

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

FOREIGN

rights

FALL 2023

ADULT
BOOKS

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

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
3 available titles



Manga, an Illustrated Story
E. Lerner



Drawing, an Illustrated Story
J.-J. Dzialowski



Watercolor, an Illustrated Story
L. Ripoll

EASY MANGA

By V. H. Ta

A visual method of learning through 22 models, easy to reproduce step by step up to the colorization.

Wire-stitched / 21 x 29 cm / 24 pp / €7.95
4 available titles



Easy Samurai and Ninjas



Easy Fantasy Manga Creatures



Easy Shonen



Easy Shoujo

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
5 available titles



First Steps in Watercolor
S. Van der Linden



First Steps in Drawing
L. Herzog



A COMPREHENSIVE GUIDE TO MANGA DRAWING

By V. H. Ta

Drawing a character in motion, choosing the style, varying expressions and highlighting a face, adding shadows and coloring drawings with alcohol-based markers... 100 essential techniques are explained step by step in this complete guide to draw like a real mangaka!

Hardcover / 21.5 x 25.4 cm / 108 pp / €20.00

BEST-SELLER



DIY WATERCOLOR FLOWERS

By M. Boudon

Bunch, crown, leaves frame and arrangement introduce beginners to the magic of watercolor. Through tutorials, the author guides the readers step-by-step, from the choice of the color palette to the perfect contrast for modern and colorful results.

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



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 cm / 160 pp / €24.95



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 cm / 144 pp / €24.95



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 cm / 128 pp / €24.95



NEW

THE REALISTIC DRAWING

By M. Laisne

An experienced artist shares his method for creating larger-than-life drawings, with 8 models to reproduce in a modern style, so that intermediate to advanced artists can acquire the fundamentals before embarking on their own creations!

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

A YEAR OF DRAWING

How can beginners improve their drawing skills? By practicing every day! In each title, an experienced author offers simple drawing models to start with, then increasingly complex ones to reproduce, thanks to clear step-by-step.

Hardcover / 20 x 16 cm or 23 x 22.5 cm / 368 pp / €22.50 to €24.95
3 available titles



NEW

365 Easy Manga to Draw
D. Dao Ngam



NEW

365 Easy Characters to Draw
L. Herzog

THE EMBROIDERER'S ALBUMS

A gorgeous series to highlight the work of prestigious embroiderers! 20 charts per book easy to follow thanks to the big size. Lovely photos of the embroideries.

Hardcover / 21 x 29.7 cm / 80 pp / €23.00
11 available titles



A Stroll in the Countryside
P. Samouïloff



Seaside in Cross-Stitch
V. Enginger

THE NEEDLECRAFT HANDBOOK

The ideal gifts 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 to €14.95
4 available titles



The Knitting Handbook
M. Mathieu



The Macramé Handbook
C. Bayol-Lavoux



HOW TO UPCYCLE CLOTHES

By E. Procopiou

As more and more people are concerned about their consumption, upcycling is a great way to avoid throwing away clothes. This comprehensive guide to clothes upcycling explores various techniques (natural dye, embroidery, sewing, crochet...) in 16 inspirational projects.

Softcover with flaps / 21 x 29.7 cm / 112 pp / €19.95

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
7 available titles



First Steps in Upcycling Sewing
A. Gayal



First Steps in Circular Knitting
K. Chui

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
8 available titles



Adorable Animal Families



Adorable Picnic



CREATIONS IN SINGLE CROCHET

By Avril Crochett' prod.

With single crochet stitch, the possibilities are infinite! 20 fresh and original accessories and home decoration projects accessible to beginners, together with a lexicon of different stitches to explore for more experimented crocheters.

Softcover with flaps / 19.5 x 24 cm / 112 pp / €19.95

SEWING MASTERCLASS

New series

Each title, conceived as high-quality lessons by an expert, focuses on the making of an iconic wardrobe piece. Every topic is covered (fabric selection, finishing, pattern fitting, etc.), and some focuses on specific techniques provide intermediate sewers with advanced information.

Softcover with flaps / 20 x 25 cm / 80 pp + 2 real-size pattern boards / €19.95
2 available titles



Shirt
L. Guyet



Trench Coat
L. Ripoll

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
5 available titles



Crochet Clothes and Accessories for Beginners
J. Saint-Joanis



Knitting for Beginners
B. Jaglin



HOW TO SEW COMFORTABLE LINGERIE
By P. Aubeau, J. Guelennoc & B. Vives

This practical guide reviews all the techniques necessary in sewing lingerie and shows how to make 10 comfortable everyday models (all accessible to beginners) with modern, feminine lines and good support.

Softcover with flaps / 21.5 x 25.4 cm / 96 pp + 2 real-size pattern boards / €16.95



THE BIG BOOK OF STYLISH SEWING
By S. Blondeau, C. Eve & L. Eve

46 sewing projects of accessories and decorative items presented in step-by-step, accessible to beginners, with nice and original finishing touches for more advanced needlecrafters.

Hardcover / 24.5 x 25 cm / 192 pp / €27.95



JUMPSUIT
By I. Laurie

2 jumpsuit models available in 4 different versions, with numerous modular details (leg lengths, sleeves, collars, belts, pockets): dozens of possible combinations! The models, designed to suit all seasons and occasions, offer ambitious projects with step-by-step photos for intermediate to advanced sewers.

Flexibound / 20 x 26 cm / 96 pp
+ 2 real-size pattern boards in a pocket / €19.95



MY BESPOKE WARDROBE
By C. Auzou

Clear guidance to sew a complete wardrobe (17 garments: blouses, dresses, skirts, or coats). The mix-and-match approach lets intermediate sewers create models with a multitude of options and variations for each piece, along with explanations on how to adapt them to one's body shape for unique and well fitted outfits.

Hardcover / 21.5 x 25.5 cm / 176 pp
+ 5 real-size patterns boards in a pocket / €32.00



MY FIRST WARDROBE
By A. Gayral

Specially designed for beginners, this book features 15 models to create a complete wardrobe. Skirts, camisoles, trousers, sweatshirts 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 pattern boards / €25.00



A WARDROBE FROM FABRIC SCRAPS
By S. Houlbert

The question of the use of the fabric scraps is common to all sewers. Here is an original method to assemble different scraps to make new fabrics and clothes or accessories, with a graphic approach. Three kinds of models, according to the size of the scraps, to make 14 unique projects!

