

FOREIGN *rights*

FALL
2019

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HEALTH & WELL-BEING P.12 • COOKING P.13 • GAMES P.16
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NEW

Mother-Daughter's Wardrobe to Sew

By A. Kerdilès

A full wardrobe for mothers and daughters (from 4 to 10)! 18 patterns to design matching outfits thanks to details and similar cuts, with clear step-by-step photos and simple explanations that help mastering the various techniques.

◆ Softcover with flaps / 20 x 25 cm / 152 pp / €25.00



NEW

My Wardrobe to Knit

By M. Bendinelli

20 must-have items to knit a timeless and comfy wardrobe for the whole year! The projects, with different levels of difficulty, are clearly presented with step-by-step photos, and followed by a focus on the key techniques.

◆ Softcover with flaps / 20 x 25 cm / 152 pp / €25.00



NEW

Little Presents to Sew

By L. Guyet

10 simple DIY projects to prepare homemade presents from fabric scraps. The perfect craft ideas for beginners to say proudly: "I made it myself"!

◆ Softcover / 20 x 25 cm / 80 pp / €13.50



The Sewing Handbook

By L. Guyet

The ideal sewing guide for beginners, from the presentation of the sewing machine to essential knowledge on the different type of fabrics and sewing techniques (stitching, collars, hems...). Fully illustrated in step-by-step photos and illustrations.

◆ Cloth flexibound / 13 x 18 cm / 152 pp / €13.50

THE EMBROIDERER'S ALBUMS

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

◆ Hardcover / 21 x 30 cm / 96 pp / €21.00

8 available titles



NEW

French Celebrations and Regions

By V. Enginger



Wonderful Christmas

By H. Le Berre

SEWING WORKSHOP

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

◆ Flexibound / 20 x 26 cm / 96 pp + 2 real-size patterns / €19.95

10 available titles



NEW

Plus Size Clothing

M. Abdallah & H. Platelet



NEW

Lingerie & Swimsuits

C. Jaubert



NEW

Coats & Jackets

Collective



NEW

Jeans & Denim

G. Luong

CROCHET WORKSHOP

By So Croch

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

◆ Softcover / 17 x 22 cm / 64 pp / €10.50

3 available titles



Adorable Jungle



Adorable Animals



Adorable Vegetables & Fruits



DIY House
By Collective

50 colorful handmade projects, reviewing different techniques (macramé, latch hooking, and more) in simple but detailed step-by-step tutorials with photos, diagrams and videos to guide the readers through the design of homemade decorative items.

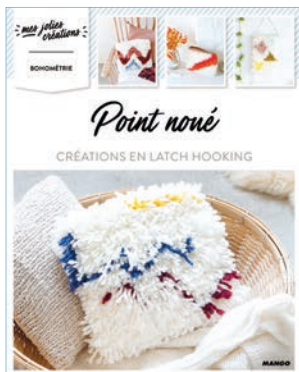
◆ Hardcover with cloth-spine / 20 x 25 cm / 400 pp / €29.95

MY SWEET CREATIONS

10 up-to-date projects per title as an introduction to classic techniques with limited equipment.

◆ Softcover / 20 x 25 cm / 80 pp / €13.50

8 available titles



Latch Hooking
Bohométrie



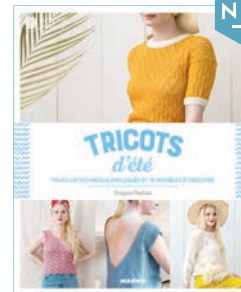
XXL Tapestry
Chaumière Oiseau

WOOL WORKSHOP

A series for wool addicts looking for new inspirations and challenges.

◆ Softcover with flaps / 19.5 x 24 cm / 112 pp / €18.00 to €18.95

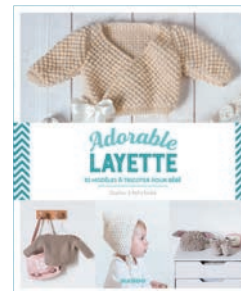
5 available titles



Summer Knitting
M. Mathieu



Circular Knitting
K. Chui



Adorable Baby Clothes
Charlov & Hello Birdie



20 Sweet Sweaters
Charlov

DIY DECORATION

10 projects per title to make unique decorative items, using natural material, to highlight handmade designs.

◆ Softcover / 22 x 22 cm / 80 pp / €12.95

3 available titles



Decorative Rope DIY
N. Meijer



Decorative Macrame DIY
M. Rozier

THE BIG BOOK OF

Inspiring and stylish projects, from simple decorative items to more elaborate furniture, in step-by-step photos, to furnish, light and decorate a home.

◆ Hardcover or softcover with flaps / 21.5 x 25.4 cm / 160 pp / €24.95 to €27.50

7 available titles



Wooden Games and Toys
F. Mercier



The Big Book of Table
Decoration
Collective



The Big Book of Paper
Creations
C. Colchico

THE WORKSHOP

A series to enter into a designer's workshop as an introduction to traditional craft techniques with a fresh and modern look.

◆ Softcover with flaps / 20 x 25 cm / 128 pp / €17.50

5 available titles



Christmas Creations
Ouïoui Studio



Introduction to Pottery with
and Without a Wheel
Nathalie Céramique



Creative Stationery
By S. Lebrun

192 detachable trendy papers to create unique stationery items. 10 tutorials are presented in the book (notebook, bullet journal, etc.) in step-by-step instructions with photos. Simple ideas for every stationery addict!

