

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

FOREIGN

rights

SPRING 2022

ADULT
BOOKS

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



FIRST STEPS – FINE ARTS

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

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



First Steps in Watercolor
S. Van der Linden



First Steps in Drawing
L. Herzog



First Steps in Manga Drawing
V. H. Ta

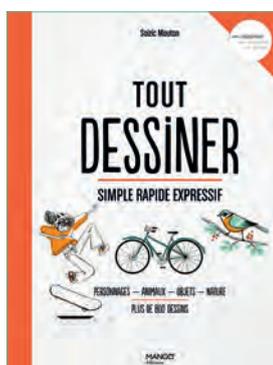
NEW

DRAWING: THE FOOLPROOF METHOD

By S. Mouton

Over 800 vivid models to reproduce in step-by-step to learn how to easily draw people, animals, objects, and nature... in just a few strokes!

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

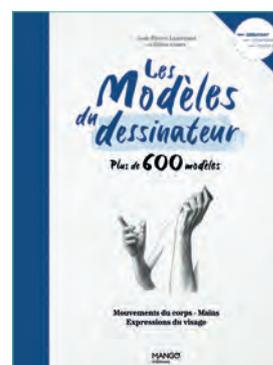


MODELS OF THE DRAWER

By J.-P. Lamerand & G. Cours

The Bible of all drawers! More than 600 models to guide the artists into the realization of characters with special focuses: body movements, faces and hands.

Hardcover / 21.5 x 29 cm / 108 pp / €20.00

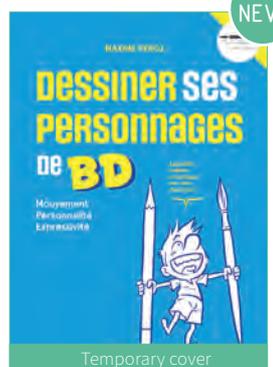


DRAWING COMIC-BOOK CHARACTERS

By M. Péroz

Drawing comic book characters: a challenge within reach of all beginners! A comic book artist gives a playful and dynamic method, based on comic-book style, to progress quickly, thanks to numerous practical exercises.

Softcover / 21 x 29.7 cm / 112 pp / €17.50



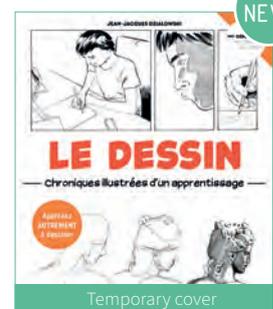
NEW

DRAWING – CHRONICLES OF A LEARNING PROCESS

By J.-J. Dzialowski

An original drawing method for beginners, mixing a comic strip narration with didactic pages. Each difficulty is the subject of a lesson, with many steps, to easily go from clumsy sketches to mastered drawings.

Softcover with flaps / 21.5 x 25.4 cm / 96 pp / €17.50



NEW

COMIC STRIPS FOR BEGINNERS

By P. Cornilleau

An all-comprehensive step-by-step guide to comic strips drawing for beginners, including drawing style, layout, inking, colorization, how to imagine a storyline, create fonts...

Softcover / 21 x 29 cm / 128 pp / €17.50



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 / 224 pp / €22.50



BEST-SELLER



DIY FLOWERS IN WATERCOLOR

By M. Boudon

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

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



CHARMING WATERCOLOR FOR BEGINNERS

By L. Ripoll

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

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

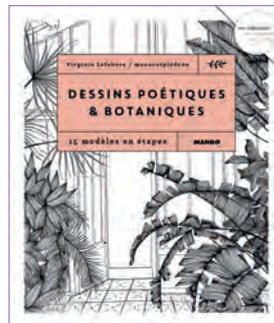


PAINTING LOVELY MOMENTS

By Y. Noritake

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

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



BOTANICAL & POETIC DRAWINGS

By V. Lefebvre

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

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

NEW



HOW TO PAINT A PICTURE

By M. Baschet

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

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

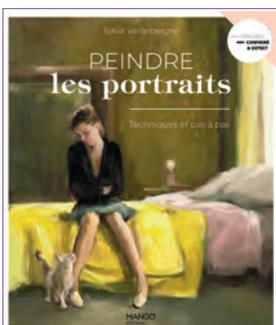


INTRODUCTION TO GOUACHE PAINTING

By E. de Castro

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

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



HOW TO PAINT PORTRAITS

By S. Vanlerberghe

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

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



NEW

WATERCOLOR, THE REVEALED WATER

By A. Baron

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

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

THE EMBROIDERER'S ALBUMS

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

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



The Mountain Through the Seasons
V. Enginger



NEW EDITION

Birds
H. Le Berre

FIRST STEPS – NEEDLECRAFTS

A series dedicated to beginners: each model present 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
3 available titles



First Steps in Knitting
P. Moëllic



NEW

First Steps in Macrame
C. Bayol-Lavoux

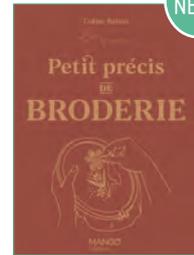
THE HANDBOOK

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

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



The Knitting Handbook
M. Mathieu



NEW

The Embroidery Handbook
C. Bavois

CROCHET WORKSHOP

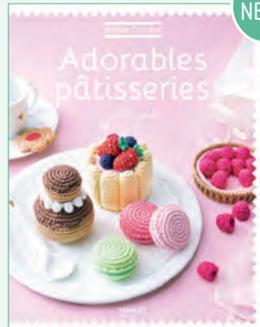
By So Croch'

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

Softcover / 17 x 22 cm / 64 pp / €10.50 to €10.95
6 available titles

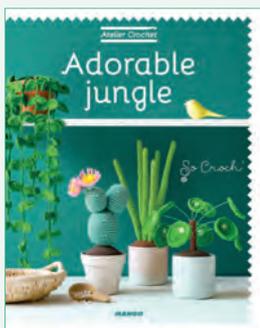


More Adorable Mini Animals

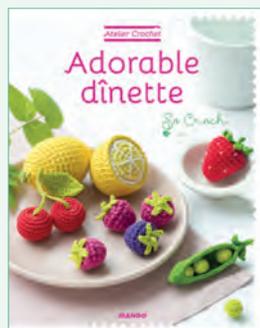


NEW

Adorable Pastries



Adorable Jungle



Adorable Fruits and Vegetables

ZERO-WASTE CROCHET

By Avril Crochett' prod.