Softcover with flaps / 20 x 25 cm / 136 pp
+ 2 real-size double-sided pattern boards / €27.50

NATURAL CRAFT

Amazing projects with clear step-by-step photos to create unique home decoration objects or boho accessories. A fresh and modern approach to timeless techniques!

Hardcover / 19.2 x 26 cm /
144 to 160 pp / €17.95 to €19.95
3 available titles



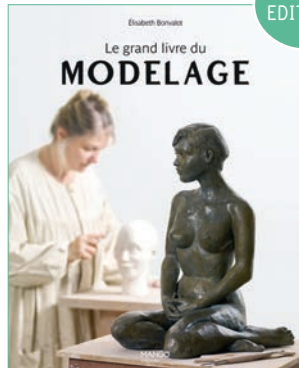
Boho Macramé
V. Pugliesi



Macramé Plant Hangers
V. Pugliesi



Boho Basketry
Marion • *Vannerie d'exploration*



NEW EDITION

THE BIG BOOK OF MODELING

By E. Bonvalot

A reference book to master modeling thanks to 10 realizations explained in step-by-step photos (the human body, a little girl, a cat...) that explore the main modeling techniques with a growing level of difficulty.

Hardcover / 23 x 28.5 cm / 144 pp / €27.50



NEW EDITION

CANING AND RESEATING

By C. Lahalle

Aimed at expert crafters wishing to achieve the dexterity of a true professional, this is a must-have practical and precise reference book on an unchanged craft technique for restoring stools, chairs, and armchairs.

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



THE AUTONOMOUS HOUSE

By T. Chartrain & P. Veronneau

A comprehensive guide, written from the authors' own experience, to build a fully autonomous home: water, heating, electricity, but also food with a productive greenhouse and a vegetable garden.

Softcover / 17 x 22 cm / 192 pp / €19.95



BUILDING OUT A CAMPERVAN

By L. Regior & P. Weissbeck

Precious advice, practical information and tips to build out a campervan: how to plan the space, choose the material, furniture, install electricity and water,... with an eco-friendly and economical approach, by two experienced vanlifers!

Softcover / 17 x 22 cm / 176 pp / €18.95



A GUIDE TO HOME REPAIRS

By Le café des bricoleurs

A problem with the fridge or the iron, a leaking faucet? This handbook presents 40 common failures that can be easily and safely fix up without a pro!

Softcover / 16 x 22 cm / 112 pp / €14.95



LOW TECH

By C. Lamoureux

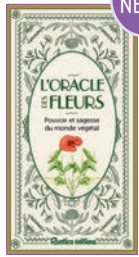
16 easy projects to save energy and become more self-sufficient regarding food, heating, cooling... All the projects are explained with diagrams and pictures.

Softcover / 17 x 22 cm / 80 pp / €14.95

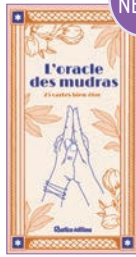
MY WELL-BEING ORACLES

These handy sets, easy to carry everywhere, include 25 cards with original illustrations and a 64-page book to learn more about the benefits of traditional practices and learn how to use the cards to improve one's well-being!

Set / 8,4 x 16 cm / 25 cards + a 64-pp softcover book / €14.95
2 available titles



Flowers Oracle
K. Jot & M. Mercier



Mudras Oracle
C. Tanguy & M. Kieu

ORACLE CARDS

Wondering about one's current situation, romantic future or professional life? These beautifully illustrated oracles offer guidance in everyday life and in life's big moments.

Set / 10 x 12.5 cm / a 64-pp wire-stitched booklet + 30 cards / €18.50
2 available titles



Love Oracle
Fleurs De Lune & Jolane



Stars Oracle
Morgane Cœur & Âme & B. Gautier

ORACLE BOX

Inside each of these pretty boxes are 40 benevolent, positive and inspiring messages to be drawn each day. Great gifts for oracle addicts!

Cylindrical box / 9 x 9.8 cm / 40 cards / €11.95
5 available titles



Messages from My Totem Animals
P. Regnicoli



Messages from My Angels
S. Gentil

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
4 available titles



Merlin's Oracle
M. & S. Mottet



Witches Knowledge Oracle
P. Hearts & L. Bossuet



MY ORACLE BOOK
By N. Myara

A magnificent grimoire for an easy bibliomancy practice! Each page offers several messages to be read together or separately, depending on the intention. An original oracle with a multiple approach to benefit from different readings of the draws.

Hardcover / 11.5 x 17 cm / 128 pp / €15.95



THE WITCH'S DICE
By A.-S. Casper & L. Bossuet

A beautiful box including 5 dice adorned with magical symbols and a 48-page booklet to interpret every throw. An original and easy approach to divination!

Set / 13.4 x 20.3 x 2.5 cm / a 48-pp wire-stitched booklet + 5 dice / €16.95



THE GOOSE GAME ORACLE
By N. Myara & A. Thill

Beyond its playful aspect, the Goose Game was originally a divinatory game. People curious about their future must roll the die to see what the coming days, weeks and months have in store for them, thanks to an explanatory booklet to help them understand each square, its symbolism and interpretation.

Set / 13.4 x 20.3 x 2.5 cm / a 48-pp wire-stitched booklet + 2 paws + 2 dice + 1 board / €16.95

Best-selling
series

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
14 available titles



Protection Rituals
R. de Geetere

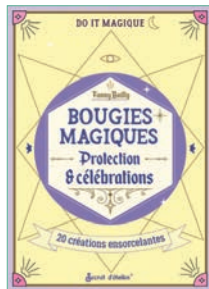


Preserving My Vital Energy
C. Chermeux

DO IT MAGIC

20 DIY projects dedicated to witchcraft per book, 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
4 available titles



Magic Candles for Rituals
F. Bailly



Purification Rituals & Smudge Sticks
F. Denis

SABBATHS

By Sorcière Box

Handbooks dedicated to sabbaths, to give key knowledge to new witches: magical recipes, spells, rituals, DIY activities, and more for successful first Sabbaths.