◆ Softcover / 21 x 27 cm / 80 pp + 192 detachable pp / €22.50



Flower Feel Good
By S. Tournigand & S. Prince

An all-in-one book offering an inspiring content, creative ideas and stationery for flower lovers: stickers, origami paper, postcards...

◆ Softcover / 20 x 26 cm / 128 pp + 40 pp / €19.95

NEW
SERIES

WHAT'S UP THIS WEEKEND?

An original series with one project for each weekend, to never run out of ideas!

◆ Softcover with wire-o / 15.8 x 21 cm / 164 pp / €14.90

3 available titles



Weekends With Kids
E. Poliméni



DIY Project for the
Weekends
L. Lazerges



Well-Being Therapy
for the Weekends
C. Santini

GREEN WELL-BEING

Green recipes of homemade products, with little material, to create safe eco-friendly perfumes, cosmetics or candles. All the techniques are detailed in those accessible handbooks.

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

3 available titles



Natural Perfumes
By E. Hébert



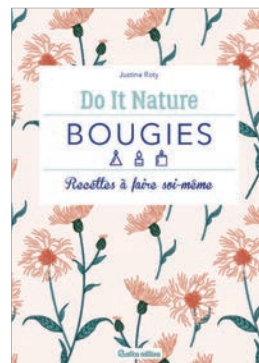
Super Easy Cosmetics
By E. Hébert

NATURE DIY

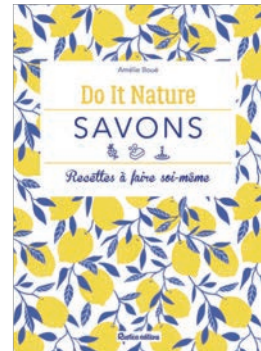
Homemade projects accessible to beginners thanks to step-by-step photos to avoid toxic material and endocrine disruptors in beauty products and perfumes.

◆ Softcover / 15 x 21 cm / 80 pp / €9.95

3 available titles



Candles
J. Roty



Soaps
A. Boué

NATURE SPIRIT

A creative series inspired by nature: each title features 15 projects in step-by-step photos, using various techniques.

◆ Softcover with flaps / 22 x 22 cm / 80 pp / €12.95

8 available titles



Nature Jewels
V. Jelger



Dried Flowers
L. Lazerges

VEGETAL DIY

Sweet and creative DIY projects to show off plants and make unique decoration thanks to step-by-step photos and advice on plants care!

◆ Softcover / 15 x 21 cm / 80 pp / €9.95

4 available titles



Baby Plants
S. Clémariès



Decorative Plant Cuttings
A. Fodimbi



Vegetal Dreamcatchers
C. Fabrègues



Mandalas Weaving
V. Gossart



Mini-Hanging Gardens
S. Clémariès



Decorative Terrariums
F. Palix

MY DOODLING NOTEBOOK

Lovely notebooks full of little drawings to reproduce, color or draw directly in the book.

◆ Softcover / 15 x 18.5 cm / 96 pp / €12.50

4 available titles



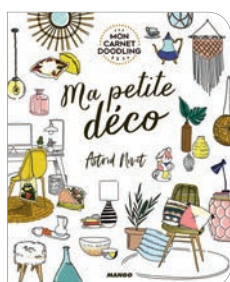
My Little Japan
H. Kishi



My Adorable Animals
N. Bahoun



My Little Jungle
Y. Six



My Little Deco
A. Nivet



Colored Inks
By J. Perrin

An introduction to the vibrant medium of colored inks to create 17 lively paintings. An experienced author gives precious guidance to master the techniques and reproduce the models in step-by-step.

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

BOOKMARKS TO SCRATCH OFF

M. Zottino

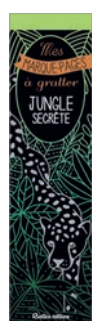
20 detachable bookmarks to color by scratching off the black to reveal beautiful glowing patterns.

◆ Wibalin spine / 5 x 19 cm / 40 pp / €6.95

11 available titles



Beautiful Flowers



Secret Jungle



Trees of Life



Fabulous Animals



How to Draw and Paint
By Ph. & P. Legendre
& J.-P. Lamérand

A complete introduction for beginners to pictorial techniques (pastel, watercolor, etc.) through 80 models in step-by-step. Genuinely striking and expressive paintings accessible to everyone!

◆ Hardcover with cloth-spine / 21.5 x 29 cm / 288 pp / €24.95



365 Days of Drawing

By L. Herzog

A drawing per day, to be completed in the book thanks to a step-by-step model. The ideal book to easily learn how to draw throughout the year.

◆ Hardcover with cloth-spine / 21 x 16 cm / 368 pp / €20.00

THE DRAWER'S NOTEBOOKS

By L. Herzog

50 models to reproduce in step-by-step, to easily start drawing thanks to an efficient pedagogical method.

◆ Softcover / 21.5 x 29 cm / 32 pp / €8.95

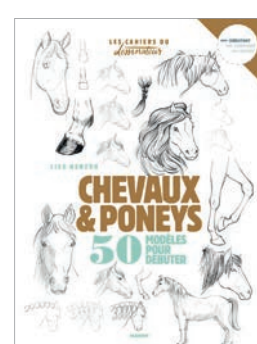
4 available titles



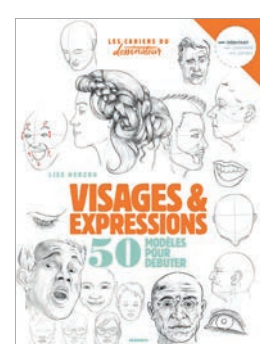
Hands & Feet



Characters



Horses & Ponies



Faces & Expressions

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 pp / €17.50 to €19.90

8 available titles



Easy Watercolor
N. Paradis Glapa



The Successful Drawing
L. Herzog



Watercolor Jungle
By M. Boudon

An introduction to watercolor through the vivid colors and original forms of tropical plants. The author gives simple guidance through the fundamental rules of the technique and precious advice to give depth to each project, before offering 20 tutorials to reproduce beautiful plants and compositions.

