

ADULT
BOOKS

365 • FLEURUS • MAME • MANGO • RUSTICA • VAGNON

FOREIGN

rights

FALL 2020

COOKING
CRAFTS & HOBBIES
GAMES
GARDENING & NATURE
GIFT BOOKS
HEALTH & WELL-BEING
PARENTING

CROCHET WORKSHOP

By So Croch

Cuddly creations to inspire crocheters with a cheerful collection of designs, with beautiful photographs highlighting the sweetness of each model.



Adorables Mini Animals

Lovely and modern projects, ideal for intermediate crocheters!

Softcover with flaps / 17 x 22 cm / 64 pp / €10.50
3 available titles in the original series



NEW

Crochet for Beginners

The perfect guide for absolute beginners willing to crochet adorable characters, with all the techniques clearly explained in step-by-step!

Softcover with flaps / 17 x 22 cm / 208 pp / €16.50



NEW

THE PRACTICAL GUIDE TO FABRICS

By R. Deraeck

Every seamstress knows it: the most beautiful seam, if it is not adapted to the fabric, can quickly turn into a failure. To find the best fabric for each sewing project, the author reveals the basics of fabric making, gives the specificities of each ones and the ways to use them at their best!

Softcover / 15.5 x 22 cm / 128 pp / €11.95



NEW

MY Eco-FRIENDLY WARDROBE

By L. Ripoll

A clever guide with step-by-step photos and clear explanations to master various techniques and sew 25 eco-responsible models, with advice on repairs, embroidery, customization, and dyeing. A green ally to sew a complete wardrobe of matching clothes!

Softcover with flaps / 20 x 25 cm / 192 pp / €25.00

THE EMBROIDERER'S ALBUMS

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

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



French Celebrations and Regions
V. Enginger



ABC in Cross-Stitch
H. Le Berre

EMBROIDERY WORKSHOP

An original series revamping embroidery through 50 modern patterns in step-by-step photos.

Softcover with flaps / 20 x 25 cm / 128 pp / €14.95
2 available titles



Pretty Embroidery
J. Piettre



Urban Jungle
P. Poupon

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



Circular Knitting
M. Chui



Summer Knitting
M. Mathieu

LESSONS & IDEAS TO BEGIN

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

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



How to Crochet
Bonjour Tangerine



How to Sew Your Clothes & Accessories
C. Auzou

SEWING WITHOUT A PATTERN

An original and simple approach of sewing for beginners offering 10 projects per title to sew without a pattern thanks to clear explanations. Less stress, more creativity!

Softcover / 20 x 25 cm / 80 pp / €13.50
2 available titles



Sewing Decoration without Patterns
M. Lhuillier



Sewing Clothes without Patterns
A. Baio

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
14 available titles



Mix-and-Match Jumpsuits, Rompers and Dresses
A. Arana



Sportswear
C. Jaubert



Party Dressing
C. Auzou



African Wax Prints
J. Brisac & A. Thomas

ZERO-WASTE SEWING

By A. Malfilatre

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

Softcover / 21 x 29.7 cm / 64 pp / €9.90
3 available titles



Zero-Waste Sewing for Babies



Zero-Waste Sewing in My Bathroom



Zero-Waste Sewing in My Kitchen



WOODEN GAMES AND TOYS

By F. Mercier

20 beautiful sustainable projects, accessible to beginners, with scale drawings and detailed explanations in step-by-step for a faultless result.

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



NEW EDITION

THE UPHOLSTERER'S HANDBOOK

By C. Cau

Old-fashioned fabric, slumped upholstery, faded seat... a makeover is needed! To proceed methodically, a professional upholster guides readers through all the steps of seat renovation, covering each type of seat.

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

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
7 available titles



Vegetal Dreamcatchers
C. Fabrègues



Mandalas Weaving
V. Gossart



NEW

CREATIONS FROM NATURAL MATERIALS

By E. Benedetti

This guide presents 15 sustainable and decorative projects (lampshades, mirrors, shelves, baskets...), in step-by-step, made from natural renewable materials (rattan, bamboo, wicker...). Each material is presented to learn more about its origin, operating conditions and impact on the environment to cleverly combine eco-responsibility and creativity!

Hardcover / 21.5 x 25.4 cm / 160 pp / €24.95



PAPER VASE

By S. Princé

10 tutorials and patterns to simply customize vases with gorgeous paper vase sleeves.

Softcover / 20 x 31 cm / 80 pp / €12.95



FLOWER FEEL GOOD

By S. Tournigand & S. Princé

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

DIY PAPER WONDERS

By S. Lebrun

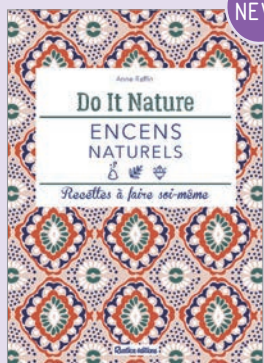
The perfect gift for any stationery fan: 128 detachable pages (thick papers, origami papers...), 80 stickers and 16 postcards, with 10 models explained in step-by-step. A great source of inspiration to design beautiful creations!