Softcover with flaps / 15 x 21 cm / 80 pp / €10.95
2 available titles

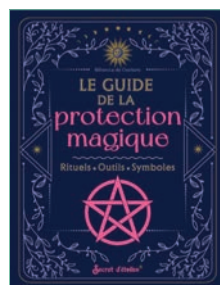


Ostara, the Great Celebration of Nature



Samhain, the Witches New Year

NEW



THE GUIDE TO PROTECTION MAGIC

By R. de Geetere

A clear guide presenting first all kind of protection tools (candles, crystals, plants, power of animals, spell...) and then specific rituals to protect spaces, oneself, objects and loved ones.

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



NEW

PLANTS OF LOVE

By S. Ribeiro

A witch, specialist of magical botanicals, invites to discover over 40 plants, all natural aphrodisiacs. She gives advice on cultivation, shares her therapeutic knowledge, and reveals her recipes, potions, and love rituals. An initiatory journey through the power of plants to experience a magical sexuality!

Softcover / 18 x 25.5 cm / 160 pp / €21.95



A WITCH BALCONY

By C. Chermeux

Modern and urban witches will find all the techniques and useful advice to grow magical plants and make remedies or magical tools from them (smudge sticks, incenses...).

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



NEW

SHAMANIC HERBALISM

By M. Brentegani & C. Curt

In this well-documented and illustrated guide, the author gives techniques for a natural encounter with the visible and invisible worlds of plants. An invitation to discover 7 medicinal plants in all their dimensions, to learn more about their energetic dimension and their consciousness.

Softcover with flaps / 18 x 25.5 cm / 160 pp / €21.95

THE MAGIC COACHING NOTEBOOKS

Playful coaching notebooks with exercises and advice to develop one's magic potential, with detailed tools to specifically work on each subject.

Softcover with one flap / 17 x 24 cm / 64 pp / €9.95

7 available titles



The Witch Mum
F. Denis



The Feminist Witch
M. Morrigan



Heal Your Feminine Energy
B. Chaumeil



Numerology
A.-S. Casper



THE MAGICAL POWERS OF THE CAT
By A.-S. Casper

An esoteric approach to the cat to better relate to one's pet and its energy. Clear explanations and magical rituals to discover the 7 great magical powers of the cat!

: Hardcover / 18 x 25.5 cm / 176 pp / €24.95



REVEAL THE TANTRIC WOMEN
By K. Jot & A. Alzieu

Tantra is an ancient spirituality that advocates an inclusive, universal, and holistic vision of love. The tantric woman knows herself, loves herself and loves unconditionally. A Kundalini yoga and meditation teacher presents 30 sacred practices and rituals to activate one's energies and live in acceptance and mindfulness.

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



MAGNETISM: A REFERENCE BOOK
By A.-S. Casper

Thanks to this ultra-comprehensive book, everyone can practice magnetism on themselves, humans, animals, and plants. A reference guide to developing one's energetic power!

: Hardcover / 18.5 x 24 cm / 336 pp / €29.95



TWIN FLAMES
By C. Tesnier

A practical book to help readers understand the complexity of twin flames and how they differ from soulmates thanks to an intuitive coach. Clear and detailed explanation of whether they are in the presence of their twin flame, and how to merge with or separate from it.

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



THIRD EYE AND PINEAL GLAND
By S. Stulzaft

A clear book to discover the pineal gland, the seat of the intuition and inspiration, arousing curiosity of scientists. The author gives keys, methods, and natural remedies to take care of it, together with advice to develop one's intuition.

: Softcover / 14 x 21 cm / 120 pp / €12.95



AURA UNDERSTANDING AND HARMONIZING
By N. Myara

A practical guide to learn how to perceive, understand and, eventually, regenerate auras and their seven energetic layers.

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

UNDERSTANDING YOUR CHILD

Original practical guides for parents to understand and help their children thanks to ancestral knowledge and traditions.

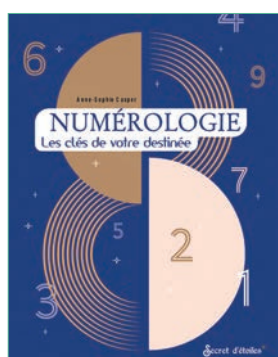
Softcover / 17 x 22 cm / 144 to 160 pp / €14.95 to €17.95
3 available titles



Understanding Your Child Thanks to Astrology
P. Regnicoli



Understanding Your Child Thanks to Numerology
E. Cardon

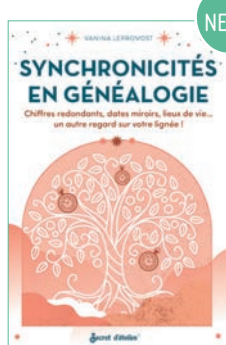


NUMEROLOGY – THE KEYS TO YOUR FATE

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



SYNCHRONICITIES IN GENEALOGY

By V. Leprovost

Synchronicities are everywhere, right down to the family tree (repeating names, numbers or dates, addresses carrying messages, etc.). The author brings an enlightened and different look at genealogy to learn how to decipher signs arising in one's lineage to better enlighten, guide and make people think about their life path.

Softcover / 14 x 21 cm / 176 pp / €14.95



LUCID DREAM

By O. Cochet

During a lucid dream, the dreamers are aware that they are dreaming and may have some control on the narrative, the characters... With this book, the author gives keys to learn how to control one's dreams and use this to transform negative emotions.

Softcover / 14 x 21 cm / 160 pp / €14.95



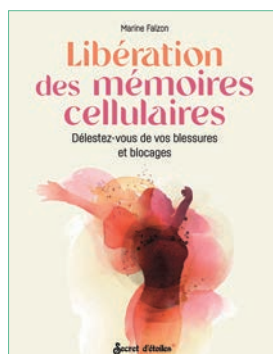
NEW

THE GUIDE TO THE ASTRAL JOURNEY

By P. Hearts

An incredible guide to understanding and practicing astral journey through simple exercises with several techniques and tips.

