

# FOREIGN

# rights

SPRING 2024

ADULT  
BOOKS

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



## ILLUSTRATED STORY OF A LEARNING PROCESS

An original artistic method for beginners mixing a comic strip narration, following the learning process of the author, with didactic pages. Each difficulty is the subject of a lesson with many steps.

Softcover with flaps / 21.5 x 25.4 cm / 96 pp / €17.50 to €20.00  
3 available titles



**Manga, an Illustrated Story**  
E. Lerner



**Drawing, an Illustrated Story**  
J.-J. Dzialowski



**Watercolor, an Illustrated Story**  
L. Ripoll

## EASY MANGA

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

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



**Nekketsu Shonen**  
Mister Mango



**Easy Chibi**  
E. Raffin



**Easy Seinen**  
Mister Mango



**Easy Shoujo**  
V. Huy Ta

## THE FINE ARTS HANDBOOK

The ideal gifts for all the fine arts lovers: precious 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 / 160 pp / €14.95  
2 available titles



**The Drawing Handbook**  
L. Herzog



**The Watercolor Handbook**  
F. Brossolasco-Leclerc



## A COMPREHENSIVE GUIDE TO MANGA DRAWING

By V. H. Ta

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

Hardcover / 21.5 x 25.4 cm / 158 pp / €20.00



## 365 EASY MANGA TO DRAW

By Mister Mango

A great book to improve one's drawing skills throughout the year, with one model per day, from simple drawing to more complex ones, to reproduce thanks to clear step-by-step.

Hardcover / 20 x 16 cm or / 368 pp / €22.50



## THE REALISTIC DRAWING

By M. Laisne

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

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



NEW

## WATERCOLOR WITH A LIMITED PALETTE

By L. Merle

Starting watercolor painting with few colors helps familiarize beginners with the basic techniques using little equipment, to learn to master the different types of palettes and their effects, for equally splendid results. Simple and modern models to understand watercolor and its many possibilities!

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



NEW

## BLUR EFFECTS ON WATERCOLOR FLOWERS

By A. Hémary

A guide for beginners in watercolor to master the art of the blur effect. From the selection of supplies, choice and use of the colors, introduction to the techniques to practicing them with 14 models to reproduce thanks to detailed step-by-step instructions... inspiring artists will create soft and mesmerizing flowers!

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

## THE TECHNIQUES OF THE ARTIST

By A. Tiar & M. Penaud

A new multi-technique series which makes art accessible to all! A great approach for beginners combining the basics of academic methods with free practice to help them find their own style.

Softcover / 21 x 29.7 cm / 32 pp / €9.95  
4 available titles

New series



NEW

Temporary cover

Acrylic



NEW

Temporary cover

Watercolor



NEW

Temporary cover

Drawing



NEW

Temporary cover

Oil Pastel



NEW

## HAUTE COUTURE FASHION DESIGN DRAWING

By E. Morozova

The essential techniques for drawing fashion models, thanks to simple explanations in detailed step-by-step: sketches, proportions of a fashion silhouette, volumes, and weave of fabrics. Written by a stylist and fashion design teacher for all those who dream of fashion design.

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



## THE EMBROIDERER'S ALBUMS

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

Hardcover / 21 x 29.7 cm / 80 to 96 pp / €21.00 to €23.00  
11 available titles



**A Stroll in the Countryside**  
P. Samouiloff



**Seaside in Cross-Stitch**  
V. Enginger

## FIRST STEPS – NEEDLECRAFTS

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

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



**First Steps in Upcycling Sewing**  
A. Gayal



**First Steps in Circular Knitting**  
K. Chui

## THE NEEDLECRAFT HANDBOOK

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

Cloth flexibound / 13 x 18 cm / 144 to 152 pp / €13.50 to €14.95  
6 available titles



**The Crochet Handbook**  
Caro tricoté



**The Fabric Handbook**  
R. Deraeck

## CROCHET WORKSHOP

**By So Croch'**

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

Softcover or hardcover / 17 x 22 cm / 64 to 96 pp / €10.50 to €16.50  
8 available titles



**Adorable Animal Families**



**Adorable Picnic**



## THE BIG SEWING HANDBOOK

**By E. Grontec**

This practical guide brings together all the techniques necessary for sewing accessories and clothing along with detailed step-by-step in photos, a neat layout and a beautiful production. A must-have reference book for seamstresses of all levels ensuring them successful creations.

Hardcover / 21 x 26.8 cm / 272 pp / €31.95



## HOW TO UPCYCLE CLOTHES

**By E. Procopiou**

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

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



## CREATIONS IN SINGLE CROCHET

By Avril Crochett' prod.

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

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



NEW

## LITTLE PRESENTS TO SEW

By L. Guyet

10 simple, one-size-fits-all and foolproof DIY sewing projects to prepare homemade presents from fabric scraps: cushion cover, makeup remover wipes, pouch bag, headband and scrunchies... The perfect craft ideas for beginners to say proudly: "I made it myself"!