New series

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

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



NEW

Zero-Waste Crochet in My Kitchen



NEW

Zero-Waste Crochet in My Bathroom

LESSONS & IDEAS TO BEGIN

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

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



Circular Knitting
M. Mathieu



Sewing Leather
J. Kansara

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
5 available titles



Zero-Waste Sewing on the Move
A. Malfilatre



Zero-Waste Sewing: Mending & Darning
E. Procopiou

SEWING WORKSHOP

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

Flexibound / 20 x 26 cm / 96 pp + 2 real-size pattern boards / €19.95
17 available titles



Maternity & Nursing Clothes
A. Hunckler



Homewear Cocooning
C. Brizard



NEW

500 MODELS OF BARGELLO, CANVAS PATTERNS & CO

By A. Hervé

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

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



NEW

DESIGNING AND DRAWING A CAPSULE WARDROBE

By L. Guyet

An introduction to fashion design by an experienced stylist, from the search for creative ideas to the drawing of models for a capsule wardrobe. A real set for apprentice stylists including silhouettes and clothing models to transfer.

Hardcover / 17 x 22 cm / 144 pp + an envelope with 6 boards / €22.95



THE WARDROBE OF THE FASHION DESIGNERS

Collective Work

5 models for each season, gathering the best of 14 designers, with detailed explanations and step-by-step photos for each project. Intermediate to advanced sewers.

Hardcover / 20 x 26 cm / 176 pp + 2 real-size pattern boards / €29.00

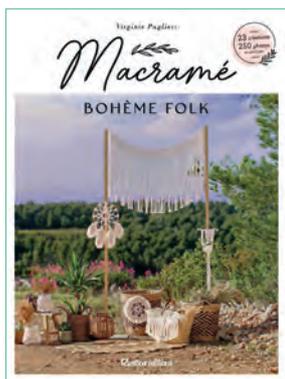


CLOTH BOOKS AND COSTUMES FOR KIDS

By L. Sanchis & V. Desmoulines

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

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

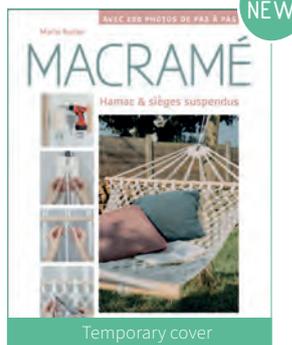


BOHO MACRAME

By V. Pugliesi

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

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



MACRAME HAMMOCKS AND HANGING CHAIRS

By M. Rozier

A practical handbook with nearly 200 step-by-step illustrations to make 6 large macramé projects (hammocks, seats, swings). A simple guidance to create a cocooning space, indoor or outdoor.

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



NEW

THE BIG BOOK OF UPCYCLED PALLET

By B. d'Asciano

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

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



MAKING MY RECYCLED DOLLHOUSE

By V. Jelger

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

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



DIY ART MATERIAL FOR KIDS

By D. Thibault

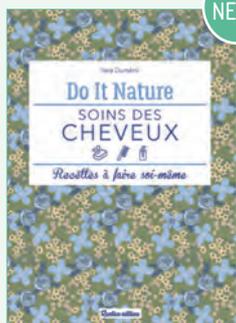
20 foolproof recipes by a teacher to make natural and green creative material for kids (playdough, puffy paint, magic sand, scratching cards...).

Softcover / 17 x 22 cm / 80 pp / €10.95

DO IT NATURE

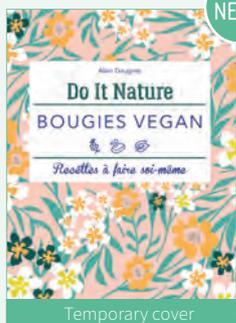
Homemade projects, accessible to beginners thanks to step-by-step photos, to avoid toxic material and endocrine disruptors in beauty products, perfumes and house products.

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



NEW

Hair Care
S. Duménil



NEW

Vegan Candles
D. Reposeur



A ZERO-WASTE FAMILY

By C. Lagrange

A progressive guide to zero-waste with easy and accessible DIY and tips that can be made by the whole family. The best approach to adopt a zero-waste lifestyle on a daily basis!

Softcover with flaps / 20 x 25 cm / 112 pp / €14.95



QUICK NATURAL BEAUTY CARE RECIPES

By E. Hébert

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

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

THE ORACLE

By C. Coldefy

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

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



Angelic Oracle: Messages from My Guardian Angel



Bohemian Oracle: My Good Fortune

New series

ORACLES: DECK AND GUIDE BOOK

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

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



Runes and Northern Legends Oracle
M. & S. Mottet



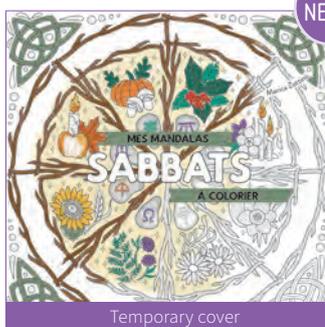
Trees and Oghams Oracle
P. Hearts & L. Bossuet

MY NATURE MANDALAS TO COLOR

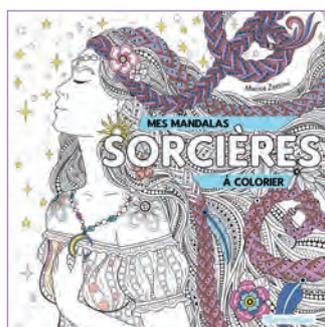
By M. Zottino

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

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



My Sabbath Mandalas to Color



My Witches Mandalas to Color

MY ORACLE CARDS TO COLOR

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

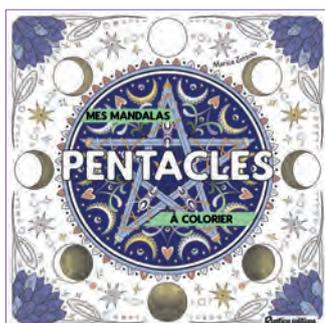
Set / 6.2 x 12 cm / 33 cards + a 16-pp wire-stitched booklet / €7.95
4 available titles