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



The 1000 Facets of Acrylic
By A. Gilles

An all-comprehensive book on acrylic to understand each medium, additive and tool properties and uses, with step-by-step recipes and explanations for a great variety of effects. The essential guide to the acrylic technique, for experienced painters.

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



Introduction to Watercolor Flowers
By M. Boudon

Bouquets, crowns, leaf frames and arrangements introduce beginners to the magic of watercolor. Through tutorials, the author guides the readers step by step, from the choice of the color palette to the perfect contrast for modern and colorful results.

◆ Softcover with flaps / 21.5 x 25.5 cm / 160 pp / €22.50



Introduction to Alcohol-Based Markers Painting
By S. Kunz

A thorough guide for beginners to develop their artistic skills and explore a trendy and accessible technique, offering a great variety of effects. Each of the 13 varied models are detailed in 12 precise steps and can be downloaded to focus of the colorization.

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



Watercolor, the Parisian Touch
By R. Meurin

17 charming watercolors with subtle shades, inspired by the Parisian lifestyle, divided into several steps for beginners to easily paint and draw stylish sceneries.

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

DRAWINGS TO PAINT

8 detachable tracing papers per book to easily reproduce the drawings and concentrate on the colorization in alcohol-based markers, offering multiple stunning effects.

◆ Softcover / 21.5 x 29 cm / 48 pp / €12.95

4 available titles



Shonen Heroes in Alcohol-Based Markers
V. H. Ta



Stylish Characters in Alcohol-Based Markers
S. Kunz

THE WELL-BEING HUT

A great series for parents and children to share quality and relaxing time together. These handy easel books will enable them to keep their hands free to altogether read three stories and follow useful pedagogical advice.

◆ Easel book, wire-o / 26 x 19 cm / 40 pp / €13.95

2 available titles

NEW
SERIES



My Massage Break
P. Pavy & Oréli



My Writing Break
P. Pavy & S. Monnier



Your Child From 3 to 7
By F. Ceccato

Written by a pediatrician, with personal accounts of parents and experts, an all-comprehensive book on all the steps from 3 to 7: awakening of awareness, learning sounds and letters, friendship and rivalry... A positive approach to feel fulfilled by parenthood.

◆ Flexibound / 20 x 23 cm / 416 pp / €19.95

A PEDIATRICIAN AT HOME

An experienced pediatrician answers parents' common questions about their toddlers (from 0 to 3) health and development following the most recent studies, gathering experts and parents personal accounts.

◆ Softcover with flaps / 15 x 22 cm / 96 pp / €9.95

3 available titles



Separation Anxiety Q&A
F. Ceccato



Baby Sleep Q&A
F. Ceccato



Yoga For Children

By V. Peltier

One relaxing exercise or yoga pose for each day for the children to relax before going to bed, calm down after exciting moments, reconnect to their inner selves thanks to this daily soothing ritual...

◆ Wire-o / 320 pp / 13.5 x 13.5 cm / €14.99



Baby-Led Weaning
By E. Evin

BLW method is based on starting finger foods from 6 months, skipping purees and spoon feeding, and has been developed to improve dexterity, early oral-motor skill development, self-regulation... The first part of the book deals with the bases in illustrations and the second part focuses on associations, cuttings, ... in photos.

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

HAPPY FAMILY

With the simple activities of this series, children will express themselves, blossom and build strong relationships with their parents.

◆ Softcover / 19 x 21.5 cm / 112 pp / €12.95

6 available titles



100 Early-Learning Activities
V. Conraud & C. Mehnana



100 Activities with Dad
G. Diederichs



100 Activities for Siblings
S. de Mullenheim

ZEN CASE

An original series enhancing children's well-being. Each title includes a guide for parents and 30 activity cards to choose following the child's needs.

◆ Case / 12 x 18 cm / 30 cards + 24 pp / €13.50

11 available titles



Baby's Early-Learning & Well-Being
P. Pavy

30 cards with relaxing games and activities to change every caring moment (diaper change, bath time, the carrying and the sleep) into peaceful ones.



My Screen-Free Break
C. Vanhoutte, F. Lerouge & E. Job-Pigeard

Spending too much time on screens perturb speech and language development. Three speech therapists present 30 cards giving advice on entertaining kids away from screens.

LIVING WELL TOGETHER

A series to build team spirit and encourage good behavior within the family by following 15 simple rules per title. The dustjacket unfolds into a poster to hang on the wall and stay focus on their goals!

◆ Softcover / 17 x 24 cm / 80 pp / €9.95

5 available titles



The Family's Successful Organization Rules
M. McGuinness



The Family's Positive Rules When Eating
M. McGuinness



The Illustrated Decoder of the Teen's Tantrums
By A.-C. Kleindienst & L. Corazza

A fully illustrated guide written by a psychologist for parents to understand their teens and how they see their parents. The perfect tool to develop a constructive dialogue within the family.