Softcover / 21 x 29.7 cm / 80 pp / €14.95



## MY FIRST WARDROBE

By A. Gayral

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

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



## A WARDROBE FROM FABRIC SCRAPS

By S. Houlbert

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

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

## ABSOLUTE BEGINNERS

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

Softcover with flaps / 20 x 25 cm / 80 to 96 pp / €13.50 to €14.95  
5 available titles



Crochet Clothes and Accessories for Beginners

J. Saint-Joanis



Knitting for Beginners

B. Jaglin

## LESSONS & IDEAS TO BEGIN

The perfect practical guides 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 / 21.5 x 25.4 cm / 96 pp + 2 real-size double-sided pattern boards / €16.95 to €20.95  
2 available titles



How to Sew Comfortable Lingerie

P. Aubeau, J. Guelennoc & B. Vives



NEW EDITION

How to Sew Your Clothes and Accessories

C. Auzou



## CANING AND RESEATING

By C. Lahalle

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

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



## NATURAL CRAFT

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

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



**Boho Macramé**  
V. Pugliesi



**Macramé Plant Hangers**  
V. Pugliesi



**Boho Basketry**  
Marion • Vannerie d'exploration



## VEGETABLE DYES FOR BEGINNERS

By C. Binet-Dezert

A guide to dyeing fabrics and wool using organic elements: an eco-friendly and simple pastime! The author offers a complete approach from picking plants, the basics techniques, the different natural material (plants, spices, fruits, vegetables, etc.) for 12 DIY projects (t-shirt, tote bag, plant hanger and more) to master eco-printing!

- Softcover / 17 x 22 cm / 160 pp / €16.95



## A GUIDE TO HOME REPAIRS

By Le café des bricoleurs

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

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

## MY DIY HOME DECOR

A series of easy and economical tutorials, accessible to everyone! Each title presents 15 creations, to beautify a home decoration, with detailed explanations in 150 step-by-step photos!

- Softcover / 17 x 24 cm / 80 pp / €14.95
- 2 available titles



**My DIY Home Decor for Plants Lovers**  
V. Layerle



**My DIY Home Decor in Macrame**  
V. Pugliesi

New series

## HEADING TOWARDS AUTONOMY

By C. Chabot & S. Martins

Small practical guides offering advice, personal accounts and explanatory diagrams to all those wanting to live their daily lives in a minimalist, sustainable and more economical way.

- Softcover / 14 x 21 cm / 64 pp / €7.95
- 3 available titles



**Living in Smaller Spaces**



**Producing Your Electricity**



**Installing Your Dry Toilet**

## MY WELL-BEING ORACLES

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

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



**Flowers Oracle**  
*C. Tanguy & M. Kieu*



**Mudras Oracle**  
*K. Jot & M. Mercier*

## ORACLES: DECK AND GUIDE BOOK

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

Set / 8,4 x 16 cm / 25 cards + a 64-pp softcover book / €13.95  
4 available titles



**Merlin's Oracle**  
*M. & S. Mottet*



**Witches Knowledge Oracle**  
*P. Hearts & L. Bossuet*

## LITTLE TREASURE

A splendid series of beautifully printed small grimoires on classic witchcraft themes for precious gifts!

Set / 8,5 x 12,3 cm / 25 cards + a 64-pp softcover book / €13.95  
2 available titles



**Magical Symbols**  
*N. Myara*



**Witch Spells and Potions**  
*D. Crolle-Terzaghi & M. d'Hennezel*

## ORACLE BOX

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

Cylindrical box / 9 x 9,8 cm / 40 cards / €11.95  
5 available titles



**Messages from My Totem Animals**  
*P. Regnicoli*



**Messages from My Angels**  
*S. Gentil*



**My ORACLE BOOK**  
**By N. Myara**

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

Hardcover / 11,5 x 17 cm / 128 pp / €15.95

## SECRET MESSAGES FROM NATURE

**By A.-S. Casper**

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

Hardcover / 12 x 17,4 cm / 112 pp / €13.95  
4 available titles



**Animals of Happiness and Abundance**



**Messages from Plant Spirit Totems**



## 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  
19 available titles

Best-selling series



**Sun Magic & Light Rituals**  
F. Bailly



**The Magic of the Mirror**  
C. Paradot



**The Medicine Wheel**  
S. Stulzart



**The Magic of Salt**  
L. Vallée



**Magical Aromatherapy**  
A. MacCorvus



**Preserving My Vital Energy**  
C. Chermeux



## SHAMANIC HERBALISM

By M. Brentegani & C. Curt

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

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

## SABBATHS

By Sorcière Box

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

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



**Ostara, the Great Celebration of Nature**



**Samhain, the Witches New Year of Nature**

## 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  
5 available titles



**Magic Candles for Rituals**  
F. Bailly



**Spell Jars Making**  
M. Morrigan



## THE MAGIC COACHING NOTEBOOKS

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

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



**Astrology**  
T. Ose



**Magnetism**  
A.-S. Casper



**Numerology**  
A.-S. Casper



**The Witch Mum**  
F. Denis



### HOW TO DEVELOP YOUR TELEPATHIC SKILLS By N. Myara

A practical guide to unlock one's mind potential: understanding what telepathy is and with whom one can put it into action, as well as exercises and advice to develop one's abilities. A fascinating topic!