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



CELLULAR MEMORY RELEASING

By M. Falzon

Our cells hold back our personal, familial, and ancestral memories, that will find an expression in our actions or body aches. The author presents an energetic approach to identify the traumatic memories and heal one's soul, by transforming them into strength.

Softcover / 17 x 22 cm / 176 pp / €17.95



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



EXPRESS YOUR WISHES WITH THE LAW OF ATTRACTION

By M. Pauze

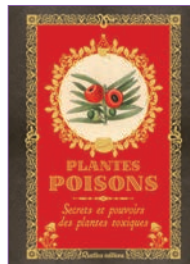
The law of attraction is the belief in a direct link between one's thoughts and facts: by efficiently using it, one's wishes can become reality. Fueled by personal accounts, the book is a tool to successfully express wishes, in between self-development and esotericism.

Softcover / 17 x 22 cm / 112 pp / €14.95

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 with foam / 11.5 x 17 cm / 144 pp / €14.95 to €15.95
18 available titles



Poisonous Plants
E. Lais



The Fabulous Herbarium
G. Xhayet



Green Magic
S. Lapointe



The Witch's Cabinet of Curiosities
D. Crolle-Terzaghi

SECRET MESSAGES FROM NATURE

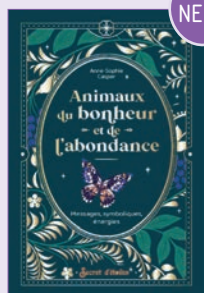
By A.-S. Casper

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

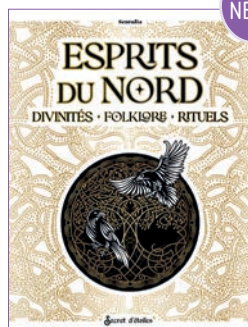
Hardcover / 12 x 17.4 cm / 112 pp / €13.95
3 available titles



Messages from the Birds



Animals of Happiness and Abundance

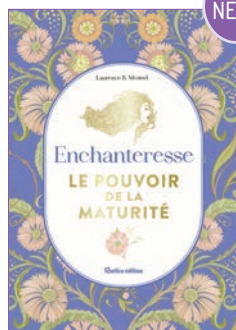


NORTHERN SPIRITS

By J. Lagoardette

This complete and unique guide results from extensive research, studies and practice by a craftswoman specializing in Scandinavian mythology. An incredible dive into the traditions of the North: Scandinavian deities, celebrations, rituals, and esoteric practices at the rhythm of the months.

Hardcover / 18.5 x 24 cm / 288 pp / €27.00



ENCHANTRESS, THE POWER OF MATURITY

By L. B. Mestrel

This book explores the different facets of the mature woman and offers exercises, rituals, meditations to celebrate the experience. A beautiful gift book to honor the woman, her body and her spirit in her natural journey towards maturity.

Hardcover / 18 x 25.5 cm / 160 pp / €24.95



BURY THIS NOTEBOOK!

By D. Lalande

Here is a creative way to get rid of gloomy thoughts (bad memories, obsessions, toxic relationships...): the reader is invited to fill in this secret notebook by writing, drawing, scribbling, before burying it to transmute the negative into positive!

Softcover / 14 x 21 cm / 96 pp / €9.99

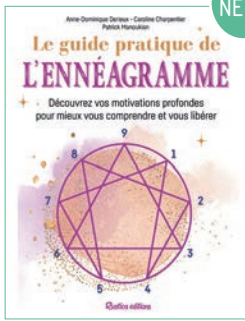


MERLIN

By M. & S. Mottet

Merlin the druid, the magician, the Mage of the Forests, but also the hermit, the madman, the bear of Broceliande... this beautifully illustrated book allows readers to discover the many facets of this legendary character. A beautiful poetic and mysterious book!

Hardcover / 18 x 25.5 cm / 192 pp / €24.95



NEW

THE PRACTICAL GUIDE TO THE ENNEAGRAM

By A.-D. Derieux, C. Charpentier & P. Manoukian

The enneagram specializes in the study of the imbalance in everyone's perception of oneself and the world, which biases, and filters reality. This practical book will allow readers to get to know themselves better and to evolve personally and professionally.

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



NEW

THE POWER OF CONNECTIONS

By R. Zuili

In this didactic and benevolent book, which highlights the importance of emotions in relationships, a psychologist offers accessible practical tools and exercises to help readers understand their feelings, manage them every day and reduce the feeling of loneliness.

: Softcover / 15 x 21 cm / 160 pp / €14.95



NEW

HAPPINESS, LIVING MINDFULLY

By C. Boursset

A complete guide to accompany readers towards happiness in a practical way, by providing natural methods: yoga, tai chi, acupressure, breathing, herbal medicine, diet... Well-being techniques to solve many ailments that prevent access to happiness!

: Hardcover / 18.5 x 24 cm / 224 pp / €29.95



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



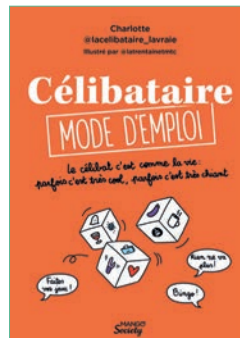
NEW

HOW DO WE LOVE EACH OTHER

By Y. Benaben & L. Delavier

Under a rather light tone, this book offers keys to recognize toxic relationships and build healthy ones. An essential book for all young people or those suffering because of their relationships.

: Hardcover / 16.5 x 16.5 cm / 144 pp / 14.95



A GUIDE TO BEING SINGLE

By Charlotte @lachelibataire_lavraie

A modern and funny look at single life, to live it well whether it is short or long, chosen or suffered... Through shared life experiences, the author highlights the opportunities at being single: the best time to know oneself, get out of one's comfort zone, meet new people, make new projects...

: Softcover with flaps / 17 x 24 cm / 176 pp / €15.95

New series

SEXPLORING

The perfect series for people looking for guidance on their sexuality to find the right balance and blossom fully. Practical guides without taboos, accessible, with practical answers easy to follow and test out!