Softcover / 20 x 26 cm / 80 pp + 128 detachable pp / €22.50

DO IT NATURE

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

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



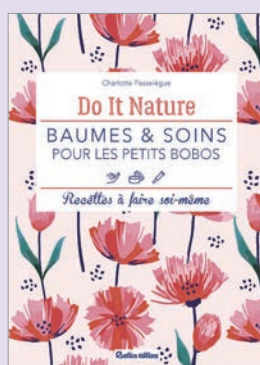
NEW

My Natural Resins and Incense Sticks
A. Raffin



NEW

DIY Zero-Waste Packaging
A. Moreau



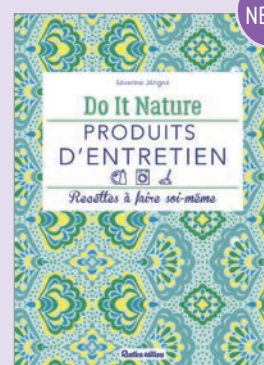
Balms and Care for Slight Pains
C. Passelègue



Hygiene and Care for Mommy & Baby
S. Duménil



Soaps
A. Boué



NEW

Cleaning Products
S. Jérigné



100% NATURAL MAKE-UP

By E. Hébert

40 recipes to prepare natural foundation, BB creams, blush, lipsticks, effective make-up removers... adapted to every skin type and needs. Simple tutorials to feel beautiful while saving money, reducing waste and avoiding dangerous ingredients.

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



MOTHER & BABY NATURAL HOMEMADE CARE PRODUCTS

By E. Hébert

A must-have guide to prepare 100% natural care products for babies, pregnant and nursing women, including advice by a midwife on baby care. The 40 recipes developed by an aromatherapist specialized in cosmetology are followed by essential information on the equipment and material.

Softcover with flaps / 20 x 25 cm / 128 pp / €16.50



NEW

THE BIG BOOK OF NATURAL COSMETICS

By E. Hébert

A comprehensive book to prepare cosmetics with 100% natural ingredients: make-up, perfumes, moisturizing cream, shampoo... more than 100 recipes with simple techniques, along with tips, for a 100% natural beauty.

Hardcover / 20 x 25 cm / 400 pp / €19.95



ZERO-WASTE, A ROOM BY ROOM GUIDE

By C. Do

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

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

MY BOOKMARKS TO PAINT

By M. Zottino

A beautiful set including 20 bookmarks to paint, a 6-silk-screen-inks palette and a long brush.

Pad with Arlin spine / 8 x 19 cm / 40 pp / €7.50
4 available titles

New series



My Adorable Cat



Floral Daydreams



Heaven Birds



Sacred Nature



DESIGNING A FLORAL ALPHABET

By M. Zottino

An engaging handy book with advice, tips, step-by-step exercises and pages to complete, to start with hand-lettering through lovely designs inspired by nature.

Softcover / 17 x 22 cm / 64 pp / €7.50

365 DAYS

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

Hardcover with cloth-spine / 21 x 16 cm / 368 to 376 pp / €20.00
2 available titles



365 Days of Drawing
L. Herzog



365 Days of Alcohol-Based Markers Drawing
S. Kunz



NEW

DRAW YOUR MANGA

By V. H. Ta

16 technical pages to learn how to draw with felt-tip pens and write a manga story, 32 ready-to-fill and detachable comic strips printed on a paper suitable for both pens and alcohol-based markers, and 2 detachable tracing papers with words and graphic elements that will add a professional side to each comic strip. The perfect boost for mangaka apprentices!

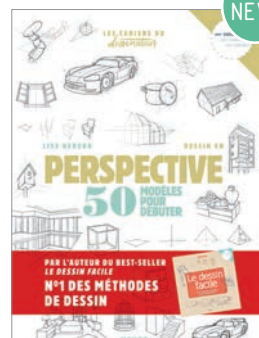
Softcover / 21.5 x 29 cm / 48 pp / €9.95

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
8 available titles



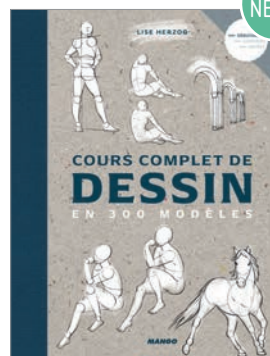
NEW

Perspective Drawing



NEW

Moving Characters



NEW

COMPREHENSIVE DRAWING COURSES

By L. Herzog

More than 300 models, in step by step, covering the favorite themes of beginners: characters, animals and perspective. A remarkably complete guide by Lise Herzog, the specialist of easy drawing.

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

COLORLED 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



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



NEW

WATERCOLOR FOR BEGINNERS

By M. Boudon

A bind-up edition of the two best-sellers by Marie Boudon, with a simple guidance through the fundamental rules of the technique, precious advice to give depth to each project, and charming tutorials to reproduce beautiful plants and compositions.

Hardcover / 21.5 x 25.4 cm / 296 pp / €35.00



NEW

MY PRETTY GOUACHE PAINTINGS

By E. De Castro

An introduction to gouache painting technique with advice, flowery models and 10 detachable drawings printed on a special paper and ready to be painted. A perfect way for beginners to focus on the painting technique.

