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SPRING 2023

ADULT
BOOKS

FOREIGN

rights

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. Ripoli

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 Manga Drawing
V. H. Ta



First Steps in Manga Shonen Drawing
V. H. Ta



First Steps in Manga Shjo Drawing
V. H. Ta



First Steps in Watercolor
S. Van der Linden



First Steps in Drawing
L. Herzog

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
2 available titles



Easy Shonen



Easy Shjo

MANGA DRAWING WITH ALCOHOL-BASED MARKERS

By V. H. Ta

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

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



DIY WATERCOLOR

By M. Boudon

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

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



Landscapes in Watercolor



Flowers in Watercolor



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



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

EASY ART

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

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



Easy Drawing

L. Herzog



Easy Drawing 2

L. Herzog



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



FINDING YOUR ART STYLE

By J.-J. Dzialowski

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

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

FIRST STEPS – NEEDLECRAFTS

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

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



First Steps in Knitting
P. Moëllic



First Steps in Macrame
C. Bayol-Lavoux



First Steps in Embroidery
N. Dentzer



First Steps in Sewing
A. Gayral

THE 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

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
7 available titles



Adorable Animal Families



Adorable Pastries



500 MODELS OF BARGELLO, CANVAS PATTERNS & CO

By A. Hervé

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

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



THE BIG BOOK OF BEAD WEAVING PATTERNS

By E. Ramon

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

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

ZERO-WASTE SEWING

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

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



Zero-Waste Sewing: Mending & Darning
E. Procopiou



Zero-Waste Sewing for Celebrations
E. Lecourt

STYLISH SEWING

A unique approach to sewing with a rich content including intermediate level sewing projects, for both men and women, and knowledge about the history of clothing: beautiful books to inspire seamstresses!

Softcover with flaps / 20 x 25 cm / 128 pp
+ 2 to 4 real-size double-sided pattern boards / €27.50
2 available titles



Streetwear Inspiration
J. Brisac & A. Thomas



Workwear Inspiration
L. Ripoll



MY FIRST WARDROBE

By A. Gayral

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

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



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



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



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



MY BOHO BASICS

By C. Plaut

18 original models for any occasion (work, party, home...) with a boho spirit, chic but still relaxed. A beautiful and inspiring book for intermediate to advanced sewers looking for challenging and well finished projects, with lots of photos.

Hardcover / 21.5 x 25.5 cm / 176 pp
+ 3 real-size pattern boards / €35.00



THE BIG BOOK OF SEWING FOR BABIES

By S. Blondeau & S. Kossenko

50 adorable clothes and accessories for babies (0 to 3), from the bib, the bloomer to the sleeping bag and room's decoration. All the projects are clearly explained in step-by-step, with illustrations, diagrams, cutting plans and colorful photographs.

Hardcover / 24.5 x 25 cm / 192 pp
+ 4 real-size pattern boards / €27.95

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.

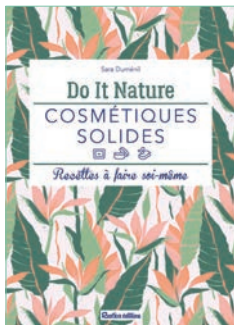
Softcover with flaps / 15 x 21 cm / 80 pp / €9.95
14 available titles



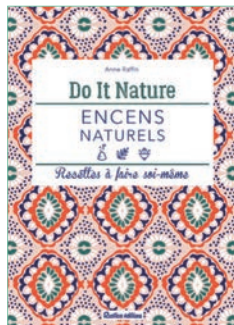
Natural Dyes
B. Pekoz-Bonnard



Plant and Flower-Based Soaps
A. Dougnac



Solid Cosmetics
S. Duménil



Natural Incenses
A. Raffin



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

Temporary cover



BUILDING OUT A CAMPERVAN

By L. Regier & 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!