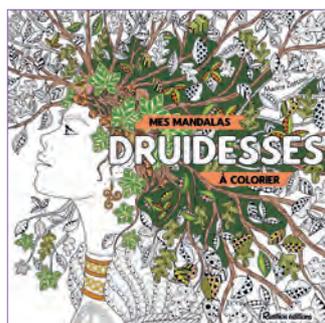
Angel Oracle Cards
A.-S. Casper & M. Blanc



Flower Oracle Cards
A.-S. Casper & M. Bouton



My Pentacle Mandalas to Color



My Druidesses Mandalas to Color



Sacred Feminine Oracle Cards
A.-S. Casper & L. Bossuet



Tree Oracle Cards
A.-S. Casper & L. Bossuet

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
10 available titles



Secret Recipes of Druidesses
F. Laporte



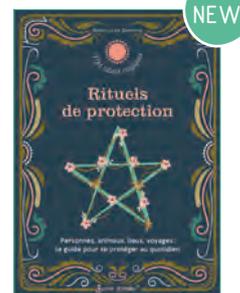
Gemstones & Crystals
M. Dachelet



Reaching out the Archangels
S. Gentil



Space Purification Rituals
C. Chermeux



Protection Rituals
R. de Geetere

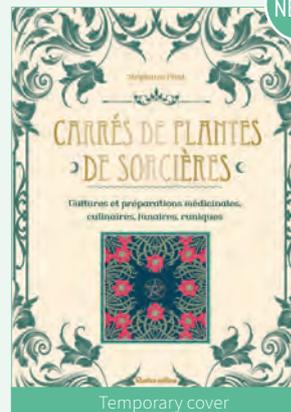


IN THE FOOTSTEPS OF A COUNTRY WITCH

By P. Hearts

This illustrated book, in between an encyclopedia of magical plants and a grimoire, is the fruit of a secret and traditional knowledge transmitted on the country lanes, about plants, recipes, talismans, spells, protection...

Softcover with flaps / 18 x 26 cm / 192 pp / €19.95



THE WITCH'S SQUARE-FOOT GARDEN

By S. Ribeiro

This practical guide will allow every witch to learn how to design and set her own little square-foot garden, with 9 selected plants for each model presented, along with the necessary tools and the magical uses of each plant.

Softcover with flaps / 18 x 26 cm / 144 pp / €17.95



DIY FOR WITCH

By M.-N. & F. Denis

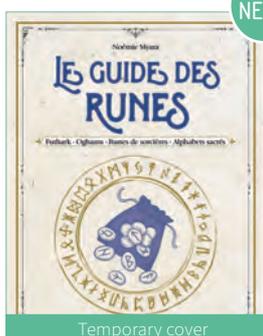
More than 20 projects in step-by-step (vegetal amulet, runes, home decoration, magical herbarium...), with all the rituals to make and bewitch the objects. The perfect gift to nowadays witches!

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

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
3 available titles

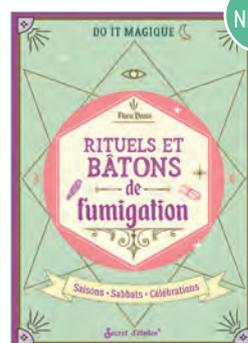


THE GUIDE TO RUNES

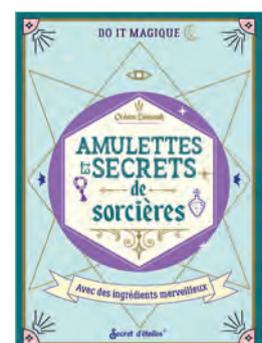
By N. Myara

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

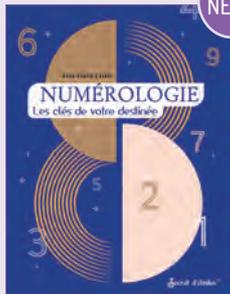
Softcover / 17 x 22 cm / 160 pp / €17.95



Purification Rituals & Smudge Sticks
F. Denis



Witches' Amulets and Jewels
O. Laissouh



NEW

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 / 176 pp / €17.50



NEW

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



NEW

THE EVERYDAY TAROT

By J. Providenza

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

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



THE GUIDE TO ENERGETIC THERAPIES

By A.-S. Casper

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

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

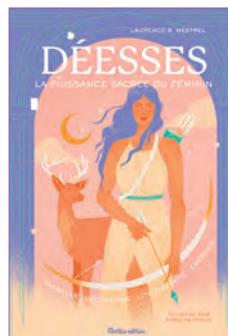


THE GUIDE TO ASTROLOGY

By G. Bonfré

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

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



GODDESSES: THE POWER OF THE FEMININE

By L. Laurendon

An original approach of the sacred feminine through the archetypal figures of 13 goddesses from different cultures (Artemis, Guanyin, Shakti, Athena...), together with exercises and practical advice (yoga, meditations, crystal healing...) to discover one's powerful sacred feminine.

Hardcover / 18 x 26 cm / 192 pp / €24.95

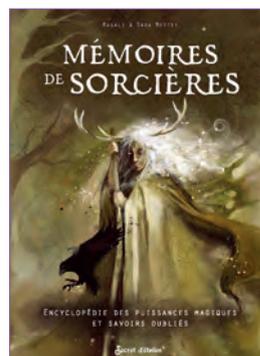


SECRETS OF ANGELS

By E. Monsallier

A beautiful book dedicated to the bright world of angels! Working on the angelic energies, the readers will develop their inner light to understand, love, heal the body, mind and spirit. The guide includes numerous tools to find one's own three guardian angels, communicate with them and benefit from their positive energies.

