

FOREIGN

rights

FALL 2026

ADULT
BOOKS



BODY, MIND & SPIRIT
COOKING
CRAFTS & HOBBIES
GAMES

GARDENING & NATURE
HEALTH & WELL-BEING
OUTDOOR
PARENTING

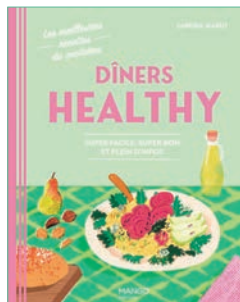
THE BEST DAILY RECIPES

40 quick and delicious recipes per title for easy cooking every day! Essential recipes with photos, information and tips for learning while cooking... books to delight the eyes and taste buds!

Hardcover / 17.5 x 22.5 cm / 112 pp / €10.00
15 available titles



One Pot
D. Lebrun & F. Besse



Healthy Dinners
S. Mahut & F. Besse

MY FAVORITE QUICK RECIPES

A great series for anyone wanting to indulge themselves without spending hours in the kitchen. Each title offers 25 delicious recipes along with information to learn while cooking.

Hardcover / 17.5 x 22.5 cm / 112 pp / €10.00
8 available titles



Mochi
I. Kanako



Ice Cream
B. Abraham & F. Besse

THE COOKING HANDBOOK

Timeless cookbooks offering a valuable introduction to key techniques to acquire in the kitchen, as well as cultural and historical notions, and about 40 essential recipes. Reference books to offer as gifts or to treat oneself, to excel in the kitchen!

Flexibound / 13 x 18 cm / 160 pp / €14.95
5 available titles



The Bread Handbook
Collective Work



The Pastry Handbook
C. Ferreira & V. Garnier

AIR FRYER RECIPES

In each title, 50 everyday recipes for starters, appetizers, snacks, main courses, and desserts to make with an air fryer. Easy, quick, and healthy recipes with simple ingredients, along with menu ideas to suit everyone (vegetarian, vegan, gluten-free or even kid-friendly). How to get the most and the best from an air fryer!

Hardcover / 19 x 24.5 cm / 144 pp / €15.00
4 available titles



Healthy Recipes with an Air Fryer
S. Augé & F. Besse



World Recipes with an Air Fryer
S. Augé & F. Besse



RECIPES JUST FOR ME

By O. Lounes

Finding motivation and new ideas when cooking for one can be a challenge... 40 delicious, trendy, and joyful recipes tailored for one, plus plenty of tips to inspire everyday solo cooking!

Hardcover / 18 x 24 cm / 144 pp / €17.95



LAZY RECIPES

By Z. Armbruster & B. Gargadennec

Too lazy to do the dishes, go grocery shopping, or spend hours cooking? Here are 40 incredibly delicious, quick and easy recipes, made with everyday, budget-friendly ingredients—requiring minimal prep and next to no washing up! An essential book for enjoying great food, even on laziest days!

Hardcover / 18 x 24 cm / 144 pp / €17.95



PIZZA, PINSA & FOCACCIA

By S. Mahut

This book explores three staples of modern Italian cuisine: pizzas, the most popular food in the world; pinsas, the lighter alternative made from rice and soy flour dough; focaccias, with their lighter, fluffier texture. Simple recipes for the tastiest meals!

Hardcover / 19 x 24.5 cm / 144 pp / €17.95

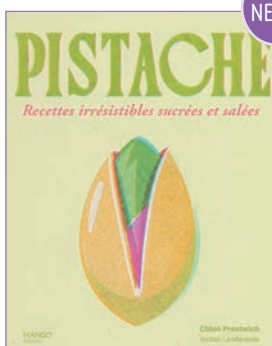


MATCHA MATCHA

By L. Kié

30 recipes inspired by the latest coffee shop trends: from creamy lattes to soft and indulgent pastries, as well as revisited classics. An exploration of the richness of matcha, for flavors that are both comforting and sophisticated.

Hardcover / 18 x 24 cm / 128 pp / €16.95



PISTACHIO

By C. Prestwich & J. Landaverde

Pistachio is undoubtedly the world's star flavor! The 40 sweet and savory recipes, along with drinks, explore this ingredient in all its forms, from everyday dishes to more ambitious creations, highlighting its unique flavor, texture, and color.

Hardcover / 21 x 26.8 cm / 160 pp / €24.95



IRRESISTIBLE VEGETABLES

By A. Cosson & E. Cino

Vibrant, delicious recipes showcasing all kinds of vegetables for easy, quick, everyday cooking, all year round. Includes all the essentials for preparing and cooking vegetables, along with plenty of helpful tips. A colorful, flavorful vegetarian cookbook!

Hardcover / 21.6 x 27.4 cm / 192 pp / €27.95



LEMON

By A. Gannac, L. Gannac & E. Cino

As lemon growers cultivating around thirty species and varieties of citrus fruits, the authors share in this book their best sweet and savory lemon recipes, along with stories, anecdotes, tips and tricks for making the most of this delicious, healthy, and affordable ingredient, available year-round.

Hardcover / 21 x 26.8 cm / 192 pp / €31.95



GATHERINGS ALL YEAR ROUND

By D. Lebrun & C. Payen

The joy of sharing, with generous recipes for 10 guests or more! The author offers expert tips for planning, portioning, and prepping ahead, along with 60 recipes arranged into seasonal menus (from picnics to Christmas, brunches, and last-minute gatherings).

Hardcover / 21 x 26.8 cm / 192 pp / €27.95

SMALL TREATS FROM AROUND THE WORLD

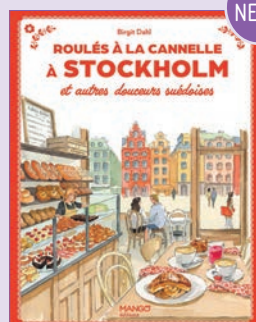
A journey around the world to discover the delicious flavors of traditional pastries and enjoy elegant afternoon teas with 35 recipes per book. A sweet treat for the taste buds!

Hardcover / 18 x 24 cm / 128 pp / €18.95
2 available titles

New series



Apfelstrudel & Other Austrian Sweets
A. Mabilon



Cinnamon Rolls & Other Swedish Sweets
B. Dahl

ILLUSTRATED COOKBOOK

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 to 144 pp / €13.50 to €15.95
11 available titles

Best-selling series



The Illustrated French Cookbook
P. Toinard & C. Aimé



The Illustrated Moroccan Cookbook
N. Paprikas & I. Flouki



ROMA

By L. Tersigni, A. Cosson & E. Cino

A vibrant and rich book that explores the best recipes of Rome: from popular dishes to authentic family recipes revealing the true heart of Roman home cooking, shared by Lucia Tersigni, a Roman chef. Alongside the recipes, readers will discover iconic spots, local addresses, and inspiring accounts unveiling the city and its hidden treasures.

Hardcover / 21 x 26.8 cm / 192 pp / €27.95



APERITIVO

By A. Cosson & E. Cino

Classic Italian pre-dinner drinks, along with simple and tasty snacks: the perfect way to relax and picture a vacation in Italy! Bathed in Italian sun and framed by the sparkling sea, readers will be enchanted by original lifestyle photos that capture the essence of *la dolce vita*.

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



NEW

FINLANDE

By A. Marschan-Claude & C. Curt

A Finnish chef reveals the finest recipes and traditions of Finland. From summer harvesting and fermentation to Christmas meals, Midsummer celebrations, and Easter, each season brings its own recipes and festivities. A charming journey at the heart of a country where happiness is rooted in simplicity and a deep connection to nature!