Softcover with flaps / 15 x 21 cm /
32 pp + 20 detachable sheets / €13.50



NEW

WATERCOLOR, THE RECOMPOSED NATURE

By H. Ström

Fresh and delicate compositions that celebrate nature for watercolor lovers! Aimed at experienced watercolorists, the author offers detailed step-by-step models to understand each technical aspect and go further in mastering the technique.

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

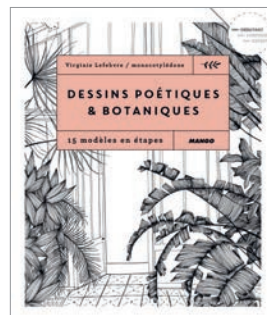


PAINTING LOVELY MOMENTS

By Y. Noritake

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

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



BOTANICAL & POETIC DRAWINGS

By V. Lefebvre

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

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

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
8 available titles



NEW

Flowers in Gouache Painting
E. De Castro



NEW

Manga Creatures in Alcohol-Based Markers
V. H. Ta



Fantasy Creatures in Alcohol-Based Markers
V. H. Ta

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
12 available titles



Little Meditations for Kids
G. Diederichs & H. Chetaud



Little Zen Rituals
P. Pavy & Orel

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
6 available titles



The Family's Rules to Limit Screen Time
M. McGuinness & S. Bouxom



The Family's Successful Organization Rules
M. McGuinness & S. Bouxom



YOGA FOR MY CHILD
By S. Vinay

A practical book offering 5 short stories associated to 30 yoga poses in step-by-step illustrations. A simple and lively introduction to the benefits of yoga in the form of playful, short and funny exercises for children from 3.

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

AT MY OWN PACE

Simple rituals for children from 6 to 10 to gain autonomy. Each case includes 30 illustrated cards, with practical exercises, and a booklet introducing the techniques to parents to understand the benefits of the activities.

Case / 12 x 18 cm / 30 cards + 24 pp / €13.50
4 available titles



Writing Well
R. Gontier, Y. Aboukrat
& C. Modeste



Preventing Bullying
J. Crouzillac & E. Pioli

FUNNY LEARNING

A teacher, specialized in alternative teaching methods (Montessori, Waldorf-Steiner, Reggio), developed pedagogical and playful activities for children, from 2 to 10, to develop their curiosity and imagination, while stimulating their reflection and capacities. Simple ideas to favor learning at school!

Softcover with flaps / 17 x 22 cm / 112 pp / €11.95
4 available titles



Playful Mathematics
D. Thibault



Introduction to Arts
E. Thiriot



Introduction to Science
E. Thiriot



Psychomotor Development
E. Thiriot



NEW

LET'S PROTECT OUR CHILDREN FROM SCREENS

By M.-A. Le Roy

Based on parents shared experiences, this book reviews through 10 short and practical chapters the dangers of screens and provides concrete ideas to protect children and help them develop their critical spirit to properly use digital tools.

Softcover / 13 x 19 cm / 96 pp / €9.90



NEW

NON-SEXIST EDUCATION

By B. Laloupe

Despite a desire of equality between boys and girls, gender stereotypes remain strong in the society. In this engaging book, the author questions parents about their own preconceived ideas about genders and gives practical advice to help them counteract social influence, erase gender inequalities and raise blooming kids.

Softcover with flaps / 17 x 24 cm / 160 pp / €17.90



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 / 17 x 24 cm / 192 pp / €17.90



THE HANDBOOK OF BREASTFEEDING

By E. & A. Evvin, & E. Pioli

An all-comprehensive illustrated guide to breastfeeding reviewing scientific studies and offering feedback experiences of lactation consultants. An essential book including more than 50 illustrated positions to find the most adapted to the baby and the mother.

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

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

Best-seller



NEW

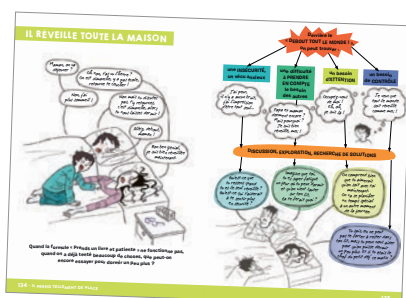
The Little Illustrated Decoder of Parents in Crisis



The Little Illustrated Decoder of the Kid's Tantrums



The Little Illustrated Decoder of the Teen in Crisis



THE POSITIVE DADDY'S HANDBOOKS

By J.-F. Belmonte

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

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

New series



NEW

Cooling Down



NEW

Raising Happiness



NEW

Developing Self-Confidence



NEW

Handling Emotions



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



GEM WATERS & CRYSTAL ELIXIRS

By L. Vallée

An original introduction to crystal healing revealing the powers of crystal-infused elixir waters 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 SACRED NATURE OF WOMAN

By F. Goddyn

An inspiring book highlighting the sacred feminine and the deep connection of woman to nature. The author offers practical advice to heal the feminine body, mind and spirit and unleash this inner vital energy through crystal healing, herbal medicine, meditation, spirituality, shamanism...