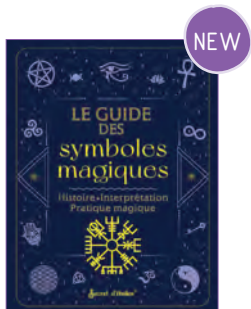
Softcover / 17 x 22 cm / 128 pp / €14.95



### REACHING ABUNDANCE By C. De Leenheer

Abundance refers to the idea of having something in an ample quantity in one's life: love, tenderness, financial resources... In this book, the author offers practical guidance to free oneself from blockages and difficulties, and exercises to attract abundance!

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



### THE GUIDE TO MAGIC SYMBOLS By N. Myara

The Ankh, the Triskelion, Nordic runes... so many symbols that are essential elements in magical practice, witchcraft celebrations and rituals. This comprehensive guide presents more than 150 symbols through their cultural origin, symbolism, interpretation, and practical use in the spiritual and esoteric domains.

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



### CEREMONIES & RITES OF PASSAGE By A. Fryda Marty & D. Joly

How to celebrate the different stages in one's life? How to make sense of the path taken? How to infuse the sacred into one's daily life by practicing ancient rituals? In this guide, the author invites women to celebrate the important changes and passages in their lives through 23 ceremonies explained step by step.

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



### THE GUIDE TO PROTECTION MAGIC By R. de Geetere

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

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



### BURY THIS NOTEBOOK AND ENTRUST YOUR WISHES TO GAIA By K. Jot

Here is a creative way to achieve one's deepest desires: the reader is invited to fill in this secret notebook by writing, drawing, scribbling, before burying it for Mother Earth to manifest them!

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



## THE MAGIC OF PLANT TALISMANS

By M. Neu

Whether to protect oneself, find inspiration or have a peaceful and restorative sleep, plant talismans are perfect and powerful tools. This guide presents all the bases and subtleties of plant magic to design 15 plant talismans and use them daily while respecting mother nature!

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



## DISCOVERING MY SPIRITUAL GUIDES

By Marie La Lightworkeuse

A certified holistic therapist and medium offers guidance to learn how to feel the presence of one's guides and contact them. Meditations, visualizations, pendulum boards: tools and practical exercises to open one's perceptions and make them true allies in one's life path.

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

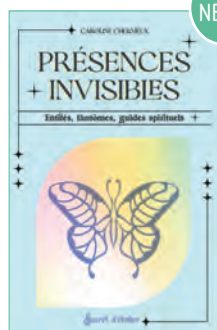


## THE MAGICAL POWERS OF THE CAT

By A.-S. Casper

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

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



## INVISIBLE PRESENCES

By C. Chermeux

Entities, spirits of nature, ghosts, guides, old souls... Those that we commonly call invisible presences are here even if we are not aware of them. What are these entities? What is natural or supernatural? Can we get in touch with them? This book offers all the answers to these questions and many more.

Softcover / 14 x 21 cm / 144 pp / €14.95



## AURA UNDERSTANDING AND HARMONIZING

By N. Myara

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

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



## SOUL CARE

By M. Falzon

How to connect to one's soul and heal its wounds to be in harmony with oneself? The author offers guidance to be deeply in tune with oneself, methods to heal one soul and activate one's potential for a complete fulfillment!

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



## EXPRESS YOUR WISHES WITH THE LAW OF ATTRACTION

By M. Pauze

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

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



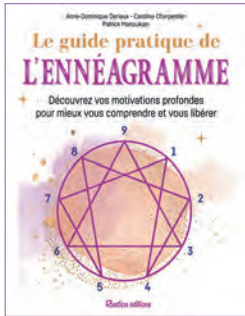
## BIRTH IMPRINTS AND MEMORIES

By . Chaumeil

What memories do we inherit? Is there life before life? How does the birth experience influence our adult lives? A fascinating deciphering of the issues at stake at birth and the influence they have on one's life!

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





## THE PRACTICAL GUIDE TO THE ENNEAGRAM

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

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

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



NEW

## DEVELOP YOUR POTENTIAL THROUGH INTROSPECTION

By T. Lauret

When self-development leads to acquire new skills, attitudes or reaction, Thierry Lauret, coach for top athletes, presents his own technique: introspection. With this illustrated handbook, he aims at self stripped-down instead of self-growth, to discover one's deep nature, deconstruct the negative patterns and overcome the limiting thoughts to achieve one's goals of life.