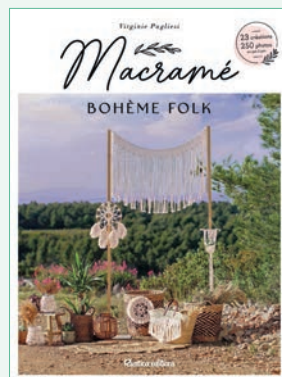
Softcover / 17 x 22 cm / 176 pp / €18.95

NATURAL CRAFT

By V. Pugliesi

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!

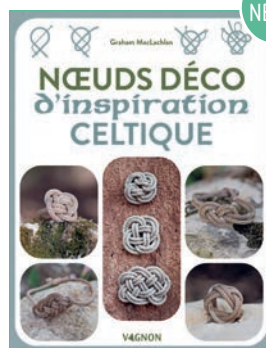
Hardcover / 19.2 x 26 cm / 144 p to 160 pp / €17.95
2 available titles



Boho Macramé



Macramé Plant Hangers



CELTIC-INSPIRED DECORATIVE KNOTS

By G. MacLachlan

An accessible handbook to make 20 beautiful projects using knots (jewelry, rugs, coaters...), inspired by the Celtic art. Each project is presented with clear illustrations in step-by-step.

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



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



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.

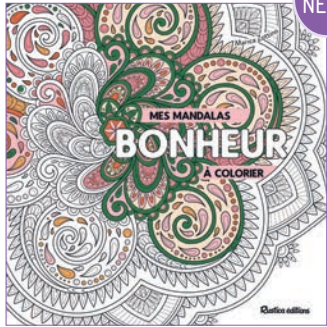
Softcover / 17 x 22 cm / 192 pp / €19.95

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
8 available titles



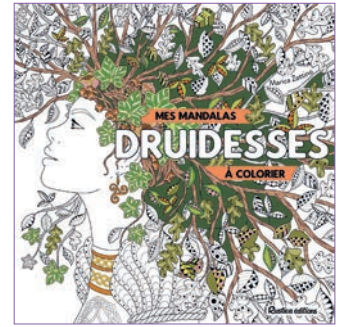
My Happiness Mandalas to Color



My Cats Mandalas to Color



My Witches Mandalas to Color



My Druidesses Mandalas to Color

ORACLES: DECK AND GUIDE BOOK

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

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



Runes and Northern Legends Oracle

M. & S. Mottet



Trees and Oghams Oracle

P. Hearts & L. Bossuet

DO IT MAGIC

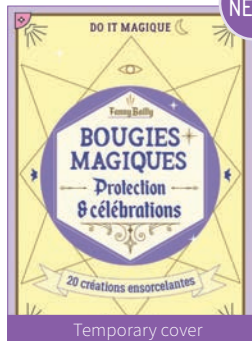
20 DIY projects dedicated to witchcraft per book, using powerful plants and gems, and associated magical rituals. Protection, purification, emotion management... great ideas to add a little touch of magic in our daily lives!

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



Purification Rituals & Smudge Sticks

F. Denis



Magic Candles for Rituals

F. Bailly

MY BOOKMARKS TO COLOR

By M. Zottino

More than 300 000 copies sold of those best-selling bookmarks to color! 43 bookmarks per pad, ready to be colored for a relaxing time.

Pad / 5 x 19 cm / 43 bookmarks / €5.95
13 available titles

Best-selling series



My Illuminated Letters Bookmarks



My Fire Birds Bookmarks



My Happiness Mantras Bookmarks



My Cats Bookmarks



DIY FOR WITCHES

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

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

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

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



Space Purification Rituals
C. Chemeux



Celebrating Full Moons
S. Ribeiro



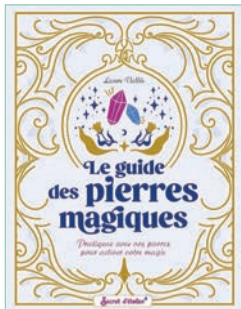
Spells and Hexes
P. Hearts



The Healing Powers of Water
O. Marangoni



Abundance and Wealth Rituals
C. Paradot



THE GUIDE TO MAGICAL STONES

By L. Vallée

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

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



A WITCH'S GARDEN GRIMOIRE

By S. Ribeiro & M. Ta

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

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



OSTARA, THE GREAT CELEBRATION OF NATURE

By Sorcière Box

A handbook dedicated to Ostara, the great Spring sabbath, to give key knowledge to new witches: magical recipes, spells, rituals, DIY activities, and more for a successful first Sabbath.