Hardcover / 21 x 26.8 cm / 192 pp / €29.95



MARRAKECH

By N. Paprikas & M. El Ayb

Having grown up in Morocco, the author shares her favorite everyday dishes as well as nostalgic recipes for special celebrations. Authentic recipes, hand-picked addresses, must-visit locations, interviews with local restaurateurs and producers, and original lifestyle photography capture the essence of this vibrant, bustling and timeless city.

Hardcover / 21 x 26.8 cm / 192 pp / €27.95



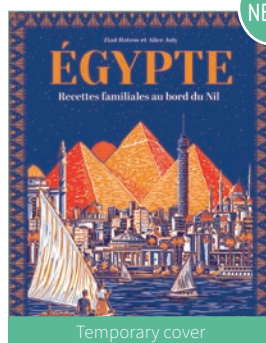
NEW

¡HOLA ANDALUCIA!

By S. Da Silva & E. Cino

With its warm, friendly, festive, and authentic charm, this book takes readers on a culinary journey to the heart of Andalusia, one of Spain's most captivating regions. A gourmet tour of the best specialties of Seville, Granada, Cordoba, the white villages, Holy Week, and the Feria all in one!

Hardcover / 21 x 26.8 cm / 192 pp / €29.95



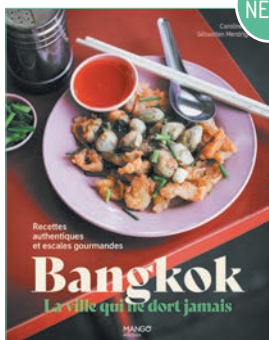
NEW

EGYPT

By Z. Hatem & A. Joly

In Ziad Hatem's Egyptian family, conviviality often centers around the table. In this book, he shares traditional recipes linked to the country's history, cultural insights into Egyptian daily life, and photographs for an immersive journey to the heart of this transcontinental country.

Hardcover / 21 x 26.8 cm / 192 pp / €31.95



NEW

BANGKOK

By C. Trieu & S. Merdrignac

Bangkok is a city that never sleeps, with a cuisine that awakens the senses! The author explores the streets of the Thai capital to uncover its true spirit—top spots, canal boat rides, night markets—and 50 iconic recipes (pad thai, boat noodles, som tam...). A journey through Thailand on a plate!

Hardcover / 21 x 26.8 cm / 192 pp / €29.95



NEW

MEDITERRANEAN

By S. Mahut & M. Zubillaga

A selection of 60 recipes from across the Mediterranean, combined with practical tips and insights from a specialist journalist, highlighting key ingredients and the benefits of this exceptional cuisine. A beautiful book exploring the rich, sun-drenched traditions of Mediterranean cuisine.

Hardcover / 21.5 x 28 cm / 288 pp / €31.95



NEW

WELCOME TO THE COTTAGE

By C. Prestwich, J. Landaverde
& P. Soryano

From morning at the cottage to lunch in the countryside, garden picnics, teatime, and dinner by the fire, an English author explores iconic recipes of British tradition through a warm, romantic cottagecore aesthetic. A charming journey into the English countryside!

Hardcover / 18 x 24 cm / 192 pp / €24.95



NEW

BRUNCHES FROM AROUND THE WORLD

By D. Lebrun & S. Dumont

Delicious, easy-to-make recipes, from around the world. Paris, London, Istanbul, Marrakech, New York, Tokyo, Athens... a world tour of must-taste recipes for foodies!

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



NEW

GRANDMA'S BEST RECIPES

By B. Abraham & F. Besse

40 delicious, comforting recipes for stews, soups, tarts, and more: simple, generous, timeless dishes, paired with mouthwatering photos and delicate watercolor illustrations, anecdotes, and tips for a guaranteed success!

Hardcover / 18.7 x 24.7 cm / 144 pp / €18.95



CATPONESE RECIPES

By L. Kié & H. Kishi

In this incredible book, best-selling author Laure Kié brilliantly transposes the kawaii trend to the art of Japanese cuisine with cat-shaped recipes. Savory and sweet recipes in step-by-step, with absolutely adorable illustrations by Haruna Kishi. Paws down the purr-fect book for Japanese food and cat lovers!

Hardcover / 17 x 20 cm / 128 pp / €14.95



COOK ME A LOVE STORY

By S. Léger-Pereira & S. Mahut

In the world of romance, every story has its own unique flavor. This original cookbook offers 40 recipes inspired by the most iconic tropes. From Enemies to Lovers, where spicy flavors clash with sweets, to Slow Burn, where each bite reveals a growing intensity: all styles of romance combined for the greatest pleasure of romance and food lovers!

Hardcover / 18 x 24 cm / 144 pp / €17.95



NEW EDITION

SHORTBREADS & CHRISTMAS COOKIES

By M. Aublet-Cuvelier & S. Bergeret

A pastry chef shares her expertise and secrets to transform everyone into an outstanding cook and to delight guests' taste buds. Her 26 classic and revisited recipes will be wonderful treats for a delicious Christmas!

Hardcover / 17.5 x 22.5 cm / 96 pp / €10.00

HEALTHY & HAPPY

A great series for everyone wishing to eat well while taking care of their body and health. 50 recipes per title for a healthy and balanced diet, along with plenty of advice to stay on track!

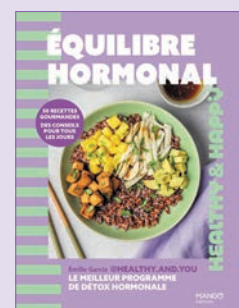
Hardcover / 19 x 24.5 cm / 144 pp / €18.95
4 available titles



Anti-Inflammatory Cooking
E. Gilmor & E. Levesque



Low GI
T. Renoult & E. Levesque



Hormonal Balance
E. Garcia & C. Terrand

SCENTED BOOKS FOR ADULTS

By M. Guez-Vernin

A wonderful series of scented and sound books for adults: a pure cocooning experience! The crunch of footsteps in the snow, the purr of a cat by the fire, the aroma of hot chocolate... as the pages turn, scented patches and audio QR codes create a gentle sensory journey.

Boardbook with flaps / 19 x 19 cm / 24 pp / €12.95

2 available titles



Autumn Delights



Winter Delights

New series

SEASONAL TRADITIONS

By A. MacCorvus

A series of books dedicated to seasonal traditions in a cozy, vintage spirit. Beautiful gift books to explore wonderful moments to experience and share, as well as their precious symbols, drawn from art, literature, or botany.

Wibalin / 17 x 24 cm / 96 pp / €15.95

2 available titles



Winter Traditions



Fall Traditions



COLOR: A PRACTICAL GUIDE FOR INTERIOR

By C. Sauzet

An interior designer presents a practical creative tool for the home, combining a compact guide and an inspiration source. It includes fundamentals of color (light, color wheel, visual effects), over 500 shades organized by families with detailed charts, and ready-to-use palettes for harmonious interiors.

Flexibound / 13 x 18 cm / 144 pp / €14.95



COTTAGECORE LIVING

By C. Lepoivre

A practical guide, lavishly illustrated with lovely photographs, teaching the art of slowing down and appreciating simple pleasures in a soothing cottage-inspired setting. Decor, garden, kitchen... everything to capture the essence of this style and add a touch of romance to everyday life.

Hardcover / 19.2 x 26 cm / 144 pp / €19.95



THE ART OF ENTERTAINING: TABLE STYLING & HOSTING TIPS

By A. Durieux & J. Landaverde

A table-setting specialist shares, with simplicity and elegance, the art of hosting, etiquette, and essential traditions. The book also features ten themed table settings—from Christmas to informal gatherings—with styling ideas, DIY inspiration, and expert advice.