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

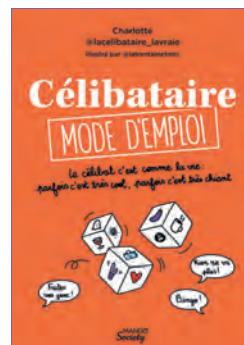


## THE GUIDE TO INTUITION

By C. Tesnier

Though intuition is a natural tendency, our logical reasoning and restrictive thoughts limit it. With simple exercises, the author gives tools to understand how intuition works, and how to develop it in the everyday life.

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



## A GUIDE TO BEING SINGLE

By Charlotte @lachelibataire\_lavraie

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

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



## THE POWER OF CONNECTIONS

By R. Zuili

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

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



## A GUIDE FOR THE INTROVERT TEAM

By L. Vesper & G. Rosell

A practical guide for every introvert to contemplate themselves with more indulgence and to turn this aspect of their personality into a strength. An inclusive, positive, and benevolent approach based on the author and her online community's experience.

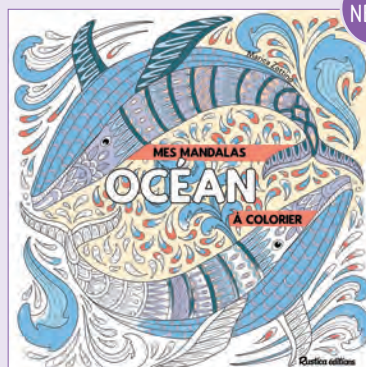
Softcover with flaps / 17 x 24 cm / 176 pp / €14.95

## 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  
9 available titles



NEW

My Ocean Mandalas to Color



NEW

My Birds Mandalas to Color



## THE WAY TO SELF HEALING

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

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



**Self-Massage**  
C. Dildée



**Reflexology for Babies and Children**  
A. Giraudet



**Magnetism for Babies and Children**  
A.-S. Casper



**Reiki**  
L. Hocquigny

## MY 52 CARDS

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

Case / 12 x 14 x 3 cm / 52 cards /  
€13.95 to €14.95  
3 available titles



**My Yoga Ritual**  
A.-M. Dorel

## 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  
6 available titles



**Blossoming as a Highly Sensitive Person**



**Balancing My Energies**



## HELLO ANXIETY

By M. Coiffard & M. Villette

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

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



**Essential Oils in 100 Recipes**  
Dr. F. Couic-Marinier



**Kamasutra**  
L. Stromboli-Couzy  
& @mydearvagina

## SUPER EASY!

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

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



**Super Easy Facial Self-Massage**  
F. Pelletier



**Super Easy Fitness**  
@Jesuisunecoach



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



**Super Easy Body Postures**  
C. Ferré & J. Pigerol



## THE CARDIAC COHERENCE

By C. Gormand

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

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



## MOVE!

By T. Vincent

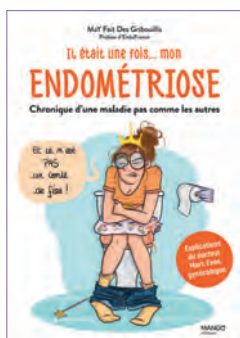
An osteopath, also a physical trainer, presents in this guide more than 50 exercises with little or no equipment to stay in shape and in good health! Guided sessions with multiple benefits: prevention to gain mobility, healing to treat pain and joints, fitness, muscle, and joint strengthening!

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

## MY JOURNEY THROUGH CHRONIC ILLNESS

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

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



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



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

## LIVING WITH

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

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



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



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



BEST-SELLER

## THE BIG BOOK OF NATUROPATHY

By M. Le Gouvello

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

Softcover with flaps / 18.5 x 24 cm / 224 pp / €19.95



BEST-SELLER

## THE MAGNETISM GUIDE

By A-S. Casper

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

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



NEW

## THE SECRETS OF A NATUROPATH FOR A BEAUTIFUL SKIN

By C. Tanguy

In this complete and accessible guide, a naturopath presents natural actions to have a healthy skin. Simple explanations, a 21-day program adapted to each skin type, self-massage and facial yoga techniques to reduce the effects of aging, acupressure techniques to relieve skin problems...

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



NEW

## HOW TO DEVELOP YOUR HEALING GIFTS

By D. Merlin & P. Hearts

A countryside witch and a healer present the essential techniques and spells to learn how to develop one's healing gifts, provide relief and soothing techniques for all everyday ailments!