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



The Illustrated Decoder of the Kid's Tantrums
By A.-C. Kleindienst & L. Corazza

A fully illustrated guide written by a psychologist to handle everyday situations (going to school, eating...), and understand what is hidden behind each tantrum in order to develop a dialogue with the child.

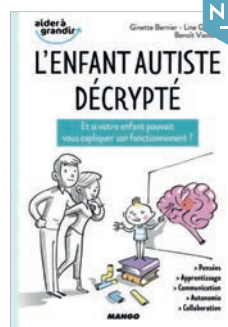
◆ Softcover with flaps / 17 x 24 cm / 192 pp / €14.95



The Naked Explorer
By J. Epstein & C. Radiguet

A new updated edition of a parenting book that has been a reference for 20 years for early childhood professionals. A source of inspiration based on free motor development.

◆ Softcover with flaps / 18 x 24 cm / 136 pp / €15.00



Understanding The Autistic Child
By G. Bernier, L. Gascon & B. Viellard

A fully illustrated guide to understand the specificities of children with autism. Each topic (communication autonomy, learning, social life) is taken from the children's point of view and focuses on everyday life situations showing their typical reactions, to help parents to perfectly grasp their feelings and learn how to support their children.

◆ Softcover with flaps / 16.5 x 23.5 cm / 192 pp / €17.90



Playful Relaxation
By C. Thirion

30 playful relaxation activities to help children from 3 to 12 to manage their emotions, share quality time with their parents and feel better.

◆ Softcover with flaps / 16.5 x 23.5 cm / 192 pp / €17.90



Non-Violent Communication Within the Family
By M. Doubrière

An accessible book to put an end to arguments within the family by changing their way of communication. Through action plans, practical exercises and games, parents will easily define their goals and express their concerns.

◆ Softcover with flaps / 16.5 x 23.5 cm / 192 pp / €17.90

ECOLOGICAL ACTIONS

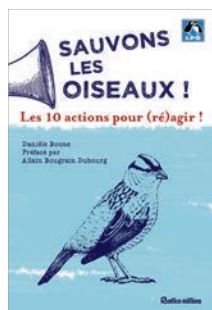
A committed and powerful introduction as a manifesto of ecology, to acknowledge the crisis and react accordingly! Each title offers 10 ideas with positive solutions to put into practice, from the simplest things to more committed ones.

♦ Softcover / 12.8 x 18.8 cm / 64 pp / €7.95

4 available titles



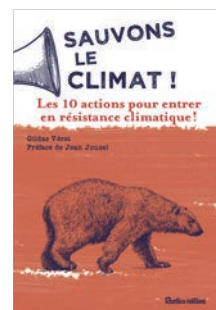
Let's Save the Bees
S. Niel



Let's Save the Birds
D. Boone



Let's Save Biodiversity
H. Soubelet
& J.-F. Silvain



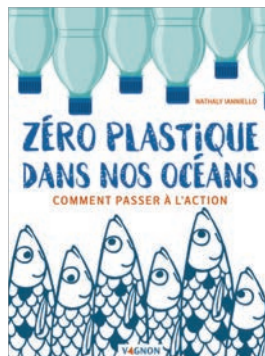
Let's Save the Climate
G. Vêret



My Air-Purifying Houseplants
By A. Boixière-Asseray
& G. Chaudet

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

♦ Softcover with flaps / 15 x 21 cm / 80 pp / €9.95



No Plastic in Our Oceans
By N. Ianniello

A guide to fully understand the ecological disaster of the plastic pollution of the oceans, urging readers with advice to lead daily individual and collective actions, needed for a change.

♦ Softcover / 16 x 22 cm / 128 pp / €14.95



Climate: How to Change Everything?
By V. Rondreux

An essay to understand global warming, from the causes to the effects, offering collective and individual keys to change the future.

♦ Softcover / 16 x 22 cm / 128 pp / €14.95



Living With Less to Live Happier

By J.-F. Rochas-Parrot
& R. Haonfaure

A positive guide to sustainable development with simple solutions to put into practice every day and 200 drawings as mind maps to visualize the ideas that will help analyze and understand the concepts.

♦ Softcover / 16 x 22 cm / 144 pp / €12.95



Zero-Waste, A Room by Room Guide

By C. Lagrange

An original approach to progressively turn zero-waste, by following the author's accessible ideas for a greener lifestyle, for each room of the house.

♦ Softcover with flaps / 20 x 25 cm / 112 pp / €17.00



My Eco-Friendly Decoration
By C. Munoz & N. Masson

A comprehensive guide reconciles design and respect of the environment by detailing alternative materials for decoration, zero-waste solutions, decorative ideas, and green DIY. A huge source of information and inspiration!

♦ Hardcover / 21 x 27 cm / 160 pp / €22.50



Zero-Waste
By C. Ratia

A guide to make accessible lifestyle changes to reduce household waste while protecting the environment and saving money at the same time, along with advice adapted to the motivation, budget and time available to each reader.

♦ Softcover / 16 x 22 cm / 176 pp / €12.95

THE WELL-BEING ILLUSTRATED GUIDES

Illustrated guides in a graphic-novel style to optimize personal organization, self-confidence, and reduce stress!

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

4 available titles



Improve Resilience Day After Day!

B. Vaudolon & E. Pioli



Be Bold, Stand Out from The Rest!