Hardcover / 18 x 26 cm / 208 pp / €24.95



THE ORACLE

By C. Coldefy

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

Hardcover / 17 x 22 cm / 64 pp / €12.95

2 available titles

New series



NEW

Angelic Oracle: Messages from my Guardian Angel



NEW

Bohemian Oracle: My Good Fortune

MY MAGICAL RITUALS

Fascinating guides offering spiritual and practical guidance for every reader to relax and reconnect to the foundation of their being.

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

3 available titles

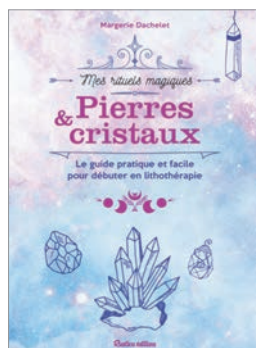


NEW

Talking with My Guardian Angel
E. Dracon



The Secret Recipes of Druidesses
F. Laporte



Gems & Crystals
M. Dachelet



NEW

WITCHES AND ENCHANTRESSES

Collective

Thanks to this almanac, readers will discover each day of the year how to take care of themselves and others with recipes and advice inspired by ancestral traditions. Philters and potions, rituals and talismans, enchanting colorings, angelic anecdotes... to add some magic to the daily life!

Softcover / 17 x 22 cm / 216 pp / €14.95

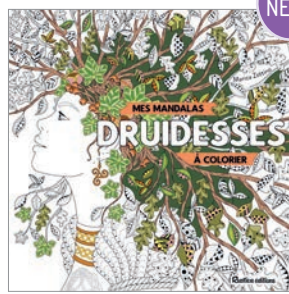
MY NATURE Mandalas to Color

30 inspiring 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
4 available titles



My Witchy Mandalas to Color
M. Zottino



NEW

My Druidess' Mandalas to Color
M. Zottino

MY SPELLCRAFT PLANNER

A series of gift planners for everyone to get organized, with quotes, recipes, and information to take care of themselves and reconnect with nature and their magic inner selves!

Hardcover with foam / 17 x 22 cm / 112 pp / €14.95
5 available titles



NEW

My Witch Planner
M. D'Hennezel



NEW

My Fairy Planner
N. Cousin



NEW

My Angels Planner
E. Dracon



NEW

My Druid Planner
F. Laporte



NEW

My Hildegard of Bingen Planner
S. Macheteau

SMALL PRECIOUS BOOK

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

Hardcover / 11.5 x 17 cm / 144 pp / €14.95
13 available titles



NEW

The Fabulous Herbarium
G. Xhayet



NEW

Wonderful Unicorns
N. Cousin



The Wolf and Its Mysteries
E. Grundmann



Angels
D. Crolle-Terzaghi



Extraordinary Orchids
N. Cousin & V. Garnaud



Wonderful Birds
G. Lesaffre



MINIMALISM

By J. Crillen

An all-comprehensive and progressive approach to the various dimensions of minimalism thanks to tips to be applied in the everyday life (budget, web, time management...) to understand that most of the time, less is more.

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



NEW

RELAXATION

By J. Lécureuil

This book offers a smooth introduction to relaxation with the presentation of all the benefits of this activity, following by exercises to practice every day, at home but also at work!

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



Best-seller

100% HAPPINESS

By R. Giordano

The new edition of a best-selling title where readers can take happiness into their own hands thanks to practical exercises and advice to feel fulfilled.

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

INSPIRATIONAL AMANACS

Conceived as little guides to self-development, these almanacs present day after day quotes, practical advice and exercises to find peace and quiet, manage inner energy, better live... to spend 365 days of happiness!

Easel book with wire-o / 13 x 11 cm / 320 pp / €14.99
8 available titles



You Are Extraordinary!
C. Delaporte



The Toltec Agreements
L. Sorel



Positive Psychology
F. Dorn



Positive Education
A. Faujour, E. Fournier & I. Calmels



Zen
C. Santini

UNDERSTANDING, DOING, CHANGING

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

Softcover / 15 x 21 cm / 160 pp / €12.95
4 available titles



Deconditioning: Change Your Thinking Habits to be Successful

R. Coique

A unique method for readers to efficiently learn how to think differently and stop limiting themselves!



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!



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!



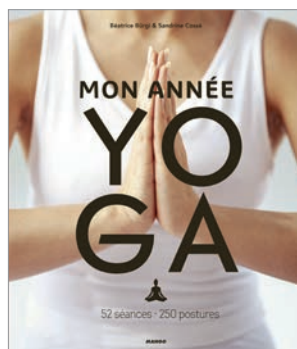
NEW

THE ATHLETE'S BATCH COOKING

By A. Roman

A nutrition coach and sports specialist offers a very simple approach to batch cooking adapted to all sports addicts. 5 weeks of balanced menus and recipes, to optimize their performance and spend less time in the kitchen, using prep-ahead techniques in only 2 hours during the week-end.

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



A YEAR OF YOGA

By B. Burgi & S. Cossé

Two Hatha yoga teachers developed an all-comprehensive program of weekly practice over a year with 52 sessions, clear texts illustrated by drawings and pictures to master more than 250 postures... at home!