Hardcover / 21 x 26.8 cm / 144 pp / €29.90



Temporary cover

LIVING IN THE COUNTRYSIDE

By S. Allouis

A comprehensive guide written by an author living a near self-sufficient lifestyle in the countryside, offering advice on caring for animals, recipes for homemade cooking and beauty products... Month by month, the key steps to a simple and authentic way of life!

Hardcover / 18 x 24 cm / 224 pp / €24.95



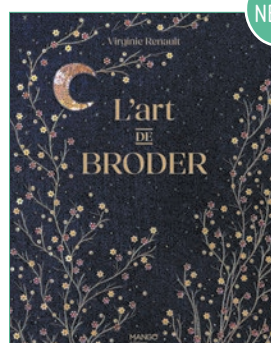
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THE GUIDE TO FRENCH ETIQUETTE

By F. de Heere

How to hold a champagne glass? Should you tip the ushers in every theater? How to seat the guests according to the rules of precedence? An original and entertaining collection of etiquette tips!

Hardcover / 17 x 24 cm / 112 pp / €15.95



Temporary cover

THE ART OF EMBROIDERY

By V. Renault

An insight into the creative world of a Haute Couture embroiderer, covering the history, techniques, inspirations and creative process. A beautiful book to deepen knowledge and inspire creativity!

Hardcover / 21 x 26.8 cm / 160 pp / €27.95

365 SURPRISES

A playful, illustrated series with 384 die-cut flaps to open per book, each revealing a surprise: a photo, anecdote, quote, etc. A cleverly designed format for a jolly year!

Boardbook with round corners / 15 x 21 cm / 24 pp / €12.95
4 available titles

New
series



A Year with Men and Kittens



A Year of Positive Thoughts



A Year with Birds



A Year with Cats

PICK A CARD

A little box, a lot of meaning! Inside, 40 to 52 unique cards to share, play, express, and connect – whether for love, gratitude, fun, or unforgettable moments together.

Cylindrical box / 9.6 x 9.7 cm / 40 to 52 cards / €10.90
8 available titles



Family Truth Game



A Cloud of Sweetness

MY WISDOM CARDS

How to get guidance for everyday situations? By opening one of these little boxes each enclosing 40 cards and picking one to reveal food for thought from ancient traditions. Classic wisdom for a modern audience!

Case / 10.7 x 5.9 x 2.5 cm / 40 cards (9.7 x 4 cm) / €9.99
6 available titles



Native American Wisdom



Taoist Wisdom

MY LITTLE BOX

Collective Work

Lovely boxes, each containing 150 cards to draw, organized around five themes: cooking recipes, wellness, DIY projects, self-care tips, and inspiring quotes. An invitation to unwind to start or end the day off right!

Wrap box / 14.2 x 17.1 x 4.2 cm / 150 cards / €10.95
2 available titles

New
series



My Little Box of Happiness



My Cozy Little Box

LITTLE PRECIOUS BOOKS

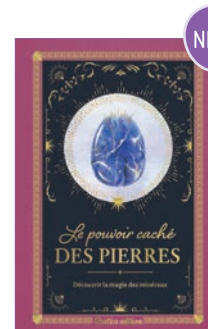
Beautifully crafted little books to learn about a fascinating and mysterious world. A rich iconography, with engravings, painting reproductions and ancient illustrations.

Hardcover with foam / 11.5 x 17 cm / 128 to 144 pp / €13.95 to €15.95
20 available titles

Best-selling
series



Grimoire of Magical Herbalism
S. Lapointe



The Hidden Power of Minerals
L. Vallée

TRAVEL THERAPY POSTERS TO COLOR

12 giant posters to travel the world while coloring, printed on thick detachable paper, that are the ideal size for a standard frame (30 x 40 cm), featuring unique pop-art style designs by recognized illustrators who have worked with big brands.

- Pad / 30 x 40 cm /
- 24 detachable pages / €17.95
- 4 available titles



Sunset/Sunrise
C. Nogueira



Celebrations Around the World
L. McCormick

SIMPLE & COZY BOOKMARKS

By Anaïs fait de l'art

A cabin, a movie session, or a pottery workshop... so many adorable little moments of happiness to discover through 43 cute coloring bookmarks. Creative coloring in a cozy and comforting atmosphere, ideal for relaxing and relieving stress.

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



Scrumptious Fall



Cuddly Fall



Winter Cocooning

MINI COZY COLORING PICTURES

By Anaïs fait de l'art

In each title, 24 mini detachable pictures with soft outlines and simple shapes to color, printed on special drawing paper, plus a white gel pen to add little touches and enhance them!

- Pad + pel gen / 17 x 19.5 cm / 48 pp / €9.95
- 2 available titles



Gourmet Moments



Indoor Gardens

SIMPLE AND COZY

Cute characters, cozy homes, and peaceful everyday moments: an invitation to enjoy a comforting creative break. Thanks to thick paper and a wide back flaps, alcohol-based markers, felt-tip pens, or color pencils can be used without worry.

- Softcover with one back flap / 23 x 23 cm / 64 pp / €8.99
- 6 available titles



A WHOLE WORLD TO COLOR

By Anaïs fait de l'art

Over 100 coloring pages with broad lines and a simple style, featuring adorable characters in a cozy and comforting atmosphere. Includes high-quality, thick drawing paper, tips to create volume, manage lighting, achieve various texture effects.... Bold and easy designs ideal for relaxing and relieving stress!

- Softcover, with one back flap /
- 23 x 23 cm / 144 pp / €14.99



Sweet Walks in France
Anaïs fait de l'art



Sweet French Treats
Anaïs fait de l'art

New series

MY WELL-BEING COLORING BOOKS

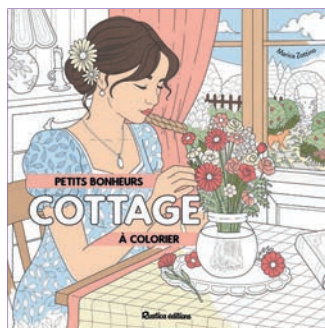
By M. Zottino

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 to €14.95
11 available titles



Rose Mandalas to Color



Cottage Coloring Book

MY BOOKMARKS TO COLOR-BY-NUMBER

By M. Zottino

After the success of her bookmarks to color, Marica Zottino is back with a charming series of bookmarks to color by number. A small, handy format for a calming and simple activity for everyone!

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



Kitten Bookmarks to Color by Number



Cocooning Bookmarks to Color by Number



Winter Bookmarks to Color by Number

MY RELAXING COLOR-BY-NUMBER PAD

By M. Zottino

The talented artist Marica Zottino presents 20 mystery coloring pages in these large-format titles, all centered around themes inspired by nature. The thick pages are easy to color and can be detached for use as decorations or gifts. To your colored pencils!

Pad / 27.8 x 31.9 cm / 40 pp / €10.95
8 available titles



My Cozy Color-by-Number



My Fall Color-by-Number

MY LITTLE COZY COLORING BOOK

New series

Easy to take anywhere titles offering each 300 comforting coloring pages for moments of absolute relaxation. Charming coloring pages for a cozy moment!

Flexibound / 11.5 x 17 cm / 308 pp + 1 stackable colored pencil / €9.99
2 available titles



Winter



Fall

New series

MY BIG COLORING PAGES

This series is for anyone wanting to enjoy creative moments filled with good vibes and see life in color! 100 coloring pages per title, with 1 stackable colored pencil (8 colors) included: a pure moment of relaxation!