C. Dupire, G. Panayi & A. Defréville

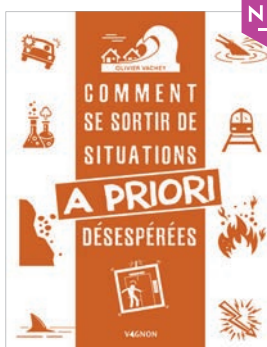


Mindful Walking

By D. Zanin

A relaxation therapist and meditative hiking guide gives practical advice to get prepared for a mindful walking, from choosing the right equipment to learning how to breathe the right way, practice meditation.

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

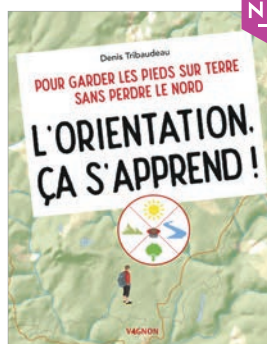


How to Get Through Seemingly Desperate Situations

By O. Vachey

A practical guide to explain simply how to get through difficult and seemingly impossible situations: how to face a storm, flood, fire, earthquake, dangerous animals, accidents... Accessible guide with serious information!

◆ Softcover / 17 x 22 cm / 120 pp / €12.95



Never Get Lost Again!

By D. Tribaudeau

A practical book reviewing simple techniques, offering tips and advice, and giving practical examples, following different situations (lost in an unknown city, in a forest, in the desert and more), that will help those who lack sense of direction and those wishing to develop their survival skills.

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

UNDERSTANDING, DOING, CHANGING

Self-development guides accessible to large public, thanks to illustrations and practical advice for the everyday life.

◆ Softcover / 15 x 21 cm / 160 pp / €12.95



Negotiation: Talking About Money Without Stress

C. Obrecht

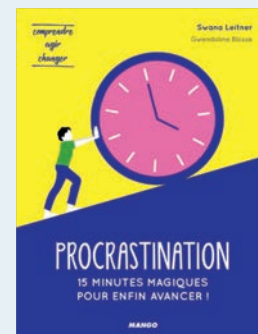
All the keys to stop being afraid and feel comfortable talking about money and negotiate, in the personal or professional life. A simple and practical approach to know what to do and what to say!



Digital Detox: Unplug from Your Screens!

T. Dumas

A specialist of neurosciences clearly identifies the symptoms and consequences of digital overconsumption, helps readers estimate their level of addiction and offers simple advice to be less connected. A necessary clarification in our over-connected lifestyle!



Procrastination: 15 Magical Minutes to Move On

S. Leitner

A simple method to finally stop putting off everything till tomorrow and go forward with everything that matters thanks to short active sessions of 15 minutes each.



Easy Survival Guide

By E. Corroy

A straight to the point guide to be autonomous in nature (gathering, protection of the environment...) and learn primitive survival techniques. An invitation to go back to essentials and reconnect with nature.

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

HEALTH WITH NO TABOOS

A series dedicated to chronic handicapping diseases to better live with them, thanks to the practical advice and answers by specialized doctors, with an up-to-date content on prevention and treatments.

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

4 available titles



Endometriosis
F-X. Aubriot



Migraine
S. Chauvet & P. Giraud



Lyme Disease
A. Lacout



Irritable Bowel Syndrome
F. Mion



FAMILY GUIDE

The Family Guide to Homeopathy
A. Demonceaux, R. Frely & A. Tardif

An all-comprehensive guide to homeopathy, to understand the basics of this alternative medicine, reviewing 100 detailed homeopathic remedies and 300 specific recommendations to treat troubles. A reference book for an everyday use by all the family.

◆ Softcover with flaps / 19 x 23.4 cm / 384 pp / €19.95

LITTLE VISUAL GUIDE

Clear and detailed guides written by specialists, full of information in infographics to make scientific knowledge understandable and accessible to everyone, and learn the tools to improve our health and well-being.

◆ Softcover with flaps / 14 x 20 cm to 15 x 22 cm / 128 pp / €11.95

10 available titles



Say Goodbye to Addictions
L. Karila



Boost Your Memory and Concentration
T. Dumas

LITTLE WELL-BEING ABC

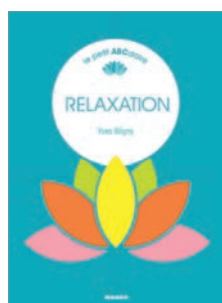
Guides on popular alternative medicines as coaching notebooks to improve daily life.

◆ Softcover with flaps / 15.5 x 21.5 cm / 144 pp / €10.00

6 available titles



Healing Plants
J.-C. Schnebelen



Relaxation
Y. Bligny



Menopause, Don't Panic!
O. Bagot



Take Care of Your Prostate
A. de la Taille



The Big Book of Herbal Medicine
By K. Jacquemard

Clear and all-comprehensive presentations of 108 plants and their daily practical uses, along with healing or treatment advice per need (pains, ailments and more). The perfect introduction to herbal medicine!

◆ Softcover / 18.5 x 24 cm / 224 pp / €19.95



Naturopathy: 70 Focuses to Guide Me All Year Long
By A.-L. Jaffrelo

A straight to the point approach of naturopathy with synthetic texts to answer readers' questions with tests to learn more about themselves (food, sleep, stress, ...) and find advice and recipes to improve their health.

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



NEW

Spirulina, the Secrets of a Miraculous Algae

By E. Lévêque

Spirulina is a superfood with endless benefits (source of protein, minerals, vitamins, antioxidants). The book presents 40 balanced and healthy recipes, perfect for the health, beauty and cooking, and includes tips to grow spirulina at home!