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



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

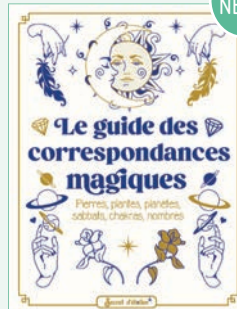


THE GREAT BOOK OF DIVINATORY ARTS

By P. Hearts

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

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



THE GUIDE TO MAGICAL CORRESPONDENCES

Collective Work

Magical correspondences linked to time, forces of universe or nature... are essential to elaborate rituals and to deepen one's practice. In this reference book, four witches share their knowledge to select gems, plants, colors, and choose the right time and place for the ritual according to one's goal (abundance, luck, protection...).

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

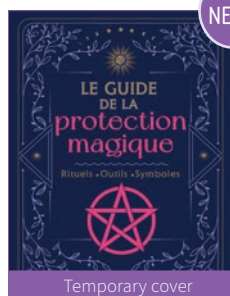


NEW

ENERGETIC RITUALS FOR MY LIVING SPACE By A.-S. Casper

35 rituals based on holistic practices (magnetism, color therapy, meditation, chakra harmonization...) to work on surrounding energies that have an influence on people and their actions, with the aim of preserving and raising one's energetic power.

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



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

THE NATURAL MEDICINES OF ANGELS By E. Monsallier

An original approach to rediscover the link between the celestial energies and the energies of nature, using it to heal the body, mind and soul. Guidance to open up to the angels and archangels, to their natural remedies for various treatments and create one's own angelic garden!

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



NEW

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



NEW

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



NEW

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

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.

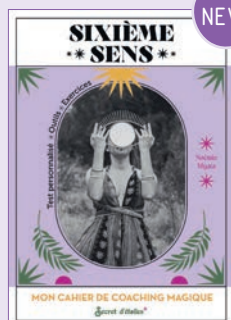
Softcover with one flap / 17 x 24 cm / 64 pp / €9.95
4 available titles

New series



NEW

The Witch Mum
F. Denis



NEW

Sixth Sense
N. Myara



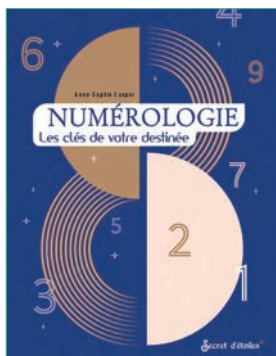
NEW

Medium
M.-N. Denis



NEW

The Divinatory Tarot
J. Providenza



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



WHAT IF MY CHILD IS SPIRITUALLY SENSITIVE?

By S. Gentil

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

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



NEW

HELPING YOUR CHILD WITH THE POWER OF CRYSTALS

By V. Davion

A practical guide for parents to help their children with emotion management, using the power of crystals, thus carrying on an ancestral knowledge and tradition.

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



NEW

UNDERSTANDING YOUR CHILD THANKS TO ASTROLOGY

By P. Regnicoli

An original approach of relationships within the family by using astrology and birth charts (containing information on who we are, our own psychology...), to give keys to parents to deeply understand their children and accompany them.

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



NEW

SACRED MATERNITY

By J. Grondin & D. Dutreix

A guide to rethink motherhood in its sacred and spiritual dimension, by offering the possibility for women to reconnect with their body, live a mindful experience and understand their feminine power. A rich content based on the experience of a doula and highlighted by beautiful photographs revealing the beauty of each body.

Softcover / 17 x 24 cm / 176 pp / €18.95



NEW

SPEAKING ABOUT SORORITY WITH MY DAUGHTER

By P. Acunzo

Sorority is a trendy concept, but it is not so easy to know how speak about this between mothers and daughters. In this practical guide, the author gives tools (exercises, rituals, mantras...) to discover the feminine energy and pass the power of sorority on to one's daughter.