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

4 available titles



NEW

Sexploring Your Desire

Masha Sexplique, D. Deswarte & Troty



NEW

Sexploring Your Penis

Masha Sexplique, L. Blécot & Troty



NEW

Sexploring Without Pains

Masha Sexplique, J. Schleiffer & Troty



NEW

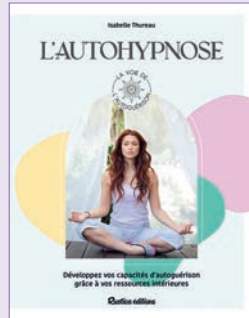
Sexploring After Pregnancy

Masha Sexplique, M. Bonnet & Troty

THE WAY TO SELF HEALING

Anxiety, pains, insomnias, grief, tiredness can be softened or treated by non-pharmacological methods. This series has a holistic approach of health, with alternative methods to stimulate the capacities of the body to regenerate to heal the body and mind.

Softcover with flaps / 17 x 22 cm / 96 pp / €11.95
3 available titles



Autohypnosis
I. Thureau



Acupressure
C. Tanguy



Reiki
L. Hocquigny

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



Blossoming as a Highly Sensitive Person



Taming My Stress

ZEN CASE FOR ADULTS

A lively series to take care of oneself easily and efficiently, with a simple principle: a booklet explains the goals and techniques used, and each of the 30 cards presents an illustration and an original exercise.

Case / 12 x 18 cm / 30 cards + a 24-pp booklet / €15.00 to €15.95
7 available titles



My Self-Massage Ritual
Y. Bligny & L. Stefano



The Power of Feelings
M. Gayet & M. Montmureau



KOREA'S BEAUTY
By R. Frély

In this practical and illustrated handbook, the author takes women on a journey to the four corners of Korea to discover rituals and routines of Korean women: beauty care, food and well-being.

Hardcover / 18 x 24 cm / 120 pp / €24.95



HELLO ANXIETY
By M. Coiffard & M. Villette

Anxiety is a natural feeling that can affect anyone. This book allows readers to understand the feeling and learn how to manage it. A didactic and benevolent approach to talk about mental well-being.

Softcover / 17 x 24 cm / 160 pp / €16.95



SACRALIZING YOUR DAILY LIFE
By S. Stulzaft

How would we act considering our body and our environment as sacred? The author, a naturopath, developed a brand-new approach to life to add meaning and beauty in daily actions: taking care of our home (sacred refuge), of our body-temple (food, breathing, mindfulness...), and reconnecting to nature (natural cycles, contemplation, gratefulness).

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

LIVING WITH

Each title is the illustrated account of the author's experience and difficult journey, brought to life with humor and lightness, to understand the diagnostic wanderings, prejudices associated and reality of their diseases. The content is completed by specialized doctors, providing medical details and explanations.

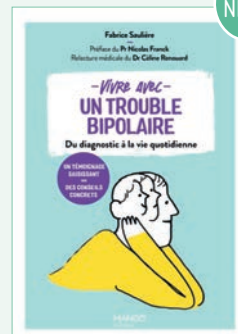
Softcover with flaps / 17 x 24 cm / 160 pp / €16.95
3 available titles



Living with a Chronic Pain
C. Dubois, D. Holler
& Dr. M. Lévêque



Living with Deafness
R. Panel, B. Fernandez
& Dr. N. Loundon



Living with Bipolar Disorder
F. Saulière, N. Franck
& M. Barraud

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
MaY Fait Des Gribouillis
& Dr. M. Even



Once Upon A Time... My Lipedema
C. Fourneau, Dr. L. Vaillant
& MaY Fait Des Gribouillis



CARE FOR THE COUPLE'S FERTILITY

By A. Roës

A guide for couples wishing to start a family, looking for natural tips to put the odds on their side. Accessible information to better understand how their body works, practical advice for taking care of it and boosting their fertility: everything for a successful baby project!

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



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 / 224 pp / €19.95



GETTING THE UPPER HAND OVER ENDOMETRIOSIS

By B. Flory

This practical guide about endometriosis, a chronic illness without specific cure, offers a holistic approach to give keys to women to find a balance to better live with it. The author presents natural approaches, through the power of food, acupuncture, naturopathy, ayurveda, breathing, meditation...

Softcover / 17 x 22 cm / 176 pp / €17.95



NEW

THE GUIDE TO PERIMENOPAUSE

By V. Boissière & P. Perrolet

This guide offers a practical approach to perimenopause, the entire process from the transition period preceding menopause to post-menopause, favoring simple and natural solutions, but also mentioning medical options (hormonal treatments), with a strong opening towards societal issue.

Softcover / 17 x 24 cm / 160 pp / €17.50



NEW

THE GOLF HANDBOOK

By A. Le Gall

A beginner guide to golfing, including a presentation of the essential material and basic techniques to train and improve one's game (how to hit a draw, the golf course, but also rules and etiquette...).

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



NEW

MOVE!

By T. Vincent

An osteopath, also a physical trainer, presents in this guide more than 50 exercises with little or no equipment to stay in shape and in good health! Guided sessions with multiple benefits: prevention to gain mobility, healing to treat pain and joints, fitness, muscle, and joint strengthening!

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

SUPER EASY!

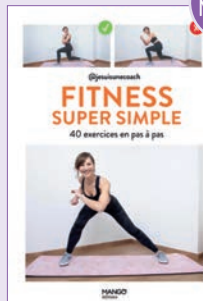
Over 40 exercises per title, clearly explained in step-by-step photos, to improve one's strength and flexibility at home, and relieve common pains! For each pose, the author highlights the common mistakes for a safe practice.