◆ Hardcover / 15.5 x 21 cm / 128 pp / €13.50



Vegan Pastries

By B. Abraham & N. Carnet

How to replace butter? What substitute for eggs? How to become vegan without suffering from dietary deficiencies? 55 recipes and precious advice to prepare delicious desserts with zero animal-based products.

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



NEW

Gem Waters & Crystal Elixirs

By L. Vallée

An original introduction to crystal healing revealing the powers of crystal-infused elixirs water and their uses, with 50 recipes and the description of over 70 stones. A simple way to benefits from the stones' properties to improve the readers' psycho-emotional state.

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



NEW

The Secret Music of Plants

By J. Thoby

A fascinating experiment revealing once again intelligence and sensitivity of plants. Together with scientists, the author measured the electrical activity of plants using electrodes to reflect their reactions to their surrounding environment (phytoneurology). Once transcribed, the vibrations turn into enchanting music notes.

◆ Softcover / 18 x 26 cm / 128 pp + a 40-minute audio CD / €16.95



NEW

Natural Sugars Desserts & Snacks

By M. Chantepie

All the great classics of pastry made with unrefined and natural sugars: whole cane sugar, raparuda, muscovado, honey, beet sugar and more. Scrumptious recipes for sweet tooth to avoid the danger of refined sugar.

◆ Softcover with flaps / 19 x 24 cm / 128 pp / €16.95



Super Gluten-Free Recipes

By C. Ferreira

An all-comprehensive guide on the gluten-free diet with 60 recipes for oversensitive, intolerant or allergic people, or simply those wishing to gain lightness in their daily meals.

◆ Softcover with flaps / 21 x 28.3 cm / 192 pp / €17.50

RECIPES TO FEEL GOOD

Since well-being is linked to our nutrition habits, these titles present simple cooking programs to feel good! Each case includes 30 recipes on cards and a booklet with an introduction to the diet program.

◆ Case / 12 x 18 cm / 30 cards + 24 pp / €13.50

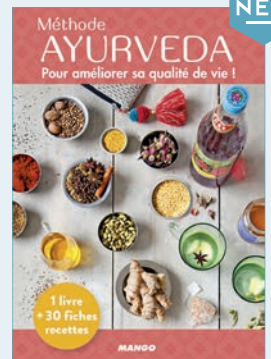
4 available titles



NEW

Beneficial Drinks

M.-L. Tombini



NEW

Healthy Breakfast

B. Abraham & V. Bedjaï-Haddad



Super Vegetables
V. Amiel & C. Payen

For those lacking in inspiration and feeling with regret that they always cook the same vegetables, this book presents 50 easy recipes, combination ideas, preparation advice, and mouthwatering photos to liven up meals!

◆ Softcover / 21 x 28.5 cm / 192 pp / €17.50



Super Barbecue
R. Guillot

100 original and easy recipes to cook on the barbecue throughout the year to stand out from the traditional "sausage skewers".

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



Party Desserts
M.-L. Tombini

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

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

IN 4 INGREDIENTS

40 healthy dishes per title to prepare with only 4 ingredients!

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

13 available titles



Vegan Meals
D. Lebrun



Lebanon
N. Paprikas



Simplified and Healthy Batch Cooking
Z. Armbruster

A brilliant cooking method to make dinnertime easier and healthier! Instructions to prepare delicious meals from scratch for the whole week, using prep-ahead techniques in only 2 hours during the week-end. Simple recipes, advice for preserving, tips to choose the material and avoid wasting food, to save time and money, and stay stress-free.

◆ Easel book, wire-o / 26 x 19 cm / 40 pp / €14.95

NEW EDITION



My Honey Cooking
M. Nuq

80 tasty recipes to cook with honey, a natural product with health benefits. Additionally, a honey guide will help cooks to choose honey depending on its qualities and taste.

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



NEW

Cook The Nature!
C. Calendula

80 recipes with wild edible plants, easy to find, to awake senses to the good taste of nature! A specialist gives an overview of the 25 most emblematic plants (dandelion, poppy, mallow, ...) and offers several recipes for each of them, from harvest to plate.

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



Tops, Peelings & Wild Herbs Cooking
M. Rey

80 delicious and ingenious recipes to use food scraps to reduce food-waste. Nothing is lost, nothing is thrown away, and everything is eaten!

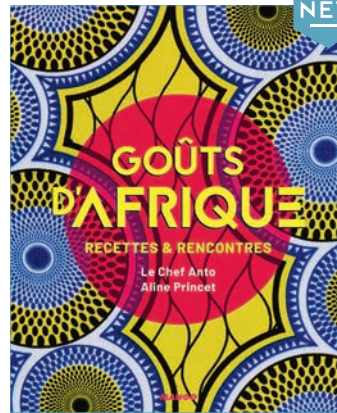
◆ Softcover / 17 x 24 cm / 128 pp / €14.95



A Scrumptious Stroll in Italy L. Zavan

A food road trip in the heart of Italy across its 20 regions to discover their specialties, major products, and traditions. Recipes, techniques in step-by-step, and interviews will lead the readers into a tasty exploration of a fascinating cuisine.

◆ Softcover with flaps / 21 x 28.5 cm / 224 pp / €24.50



NEW

Tastes from Africa Chef Anto

A young chef offers a minimalist African cuisine reviewing the best dishes and offering original recipes, with stunning details about key ingredients, insightful cultural information, and interviews of famous people of African heritage on their food memories. A beautiful book offering a culinary journey through sub-Saharan African culinary traditions.

