutions.

Softcover / 18.5 x 24 cm / 272 pp / €19.95



ON THE WAY TO FOOD SELF-SUFFICIENCY!

By R. Elger

A comprehensive guide to food self-sufficiency for a family, with a garden starting from 600 sq. meters, including designing the garden, defining the production, water self-sufficiency, producing seeds, installing beehives, storing and preserving... Accessible to beginners thanks to illustrated step-by-step.

Softcover with flaps / 17 x 22 cm / 160 pp / €14.95



A VEGETABLE GARDEN TO FEED MY FAMILY

By R. Elger & S. Darrigo

An essential guide to healthily feed a family of 4 all year long. For each vegetable, fruit and herb, the authors detail the precise quantities to sow or plant, give advice to grow them, the nutritional benefits and some ideas to cook and preserve the harvest.

Softcover with flaps / 17 x 22 cm / 192 pp / €17.95



MY VEGETABLE GARDEN IN PERMACULTURE

By J. Boisneau

A synthetic presentation to start a vegetable garden following the principles of permaculture, that will imply less work compared with a traditional garden. Through many practical tips and illustrated step-by-step instructions, it will be easy to grow healthy and tasty vegetable!

Softcover / 17 x 22 cm / 128 pp / €12.95



10 Essential Tips for the Vegetable Garden
A. Lagueyrie



10 Essential Tips for Fruit Tree Pruning
A. Cottenneau



10 Essential Tips on Natural Pesticides
P. Assery



10 Essential Tips for an Organic Garden
N. Vialard

MY GARDENING NOTEBOOKS

Practical and concise notebooks to learn the basis of gardening: material, budget, place, choosing the varieties, harvest, preservation...

Softcover / 17 x 22 cm / 64 pp / €7.50
4 available titles



My Grand-Father's Tips and Secrets
L. Renault



My First Month-by-Month Guide to Flower Gardening
V. Garnaud



My First Month-by-Month Guide to Vegetable Gardening
R. Elger



My Permaculture Notebook
R. Elger



ANTI-CRITTERS STRATEGIES

By J. Gis

All the tips and secrets to recognize the critters, slugs and bugs to take precautionary measure or efficiently use green and cheap treatments (decoctions, insects, natural traps...).

Softcover / 17 x 19 cm / 80 pp / €9.95



INTUITIVE COMMUNICATION WITH YOUR PET

By C. Dupeyrat

An original approach to communication with pets, based on the experience of the author, specialized in intuitive communication with pets and wild animals, with explanation on how it works and practical exercises.

Softcover / 16 x 22 cm / 160 pp / €17.50



MY FIRST BACKYARD HENS

By M. Albrand

An illustrated guide to hens breeding for amateurs (how to choose them, various breeds, create a proper space for them, taking care, detecting and treating diseases with homemade recipes...).

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



SHELTERS FOR SMALL WILDLIFE

By N. Vialard & R. Elger

20 shelters to realize with step-by-step explanations to welcome insects and small animals from the garden.

Softcover / 22 x 22 cm / 80 pp / €12.95

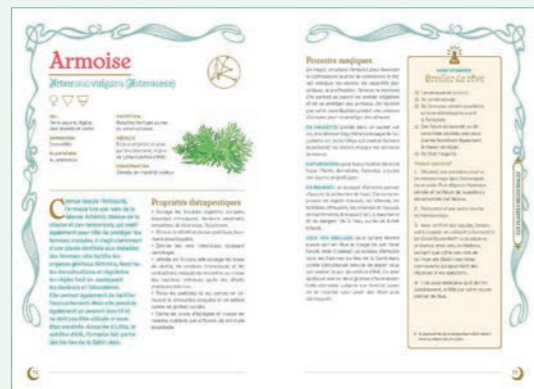


MY WITCH'S GARDEN

By S. Pizot

A beautiful illustrated guide to create a real witch's garden, by following the Moon's phases, using a year wheel, runes, spells... Includes a herbarium presenting about 40 plants, with their therapeutic properties and powers, and DIY projects (boline, sigil, magic doll...), followed by gardening advice.

Softcover with flaps / 18 x 26 cm / 176 pp / €19.95



MY LITTLE ORGANIC BEEHIVE

By J. Alphonse

A very practical and accessible guide to organic beekeeping for beginners: knowing and understanding the bees' natural cycle, how to take care of your colony, keeping in mind the well-being of the bees.

Softcover / 16.8 x 24 cm / 128 pp / €15.50

SMALL PRECIOUS BOOK

A beautiful series of small gift books, with rich iconography and accessible content.

Hardcover with foam / 11.5 x 17 cm / 144 pp / €14.95
13 available titles



The Fabulous Herbarium
G. Xhayet



Angels
D. Crolle-Terzaghi



Wonderful Unicorns
N. Cousin

ESCAPE GAME IN VR

By R. Prieur, M. Vives & B. Bouwyn

The new generation of escape games books using virtual and augmented reality! The reader will need the book and a smartphone to be able to solve the riddles, puzzles and enigmas, and plunge into a unique atmosphere, with a high quality virtual content.

Hardcover / 19,5 x 28,8 cm / 48 pp / €10.95
3 available titles



The Last Secret of Leonardo da Vinci



Danger at High Altitude



The Quest for the Grail Against the Black Sorcerer

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 / €8.95
15 available titles



A Walk in the Woods
R. Prieur & F. Minguet



Danger in the Mine
R. Prieur, F. Minguet & Z. El May

MANDALAS TO PAINT

By M. Zottino

15 beautiful and inspiring mandalas to paint, thanks to a watercolor palette coming with each card, and a paintbrush included in the back cover.

Pad / 22 x 19 cm / 15 pp / €8.95
2 available titles



The Spirits of the Night



The Spirits of the Wind

ESCAPE GAME VAGNON

Thrilling adventures with puzzles, logical and observation games to escape frightening imaginary worlds!

Softcover / 25 x 21 cm / 80 to 96 pp / €14.95
2 available titles



Prisoner of the Underworld
Zéphiriel & J. Léon



The Shipwreck Hunter
Escape Game
E. Nieudan & T. Pourplanche

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
5 available titles



My Cat's Mandalas to Color



WAX PRINT PATTERNS TO COLOR

By M. Baschet

30 colorings highlighting the beautiful patterns of African wax prints, created by the artistic director of a wax print fabrics brand.

Softcover / 29,7 x 29,7 cm / 64 pp / €12.95