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



NEW

Super Easy Facial Self-Massage
F. Pelletier



NEW

Super Easy Fitness
@Jesuisunecoach



NEW

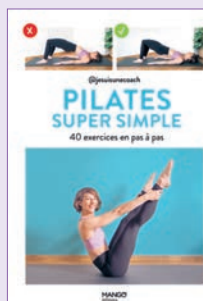
Super Easy Pain-Relieving
C. Ferré & J. Pigerol



Super Easy Body Postures
C. Ferré & J. Pigerol



Super Easy Core Strengthening Exercises
A. Lebkowski



Super Easy Pilates
@Jesuisunecoach



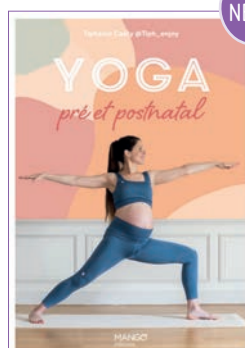
NEW EDITION

THE BIG BOOK OF YOGA

B. Burgi, S. Cossé
& Y. Tardan-Masquelier

Two Hatha yoga teachers developed an all-comprehensive program of weekly practice over a year with 52 sessions, clear texts illustrated by drawings and pictures to master more than 250 postures... at home! A complete guide accessible to all for an initiation or in addition to yoga classes!

: Softcover / 23.5 x 28.5 cm / 208 pp / €24.95



NEW

PRE- AND POST-NATAL YOGA

By T. Caillly

During pregnancy, the body changes along with specific discomforts and pains. With these 40 pre and postpartum exercises and their variations, in step-by-step photos, mothers will be able to better understand their changing body, for their greater well-being during and after pregnancy!

: Softcover / 17 x 24 cm / 144 pp / €14.95



THE ILLUSTRATED GUIDE TO SURFING

By B. Caraës, K. Brandily & L. Stefano

A targeted guide for beginners including the selection of the right equipment, weather knowledge, choice of surfing spots, rules, basic and more advanced maneuvers, with clear photos and illustrations.

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

PRACTICAL ADVICE FOR PARENTS

A series developed by three speech therapists for parents to support their children with learning difficulties, through games and playful exercises.

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



Concentration Games & Activities
S. Lambert

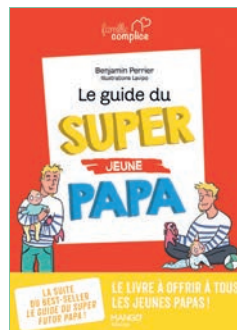


Math Games & Activities
G. Bynen-Journo

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 Future Dad's Guide
B. Perrier & Lavipo

BEST-SELLER



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



THE BIG BOOK OF LITTLE ZEN RITUALS

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

Over 100 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



NEW

THE BIRTH OF A MOTHER

By E. Simonet & J. Maurice

As post-partum is an intense period for new mothers, the authors, inspired by the specific experiences of many women, gives keys to understand at best the changes at stake and to help women to become mothers.

- Softcover with flaps / 17 x 24 cm / 176 pp / €18.95



PLAYFUL ACTIVITIES TO CALM DOWN

By P. Pavy & K. Calvez

This innovative book offers body and sensory awakening exercises to calm and channel children from 2 to 6, as well as parents! A dynamic and realistic approach that should appeal to all parents!

- Softcover / 17 x 24 cm / 144 pp / €14.95



NEW

IMPERFECT BUT HAPPY!

By V. De Minvielle

A psychologist answers all the questions of mothers to help them be who they want to be and reconcile all facets of their lives based on their deep aspirations! An essential book to help mothers gain self-confidence and understand the perfect mum is an illusion!

- Softcover with flaps / 14 x 21 cm / 136 pp / €14.50



THE BIG BOOK OF YOGA FOR FAMILIES

By S. Vinay & A. Gouel

A practical and illustrated book offering a physiological approach of yoga to (re)learn how the body works and to (re)connect to it. 100 poses, exercises, and meditations for countless health benefits for the whole family!

- Softcover with flaps / 20 x 25 cm / 176 pp / €17.95

THE LITTLE ILLUSTRATED DECODER

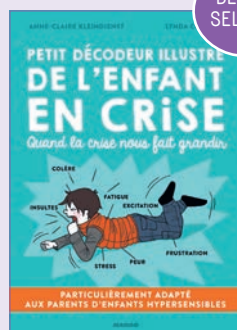
By A.-C. Kleindienst & L. Corazza

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

BEST-SELLER

YOU'RE GROWING, LET'S TALK!

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
6 available titles



Social Networks
B. Perrier & Lavipo



Stress
E. Hilt & M. Denturck



Love, Friendship & Sexuality
E. Hilt, V. Baranska & S. Jolys



Self-Confidence
E. Hilt, A. Missoffe & M. Denturck

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 Let Go without Letting Your Child Go?
B. Humbeeck & C. Girard



How to Deal with Sibling Rivalry?
B. Humbeeck



MUSIC AWAKENING

By I. Géraud & E. Marty

Written by a musician for parents of toddlers, this book presents the numerous benefits of music awakening (communication skills, self-confidence, sensitivity to arts...), together with easy activities (activities for 0 to 2 and 3 to 5, DIY musical instrument).

Softcover with flaps / 18 x 24 cm / 192 pp / €18.95

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 to €18.95
3 available titles



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



Understanding the Child with Learning Disorders
S. Renon & A. Piau



A COMPREHENSIVE GUIDE TO PRESERVING

By J. Gis & L. Boiogo

Written by a self-sufficient couple, this comprehensive guide covers all the preservation techniques (vinegar, salt, sugar, oil, lacto-fermentation...) to optimize the harvest and enjoy it all year long.

Softcover / 18.5 x 24 cm / 192 pp / €22.95



NEW

COLD MEATS

By F. Pairon & A. Chemin

A gift book on homemade deli meats featuring 60 recipes, step-by-step photos, advice on choosing the right ingredients, stories on farmers butchers, and grocers with photographs... A reference book by a delicatessen professional!

Hardcover / 18.5 x 24 cm / 240 pp / €32.00



NEW

FEASTS TO SHARE

By P.-L. Viel & V. Drouet

A cooking reference book reviewing about 200 scrumptious recipes for starters, main courses and desserts that will easily become signature dishes. The essential book for successful meals: conviviality, generosity and delicious recipes guaranteed!

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



WORLD COOKING IN 4 INGREDIENTS

Collective Work

150 recipes of starters, main dishes, and desserts from the world (Japanese, Italy, Portugal, Lebanon, Thailand), easy to make in only 4 ingredients. A great way to revamp daily cooking with international food!