◆ Hardcover / 23.5 x 28.5 cm / 192 pp / €29.95



NEW

The Illustrated Japanese Cooking Book

L. Kié & H. Kishi

A reference book fully illustrated in drawings to learn everything about Japanese gastronomy, from the ingredients of a ramen to the tea ceremony. An amazing discovery of the Japanese customs and flavors!

◆ Softcover / 18 x 23 cm / 128 pp / €12.00



The Big Book of Moroccan Cooking N. Paprikas

150 recipes, hundreds of step-by-step photos, anecdotes on the Moroccan gastronomical culture and beautiful photos of Marrakech. A culinary trip to the Land of the Setting Sun!

◆ Hardcover / 23.2 x 31 cm / 288 pp / €29.95

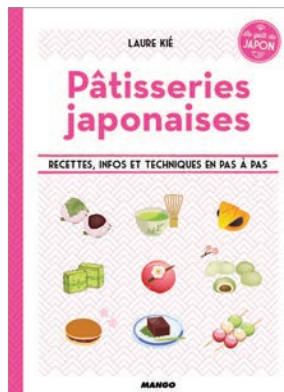
A TASTE OF JAPAN

L. Kié

Books in the form of food trips to Japan to enjoy tasty culinary experiences. Delicious recipes with step-by-step photos for authentic dishes exploring the variety of Japanese gastronomy.

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

6 available titles



Japanese Pastries



The Basics of Japanese Cooking

EASY

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

◆ Hardcover / 19 x 26 cm / 144 pp / €15.00

10 available titles



Easy China
M. Zhang



Easy India
S. Salmandjee



Easy Vietnam
N. N'Guyen

ESCAPE GAME

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

12 available titles

◆ Softcover / 19.5 x 28.8 cm / 48 pp / €8.95

BEST-
Selling series



The Temple of Pixel
A. Moroz



Stranded in the
Bermuda's Triangle
C. Gueidan
& G. Natas



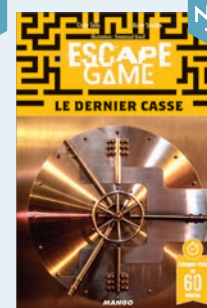
The Escape from
Alcatraz
O. Campanella
& V. Grimoire



The Drowned Tower
A. Moroz & C. Klipfel



The Dentist's Secret
M. Vivès, M. Faucher
& A. Tardy



The Last Heist
C. Tollu, R. Strobbes
& E. Gard



A Night at the Library
C. Gueidan, G. Natas
& F. Steiner



Prisoners of the
Funfair
R. Prieur, M. Vives
& M. Faucher



The Labyrinth of the
Forgotten
C. Gueidan, G. Natas
& F. Steiner

A PUZZLE A DAY

365 logical games, exercises to stimulate the memory and increase brain power during a year.

4 available titles

◆ Case / 11.5 x 14.7 cm / 640 pp / €11.99



Become A Mentalist
H. Gervex



IQ Tests
T.M. Carabin



An Incredible Memory
N. Masson & Y. Caudal



Logical Games
S. Lebrun & L. Audrain

ESCAPE GAME VAGNON

E. Nieudan

◆ Softcover / 25 x 21 cm / 80 pp / €14.95



Broceliande Forest Escape
Game

A knight has been imprisoned in the enchanted forest of Broceliande. The reader must use the clues in the book to find him by crossing into the enchanted world but he must be careful not to trust dangerous characters he meets on his journey.



The Shipwreck Hunter
Escape Game

Playing the role of a diver, the readers has to solve enigmas to find a marvelous treasure hidden in a lost shipwreck before running short of oxygen. A breath-taking adventure!



NEW

The Alchemist's Grimoire
L. Gineste

A beautiful gift book revealing the origins, history, and symbols of alchemy, including its famous aspects (the philosopher's stone, green color, medicinal plants...). A fascinating book at the heart of the mystery of alchemy!

♦ Hardcover / 19 x 26 cm / 160 pp / €29.95

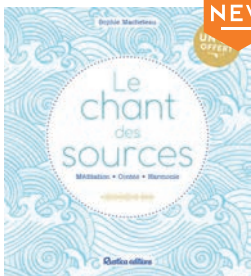


NEW

The Bear
G. Veron

A well-documented book enhanced by a rich iconography, mixing history, legends, art, religions, ethology, literature and even poetry. An invitation by a zoologist to learn more about an animal which arouses both fascination and fear.

♦ Hardcover / 22 x 30 cm / 160 pp / €29.95



NEW

The Song of Mineral Springs
S. Macheteau

Enchanting and soothing texts as meditations, tales or melodies, and 30 minutes of music to take a stroll at the water's edge (torrent, lake, river, fountain...) for a relaxing session.

♦ Hardcover / 13.5 x 15 cm / 64 pp + a 30-minute audio CD / €9.95



BEST Seller

The Thousand Faces of the Tree
B. Baudoin

A reference book to unravel the mystery of trees through the presentation of 30 trees with the symbolic and botanical aspects along with the myths, symbols, and legends surrounding them.

♦ Hardcover / 22 x 30 cm / 144 pp / €29.95



NEW

The Thousand Lives of the Cat
B. Bulard-Cordeau & N. Semenuik

A delicate reference book to enter into the fascinating universe of cats. Through portraits of well-known species, but also symbols and legends, the book reveals the infinite richness that characterizes this small feline. The book includes 10 amazing laser-cut illustrations.