Hardcover / 18 x 26 cm / 172 pp / €24.95

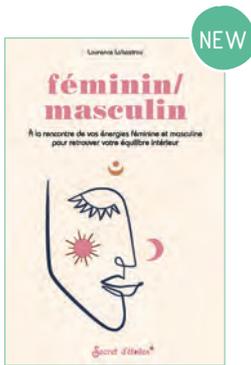


MEMOIRS OF WITCHES

By M. & S. Mottet

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

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



NEW

FEMININE/MASCULINE: LOOKING FOR INNER HARMONY

By L. Labastrou

A useful book to reconnect to oneself and find back one's harmony by giving keys to understand the feminine and masculine polarities, and the need for an inner balance. An accessible writing thanks to simple explanations and examples.

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



NEW

THE FAMILY SECRETS

By V. Leprovost

This practical essay on psychogenealogy allows all those interested in their origins to understand the mechanisms of family secrets that impact their lives, and to learn how to free themselves from them.

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



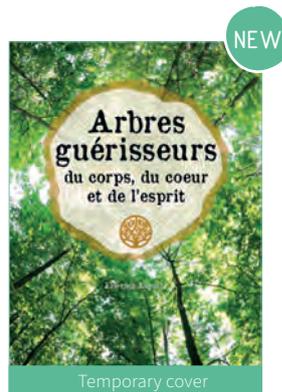
NEW

AWAKE YOUR CHAKRAS

By A.-S. Casper

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

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



NEW

HEALING TREES

By F. Laporte

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

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



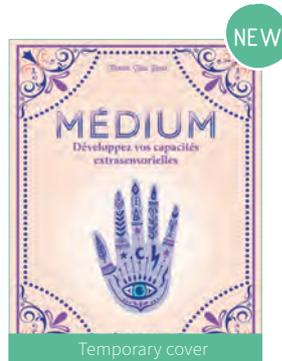
NEW

DISCOVER YOUR DOWSING SKILLS

By A. Leroy

Between sciences and tradition, a guide to discover one's own magnetism and sensitivity to water contact, thanks to various methods: geobiology, magnetism, traditional tools (hazel rod, radmaster, pendulum, ...).

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



NEW

MEDIUM: DEVELOP YOUR EXTRASENSORY ABILITIES

By M.-N. Denis

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

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



NEW

LISTENING TO MY SOUL

By A.-L. Le Maître

Anne-Lise Le Maître is an energeticist, magnetizer, clairaudient and clairvoyant medium. She explains here how to better understand the soul, the principle of reincarnation and evolution, connect with one's soul and rediscover personal life mission.

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



NEW

KARMIC RELEASES

By C. Tesnier

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

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

THE ENERGY WAYS

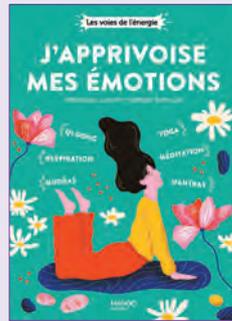
By **N. Bonnaud & V. Luccioni**

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
4 available titles



Attracting Positive Energy



Taming My Emotions



Boosting My Health



Taming My Stress

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
2 available titles

New series

MY CHALLENGE BOX

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

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



My Meditation Ritual
V. Luccioni & P. Honoré



My Singing Ritual
N. Bonnaud & P. Honoré



Zen Attitude
C. Santini



Toltec Wisdom
C. Delaporte



ASTROSEX

By **A. Sutter, A. Tahir & A. Peyraud**

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



CHAKRAS – SERVING THE BODY AND MIND

By **T. Cailly & P. Dziadon**

Chakras are real tools for our well-being. The authors present the main chakras and how to rebalance each one through specific exercises (yoga, meditation, visualization...) to feel better.

Softcover / 15 x 21 cm / 176 pp / €14.95

THE POSITIVE HANDBOOKS

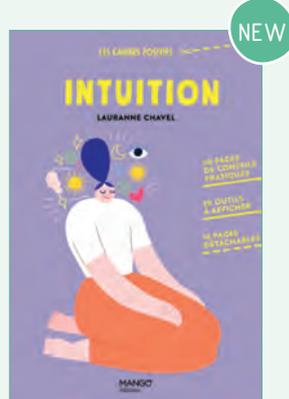
By **L. Chavel & Lavillettesnuages**

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

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



Empowerment



Intuition



Oversensitivity



Being Bold



ADAPTING WITHOUT LOSING YOUR TRUE SELF

By **J. Freund & O. Terrien**

An essential guide providing practical tools to those wishing or needing to transform some aspects of their lives to cope with big or little changes. A benevolent, guilt-free tone and a touch of humor to glimpse new perspectives for taking action.

Softcover / 15 x 21 cm / 144 pp / €12.50



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

By **F. Vedreine**

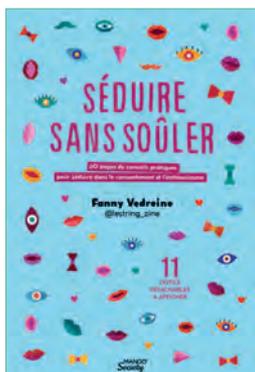
This book, both personal and universal, written with humor and pop-culture references, gives women keys to live after the deconstruction to which their feminist reflections lead them, with their convictions and their contradictions.

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

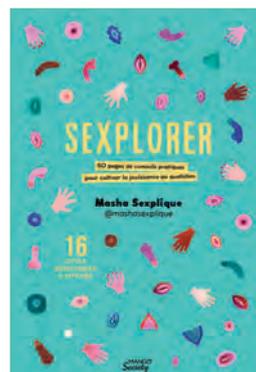
IT'S MY LIFE!

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

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



Seducing without Pestering
F. Vedreine



Sexploring
Masha Sexplique

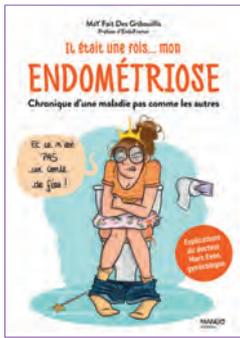


GIVE US A BREAK: FREEING WOMEN FROM SOCIAL PRESSURE

By **Noémie @meufcotte**

A positive and inclusive guide to feminism! Starting from her personal path, the author gives practical advice to free oneself from social pressures and make one's own choices regarding every aspect of life (body, emotions, sexuality, maternity...).