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



NEW

CAKES!

By P.-L. Viel & V. Drouet

A mouth-watering book featuring about 150 must-try recipes for cakes in all forms (large, individual, tarts, clafoutis, crumbles, for celebration, travel, cakes, etc.). Authentic and generous gourmet recipes to share without guilt!

Hardcover / 19 x 24.5 cm / 144 pp / €24.95



NEW EDITION

CHRISTMAS CAKES & COOKIES!

By M.-L. Tombini

A visual method in 4 levels: easy, advanced, expert, like a chef to prepare recipes to tantalize the taste buds and practice essential techniques (icing, gingerbread, buttercream, etc.)!

Hardcover / 18 x 24 cm / 288 pp / €15.00



NEW

WORLD FINGER FOOD

S. Mahut

Here's a world tour of finger food in 80 recipes to get off the beaten track! Quick and easy recipes for original pre-dinner time around a particular country, which can be mixed and matched to be full of flavors from the 5 continents.

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



THE BIG BOOK OF MIDDLE EAST COOKING

Collective Work

Generous meze, soups, breads, meat, fish, desserts and drinks, this gift book is a beautiful journey into the Middle East cooking in 180 recipes from 12 countries! From the basics and the ingredients to detailed recipes with photos and cultural information, a must-have book!

Hardcover / 23.2 x 31 cm / 288 pp / €31.95



WILDCRAFTING IN FOREST

By M. Luchesi

A practical guide to recognize 44 species, to harvest according to the seasons: detailed description of each plant to easily recognize it, tips on how to pick it, information about its benefits and taste together with a recipe.

: Softcover / 17 x 22 cm / 112 pp / €12.95



NEW

THE ULTIMATE ADVENTURER'S GUIDE

By D. Tribaudeau

The essential guide summarizing all the essential knowledge for an adventurer: orientation, identification of plants, bivouac, first aid...

: Softcover / 17 x 24 cm / 256 pp / €24.95



SURVIVAL, NATURE AND ME

By M. Berthon

A guide to soft survivalism, aiming at reconnecting to nature and oneself through self-sufficient experiences (sleeping in a bivouac, cook wild edible plants, find water, find one's bearings...).

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



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 BEEKEEPER PRACTICAL GUIDE

By G. Fert

An expanded edition of a reference book for beginner beekeepers! The guide includes 100 step-by-step instructions with over 500 photos on all the important steps (installing the hive, predators, harvesting honey, introducing the queen...), with the advice of a professional beekeeper.

: Softcover / 19.5 x 24 cm / 224 pp / €22.95

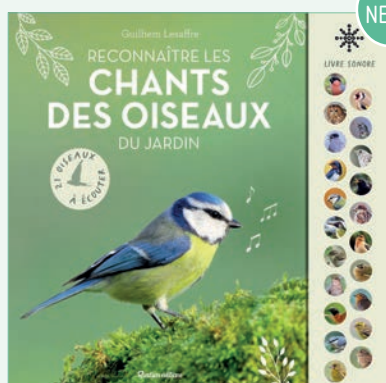


MY WILD GARDEN

By M. Viard

The garden is a shelter for biodiversity, especially in suburbs. This guide aims at making a review of the plant and animal wildlife in the garden and giving keys to make changes and arrangements to favor biodiversity.

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



NEW

RECOGNIZING THE SONGS OF GARDEN BIRDS

By G. Lesaffre

An all-in-one book to listen directly to the songs of 21 birds (15 seconds each) by pressing on their portrait and informative texts to recognize them and understand their behavior. A great gift for nature lovers!

: Boardboard / 25 x 25 cm / 42 pp / €22.50



NEW

LIVING WITH HUMANS – WHAT CATS HAVE TO SAY

By E. Gajewski

This book is an invitation to change one's point of view, to put oneself in the cat's shoes for a better understanding of its behavior. After a reminder of the cat's basic needs, the author invites to develop one's intuition to refine the bond with the pet. The ideal book to become a perfect human companion!

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



VEGETALIZING YOUR INTERIOR

By M. Erlick

Whether in a small flat or a big house, this book gives precise and playful advice on how to make gardening super easy, as well as tips to easily and successfully grow indoor plants, even for those who don't have a green thumb!

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



MY BALCONY THROUGH THE YEAR

By M. Erlick

In cities, any outdoor space (from a window railing, entrance steps to a terrace) can be a green space all year long. Season after season, the author gives all the tips and techniques making gardening super easy (selection of adapted plants, prevention and treatments against pests...), with lovely photos to inspire readers!

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



MEDICINAL PLANTS ON THE BALCONY

By E. Gaignard & X. Mathias

For daily little ailments (tiredness, loose cough, digestion...), medicinal plants are natural allies. The authors present about 30 plants, easy to grow on a balcony, together with their benefits for the health and recipes to make natural cares and herbal teas.

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



SAVING SEEDS IN THE GARDEN

By F. Faury & L. Renault

Buying seeds each year can be expensive when saving seeds from the garden to replant them or offer them to friends is accessible to anyone, though it can be technical to avoid hybridization according to species. The authors explain here how to save and keep seeds from 50 different plants, vegetables, flowers, trees...

: Softcover / 17 x 19 cm / 80 pp / €10.95



A VEGETABLE GARDEN ALMOST WITHOUT WATER

By J.-Y. Meignen

With recurrent droughts and water cuts during Summer, saving water is a growing question for the gardener. In this practical guide, the gardener will learn how to improve water retention of the soil, use mulching, add shadow with specific plants.

: Softcover / 17 x 19 cm / 80 pp / €10.95



VEGETAL SPIRIT

By C. Vanhoorne

A modern and colorful miscellany for houseplants lovers, including plant's needs, detoxing powers, must-have plants according to each specific places, colors, leaves, DIY...