Softcover with flaps / 24 x 28 cm / 208 pp / €19.95



ABDOMINAL CLADDING

By A. Lebkowski

50 exercises explained by a professional coach with few or no equipment, classified by body parts for targeted goals and 3 training programs, for a harmonious body, posture and a better muscle tone.

Softcover / 15 x 21 cm / 128 pp / €12.50



NO MORE BACK PAIN!

By A. Bouvier

A must-have book for people suffering from chronic back pain to identify the origins of the problem, adopt the right habits and feel better thanks to 50 simple stretching and strengthening exercises!

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

MY CHALLENGE BOX

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

Case / 9.8 x 12.5 cm / 54 cards / €12.95
4 available titles

New series



NEW

I Believe In Me
C. Delaporte



NEW

Finally Free and Happy
with the Toltec Agreements
C. Delaporte



NEW

Fitness
G. Berthelet



NEW

Body Training
G. Berthelet



NEW

THE SURVIVALIST'S PRACTICAL GUIDE

By R. Vollot, Y. Goncalvez
& R. Boclet-Weller

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

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



NEW

THE SURVIVALIST'S ALMANAC

By D. Tribaudeau

The perfect almanac for outdoor adventurers, written by an expert in survival training, to review all year long advice, inspirational portraits, anecdotes, and all the necessary information to be ready to face emergencies!

Softcover / 17 x 22 cm / 144 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
7 available titles



Fibromyalgia
Dr. J.-L. Renevier
& Dr. J.-F. Marc



Endometriosis
Dr. F.-X. Aubriot



Rheumatoid Arthritis
Dr. J.-D. Cohen



Cystitis
Dr. S. Conquy

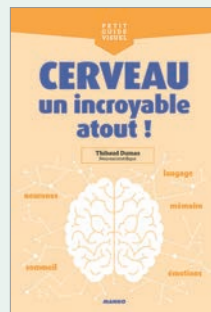
LITTLE VISUAL GUIDE

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 / 14 x 20 cm
to 15 x 22 cm / 128 pp / €11.95
11 available titles



Say Goodbye to Skin Problems!
S. Poulet & E. Hébert



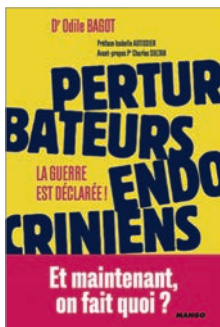
The Brain, an Incredible Asset!
T. Dumas



How to Sleep Well!
I. Arnulf & V. Slimani



Healthy Heart and Arteries!
G. Montalescot



ENDOCRINE DISRUPTORS: THE WAR IS DECLARED!

By Dr. O. Bagot

Bisphenol, paraben, herbicides... endocrine disruptors are everywhere in our environment, both outdoor and in houses, and cause major illnesses. Starting from her experience as a gynecologist, Dr. Odile Bagot explains here one of the greatest scandals of our times and gives useful advice to minimize the risks in our daily lives.

Softcover / 14 x 21 cm / 256 pp / €17.50



THE NEW FOOD REVOLUTION

By Dr. C. Laporte & P. Joyeau

Thanks to a fascinating timeline and based on hard facts, the authors analyze how food revolutions have progressively taken human beings away from their real needs, thus causing cancers and chronic diseases. Taking into account our current lifestyle, they highlight our real basic needs and give all the keys to do our own food revolution, to live long and in good health.

Softcover / 14 x 21 cm / 256 pp / €17.50

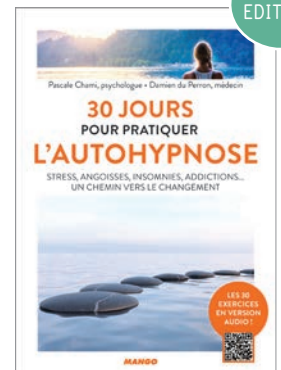


THE PENIS: EVERYTHING ON THIS LITTLE-KNOWN ORGAN

By Dr. Michel Lenois

An all-comprehensive book, under a medical and scientific angle but full of humor and funny facts, outlining a history of the penis: functioning and dysfunctions, anatomy and even animals' penis...

Softcover with flaps / 17 x 24 cm / 216 pp / €16.95



30 DAYS TO PRACTICE SELF-HYPNOSIS

By P. Chami, D. du Perron & E. Causse d'Agraves

A 30-day program to master self-hypnosis, to progress smoothly and return to a peaceful daily life, including 30 audio exercises to download! To reinforce visual memorization, an inspirational illustration is associated to each exercise.

Softcover / 15 x 21 cm / 192 pp / €14.95

NEW



MY HEALTH-CARE PLANTS

By M. d'Hennezel

25 essential medicinal plants to treat little daily disorders, presented as a herbarium. For each plant, the author teaches how to gather it, how to use it and some recipes.

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



PHYTOTHERAPY OF THE WOMAN

By F. Goddyn

A handbook for women to naturally take care of themselves during their great lifecycles (puberty, periods, fertility problems, menopause...) with the support of dedicated plants.