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



ONCE UPON A TIME... MY ENDOMETRIOSIS

By MaY Fait Des Gribouillis & Dr. M. Even

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

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

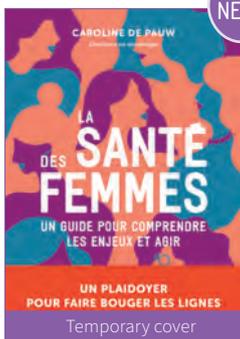


LIVING WITH THE PCOS

By C. Quemin & Dr. M. Pugeat

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

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

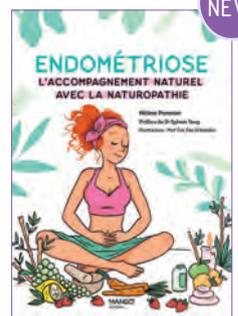


THE WOMEN'S HEALTH

By C. de Pauw

This practical book highlights the inequalities in medical treatments and researches between men and women. The author aims at positively changing things by informing the readers and giving useful advice to know women's specificities regarding medicine.

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



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



OUR POSTPARTUM

By Masha Sexplique, A. Saura & M. Koresh

Between physical and mental recovery, caring for the baby, organizing a new life... the months following the childbirth are intense and destabilizing. This guide provides practical advice, based on women's varied experiences.

Softcover with flaps / 17 x 24 cm / 192 pp / €17.95



NATUROPATHY: PREGNANCY, POSTPARTUM & BABY'S FIRST MONTHS

By V. Loth

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

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



SUPPORTING YOUR PARTNER AFTER A CHILDBIRTH

By V. Loth & A.-C. Barbequod

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

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

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

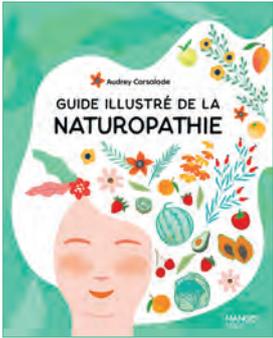


Natural Remedies for Children and Teenagers



Natural Remedies for Women

New series



THE ILLUSTRATED GUIDE TO NATUROPATHY By A. Carsalade

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

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

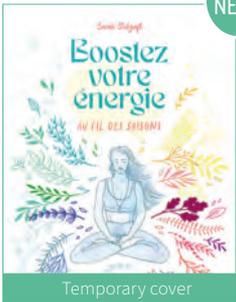


NEW EDITION

NATUROPATHY FOR A HAPPY BELLY By C. Brun

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

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



NEW

ENERGY BOOST THROUGHOUT THE SEASONS By S. Stulzaft

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

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



NEW

PHREW! I BREATHE By Y. Paire

Breathing exercises are energizing, relaxing, and improve the muscular tone as well as the ability to think and remember. This book explains how to practice them at home or in daily situations (at the office, during transport...) to calm nervous tensions, restore energy and alleviate specific pains.

Softcover / 15 x 21 cm / 112 pp / €10.95

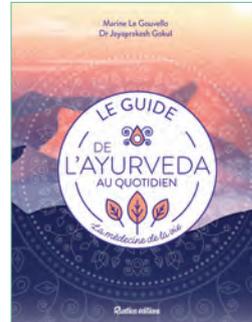


NEW

RUNNING WITHOUT PRESSURE By V. Toumazou

An original approach to running, not as a performance, but as a happy practice in full awareness, for a physical and mental well-being! A useful and practical guide to run with pleasure, without pushing oneself, mixing advice on running (nutrition, breathing exercises,...) and mindfulness (how to practice meditation,...).

Softcover / 15 x 21 cm / 192 pp / €13.95



THE BIG BOOK OF AYURVEDA

By M. Le Gouvello & G. Jayaprakash

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

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

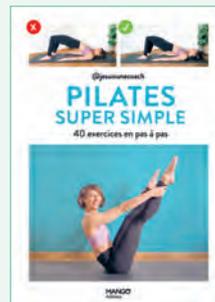
SUPER EASY!

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

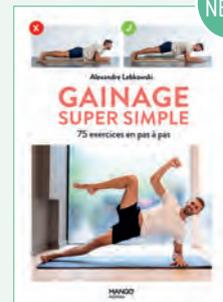
Softcover / 15 x 21 cm / 144 pp / €14.95
3 available titles



Super Easy Yoga
@Tiph_Ejoy



Super Easy Pilates
@Jesuisunecoach



Super Easy Core
Strengthening Exercises
A. Lebkowski

NEW

ZEN PARENTS

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
2 available titles

New series



How to Protect Your Children during Separation?
B. Humbeek



How to Develop Your Child's Autonomy?
J. Save-Pédebos & A. Florea

FAMILY BONDS

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

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



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



Relaxation with My Child
C. Thirion

SUCCEED IN SCHOOL

By C. Dalle

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

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



Overcoming Academic Failure in Elementary School



Teacher's Tips for School Success

ZEN CASE

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

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



More Philosophy for Children
C. Pastorini & S. Monnier



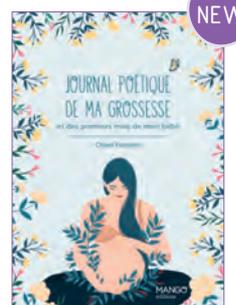
Games and Activities with Daddy
G. Diederichs & C. Girard



The Earth & Us – Philosophy Questions
C. Pastorini & N. Rosenberg



Nature Zen Ritual
P. Pavy & Oreli



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



HOW TO CARRY A BABY
By E. Evin, P. Pavy and E. Pioli

In this comprehensive guide, parents will learn how to carry comfortably and correctly a newborn, the benefits of physiological carrying in the baby's development (communication, secure attachment...) and the different systems with accessories (scarf, swing, preformed carrier, mei tai).