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



NEW

## PLANTS AND REMEDIES OF HILDEGARD OF BINGEN

By S. Stulzaft

Hildegard of Bingen initiated the holistic naturopathic approach linking body and spirit, man and nature, soul and the cosmos. This book offers a selection of 70 of her favorite plants, foods and spices to take care of one's diet and health thanks to recipes and ancestral remedies.

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



## GETTING THE UPPER HAND OVER ENDOMETRIOSIS

By B. Flory

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

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

## THE FAMILY WELL-BEING GUIDE

All-comprehensive guides to alternative medicines to understand their basics, reviewing about 100 detailed remedies, and 300 specific recommendations to treat troubles. Reference books for an everyday use by all the family!

Softcover with flaps / 18.9 x 23.4 cm / 384 to 416 pages / €24.95 to €29.95  
6 available titles



NEW EDITION

### The Family Guide to Naturopathy

R. Fré, C. Saint-Béat & A. Tardiff



NEW EDITION

### The Family Guide to Medicinal Plants

D. Lause, N. Macé, C. Saint-Béat & A. Tardiff





## THE BIRTH OF A MOTHER

By E. Simonet & J. Maurice

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

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



## PRE- AND POST-NATAL YOGA

By T. Cailly

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

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

## MY SUPER FAMILY

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

Softcover with flaps / 17 x 24 cm / 192 to 208 pp / €12.95  
7 available titles



The Super New Dad's Guide

B. Perrier & Lavipo



The Super Future Dad's Guide

B. Perrier & Lavipo

BEST-SELLER



## OUR FAMILY, THE TWO OF US: TAKING CARE OF THE PARENTAL COUPLE

By A. Nativel Id Hammou, P. Verduzier & P. Perrolet

The birth of a child is an upheaval in the life of a parent, a family... and that of a couple. Drawing on their experiences, a psychologist and a journalist give in this illustrated guide ideas to better understand what is at stake in each of us in relation to becoming a parent, and practical tips for overcoming major crises from the baby clash to pre-teenage years.

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



## PREGNANCY AND HYPERSENSITIVITY

By A.-C. Barbequot

With motherhood, perceptions are different, emotions are heightened, and consciousness is broadened. As a doula, the author is aiming at a better understanding of the strong emotional changes during pregnancy and post-partum, thanks to precious tips, practical advice, and personal accounts to guide mothers, their partner and loved ones.

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



## MY FIRST YEAR AFTER BABY

By S. Dury

After the post-partum, each new mother must find a new balance in her life: the time she wishes to spend with her little baby, the necessity or will to work again, the time for her couple, for a social life... Sandrine Dury, a psychologist, gives practical advice and tips to help women to find this balance in every aspect of their lives.

Flexibound / 20 x 23 cm / 192 pp / €22.95



## IMPERFECT BUT HAPPY!

By V. De Minvielle

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

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



## ONCE UPON A TIME... THE LIFE OF NEW PARENTS

By MaY Fait Des Gribouillis

All parents know the mixture of extreme happiness and deep fatigue that follow the first years of parenthood. With humor and tenderness, MaY illustrates anecdotes from her daily life for young parents who will inevitably recognize themselves. A hilarious and sweet take on parenthood!

Softcover with flaps / 17 x 24 cm / 176pp / €16.95

## YOU'RE GROWING, LET'S TALK!

Serious advice diluted with humor to best support children's evolution. A series to think about every subject that impacts them in today's society, to support them and open a dialogue without being outdated.

Softcover / 15 x 21 cm / 80 pp / €9.95  
6 available titles



**Social Networks**  
B. Perrier & Lavipo



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

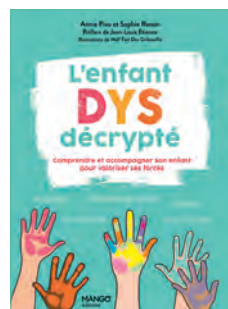


**Self-Confidence**  
E. Hilt, A. Missoffe & M. Denturck

## UNDERSTANDING CHILDREN WITH SPECIAL NEEDS

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

Softcover with flaps / 17 x 24 cm / 192 pp / €17.90 to €18.95  
3 available titles



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



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

## THE LITTLE ILLUSTRATED DECODER

By A.-C. Kleindienst & L. Corazza

Fully illustrated guides written by a psychologist to handle everyday situations, develop a dialogue with the child, teen and within the couple, according to the positive discipline method.

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



**The Little Illustrated Decoder of the Teen in Crisis**



**The Little Illustrated Decoder of the Kid's Tantrums**



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## IN THE MIND OF BABIES

By F. Millot & La Grande Lizon

What do babies see? Do they hear like us? What do they feel? A psychologist answers the questions of parents by asking them to put themselves in their baby's shoes to understand their needs. A sweet and educational approach, based on the latest scientific research, with practical advice and illustrations.