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



NEW

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



NEW

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
series

GUIDED JOURNALS

Practical guides with clear explanations and information to know how to analyze one's dreams or draws.

Hardcover / 14.2 x 21 cm / 216 pp / €12.99
3 available titles



My Dream Diary
O. Cochet



My Tarot Journal
Barberine



My Astrology Diary
C. Bélec



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.

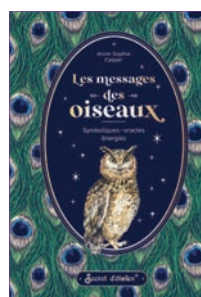
Softcover / 17 x 22 cm / 144 pp / €14.95

SECRET MESSAGES FROM NATURE

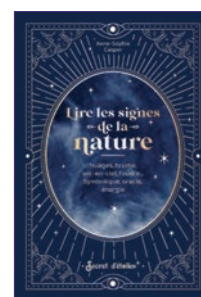
By A.-S. Casper

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

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



Messages from the Birds



Understanding the Signs from Nature



NEW

BEAUTIFUL PLANTS THANKS TO MAGNETISM

By A.-S. Casper

An accessible guide to use magnetism to take care of indoor and outdoor plants, by using our own energy to support nature. Far from the preconceived ideas of the "green thumb", the author guides the readers for a better practice, by training one's magnetism powers and green energy!

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



NEW

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



NEW

THE SENSORY GUIDE TO MEDICINAL PLANTS

By A. Mandirac

Through the presentation of medicinal plants, useful for the body and mind, the author guides the readers to reconnect to their intuitive capability to identify the benefits of each plant thanks to their five senses. An original and holistic approach of medicinal plants.

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



A NEW BREATH IN MY LIFE!

By J. Lecureuil

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

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

IT'S MY LIFE!

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

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



Asserting Yourself at Work
M. Gayet & M. Giusiano



Sexploring with Your Partner
Masha Sexplique
& M. Giusiano



A LOVE LIFE DECIPHERED

By C. Thibaud & S. Lambda

With a humorous and biting writing, yet always benevolent, the author gives portraits of men she met and their distinguishing features, deciphered by an analyst to give universal keys of knowledge of relationships.

Softcover with flaps / 17 x 24 cm / 160 pp / €15.95

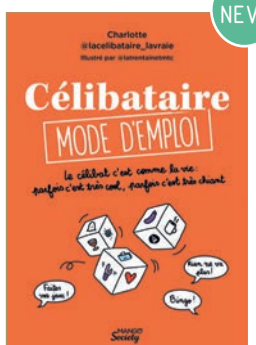


SEXASTRO

By A. Sutter & A. Tahir

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

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



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



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

By F. Vedreine

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

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

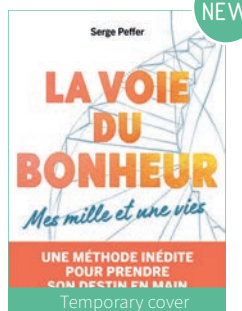


A GUIDE FOR THE INTROVERT TEAM

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



THE WAY TO HAPPINESS

By S. Pfeffer

A comprehensive guide of self-development based on the author's own experience. Through his extraordinary path, he gives all the keys and methods to make choices in harmony with one's values and life principles, to improve self-knowledge to be able to fulfill one's life.

Softcover / 17 x 24 cm / 360 pp / €21.95

New series

MY SEXY COACHING BOX

A series of gift boxes including 52 coaching cards per title with ideas to spice up one's life as a couple or explore sensuality, questions to deepen the relationship... Accessible, playful and easy to use!