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

NEW

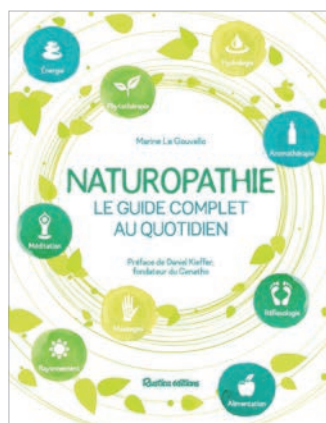


THE PLANTS OF THE NATUROPATH

By S. Stulzaft

The simplest approach of naturopathy through common disorders (ENT, digestion, genito-urinary system, blood circulation...), with the associated plants and how to use them.

Softcover / 15 x 21 cm / 96 pp / €12.95



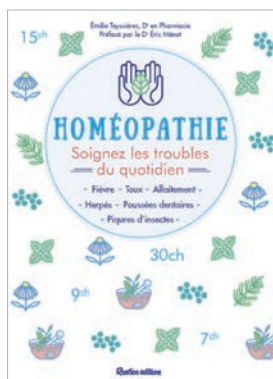
THE BIG BOOK OF NATUROPATHY

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 / 208 pp / €19.95

Best-seller

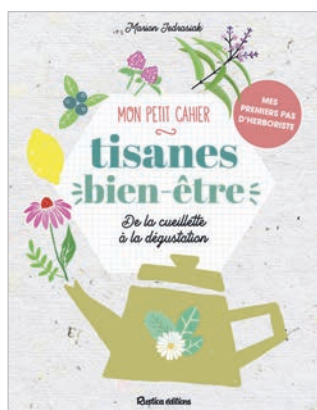


HOMEOPATHY: HOW TO HEAL COMMON DISORDERS

By E. Teyssières

A straight to the point approach to homeopathy: for each disorder (cystitis, canker sore, cough...), the author, a specialized pharmacist, gives the right dosage and some practical advice.

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



HERBAL TEAS FOR MY WELL-BEING

By M. Jedrasiak

An essential handbook to make homemade organic herbal teas, with advice to gather and dry 20 common plants and 12 recipes, as tasty as good for health, following the seasons.

Softcover / 17 x 22 cm / 64 pp / €7.50

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
8 available titles

NEW



Naturopathy
A. Carsalade

NEW



Bach Flowers & Floral Elixirs
A. Tardif

NEW



THE ECOCITIZEN'S ALMANAC

By K. Balzeau

Zero-Waste, eco-friendly DIY, preservation of biodiversity, minimalism, natural cleaning and beauty products, recipes, organic gardening... an almanac to discover day after day a variety of easy actions and tips to protect the planet!

Softcover / 17 x 22 cm / 216 pp / €14.95



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

NEW



THE 12 SHIPS THAT WILL SAVE THE SEA

By C. Britz

Collecting plastic, conducting scientific expeditions, sailing without any means other than the wind, the sun, and the water... a journalist presents 12 exceptional boats that, each in their own way, participate in the defense of the oceans.

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



NEW

50 ECO-FRIENDLY ACTIONS

By C. Lagrange

Some daily actions, seen as harmless, have a negative environmental impact. The author deciphers 50 common actions, clearly explaining their impact on the environment, and offering green alternatives. A simple step-by-step approach to adopt a greener lifestyle.

Softcover with flaps / 20 x 25 cm / 128pp / €16.50

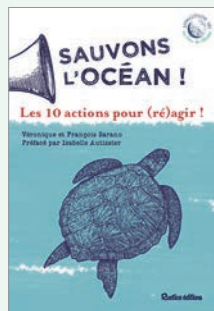
ECOLOGICAL ACTIONS

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
7 available titles



Let's Save the Bees
S. Niel



Let's Save the Ocean
F. Sarano



Let's Save the Insects
F. Lasserre



Let's Save the Forest
N. Tordjman

NEW



DO WE (SERIOUSLY) WANT TO CHANGE THE WORLD?

By B. Badré

As the financial capitalism reaches its limits, leading to environmental catastrophes and growing inequalities, Bertrand Badré, former CFO of the World Bank Group, shows that it is still time to set up an economy that fits into a framework concerned both with nature and a harmonious human and social development. This political essay will enlighten those who question the meaning of their work, the consequences of financial capitalism and the direction of our societies, because everyone can play a role in steering the system in the right direction.

Softcover / 15 x 22.5 cm / 276 pp / €17.00

HEALTHY COOKING

30 healthy and original recipes to avoid industrial drinks and products.

Softcover / 15 x 21 cm / 64 pp / €7.95
2 available titles

New
series



Kéfir & Kombucha
S. Houdré-Grégoire



Healthy Snacks
S. Darrigo-Dartinet



SUPER VEGETABLES

By 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 with flaps / 21 x 28.5 cm / 192 pp / €17.50



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 28.5 cm / 192 pp / €17.50



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 26 cm / 128 pp / €16.95



SUPER EASY PLANT PROTEINS

By A. Roman

Delicious and easy recipes to replace animal proteins while maintaining a balanced diet. Clear instructions, common and varied plant-based protein foods, as scrumptious and simple ways to reduce meat consumption!