Flexibound / 21 x 26 cm / 128 pp + 1 stackable colored pencil / €12.95
3 available titles



100 Mystery Coloring Pages – Dream Trips
E. Anstett & N. Belougne



100 Mystery Coloring Pages – Good Vibes Only
E. Anstett & N. Belougne



My Christmas Mandalas

THE CRAFT HANDBOOK

The ideal gifts for all craft 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!

Flexibound / 13 x 18 cm / 144 to 152 pp / €13.50 to €14.95
10 available titles



The Pottery Handbook
N. Taler



The Granny Squares Handbook
M. Robine

FIRST STEPS—CRAFTS

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 €13.95
16 available titles



Ceramics
C. Halberstadt



Punch Needle
C. Boyer



Mosaics
A. Hurst



Patchwork
V. Bonnet Bouquet

ADORABLE CROCHET KIT

Affordable kits to easily get started with crochet, including all the necessary material (crochet hook, yarn, stuffing, and an instruction booklet).

Box / 16 x 12 x 6 cm / a 16-pp booklet + accessories / €11.95
3 available titles



Kawaii Mug in Crochet
V. Bonnet Bouquet



Kawaii Chick in Crochet
M. Clesse



Kawaii Strawberry in Crochet
V. Bonnet Bouquet

EASY CRAFTS

With its accessible and progressive approach, this series is the perfect gateway to creative hobbies for beginners. Each title introduces basic techniques through 10 easy projects, helping to develop their creativity and skills!

Softcover / 17 x 22 cm / 64 pp / €10.95
10 available titles



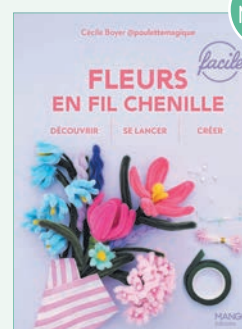
Easy Granny Squares
M. Robine



Easy Air-Dry Clay
C. Boyer



Easy Polymer Clay Jewelry
L. Sagot



Easy Chenille Yarn Flowers
C. Boyer

CROCHET WORKSHOP

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
4 available off-series titles + 15 available titles in the original series

Best-selling series



Crochet Dolls
C. Polton



Adorable Christmas
M. Clesse



Irresistible Granny Squares
C. Polton



Kawaii Crochet Food
V. Bonnet Bouquet



THE LITTLE PRINCE IN CROCHET

By A. Tanniou

The poetic world of *The Little Prince* appeals to children and adults alike. This book presents 10 original crocheted designs that can be used as decorative figurines, displayed under a glass dome, as a mobile for children, as a baby gift... to rediscover this timeless tale!

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



THE LITTLE PRINCE CROCHET KIT

By A. Tanniou

A lovely, high-quality kit to crochet a *Little Prince* doll. It includes a yarn, an adapted crochet hook, stitch markers, a yarn needle, safety eyes and stuffing, and a booklet with clear instructions and step-by-step photos!

Box / 24 x 20 x 5 cm / a 16-pp booklet + accessories / €19.95



MY CROCHET WARDROBE

By Caro Tricote

8 models for a versatile capsule wardrobe: tops, bottoms and accessories, each with the option to adjust the garments to suit personal tastes: pants that can be made into shorts, tops with different sleeve lengths, skirts that can be shorter or longer... in a summery style but which can be layered and worn all year long!

Softcover / 19 x 24.5 cm / 112 pp / €19.95



CUDDLY ANIMALS

By M. Juhel-Goossens

A cozy break with a fox and a bear, a day fishing with a cat and an otter, a walk in the snowy forests with a deer and a rabbit, or even a fruit picking trip in the company of a badger and a squirrel... this guide will allow crocheters to create 8 adorable models, their outfits and accessories thanks to explanations and numerous step-by-step photos.

Softcover / 19 x 23 cm / 128 pp / €19.95



CROCHET DOG ACCESSORIES

By M. Pitzalis

17 charming crochet accessories for dogs, adaptable to all sizes. Each design is clearly explained and suitable for beginner to intermediate skill levels.

Softcover / 19 x 24.5 cm / 112 pp / €19.95



CROCHET SWEATERS AND CARDIGANS

By J. Saint-Joanis

6 timeless and refined crochet sweater designs created by a talented pattern maker. Accessible for beginner to intermediate levels.

Softcover / 19 x 24.5 cm / 112 pp / €19.95



NEW

IRON-ON BEADS: DIY DECOR PROJECTS

By A. Achard

A guide to making 10 trendy decorative objects (vases, flower bouquets, decorative houses...) with fuse beads: a simple creative activity to master and which requires little material.

Softcover / 19 x 24.5 cm / 96 pp / €14.95



NEW

IRON-ON BEADS KIT: POPPIES

By A. Achard

A lovely kit to create 3 poppies: 900 ironing beads in 6 different colors, 3 florist wires, 1 round pegboard, ironing paper, and tweezers. Long-lasting flowers, ideal for decoration and easy to make!

Box / 24 x 20.5 x 5 cm / a 16-pp booklet + material / €16.95



DIY MINIATURES

By T. Pichon

A superb book to get immersed in the world of book nooks and create miniature dioramas. Two customizable projects are presented with step-by-step explanations, photos and illustrations, offering complete guidance through the making of the structure, furniture, small objects, and even the decor. An accessible and high-quality production, using inexpensive and recycled materials.

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



NEW

ORIGAMI KIT-WONDERFUL NATURE

By M. Jezewski & A. Riva

A kit for origami addicts with a booklet offering around twenty step-by-step models, 150 sheets of special origami paper in 2 sizes, matching stickers to enhance the folds, gold thread and beads to create a garland.

Box / 23.5 x 23.5 x 4 cm / a 48-pp booklet + material / €15.99



PAPER MACHÉ DECOR

By E. Rapin

Paper maché is an age-old technique that stood the test of time thanks to the creative freedom it offers. This book teaches how to mold paper maché with the fingers and a few tools, to easily create 15 decorative objects with over 250 step-by-step photos!

Hardcover / 19.2 x 26 cm / 144 pp / €17.95



NEW

HOW TO SEW HOMEWEAR OUTFITS

By J. Pointurier & M. Khouja

Two pattern designers offer tutorials for creating comfortable outfits, with 8 adaptable patterns to sew 16 different styles. Clear, practical guidance makes patterns easy to follow and sewing truly enjoyable.

Softcover / 21.5 x 24.5 cm / 96 pp / €20.95



NEW

MY COZY DIY HOUSE

By D. Doreau

Building a miniature world has never been easier! Step by step, crafters will cut, fold, assemble, glue, and create a miniature paper house with 100 cut-out elements (rooms, furniture, and small details) and characters to bring it to life. A bubble of relaxation and comfort!

Flexibound / 21 x 26 cm / 128 pp + a pencil / €12.95



NEW

SCANDINAVIAN CHRISTMAS

By V. Enginger

Véronique Enginger, a renowned cross-stitch designer, explores the magic of Christmas in Scandinavia. 20 embroidered and photographed charts, with their diagrams in large format, for refined and charming creations.

Hardcover / 21 x 29.7 cm / 80 pp / €23.00

DRAW EVERYTHING IN 10 MINUTES

Over 75 models, all colored, to quickly learn to draw with a simple, step-by-step approach. Handy, pocket-size books to take anywhere, learn to draw easily, and practice with the included pencil.

Flexibound / 11.5 x 17 cm / 308 pp + a pencil / €9.99
6 available titles



Draw Treats in 10 Minutes
L. Herzog



Draw Cozy Spirit in 10 Minutes
A. Bussi

DRAW EVERYTHING

Here is a series dedicated to beginners wishing to get started in drawing, with a simple and effective approach. Each title presents a gallery of 60 models to easily reproduce in 6 to 12 steps, thanks to simple and short explanations. Budding artists, grab your pencils!