Case / 12 x 14.8 cm / 52 cards / €12.95
2 available titles



Kamasutra
L. Stromboni-Couzy



Sex Talk
Anne-Marie

THE ENERGY WAYS

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

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

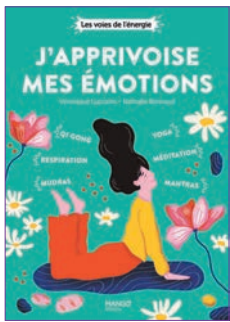
Softcover / 15 x 21 cm / 128 pp / €11.95
5 available titles



Attracting Positive Energy



Taming My Stress



Taming My Emotions



Blossoming as a Highly Sensitive Person

MY CHALLENGE BOX

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

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



Positive Thinking
C. Neuville



Self-Confidence
C. Delaporte

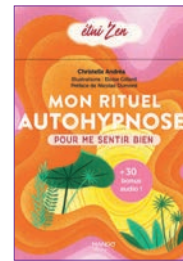
ZEN CASE FOR ADULTS

A lively series to easily and efficiently take care of oneself, 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
4 available titles



My Relaxation Ritual
M. Quercron & E. Gillard



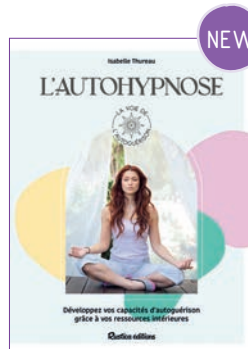
My Self-Hypnosis Ritual
C. Andréa & E. Gillard

New series

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
2 available titles



Autohypnosis
I. Thureau



Acupressure
C. Tanguy



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SACRALIZING YOUR DAILY LIFE

By S. Stulzaft

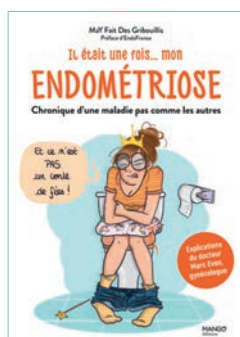
How would we act considering our body and our environment as sacred? The author, a naturopath, developed a brand-new approach to life to add meaning and beauty in daily actions: taking care of our home (sacred refuge), of our body-temple (food, breathing, mindfulness...), and reconnecting to nature (natural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

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

MY JOURNEY THROUGH CHRONIC ILLNESS

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

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



**Once Upon A Time...
My Endometriosis**
By MaY Fait Des Gribouillis
& Dr. M. Even



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

MY NATURAL REMEDIES

By Dr. G. Latify

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

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



**Natural Remedies for
Children and Teenagers**



**Natural Remedies
for Women**



OUR REVEALED BODIES

By M. Cay & T. Lime-Lyot

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

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

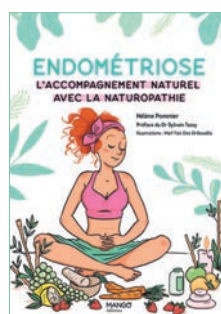


LIVING WITH A CHRONIC PAIN

By C. Dubois, D. Holler & Dr. M. Lévêque

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 with little-known diseases and reality of those diseases. The content is reviewed by a neurosurgeon, specialist for chronic pain and a psychologist, providing medical details and explanations.

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



ENDOMETRIOSIS: A NATURAL APPROACH WITH NATUROPATHY

By H. Pommier & MaY Fait Des Gribouillis

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

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



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



A STRONG PERINEUM

By J. Schleiffer

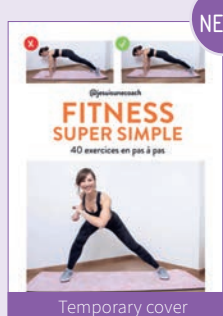
Perineal rehabilitation is common after a childbirth, but the perineum should be trained as any muscle during the whole life. The author presents here the importance of this muscle, for men and women, and exercises to easily strengthen the pelvic floor.

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

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.

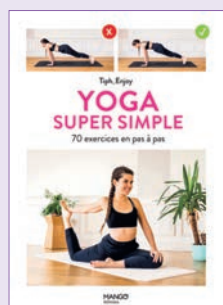
Softcover / 15 x 21 cm / 144 pp / €14.95
6 available titles



Super Easy Fitness
@Jesuisunecoach



Super Easy Body Postures
C. Ferré & J. Pigerol



Super Easy Yoga
@Tiph_Enjoy



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



Super Easy Core Strengthening Exercises
A. Lebkowski



Super Easy Pilates
@Jesuisunecoach



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



EASY INDOOR EXERCISES

By V. Cochet & L. Timon

A guide promoting illustrated exercises accessible to everyone, to be practiced everywhere and without specific equipment, including sports, stretching, posture work and breathing. The author aims at highlighting the link between sports and well-being, far from the race for an amazing performance.