♦ Hardcover / 22 x 30 cm / 144 pp / €29.95



NEW

The Book of Ancestral Wisdoms
B. Baudouin

An elegant anthology to discover the origins of our shared knowledge. Richly illustrated, it reveals the heritage of ancient civilizations that reflect on the modern practices.

♦ Hardcover / 18 x 26 cm / 160 pp / €29.95

SMALL PRECIOUS BOOK

A new series of small gift books, with rich iconography and accessible content.

♦ Hardcover / 11.5 x 17 cm / 144 pp / €14.95

12 available titles



NEW

Angels
D. Crolle-Terzaghi



NEW

Sacred Trees
B. Baudouin



NEW

The Wolf and Its Mysteries
E. Grundmann



NEW

Fabulous Animals
D. Crolle-Terzaghi



The 2020 Calendar of Permaculture R. Elger

A month-by-month guide, presenting the basics and main techniques of permaculture and a detailed calendar with week-by-week advice on gardening tasks and pages for gardeners to fill in!

◆ Softcover with flaps / 16 x 22 cm / 120 pp / €12.50



Discover Permaculture R. Elger

An introduction to the principles of permaculture with a selection of 80 vegetables, fruits, herbs, and edible flowers and a presentation of their cultivation calendar.

◆ Softcover with flaps / 15 x 21 cm / 80 pp / €9.95



Gardening by the Moon 2020 Céleste

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

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



Permaculture: Mound Gardening R. Wallner

A revolutionary method to easily grow an organic garden. The mounds have several advantages: no fertilizers or pesticides are needed, no plowing... Advice to make and maintain the mounds, and harvest vegetables all year long.

◆ Softcover / 18.5 x 24 cm / 224 pp / €29.95



The Permaculture Practical Guide R. Elger

A guide reviewing the keys of permaculture through 65 short focuses, linking theory to practice, to discover this approach or improve the readers' knowledge on the subject.

◆ Softcover / 19.5 x 24 cm / 176 pp / €19.95



Step-by-Step Permaculture R. Elger & M. Loppé

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

◆ Softcover / 17 x 22 cm / 80 pp / €12.95



Permaculture: No Inputs in My Garden J.-Y. Meignen

Aiming at gardeners trying to deepen their knowledge on permaculture, this guide gives precious advice to avoid or limit the use of inputs in their gardens and improve their gardening technique.

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



Permaculture: Which Plants to Choose? A. Lagueyrie

Perfect for gardeners wishing to improve their practice, this guide will help them select the right plants to create or complete their gardens, following their needs and capacities.

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

MY PETS

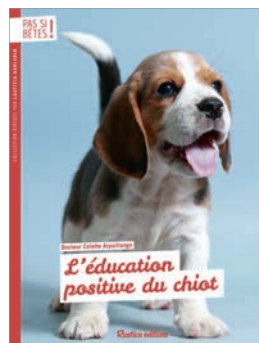
Tricks and tips on taking care of pets to understand and treat them well. A series written by veterinarians and targeted at the general public.

◆ Softcover with flaps / 17 x 23 cm / 112 to 128 pp / €14.95

6 available titles



Alternative Medicines for Pets
A. Bokobza-Darnis



The Puppy Positive Education
C. Arpaillange

IT'S EASY

Little guides for beginners to start a garden and easily take care of it.

◆ Softcover with flaps / 15 x 21 cm / 80 pp / €9.95

4 available titles



A Square-Foot Vegetable Garden
H. Fontaine



Fruit Trees and Bushes Pruning
T. Trédoulat



The Illustrated Beekeeping
Y. Gustin

An original reference book on beekeeping in a form of a graphic novel, detailing an all-comprehensive information on the bee's anatomy, how to build a hive, life of a queen, predators, honey crop...

◆ Softcover / 21.5 x 29.5 cm / 224 pp / €18.95

LITTLE ABC

A series of technical guides about gardening, sport and animal care with many step-by-step illustrations.

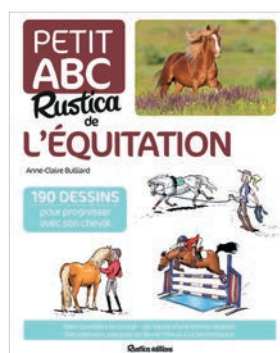
◆ Hardcover / 18 x 22 cm / 160 to 176 pp / €19.95

8 available titles



Little ABC of Orchids
R. Le Page

A back-to-basics guide with 250 step-by-step drawings to make orchids last and regularly bloom!



Little ABC of Horse Riding
A.-C. Bulliard

A practical guide with 190 step-by-step illustrations to learn how to practice horse riding safely in 30 lessons.



Biodiversity at Home
P. Gérold

A guide with beautiful photos and tested and approved advice to change a yard into a critical habitat!

◆ Softcover with flaps / 19 x 24 cm / 144 pp / €14.95



The Beekeeper Practical Guide
G. Fert

More than 80 tips to take care of bees, including step-by-step instructions with 450 photos on all the important steps to install hives in a garden or practice as a professional.

◆ Softcover / 19.5 x 24 cm / 176 pp / €19.95

FLEURUS EDITIONS

•
Marion GIRONA
Foreign Rights Manager
tel: (+33) 1 53 26 34 46
fax: (+33) 1 53 26 33 41
m.girona@fleuruseditions.com

•
Morgane LE GOANVEC
Foreign Rights Executive
tel: (+33) 1 53 26 33 68
fax: (+33) 1 53 26 33 41
m.legoanvec@fleuruseditions.com

•
www.fleuruseditions.com/foreignrights
57, rue Gaston Tessier
75019 Paris, France