Softcover / 17 x 22 cm / 128 pp / €10.95
6 available titles



Cozy Animals
M. Kolb



Kawaii Japan
L. Corbelet-Riou

EASY ART

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

Softcover / 22 x 22 cm / 160 to 176 pp / €17.50 to €19.95
8 available titles



Easy Nature Drawing
L. Herzog

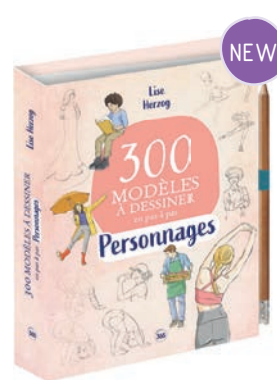


Easy Character Drawing
L. Herzog

300 STEP-BY-STEP DRAWINGS

Starting from simple shapes, fine arts specialists present in each title 300 varied models, and some can be drawn directly in the book with the included drawing pencil or brush.

Flexibound / 15 x 20 cm / 324 to 448 pp + a brush or a pencil / €15.95
7 available titles



300 Characters to Draw
L. Herzog

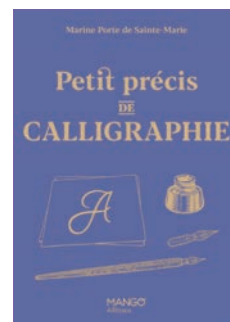


300 Cozy Models to Paint in Watercolor
V. Drouineau

THE FINE ARTS HANDBOOK

A series of beautiful handbooks with gold foil on the cover, offering an illustrated and concise presentation of the techniques and basic notions of each practice. Perfect guides for beginners to get started, progress and stay motivated thanks to ideas to find and develop their own style, in complete autonomy.

Flexibound / 13 x 18 cm / 160 pp / €14.95
7 available titles



The Calligraphy Handbook
M. Porte de Sainte-Marie



The Botanical Drawing Handbook
M. Riffard

100 STEP-BY-STEP COSY DRAWINGS Anais fait de l'art

Step-by-step models, in themes that follow the seasons, to learn to draw in the popular cozy style, from initial shapes to coloring. 100 easy-to-reproduce models to introduce readers to a good-vibes style with soft colors and inviting scenes.

Softcover / 17 x 22 cm / 112 pp / €9.95



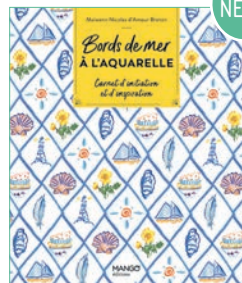
INITIATION AND INSPIRATION NOTEBOOK

Beautiful books, made as a watercolorist's notebook, with all the basics to begin watercolor (mixing, wash, flat tint, shading, dilution...), step-by-step projects focused on sweet and inspiring double pages.

Hardcover / 17 x 20 cm / 128 pp / €17.95
3 available titles



Small Shops in Watercolor
V. Drouineau



Seaside in Watercolor
M. Nicolas

NEW

30 MINUTE WATERCOLOR

Thirty watercolor projects to easily paint in under 30 minutes! A fun and easy learning experience thanks to accessible step-by-step instructions, a fresh and delicate world.

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



30-Minute Watercolor: Flowers
N. Cabioch



30-Minute Watercolor: Landscapes
N. Cabioch

NEW

READY TO PAINT

In each book, 30 pre-cut pages to detach with charming designs to paint on special watercolor paper, essential tips for beginners and 60 colorful stickers. An invitation to paint, dream, and relax!

Softcover / 17 x 20 cm / 80 pp / €10.95
2 available titles

New series



Delicate Watercolor Flowers
N. Cabioch



Lovely Watercolor Shops
V. Drouineau

NEW

NEW

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 €13.95
6 available titles



First Steps in Watercolor
S. Van Der Linden



First Steps in Watercolor Flowers
N. Cabioch



THE BIG GUIDE TO DRAWING

By M. Laisné

A comprehensive reference book to develop strong drawing fundamentals. Learning to simplify, grasping dynamics and movement, understanding values, mastering perspective... each fundamental theory has its own chapter with explanations, practical case studies, exercises, and plenty of tips to easily learn through practice.

Hardcover / 21 x 26.8 cm / 192 pp / €27.95



NEW

WATERCOLOR AND TEXTURES

By E. Karpinska

In this guide, watercolorist Ewa Karpinska brings together a wide range of techniques and explains numerous processes with precision, illustrated with many examples of artworks exploring textures. A valuable resource for artists wishing to discover the expressive richness of watercolor, explore original and advanced techniques, and develop their ability to observe and render texture!

Hardcover / 21 x 26.8 cm / 176 pp / €32.00

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.

Flexibound / 15 x 20 cm / 308 to 448 pp + a pencil / €14.95 to €15.95
8 available titles



300 Teatime Cozy Crime Puzzles
B. Myers



300 Riddles in the World of Jules Verne
B. Myers

THE ACES

200 games and puzzles per title to sharpen players' logic and reasoning skills while having fun. Books to take everywhere to never be bored again!

Flexibound / 11.5 x 17 cm / 308 pp + a pencil / €9.99
9 available titles



200 Panic at the Campsite Mysteries
B. Myers



200 Cozy Crime Riddles by the Fireside
B. Myers



THE BIG BOOK OF RIDDLES
By B. Myers

The talented Bernard Myers, an expert author of puzzles and logic games of all kinds, challenges brain-teasers lovers to solve 840 playful enigmas. Will they be able to unravel the mystery of hundreds of observations, deductions, numbers, and other astonishing riddles?

Hardcover / 20 x 25 cm / 368 pp / €21.95

ENIGMAS

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

Hardcover / 17 x 22 cm / 192 to 208 pp / €14.95 to €15.95
6 available titles



The Riddles of the Odyssey
N. Masson & Y. Caudal



The Riddles of Sherlock Holmes
N. Masson & Y. Caudal

PADLOCK RIDDLES

A series of logical games that begin with the books in hand: to open them, players must start by finding the code for the padlocks on the covers. Once opened, players will heat up their gray cells by solving 80 puzzles!

Hardcover with a padlock / 15.7 x 21 cm / 96 pp / €9.95
5 available titles



Arsene Lupin's New Riddles
B. Myers



Investigations & Mysteries
N. Masson & Y. Caudal



IN THE FOOTSTEPS OF THE BLACK DAHLIA
By V. Raffaitin

In this book, readers will put their detective skills to the test as they delve into one of the most famous and disturbing criminal cases in history. They will navigate between fiction and reality, solving 150 puzzles to gather all the clues that will lead them closer to the truth...

Flexibound / 15 x 20 cm / 308 pp + a pencil / €15.95

MY MAGICAL TOOLS

Accessible and practical guides to explore fascinating techniques to light the way. Each title offers first a theoretical part with an introduction to the basics of the practice, followed by more than 30 detachable models with QR codes to download and print them, with detailed exercises and spaces to complete.

Softcover with flaps / 29.7 x 29.7 cm / 64 pp / €19.95
5 available titles



My Astrology Charts
B. Clemence

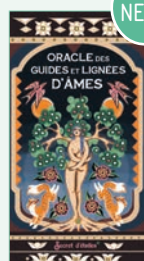


Magical Mandalas
A.-S. Casper

ORACLES: DECK AND GUIDEBOOK

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 / €14.95
16 available titles



The Guides and Soul Lineages Oracle
Meli Guidance & O. Bonaventure



The Hildegard of Bingen Oracle
S. Macheteau & L. Bossuet



NEW

THE ULTIMATE GUIDE TO DIVINATION

By P. Hearts

A fantastic reference book with rich content for exploring all methods of divination. Tarot, cartomancy, runes, oghams, palmistry... divinatory arts deciphered for effective and affordable practice!