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



MY FITNESS SELF-COACHING NOTEBOOK

By A. El Khaiat

Written by a sports and physical trainer, this handbook gives all the basics to efficiently start fitness, including a presentation of the body and basic movements. The readers can then use the notebook part to track their training sessions and smoothly progress.

Hardcover / 17 x 22 cm / 176 pp / €12.99

STARTING AND OUTDOING YOURSELF

A series dedicated to 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, and training sessions, ideal guides for beginners!

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



Sport Walking
C. Bertin



Marathon
C. Bertin



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



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



NEW

PREGNANCY AND HYPERSENSITIVITY

By A.-C. Barbequot

As a doula, the author is aiming at a better understanding of the strong emotions during pregnancy and post-partum.

Softcover / 17 x 24 cm / 144 pp / €15.95

Temporary cover



NEW

THE BIRTH OF A MOTHER

By E. Simonet

As post-partum is an intense period for new mothers, the author, 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 / 192 pp / €18.95

Temporary cover

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



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

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

THE BIG BOOK OF YOGA FOR FAMILIES

By S. Vinay & A. Gouel

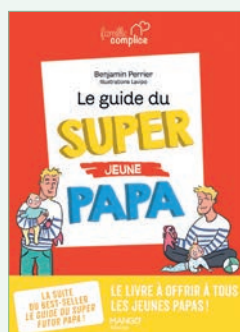
A practical and illustrated book offering a physiological approach of yoga to (re)learn how the body works and to (re)connect to it. 100 poses, exercises, and meditations for countless health benefits for the whole family!

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

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



BEST-SELLER

The Super Future Dad's Guide

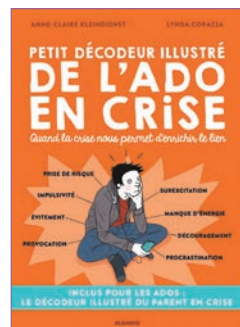
B. Perrier & Lavipo

THE LITTLE ILLUSTRATED DECODER

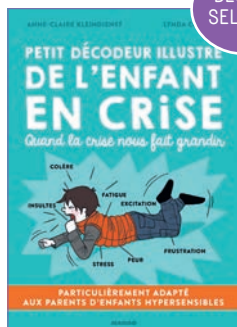
By A.-C. Kleindienst & L. Corazza

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



NEW

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

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

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
4 available titles



Social Networks

B. Perrier & Lavipo



Video Games

B. Perrier & Lavipo



Stress

E. Hilt & M. Denturck



Body

E. Hilt & M. Denturck

NEW

NEW

UNDERSTANDING CHILDREN WITH SPECIAL NEEDS

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

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



Understanding the Autistic Child

G. Bernier, L. Gascon & B. Viellard



Understanding the High Potential Child

A. Florea & J. Save-Pédebos



A COMPREHENSIVE GUIDE TO PRESERVING

By J. Gis & L. Boiagio

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



HOMEMADE JAMS

A. Blin & C. Zurbach

A comprehensive guide to homemade jams, marmalades and jellies, with more than 100 recipes sorted by seasons. Technical steps are clearly shown in photos for a guaranteed success!

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



COOKING WITHOUT LEFTOVERS

By B. Dahl & F. Besse

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

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



HOMEMADE FEASTS

By P.-L. Viel & V. Drouet

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

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



HUNGRY!