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



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## UNDERSTANDING AND CALMING CHILD ANXIETY

By A. Sénéquier & S. Bouxom

Ecoanxiety, information overload, omnipresence of screens, (cyber)bullying... so many factors add to the pressures felt by children. In this illustrated guide, a child psychiatrist supports parents towards a better understanding of their child's anxiety and gives a multitude of practical tips to help them better manage their daily anxiety.

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



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## BYE BYE REFLUX!

By V. Ferrandez & L. Desportes

Gastroesophageal reflux disease is a phenomenon that affects nearly two thirds of babies under six months. A nurse supports parents step by step towards an analysis and management of their baby's difficulties, for the well-being of the whole family. A very practical approach popularizing the state of current scientific knowledge for parents.

Softcover / 15 x 21 cm / 144 pp / €13.95



## MUSIC AWAKENING

By I. Géraud & E. Marty

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

Softcover with flaps / 18 x 24 cm / 192 pp / €17.95





## A COMPREHENSIVE GUIDE TO PRESERVING

By J. Gis & L. Boiago

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

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



## COLD MEATS

By F. Pairon & A. Chemin

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

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

## COOK THE ESSENTIALS

These cookbooks offer each 50 recipes for cooking essential products in all their forms. The books include beautiful photographs, information (manufacturing process, types, tasting tips, etc.) and a A3 poster!

Hardcover / 16.3 x 21 cm / 144 pp + a poster / €12.95  
2 available titles



**Cooking Cheese**  
D. Pascal



**Cooking Beer**  
Collective Work

New series



NEW EDITION

## BARBECUE, THE BEST RECIPES FROM THE WORLD!

By R. Guillot

A great barbecue reference book with more than 100 savory and sweet, easy and original recipes from around the world for all year round. Recipes, tips and advice to feel like a master of the grill!

Hardcover / 18 x 24 cm / 208 pp / €22.95



NEW EDITION

## PLANCHA, THE BEST RECIPES FROM THE WORLD

By L. Hanno

Plancha cooking is a healthy and simple cooking method. This book invites to discover simple, colorful, exotic and warm cuisines through more than 70 savory and sweet recipes from around the world, to discover great classics or more original dishes.

Hardcover / 18 x 24 cm / 208 pp / €22.95

## THE BEST DAILY RECIPES

By S. Mahut

30 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  
4 available titles

New series



**Finger Food**



**Salads**

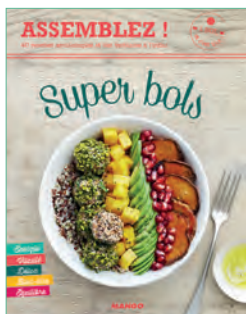


**Low Budget**



**Pasta**





## SUPER BOWL

**B. Abraham & A. Roche**

Trendy and simple recipes to savor in a bowl. 40 recipes, each visually explained to be easily prepared and enjoyed in a bowl, using simple ingredients following one's aims (detox, energy boost, balanced meal best for fitness and sports results...).

Softcover / 18 x 23 cm / 96 pp / €9.95



## VEGAN PASTRIES

**B. Abraham & N. Carnet**

This cookbook offers 55 vegan and indulgent desserts and pastries, from cinnamon rolls to croissants, lemon curd pie or milkshakes, along with advice on replacement ingredients to avoid animal products (eggs, milk, cream and butter) without suffering from dietary deficiencies.

Softcover / 16 x 21 cm / 128 pp / €12.95



## CAKES!

**By P.-L. Viel & V. Drouet**

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

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



## WORLD COOKING IN 4 INGREDIENTS

**Collective Work**

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

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



## WORLD FINGER FOOD

**By S. Mahut**

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

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



NEW

## THE BIG BOOK OF MEDITERRANEAN COOKING

**Collective Work**

More than 150 generous and healthy recipes, advice, tips, anecdotes, photos and step-by-step to master the essential techniques: everything to become a pro of Mediterranean cuisine and bring a touch of sunshine to one's kitchen!

Hardcover / 23.2 x 31 cm / 288 pp / €35.00

New series

## VEGGIE WORLD RECIPES

40 healthy vegetarian recipes from around the world seasoned with numerous tips, vibrant photographs and cultural information for an exploration of different gastronomies and cultures.

Hardcover / 18 x 24 cm / 176 pp / €19.95  
2 available titles



NEW

**Veggie Middle East**  
Collective Work



NEW

**Veggie Asia**  
Collective Work

## 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 to €31.95  
5 available titles



**Tastes from Algeria**  
*H. Abdelli-Tancrede & A. Princet*



**Tastes from Japan**  
*L. Kié & A. Princet*

## EASY

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

Hardcover / 18 x 24 cm / 144 pp / €15.00 to €16.95  
20 available titles



**Easy Taiwan**  
*V. Chuang & F. Besse*



**Easy Turkey**  
*G. Nasséri & F. Veigas*



**Easy Cambodia**  
*D. Chao & S. Dumont*



**Easy Peru**  
*L. Pluvinage & S. Mahut*



Temporary cover

## PORTO

By S. Da Silva & A. Chemin

Porto is one of the most visited cities in Europe and offers a delightful Portuguese food tour. This culinary guide offers an exploration of gastronomy through a presentation of the Portuguese art of living, essential ingredients, institutions to visit, gastronomic itinerary advice for gourmets as well as 40 authentic recipes, with beautiful photographs. Bem vindo ao Porto!