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

MY SUPER FAMILY

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

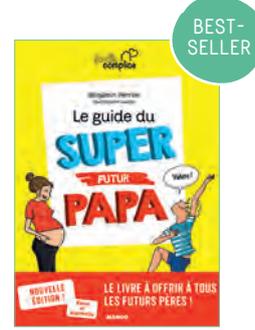
Softcover / 16.5 x 23.5 cm / 192 pp. / €12.95
4 available titles



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



The Super Blended Family
C. Hellèle & L. Corazza



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



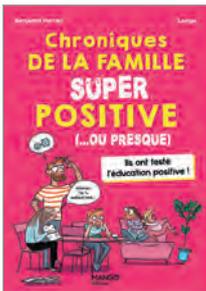
The Super Grand Parents Guide
I. Prigent-Chesnel & Lavipo

THE FAMILY CHRONICLES

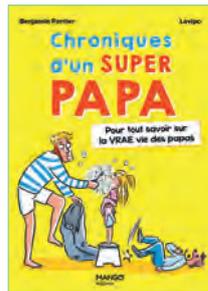
By B. Perrier & Lavipo

An accessible series mixing chronicles of everyday life written as funny comic strips together with practical parts to learn the essential of super parenting!

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



The (Almost) Super Positive Family's Chronicles



The Super Dad's Chronicles

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
2 available titles



The Little Illustrated Decoder of the Teen in Crisis



The Little Illustrated Decoder of the Kid's Tantrums

THE POSITIVE DADDY'S HANDBOOKS

By J.-F. Belmonte

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

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



Developing Self-Confidence

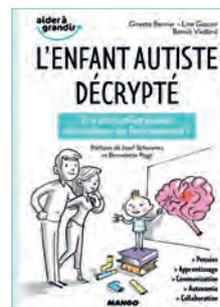


Handling Emotions

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

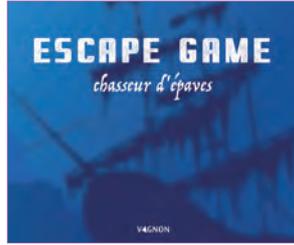
ESCAPE GAME VAGNON

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

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



Prisoner of the Underworld
Zéphiriel & J. Léon

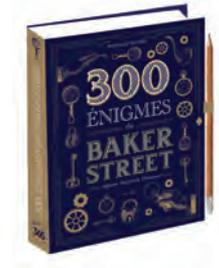


The Shipwreck Hunter
Escape Game
E. Nieuudan & T. Pourplanche

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
2 available titles



300 Baker Street Puzzles
B. Myers



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

ESCAPE GAME

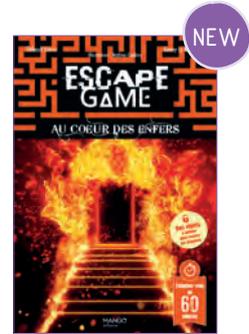
Enigmas for one or two players to solve in one hour through brain-teasers, clues, maps, and riddles. Dark and scary locations make for an intense experience. Exciting adventures to live... at home!

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

Best-selling series



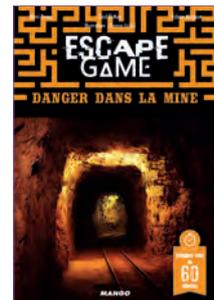
A Night at the Movie Theater
M. Tardy, R. Strobbe & C. Benoit



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



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



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

New series

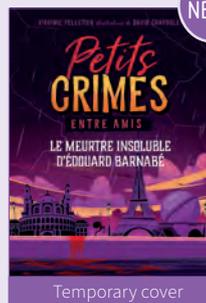
A CRIME TO SOLVE

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!

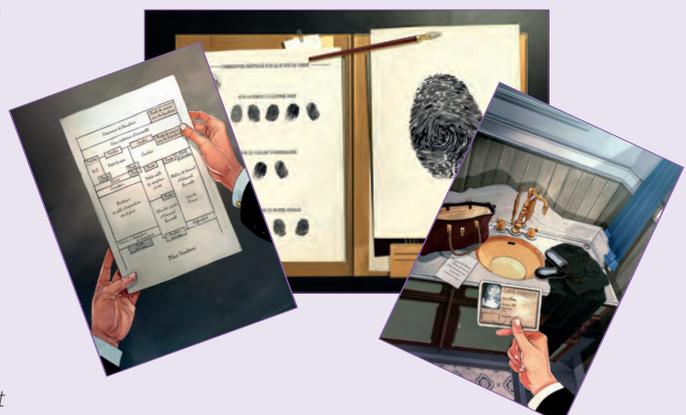
Softcover / 19.5 x 28.8 cm / 48 pp / €9.95
2 available titles



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



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



100% HOMEMADE

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

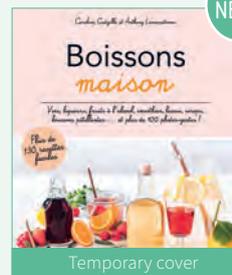
Softcover with flaps / 18 x 22 cm / 192 pp / €14.95
5 available titles



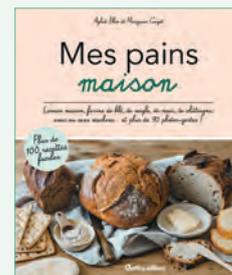
Homemade Beers
C. Guézille



Homemade Smoked Food
C. Guézille



Homemade Drinks
A. Blin & C. Zurbach

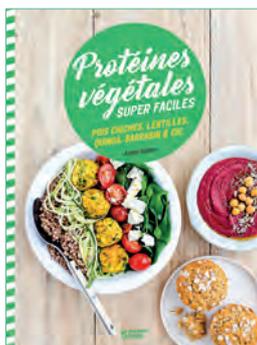


Homemade Breads
A. Blin & M. Gayet

HEALTHY COOKING

Delicious and easy recipes to adopt good and healthy habits in the daily cooking. Clear instructions, varied alternatives to proteins and refined sugar, with a yummy photo for each recipe.