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



BEAUTY FOOD

By E. Hebert

A practical illustrated guide written by a natural cosmetics expert to find out the wonderful effects of natural seasonal food on human body, giving all the instructions to choose correct ingredients and make homemade cosmetics.

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

WORLD VEGETARIAN COOKING
Collective

A flavorful world tour of the best vegetarian recipes, along with step-by-step photos to master key techniques. The perfect source of inspiration for chefs looking for original and tasty recipes!

Hardcover / 24 x 32 cm / 288 pp / €29.95

IN 4 INGREDIENTS

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

Softcover / 18 x 23 cm / 96 pp / €9.95
14 available titles



Italy
E. Levesque



Portugal
E. Levesque



Chocolat
S. Vasseghi



Vegan Meals
D. Lebrun

A SCRUMPTIOUS STROLL

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

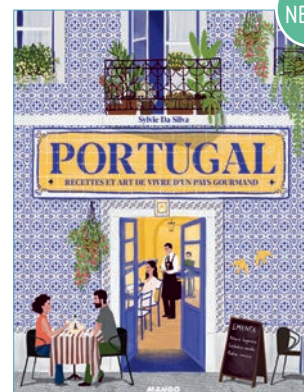
Hardcover or softcover with flaps /
21 x 28.5 cm to 23.5 x 28.5 cm /
218 to 224 pp / €24.50 to €29.95
3 available titles



A Scrumptious Stroll in Italy
L. Zavan



A Scrumptious Stroll in France
C. R. Vincent & M.-L. Frechet



A Scrumptious Stroll in Portugal
S. Da Silva



SUPER WORLD FINGER FOOD
By C. Sourbier

From India, USA, Japan, Great Britain, Germany... whether they are renowned or astonishing, these finger food recipes have to be tasted!

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



SUPER CHOCOLATE
By V. Finaz

An exploration of chocolate tasting like a connoisseur through the advice and tips of a professional, along with savory recipes. A scrumptious way to taste and select chocolate like a pro.

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



THE BEST WORLD PLANCHA
By L. Hanno

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

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

NEW

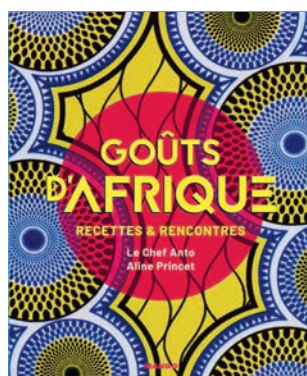


TASTES FROM THE ANTILLES

By J. Bertin & A. Princet

A passionate chef delivers a book full of colors and flavors with 60 authentic selected recipes of Caribbean cuisine taking readers on a unique gourmet journey, and 8 portraits of people of Caribbean origin who share their food memories.

Hardcover / 23.5 x 28.5 cm / 208 pp / €29.95



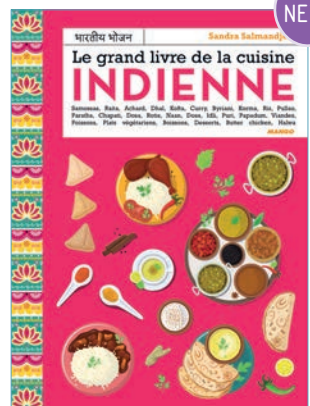
TASTES FROM AFRICA

By 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 BIG BOOK OF INDIAN COOKING

By S. Salmandjee

150 recipes to have a true taste of the Indian gastronomy, with all the essential dishes, without forgetting the basic recipes, sauces and condiments, side dishes, breads, drinks... Hundreds of step-by-step photos, as well as numerous tips and advice, allow gourmets to master key techniques of a gastronomy full of flavors.

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



SCRUMPTIOUS JAPAN

By L. Kié & H. Kishi

A lively and complete guide revealing every facet of the Japanese gastronomy culture and art of living. Anecdotes, stories, over 450 beautiful photos and 600 colorful illustrations, and more than 100 authentic recipes. An in-depth culinary journey through the land of the rising sun!

Hardcover / 23.5 x 28.5 cm / 304 pp / €32.00

NEW



WORLD COOKING WITH A MULTICOOKER

By N. Paprikas

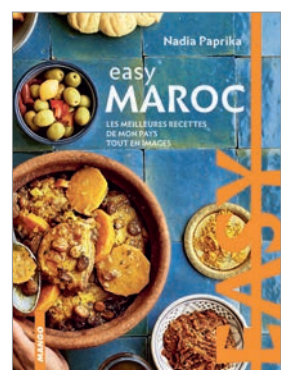
An authentic Indian dahl, a fortifying Moroccan Harira soup, a creamy Greek hummus... 50 recipes from around the world to effortlessly, easily and quickly prepare with a multicooker!

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

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
11 available titles



Easy Morocco
N. Paprika



Easy Korea
L. Kyung

ILLUSTRATED COOKING BOOK

Reference books fully illustrated in 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
2 available titles



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



The Illustrated Indian Cooking Book
S. Pankaj, S. Salmandjee & A. Charbin

NEW



THE ILLUSTRATED JAPANESE LIFE

By L. Kié & H. Kishi

An illustrated book to learn everything about the Japanese lifestyle: daily life (how to travel, language, blunders...), arts, cooking, celebrations and festivals.