Hardcover / 19.5 x 24 cm / 192 pp / €24.95



## THE BEST RECIPES FROM MEXICO!

By M. Ahumada & A. Princet

A book full of colors and flavors bringing together the best and most authentic Mexican recipes! 60 recipes for starters, main courses, street food, desserts and drinks, punctuated by numerous texts on this ancestral cuisine, a heritage of humanity and on the Mexican way of life. An invitation to travel by a Mexican chef!

Hardcover / 21 x 26.8 cm / 192 pp / €27.50

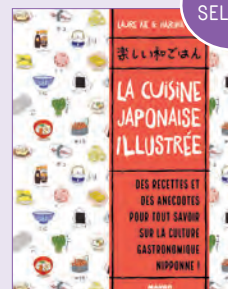
## ILLUSTRATED COOKING BOOK

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 to €14.95  
5 available titles



**The Illustrated Chinese Cooking Book**  
*M. Zeng & Z. En*



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



## TRUE STORY

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

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



**Climate Operation**  
N. Bonnefoy & R. Mendes



**Fatal Expedition**  
N. Lozzi & M. Bezou

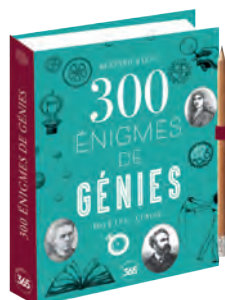
## 300 LOGICAL GAMES

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 / 448 pp + 1 pencil / €14.95 to 15.95  
3 available titles



**300 Mind Games**  
S. Lebrun & L. Audrain



**300 Puzzles for Geniuses**  
B. Myers



## 200 RIDDLES TO IMPROVE YOUR MEMORY

By N. Masson & Y. Caudal

Thanks to simple, effective and fun exercises, with a layout adapted to them, seniors will be able to exercise their brain in a fun way. Memorizing literary texts, photos, figures and lists, pairs to find, messages to decode and many other puzzles!

Flexibound / 15 x 20 cm / 308 pp + 1 pencil / €12.99

## ESCAPE GAME JIGSAW

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

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



**The Treasure of the Pyramid**  
M. Vives, R. Prieur & M. Mottet



**Ghost Hunting**  
M. Vives, R. Prieur & L. Dessertine

## ENIGMAS

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

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



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



**The Royal Riddles of Lady W.**  
B. Myers

## THE ACES

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

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

*New series*



**Sherlock at the Beach**  
B. Myers & O. Meklemberg



**Test Your I.Q.**  
T. M. Carabin & O. Meklemberg



NEW



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## THE VANLIFER GUIDE FOR WOMEN

By A. Lam

More and more women are getting into vanlife but many of them remain hesitant. This guide accompanies them in every step, from choosing the van, to the basics of living in one, including planning a road trip or how to travel safely... everything to overcome their fears and go for a nomadic travel.

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

NEW



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## FIND YOUR WAY AROUND IN NATURE

By J. Guilmeau

A short, practical and illustrated handbook to easily and confidently navigate in the great outdoors, particularly in the forest. Using a compass, preparing and following a path, using the signs of nature (sun, Moon, stars, water, plants, animal tracks, wind, etc.): a visual coaching guide to go anywhere and not get lost!

Softcover / 14 x 21 cm / 64 pp / €9.95

NEW EDITION



## BEGINNER BEEKEEPER

By G. Fert & P. Fert

For those looking to get started in beekeeping or to deepen and update their knowledge, this guide will clearly and simply answer all the questions they have. From practical focuses in step-by-step photos, forecast budgets, flowering calendar to a guide of honeys... so many tools which will soon become essential to their daily practice of beekeeping.

Softcover with flaps / 18 x 22 cm / 192 pp / €21.95

NEW



Temporary cover

## OBSTACLE COURSE

By M. Berthon

A guide for athletes to better understand their body, manage their efforts, enjoy the benefits of nature, all without a gym club subscription or specific equipment! All the advice they need to practice bodybuilding outdoors and reproduce obstacle courses.

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

## WHY DOES MY PET DO THAT?

A series of practical, illustrated and funny books to understand the strange little habits and reactions of animals, telling a lot on their functioning!

Softcover / 17 x 24 cm / 112 to 128 pp / €14.95  
2 available titles

New series

NEW



Temporary cover

Why Do My Hen Hate Straw Hats?