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



Super Easy Plant Proteins
A. Roman



Desserts and Snacks with Natural Sugars
M. Chantepie



THE BIG BOOK OF BARBECUE

Collective work

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

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



THE BEST WORLD PLANCHA

By L. Hanno

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

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



SUPER COCKTAILS

By F. Castellon

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

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



ZERO-WASTE COOKING ON A BUDGET

By M. Rey & C. Ratia

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

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



COOKING WITHOUT LEFTOVERS

By B. Dahl

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

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

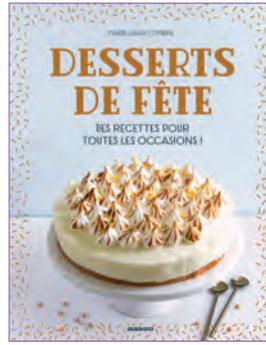


IMPRESSIVE RECIPES FOR SPECIAL OCCASIONS

By **S. Mahut**

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

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



PARTY DESSERTS

By **M.-L. Tombini**

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

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



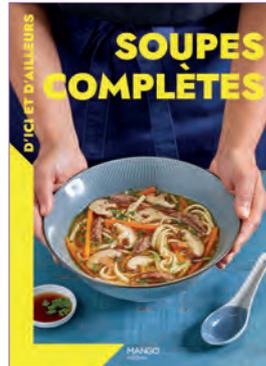
NEW

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



WHOLE SOUPS

By **N. Paprikas**

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

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

ILLUSTRATED COOKING BOOK

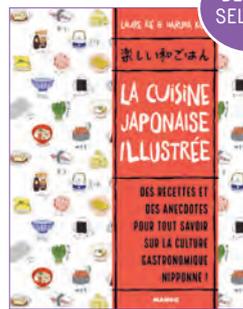
Reference books fully illustrated by drawings to learn everything about world cultures and gastronomies. An amazing discovery of customs and flavors!

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



The Illustrated Korean Cooking Book

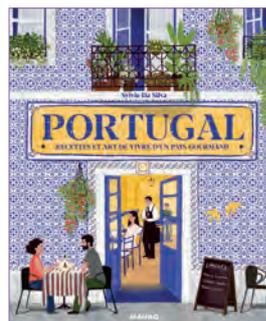
L. Kyung & Ahnji



BEST-SELLER

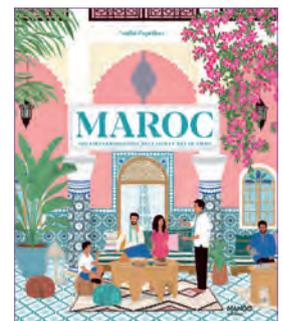
The Illustrated Japanese Cooking Book

L. Kié & H. Kishi



A Scrumptious Stroll in Portugal

S. Da Silva & V. Garnier



A Scrumptious Stroll in Morocco

N. Paprikas



A Scrumptious Stroll in France

C.-R. Vincent & M.-L. Fréchet



A Scrumptious Stroll in Italy

L. Zavan



THE BEST RECIPES FROM CHINA

By **M. Zhang**

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



A TAVOLA! AUTHENTIC ITALIAN HOME COOKING

By **C. Saturno, C. Deslandes & A. Fontaine**

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

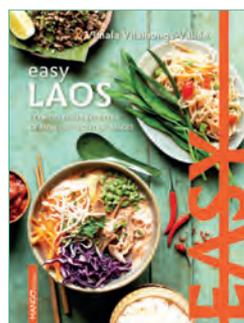
Hardcover / 22 x 27.5 cm / 192 pp / €24.95



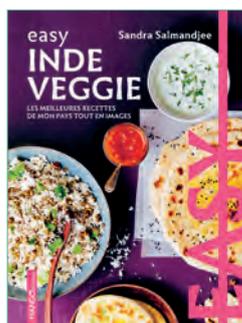
EASY

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

Hardcover / 19 x 26 cm / 144 pp / €15.00
12 available titles



Easy Laos
V. Vilaihongs-Vallée



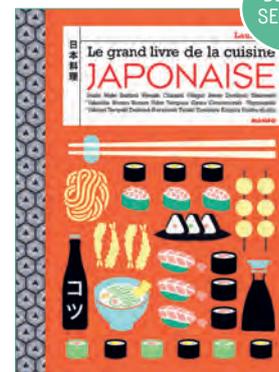
Easy Veggie India
S. Salmandjee

THE BIG BOOK OF JAPANESE COOKING

By **L. Kié**

The reference book of Japanese cooking, with more than 150 recipes (basics, the essential dishes, sauces, sides...), with hundreds of step-by-step photos to master all the key techniques. A best-selling title sold to more than 50 000 copies!

Hardcover / 24 x 31 cm / 288 pp / €29.95



ASHKENAZI JEWISH COOKING

By **O. Ginsburger**

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

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

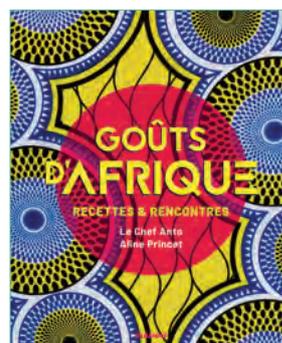


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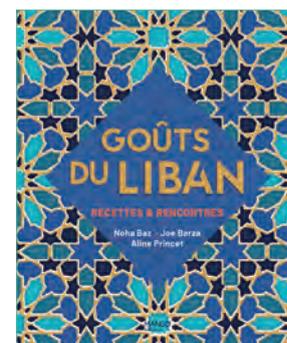
TASTES FROM

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
3 available titles



Tastes from Africa
Chef Anto & A. Princet



Tastes from Lebanon
Chef J. Barza, N. Baz & A. Princet

STARTING AND OUTDOING YOURSELF

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

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



Mountain Biking
P. Boutreau



Marathon
C. Bertin

MICRO ADVENTURES

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

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



Hiking Weekend
C. Moutier



Outdoor Family Weekend
C. Lacombe



THE SURVIVALIST'S FOOD
By D. Tribaudeau & R. Vollot
Survivalist experts share their tips, tricks and recipes for preparing and consuming wild foods. Making utensils, mastering fire and cooking: great survival skills in the wilderness!