Softcover / 18 x 24 cm / 208 pp / €21.95



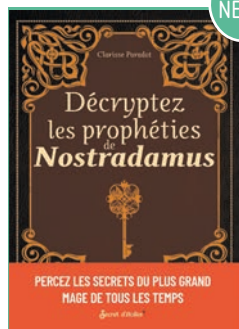
NEW

THE SIGILS

By O. Gaillard

Sigils are symbols that can be drawn for protection, good luck, and to make a wish, and constitute a simple and positive form of magic. In this guide, a witch presents 30 sigils she has created for everyday use: protection of the home and animals, prosperity, grounding, ... as well as a method for beginners to learn how to create their own sigils.

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



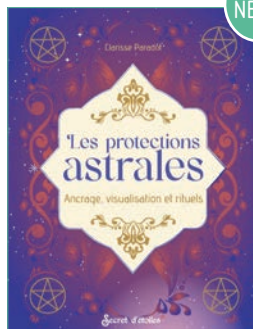
NEW

DECIPHERING NOSTRADAMUS' PROPHECIES

By C. Paradot

The well-known Nostradamus' prophecies are often subject to interpretation. This book provides access to the original texts, annotated with clear and accessible analyses to decipher their meanings. A must-have for all puzzle enthusiasts and mystery lovers!

Hardcover / 16 x 22 cm / 160 pp / €19.95



NEW

ASTRAL PROTECTIONS

By C. Paradot

Arcana of astral magic, journeys across other planes, out-of-body experiences... In this book, the author explores the foundations of astral magic to help you better understand and master it, while providing all the essential protections needed to practice safely!

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

THE WAY TO SELF HEALING

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

Softcover with flaps / 17 x 22 cm / 96 pp / €11.95 to €12.95
11 available titles



The Vagus Nerve
C. Tanguy



Sound Therapy
A.-S. Casper

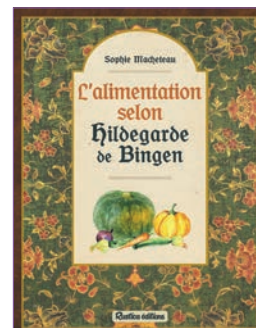
HILDEGARD OF BINGEN

Hildegard of Bingen initiated the holistic naturopathic approach linking body and spirit, man and nature, soul and the cosmos. This series offers books presenting a selection of her favorite tools, regarding their significant therapeutic effects, to take care of our health.

Softcover / 17 x 22 cm / 128 pp / €14.95
3 available titles



Plants and Remedies of Hildegard of Bingen
S. Stulz



Diet According to Hildegard of Bingen
S. Macheteau

REFLEXOLOGY

This series is dedicated to reflexology, a natural technique and therapeutic discipline that involves applying manual pressure to reflex points to release the body's self-regulating abilities. Each title focuses on a specific body part, demonstrating how to relieve 25 common everyday ailments.

Softcover / 17 x 24 cm / 96 pp / €14.95
2 available titles



Foot Reflexology
C. Tanguy & A. Alzieu



Ear Reflexology
A.-S. Casper & A. Alzieu

New series



IKIGAI

By K. Maurand Soler

Ikigai is a Japanese concept of an individual's way of living life with greater authenticity and clarity, centered on four pillars: what you love to do, what you are good at, what you need, and what you can earn a living from. This practical and illustrated guide offers a variety of exercises and rituals for readers to undertake an inner journey and restore meaning to the heart of their life.

Softcover with flaps / 17 x 24 cm / 160 pp / €17.95

NEW EDITION

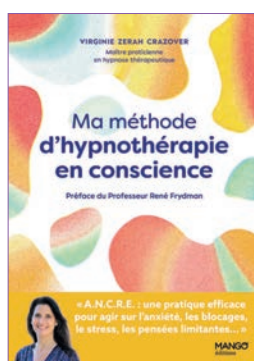


THE BIG BOOK OF NATUROPATHY

By M. Le Gouvello

A guide introducing naturopathy, full of holistic advice to treat common ailments with adapted solutions (food, physical exercises, aromatherapy, and more) by a certified multi-disciplinary naturopath. An expanded edition of a reference book that has sold over 50,000 copies!

Softcover / 24 x 18.5 cm / 244 pp / €24.95



CONSCIOUS HYPNOTHERAPY

By V. Zerah Crazover

A practical guide to using conscious hypnotherapy to combat stress, anxiety, chronic pain, sleep problems, traumatic memories and many more health problems. By following the exercises, readers will learn to regulate their emotions and embrace all aspects of life.

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

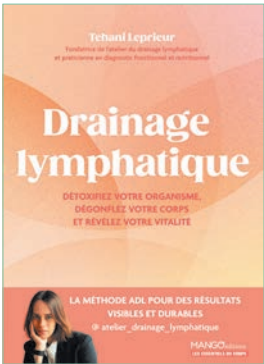


PERIMENOPAUSE: A NATUROPATHIC APPROACH

By C. Petit

A 6-week detox program to embrace hormonal changes with natural therapies: nutrition, movement, sophrology, aromatherapy, herbal remedies, and rest. Precious guidance from a naturopath and phytotherapist for women to feel better in their body!

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



LYMPHATIC DRAINAGE

By T. Leprieur

This illustrated comprehensive guide helps understand the key role of the lymphatic system as well as discover and use lymphatic drainage techniques, with many benefits, through practical advice and accessible exercises. Everything to regain balance, energy, and serenity in daily life!

Softcover / 18 x 24 cm / 144 pp / €17.95



HOW SLEEP WORKS

By Pr. I. Arnulf & Dr. V. Slimani

Insomnia, restless sleep, and other sleeping disorders are common. A duo of sleep experts—one a neurologist, the other a psychiatrist and somnologist—wrote this must-read guide to help sleep better and regain energy every day. The ideal companion for better sleep!

Softcover / 17 x 22 cm / 128 pp / €16.95



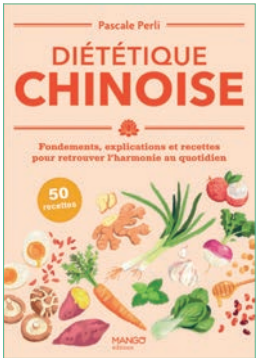
NEW

THE BODY'S MECHANICS FOR PAIN-FREE LIVING

By S. Mandret

An experienced osteopath has transformed her expertise into a lively guide, enriched with examples and clinical observations, offering readers a method to take control of their health: understanding pain, identifying imbalances, overcoming limiting beliefs, and building a realistic routine through practical tools and progressive exercises.

Softcover with flaps / 17 x 24 cm / 160 pp / €17.95



THE CHINESE DIET

By P. Perli

Chinese dietary therapy teaches how to balance flavors, the five seasons, and the body's needs. In this guide, an experienced practitioner offers delicious and healthy recipes for each season, with a focus on associated foods. A wonderful reference book to rediscover balance, energy, and pleasure at the dinner table!

Softcover / 17 x 24 cm / 160 pp / €18.95



NEW

24 HOURS TO REVOLUTIONIZE YOUR DIET... AND YOUR HEALTH!

By Dr. C. Laporte & P. Joyeau

A comprehensive, user-friendly, and illustrated guide to learning how to eat better, but also how to move, think, and breathe more effectively. A natural and sustainable method, developed through consultations with thousands of patients, supported by scientific explanations and enriched with recipes, sample meal plans, tips, charts, and practical guidelines.