: Softcover with flaps / 18 x 25.5 cm / 160 pp / €19.95

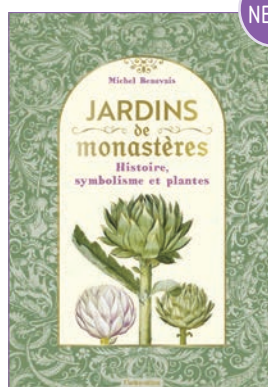


GARDENING BY THE MOON 2024

By Céleste

All the key advice to understand how the Moon influences the soil and plants to plan day-by-day gardening activities; includes a lunar calendar poster and detailed information on when to plant and harvest different flowers, fruits, and vegetables.

: Softcover with flaps / 16 x 22 cm / 120 pp / €9.95



MONASTERY GARDENS

By M. Beauvais

A beautifully illustrated book on the history of medieval gardens established around monasteries, combining food crops and natural remedies, with the presentation of 25 essential plants. A historical, philosophical, and spiritual approach.

: Hardcover / 18 x 25.5 cm / 144 pp / €24.95

TRUE STORY

In these game books, the readers take control of the story by making their own choices which will lead to several adventures and at least 10 possible endings! The books include at the end information on the true story which inspired the fiction.

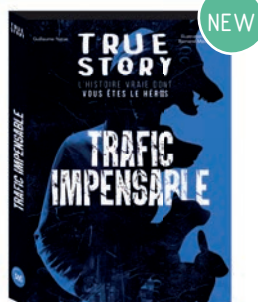
Softcover / 15 x 21 cm / 272 pp / €15.99
6 available titles

New series



The Missing Girl from the Lucil Hotel

G. Saint-Martin & R. Mendes



Pet Smuggling

G. Natas & R. Mendes



A New Little Sister

V. Cluzel & J. Colle



The Missing Guardians

A. Millot & J. Colle



ROLE PLAYING BOOK – THE YAROSOS COMPANY

By A. Hilt & Goodsolhm

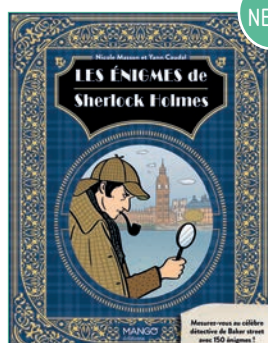
1 book, 2 complete and illustrated ready-to-play scenarios with a medieval fantasy theme, 16 detachable pages with playing cards for an amazing experience! Everything for a successful introduction to role-playing!

Hardcover / 17 x 22 cm / 160 pp / €19.95

ENIGMAS

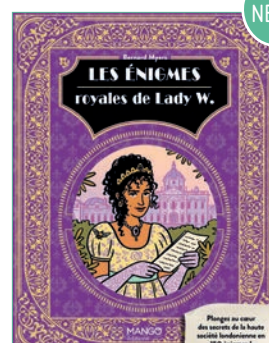
Unique and original game books to solve 150 enigmas, split into 10 themed chapters, on a particular universe. A series to challenge one's mind!

Hardcover / 17 x 22 cm / 208 pp / €14.95 to €15.95
4 available titles



The Riddles of Sherlock Holmes

N. Masson & Y. Caudal



The Royal Riddles of Lady W.

B. Myers

ESCAPE GAME JIGSAW

The players first assemble the jigsaw following the instructions of the booklet. Once the first part is assembled, they must solve the puzzle hidden in the details of the illustration to continue. After 3 stages, the player has access to the ultimate enigma and the final illustration!

Box / 14 x 21 x 5.3 cm / a 12-pp booklet + 500 pieces + 1 leaflet / €14.95
2 available titles

New series



The Treasure of the Pyramid

M. Vives, R. Prieur & M. Mottet



Ghost Hunting

M. Vives, R. Prieur & L. Dessertine

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
6 available titles



An Accident on the Ski Trail

V. Cluzel & J. Dubost



The Sabotage of The Explora Vessel

A. Millot & J. Ressot



WHAT IF THE VIKINGS HAD COLONIZED AMERICA?

By V. Cluzel

The readers make their own choices throughout the book to advance in the story with more than 16 different possible endings. An uchronia based on real facts with fictitious, humorous, and unusual interpretations.

: Hardcover / 14 x 21 cm / 256 pp / €14.95

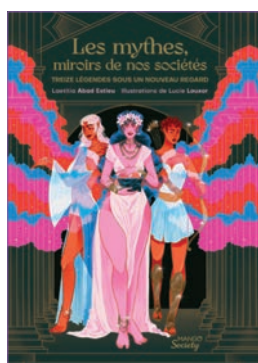
MYTHS

By L. Abad Estieu & L. Louxor

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 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

2 available titles



Myths, A Mirror for Our Society



Legends and Myths from the North

DAILY DISCOVERIES

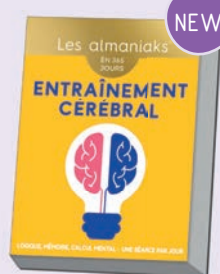
365 days to stimulate the brain cells, explore new flavors, discover new knowledge, for a stimulating year!

: Softcover / 11 x 14.5 cm / 640 pp / €12.99

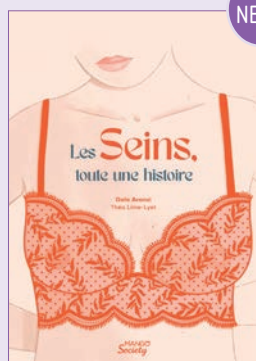
11 available titles



Everything to Know about Whisky
J. Stan



Brain Training
P. Sablons



BREASTS, A STORY

By G. Avanzi & La Renarde Bouclée

A story of women, of women's bodies and feminisms through the story of breasts! Two committed authors are reviewing the influences of literature, arts, sciences and religions on the perceptions of women's breasts.

: Hardcover / 17 x 24 cm / 176 pp / €23.95



WORLD TOUR IN 60 RACES

By C. Bretin

60 legendary races around the world with stories from champions and the most popular international runners in the field, with magnificent photographs of the races and breathtaking landscapes. A gift for lovers of mythical adventures.

: Hardcover / 21 x 26 cm / 160 pp / €24.95



PLANT SECRETS

By D. Richard

This beautiful book gathers both rich encyclopedic content on plants, but also serves as a practical guide to know how to use them daily. A great gift to learn all about plants and (re)discover the fantastic plant world!

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