P. Nuttall & A. Gastaldi

NEW



Why Does My Cat Hate Closed Doors?

B. Ract-Madoux & A. Gastaldi

NEW



Temporary cover

## THE INTELLIGENCE OF BIRDS

By V. Schollaert

Valery Schollaert is an ornithologist who traveled the world to train eco-guides. In this essay, he explores the fascinating abilities of birds. After a definition of what we can consider as "intelligence", he addresses the collective and individual strategies developed by birds.

Softcover / 14 x 21 cm / 224 pp / €14.95

NEW



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## COMMUNICATE WITH YOUR HORSE

By A.-C. Duval

A practical handbook to learn about the fascinating animal that is the horse and to better communicate with it daily. An effective and accessible method for anyone wishing to strengthen the bond with their horse in equestrian understanding and sensitive communication.

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



NEW  
EDITION

## GREENHOUSES, TUNNELS & COLD FRAMES

By R. Elger

A guide to learn more about the benefits of growing shelters and chose the right equipment, along with instructions in step-by-step photos to implement covers. Simple gardening techniques for year-round growing and harvesting!

Softcover / 17 x 22 cm / 176 pp / €20.95



NEW

## GUILDS FOR ABUNDANT HARVESTS

By L. Rimbart

Guilds are groups of companion plants that work together to promote their growth and mutual prosperity. This practical guide presents associations of 10 fruit trees and many plants for abundant harvests, along with detailed explanations and illustrations, to grow a food forest in permaculture.

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

## TRANSITION IN THE GARDEN

By J.-Y. Meignen

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

Softcover / 17 x 19 cm / 80 pp / €10.95  
2 available titles



NEW

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A Garden Almost Without Water



A Vegetable Garden Almost Without Water



NEW

## A FRAGRANT GARDEN ALL YEAR ROUND

By M. Viard

A selection of 40 fragrant plants classified by season for a captivating garden all year round. For each plant, the author offers a precise description: its species, its scent, its cultivation. An original approach to add another level of enjoyment to the garden.

Softcover / 17 x 19 cm / 80 pp / €12.95



NEW

## HOW TO ADAPT MY VEGETABLE GARDEN TO CLIMATE CHANGE

By R. Elger

Heatwaves, droughts, floods, storms: the weather puts vegetable gardens to the test. How to adapt to climate change? How to prepare for it? Which crops to favor? Based on his own observations over the last 5 years, Robert Elger presents a new cultivation calendar along with precious and numerous advice.

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



NEW  
EDITION

## EASY STEP-BY-STEP PERMACULTURE

By R. Elger & M. Loppé

An accessible approach to permaculture for beginners in step-by-step illustrations explaining each technique in 3 steps.

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



NEW

## VEGETABLES TO GROW EVEN IN WINTER

By P. Asseray

Milder winters, fewer morning frosts, so why leaving the vegetable gardens fallow as soon as Fall comes? Gardeners will find in this book how to grow more than 20 vegetables in the cold season. The discovery of new flavors in the heart of winter!

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



## THE GREEN THUMB

By M. Erlick

Whether for small flats, a big house, or a limited outdoor space (from a window railing, entrance steps to a terrace), these books give precise and playful advice on how to make gardening super easy, as well as tips to easily and successfully grow plants, even for those who don't have a green thumb!

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



Vegetalizing Your Interior



My Balcony Through the Year



## MY COLLECTION OF RARE AND CURIOUS PLANTS

By M. Thevenon

Indoor plants transform spaces, bring a touch of nature and life to urban homes. This book opens the doors to the world of rare plants through 14 varieties of curious and magnificent indoor plants, as well as methods and tips for taking care of them, multiplying them and expanding one's incredible collection!

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



## VEGETAL SPIRIT

By C. Vanhoorne

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

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



## GARDENING MISTAKES THAT RUIN YOUR EFFORTS

By R. Motte

A book full of humor to play down all the stupid things one can do in the garden through 60 examples of common mistakes and guidance to... avoid them next time!

Softcover / 14 x 21 cm / 80 pp / €9.95

## ACTING FOR BIODIVERSITY

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

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



## Creating a Beneficial Hedge for Biodiversity

L. Renault



## Welcoming Weeds in the Garden

E. Gaignard



## ANTI-CRITTERS STRATEGIES AT HOME

By C. Metahri

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



## RAISED BED GARDENS: EASY & PRODUCTIVE

By S. Chazal

Whether gardeners have a balcony, a terrace, a courtyard, a small garden or simply want to garden at eye level to reduce fatigue, raised bed gardens are the perfect solution! This book offers all the advice for choosing them, filling them, watering them... and a focus on 10 easy-to-grow plants!

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



## MEDICINAL PLANTS ON THE BALCONY

By E. Gaignard & X. Mathias

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

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



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