Softcover with flaps / 17 x 24 cm / 160 pp / €18.95

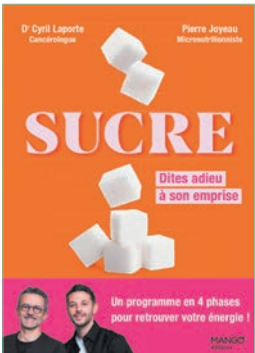


BALANCE YOUR DIET IN 4 WEEKS

By M. Billard & E. Levesque

A comprehensive guide by a sports and nutrition coach to discover how to combine pleasure and health using a simple, progressive method that respects everyone's needs. How? By listening to our bodies, preparing balanced meals, and organizing meals without stress, thanks to practical tips, caring advice, and a 4-week program to easily integrate these new habits.

Softcover / 19 x 24.5 cm / 144 pp / €16.95



DON'T LET SUGAR CONTROL YOU

By Dr. C. Laporte & P. Joyeau

A comprehensive guide to understanding and overcoming sugar addiction, featuring real-life accounts from sugar addicts, practical advice, and easy recipes to reduce sugar consumption. A feel-good guide written by a nutrition expert and a cancerologist dedicated to promoting healthy eating and preventing chronic illness.

Softcover / 17 x 24 cm / 144 pp / €16.95



NEW

HORMONAL REBALANCING THROUGH DIET

By E. Garcia

A holistic method drawing on the author's expertise as a weight loss and menopause coach to help women restore balance and well-being. A 30-day guide to rebalancing key hormones, with a simple step-by-step plan, including a hormone profile test, shopping list, weekly meal plans, and 30 savory and sweet recipes and drinks.

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

HELLO ANXIETY— LET'S TALK ABOUT IT

By M. Coiffard

Through illustrated accounts and examples, these guides help people identify their emotional and physical symptoms, manage them better and interact with others. Reassuring insights into key psychological problems, written by a major mental health influencer, and author of the best-seller title *Hello Anxiety!*

Softcover with flaps / 15 x 21 cm / 144 pp / €16.95
3 available titles



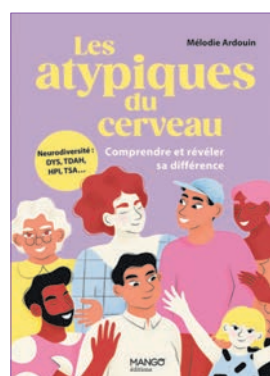
Hypersensitivity



Depression



Childhood Wounds

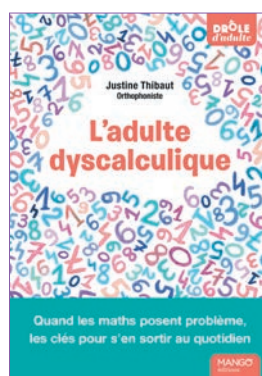


NEURODIVERGENT MINDS

By M. Ardouin

An expert and dedicated advocate for the cause of neurodiversity wrote this practical guide, with solid scientific expertise, offering exercises and activities to apply advice and recommendations, to better understand and embrace neurodiversity, giving readers the tools to be inspired and empowered, to overcome personal and professional challenges and thrive.

Softcover with flaps / 17 x 24 cm / 160 pp / €17.95



ADULTS WITH DYSCALCULIA

By J. Thibaut

It is estimated around 3% of adults suffer from dyscalculia, which manifests itself in difficulty counting, managing a budget, doing groceries, reading the time.... This cheerful guide written by a speech therapist will help people regain confidence and learn methods to live with dyscalculia on a daily basis.

Softcover with flaps / 17 x 24 cm / 144 pp / €17.95



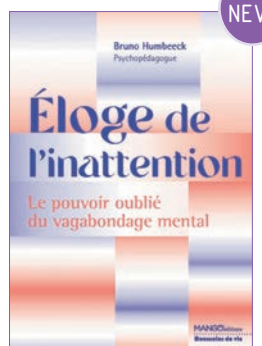
NEW

THERAPEUTIC JOURNALING

By N. Chidiac

As a powerful therapeutic tool, this notebook offers 50 accessible writing exercises grounded in clinical expertise, for readers to slow down, take stock of their life in a playful and uninhibited way, and deepen their self-understanding.

Softcover / 15 x 21 cm / 144 pp / €18.95



NEW

IN PRAISE OF INATTENTION

By B. Humbeek

An educational psychologist offers practical, everyday tools to help readers rediscover genuine mental rest, learn to disconnect, regulate cognitive load, shift consciously between different modes of attention, and enhance creativity, memory, and concentration.

Softcover with flaps / 14 x 21 cm / 176 pp / €17.95



NEW

BUILD YOUR EMOTIONAL STABILITY

By C. Charpentier

An expert in emotional intelligence details her four-step method to help 18- to 30-year-olds navigating through a hyper-connected world. Understanding what is happening within themselves, recognizing their needs and natural rhythms, adjusting their relationships with others without hypervigilance, and cultivating a sustainable inner ecology: guidance toward inner transformation!

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



UNDERSTANDING LIVING WITH AUTISM

By E. Couval

This guide takes an original, fully illustrated approach, with the author explaining how she personally deals with autism in her daily life, social interactions, and her difficulty managing on a physical and emotional level. A peer support guide to explain ASD in everyday life and understand how to live better together.

Softcover / 17 x 24 cm / 160 pp / €17.95

SUPER EASY!

Over 40 exercises per title, clearly explained in step-by-step photos, to improve 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
10 available titles



Super Easy Chair Yoga
V. Allibe



Super Easy Full Body Exercises
S. Augoyat

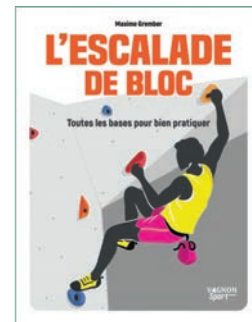
SPORT BASICS

Practical guides with diagrams, advice and key information to get started with a specific sport: training exercises, accessible explanations of key knowledge, and more.

Softcover / 17 x 22 cm / 112 pp / €15.95
3 available titles



Boxing
J.-C. Pétris



Bouldering
M. Grember

MY SPORTS COACH

Concise guides to protect the body while practicing sport and use potentially dangerous equipment correctly, with expert advice and technical diagrams.

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



Strength Training at the Gym
T. Ravon



Preparing Mentally for Sport
M. Borot



AQUA FITNESS

By L. Bedos

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

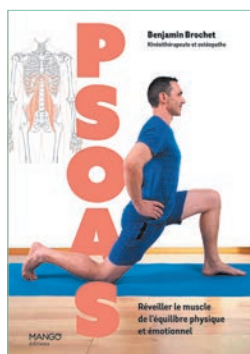
Wire-o, coated with plastic / 15 x 21 cm / 30 pp / €17.95

SEATED EXERCISES

By V. Cochet

45 exercises, movements and postures per title to practice sitting on a chair, at home, for simple sports practice. An uninhibited and accessible approach to sport for all, all from the comfort of a chair!

Softcover / 17 x 22 cm / 96 pp / €12.95
2 available titles

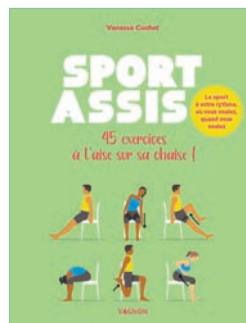


PSOAS

By B. Brochet

A guide written by a physiotherapist and osteopath, specialized in treating musculoskeletal and rheumatic disorders, to discover the secrets of this key muscle and its impact on physical and mental health. Includes photo-illustrated exercises for massage and stretches, muscle training, and recommendations to increase mobility.