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



THE CAMPER'S KNOTS
By G. Maclachlan

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

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



THE SURVIVALIST'S 100 ESSENTIAL PLANTS
By D. Tribaudeau

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

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



THE SURVIVALIST'S PRACTICAL GUIDE
By R. Vollot, Y. Goncalvez & R. Boclet-Weller

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

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



THE SURVIVALIST'S ESSENTIAL KNOW-HOW
By D. Tribaudeau

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

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



20 MULTI-PURPOSES PLANTS FOR SELF-SUFFICIENCY
By C. Calendula

Thanks to this practical guide, readers can easily identify 20 common wild plants in photos and all their possible uses for food, treatment and relief of minor ailments, heating, DIY, and more. So many natural allies!

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

ANTI-CRITTERS STRATEGIES

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

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



Anti-Critters Strategies in the Garden
J. Gis



Anti-Critters Strategies At Home
C. Metahri

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



Seed Pits and Pips Growing
Céline - I do it myself



Mushrooms Growing
C. Munoz



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



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

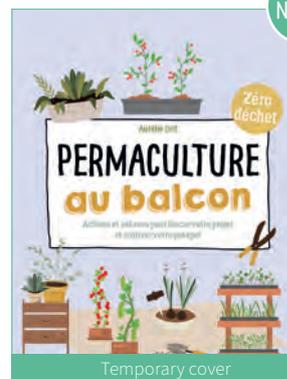


HOW TO CHOOSE DEPOLLUTING PLANTS

By A. Boixière-Asseray & G. Chaudet

More than simply being a decoration asset, indoor plants are our health allies! To fight against indoor pollution, which has various causes (painting, insulating materials, plastics...), the authors selected 20 plants to purify and regenerate the air.

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

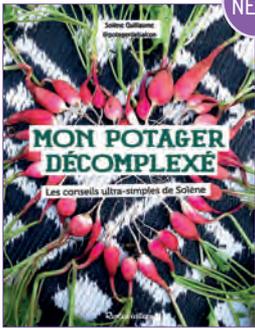


PERMACULTURE ON THE BALCONY

By A. Drif

How to turn a balcony into a mini garden and a vegetable garden in permaculture? It's easy! This book, adapted to beginners, presents everything to know to get started: installation weights, drawing a project, exposure and weather, cultivating a mini-garden...

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

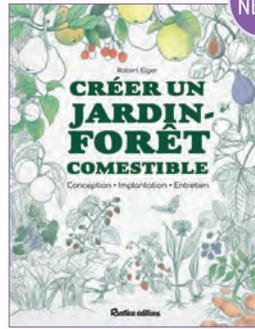


NEW

MY STRESS-FREE VEGETABLE GARDEN
By S. Guillaume

In this book, targeting at beginners, the author shares her experience to make a success of a vegetable garden, even from the smallest spaces, to start easily and obtain results quickly. A fun and modern approach that combines gardening, ecology and food self-sufficiency!

Softcover / 17 x 22 cm / 96 pp / 12.95

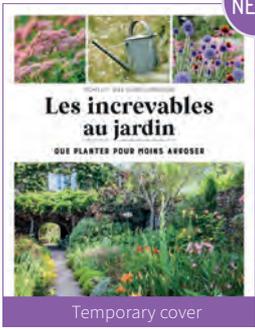


NEW

MY EDIBLE FOREST GARDEN
By R. Elger

An edible forest represents a natural balance guaranteeing regular harvests for a little constraining follow-up. This book presents more than 100 species adapted to the conception and implementation of an edible forest garden! A simple and practical guide, ideal for beginner permaculture gardeners.

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



NEW

THE INDESTRUCTIBLE OUTDOOR PLANTS
M. & J.-C. Lamontagne

With climate change and repeated periods of drought, it is time to think differently about gardens. This synthetic guide presents a selection of indestructible plants, techniques and arrangements, to easily save water and money!

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



NEW

THE ULTIMATE BEGINNER GUIDE TO PERMACULTURE
By J. Giss

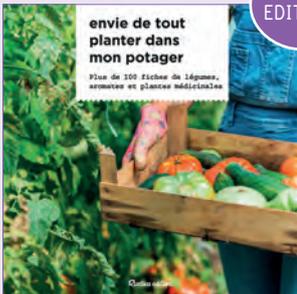
A comprehensive book with a simple, yet detailed, approach to permaculture for beginners: cultivating a living soil, managing environmental and climatic conditions, starting a vegetable garden, starting and maintaining crops until harvest, etc. Guidance from an experienced permaculture farmer and trainer.

Softcover with flaps / 18.5 x 24 cm / 368 pp / €24.95

EASY PEASY GARDENING

Synthetic illustrated reference guides for beginners with a selection of more than 80 varieties per title, and a clear and detailed presentation to plant and care for them!

Softcover with flaps / 19 x 19 cm / 192 to 224 pp / €16.50
2 available titles



NEW EDITION

Feeling Like Growing a Vegetable Garden
M. Caron



NEW EDITION

Only Happiness with My Indoor Plants
V. Garnaud

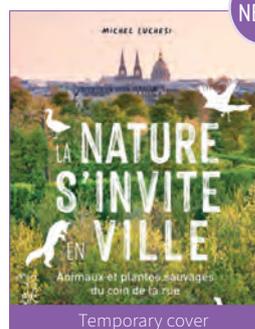


NEW

ATTRACTING LADYBUGS AND SMALL WILDLIFE IN THE GARDEN
By L. Renault

A practical and fun book to attract useful and cute helpers in gardens: ladybugs, butterflies, bees..., for the benefits of the garden and of biodiversity.

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



NEW

NATURE IN THE CITY
By M. Luchesi

This observation guide shows how more than 65 species of wild animals and plants can be observed in the streets, parks and gardens of cities! Typical behaviors, signs of presence and anecdotes about the wilds that populate our cities, this book helps slow down and learn to look around!

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



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