By M. Chibrard & V. Garnier

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

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



A TAVOLA! AUTHENTIC ITALIAN HOME COOKING

By C. Saturno, C. Deslandes

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

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



SCRUMPTIOUS KOREA

By L. Kyung & Ahnji

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

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



BENTOS

Collective Work

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

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

TASTES FROM

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

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



Tastes from Africa
Chef Anto & A. Princet



Tastes from Japan
L. Kié & A. Princet

ILLUSTRATED COOKING BOOK

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

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



The Illustrated Korean Cooking Book
L. Kyung & Ahnji



The Illustrated Vietnamese Cooking Book
M. Ung & N. Nguyen

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 / 18 x 24 cm / 144 pp / €15.00 to €16.50
15 available titles



Easy Iran
G. Nasserli & S. Mahut



Easy Moroccan Pastries
N. Paprikas & A. Chemin

A SCRUMPTIOUS STROLL

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

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



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



A Scrumptious Stroll in Morocco
N. Paprikas



THE BEST RECIPES FROM CHINA

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

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

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



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



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

Best-selling series

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



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

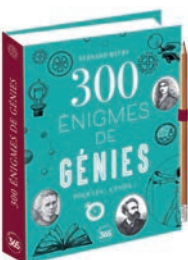


At the Heart of Hell
K. Le Bagousse, T. Lièvre & M. Coudray

300 LOGICAL GAMES

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

Integra / 15 x 20 cm / 448 pp / €14.95 to €15.95
2 available titles



300 Puzzles for Geniuses
B. Myers



300 Sherlock Holmes Puzzles
L. Desmarais

ENIGMAS

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

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



Mysterious Civilizations
V. Raffaitin



Arsene Lupin
B. Myers

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



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



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



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



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



An Accident on the Ski Trail
V. Cluzel & J. Dubost



The Sabotage of The Explora Vessel
A. Millot & J. Ressot



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



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



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



THE ILLUSTRATED GUIDE TO WALKING

By Y. Gustin

An original guide for walkers and pilgrims, with 1 500 original illustrations, full of advice and funny facts on centenary famous hiking paths, such as the Way of St James.

Softcover / 21.5 x 29.5 cm / 240 pp / €24.95



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



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

New series

ACTING FOR BIODIVERSITY

A series of handbooks to efficiently act for biodiversity in the garden thanks to eco-friendly practices. All the species are shown in photos, together with specific ideas to take care of each one.

Softcover / 17 x 19 cm / 80 pp / €10.95 to €13.95
3 available titles



Welcoming Hedgehogs into My Garden

M.-A. Guichard



Attracting Birds to My Garden

H. Millancourt



Making a Pond in My Garden

R. Duquoc



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



NEW

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



NEW

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

HOMEMADE PLANTS

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
3 available titles



Mushrooms Growing
C. Munoz



BEST-SELLER

Seed Pits and Pips Growing
Céline - I do it myself



NEW

A VEGETABLE GARDEN IN POTS

By C. Archambault

A beginner guide to start a vegetable garden in pots, including for each vegetable or small fruit the adapted species, the right steps to plant, tips and advice to grow the vegetables, the harvest...

Softcover / 17 x 22 cm / 64 pp / €9.95



COMPOSTING AT HOME

By L. Renault

Composting is a simple, efficient and ecological way to recycle kitchen and garden waste! But, how to start? With which method and which constraints? Bokashi or vermicompost in a flat, composter or Berkeley method in the garden... in this book, Laurent Renault gives advice and solutions to get started without making mistakes!

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



Anti-Critters Strategies in the Garden
J. Gis



Anti-Critters Strategies At Home
C. Metahri



NEW

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



NEW

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



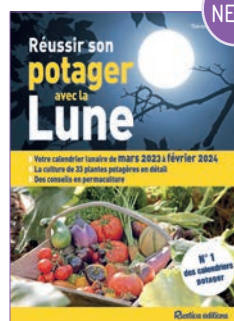
NEW

A TASTEFUL VEGETABLE GARDEN!

By R. Elger

An original approach to vegetable garden highlighting the selection of species according to one's tastes (for example, the most appropriate varieties to eat raw, in salads, cooked or in soups), with a selection of 60 vegetables, fruits, herbs and condiments and advice to grow them properly.

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



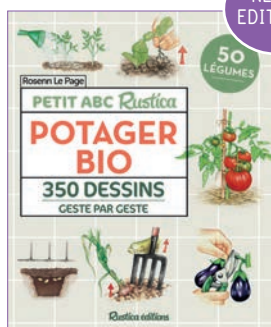
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