Softcover / 17 x 24 cm / 144 pp / €16.95



Seated Sports



Seated Sports for Seniors

FAMILY MINI-ORGANIZERS

Colorful and ultra-practical, these small calendars provide a clear overview of household organization over 16 months. A double-page spread per month, spaces to daily note appointments and activities, a shopping list pad to ensure nothing is forgotten, magnets to attach the organizer to the fridge... everything to facilitate the management of daily family life!

Wire-Stitched / 27 x 24 cm / 36 pp / €9.99
2 available titles



Family Mini-Organizer

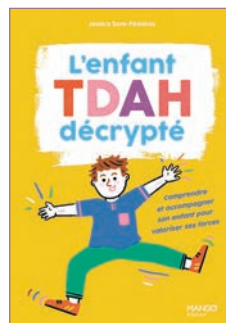


My Well-Organized Life

UNDERSTANDING CHILDREN WITH SPECIAL NEEDS

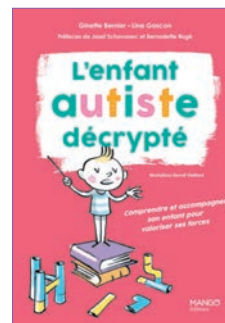
Fully illustrated guides written by experts to better understand the children with special needs. Each topic (communication, autonomy, learning, social life) is taken from the children's point of view and focuses on everyday life situations, to help parents to perfectly grasp their feelings.

Softcover with flaps / 17 x 24 cm / 160 to 192 pp / €17.95 to €18.95
5 available titles



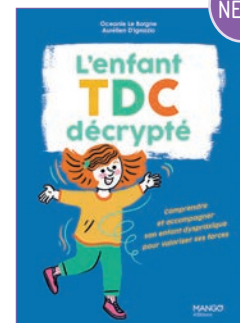
Understanding the Child with ADHD

J. Save-Pédebos



Understanding the Child with Autism

G. Bernier & L. Gascon



Understanding the Child with DCD

O. Le Borgne



BABY, TELL ME HOW YOU GROW

By Dr. C. Haddad-Halimi & A. Crop

What if babies could tell us how they feel? This book is written from a newborn's perspective and guides parents through the extraordinary first two years of their baby's life: breastfeeding, sleep, crying, weaning, attachment, managing emotions... all aspects of caring for baby are accompanied with practical advice.

Softcover / 17 x 22 cm / 144 pp / €15.95



PSYCHOMOTOR DEVELOPMENT FROM BIRTH TO 18 MONTHS

By P. Pavy, C. Rault & L. Herzog

The perfect guide for parents of little ones: easy-to-set-up activities that require no home adjustments, insights based on the latest scientific advances, feedback from psychomotor experts and early childhood specialists, and over 60 illustrations and 30 videos to quickly grasp the key concepts.

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



THE RIGHT WORDS TO DISCUSS SEXUALITY WITH YOUR CHILD

By I. Salva

As children and teenagers are increasingly exposed to inappropriate images and information through social media, the news, and their peers, it is crucial that parents become a reliable and accessible source of information. A clinical psychologist and psychotherapist offers simple tools and practical examples for engaging in healthy and respectful conversations, taking into account the child's age, maturity, and natural curiosity.

Softcover / 17 x 24 cm / 160 pp / €17.95



FOCUS! COPING WITH THE CHILD'S ADHD

By E. Toth & L. Zink

This fully illustrated, practical guide will help parents understand their child with ADHD through eight themes of daily life (school and learning, home life, managing emotions...), thanks to comic strips illustrating situations, medical insights, personal accounts, advice, and a game to spark family conversation and build connections.

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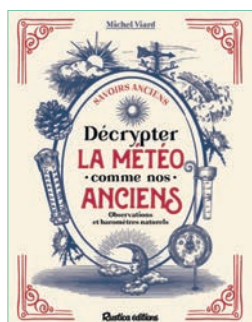


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M. Viard



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Hardcover / 21 x 26 cm / 176 pp / €29.95



THE WONDERS OF NATURE

Birds, tree leaves, seashells, mushrooms... 20 naturalist prints on strong nature themes to detach and frame to add a vintage touch to an interior decoration!

Hardcover / 25 x 31.9 cm / 40 pp / €14.95



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By E. Gagnard

In this gift book, a medicinal plant specialist and phytotherapy consultant presents 50 essential medicinal plants. The book offers a wealth of information, with plants categorized by garden area (hedge, flowerbed, vegetable garden, pond, etc.), and for each plant, a brief history, its properties, cultivation tips, and easy-to-prepare remedies.

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



THE FASCINATING WORLD OF BEES
By F. Lasserre

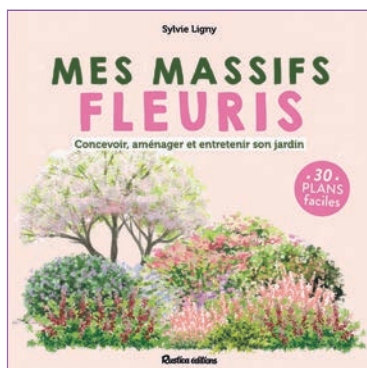
As an author, lecturer, and teacher, François Lasserre researches and tests ideas that help a wider audience see other animals—particularly insects—differently. In this book, he delivers a committed message, inviting readers to discover bees in a new light, beyond honey, and to cultivate curiosity and compassion for all species.

Hardcover / 17 x 24 cm / 96 pp / €15.95

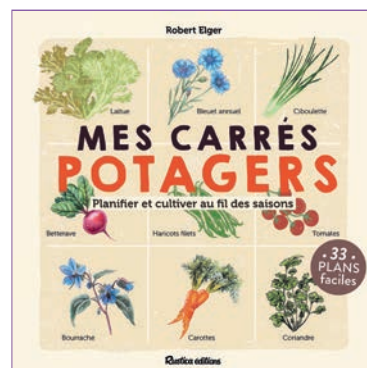
MY GARDEN, READY TO ROLL

About 30 projects per title answering all the questions gardeners ask themselves, in an original, large format and downloadable plans to help with designing and maintaining a garden.

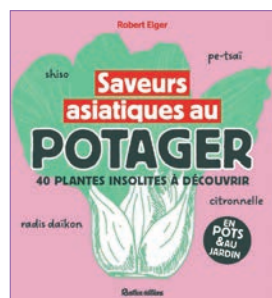
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S. Ligny



My Square Foot Garden
R. Elger



ASIAN FLAVORS IN THE VEGETABLE GARDEN

By R. Elger

Lemongrass, daikon radish, pak choi, shiso... these plants may not be native to Europe but with the author's guidance they are easy to grow and incorporate into home cooking for a touch of exoticism!

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CREATE YOUR ISLAND OF FRESHNESS

By S. Ligny

How to be more comfortable when intense heat is getting more common during Summer? By rethinking terraces, gardens and courtyards to bring freshness! A specialist gives planning boards to adapt to climate change, with a selection of plants and solutions adapted to all situations: walkways, climbing plants, pergolas... everything to make temperatures pleasant during Summer and be protected against heatwaves!

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By M. Viard

How to create a garden that is both esthetic and edible? Thanks to this practical guide on planting edible plants (fruit bushes, edible flowers, vines...) alongside ornamental plants, for an eye-catching and useful garden!

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By S. Ledoux

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Foreign Rights Manager

ph: (+33) 1 53 26 34 46

e-mail: m.girona@fleuruseditions.com

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Morgane LE GOANVEC

Foreign Rights Executive

ph: (+33) 1 53 26 33 68

e-mail: m.legoanvec@fleuruseditions.com

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