Softcover with flaps / 18 x 23 cm / 144 pp / €15.00

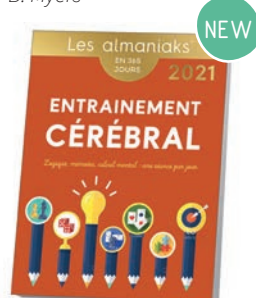
DAILY DISCOVERY

365 logical games, exercises to stimulate the memory, useful advice for a green lifestyle, historical facts or astonishing knowledge for a fulfilling year.

Case / 11 x 14.5 cm / 640 pp / €11.99
12 available titles



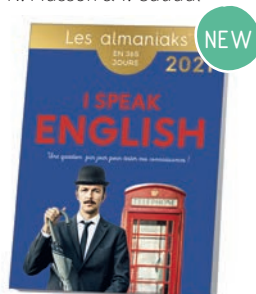
Enigmas
B. Myers



Brain Training
M. Esquerré



An Incredible Memory
N. Masson & Y. Caudal



I Speak English
S. Krief



Logical Games
N. Masson & Y. Caudal



Everything About Wine
M. Esquerré



Everything About Plants
D. Richard



Grand-Mothers' Tips
L. Sorel



Everything About Essential Oils
F. Couic-Marinié



Everything About Cats
I. Collin

BATHROOM BOOKS

52 activities or games per title for readers to spend their time in the bathroom in a relaxing and playful way.

Softcover / 14 x 14 cm / 132 pp / €5.95
4 available titles



Easy English
S. Krief



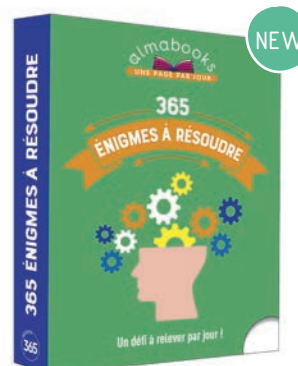
Puzzles and Brain-Teasers
B. Myers



Memory Games
M. Lecerf



Fiendish Sudokus



365 ENIGMAS TO SOLVE
By M. Esquerré

Coded messages, optical illusions, find the intruder, logical sequences... a great variety of games to sharpen the sense of logic and become a master of observation, just like the greatest detectives!

Softcover / 10.4 x 13.8 cm / 368 pp / €9.99

New series

ESCAPE GAME

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

Softcover or softcover with flaps / 19.5 x 28.8 cm / 48 pp / €8.95
15 available titles

Best-selling series



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



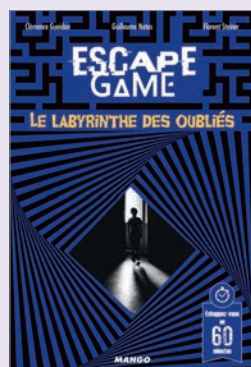
Investigation at Baker Street
R. Strobbe & M. Tardy



The Last Heist
C. Tollu, R. Strobbe & E. Grand



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



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



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



ESCAPE GAME: 2 ADVENTURES

By R. Prieur, M. Vives & O. Campanella

A nightmare in a dinosaur park and a scuba dive that turns into a drama: 2 adventures to live in 2 hours! And for a thrilling experience, the book comes with accessories to solve the puzzles: 2 boards of objects to detach, a UV lamp, a blue lens, a cord, and a 60-minute downloadable soundtrack. Fun guaranteed!

Hardcover / 21.5 x 31.7 cm / 112 pp / €22.50



ESCAPE GAME VAGNON

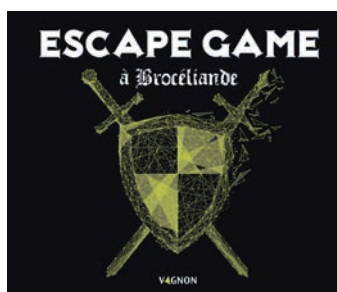
By E. Nieudan

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



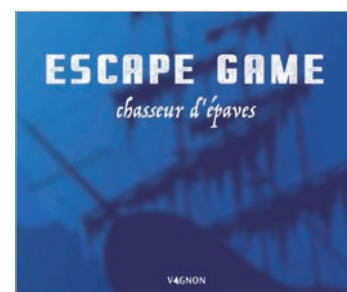
Prisoner of the Underworld
Zéphiriel & J. Léon

The player has to save a boat crew from the Underworld: monsters, puzzles and battles are waiting for them!



Broceliande Forest Escape Game
E. Nieudan & M. Briquet

A knight has been imprisoned in the enchanted forest of Broceliande. The readers must use the clues in the book to find him by crossing into the enchanted world, but they must be careful not to trust dangerous characters they meet on their journey.



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

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



SEED PITS AND PIPS GROWING

By Céline - I do it myself

Mango, avocado, cherry, apple, melon, lemon... no need to throw away seed pits and pips! With this eco-friendly guide, gardeners will learn how to simply grow over 20 species thanks to detailed step-by-step photos.

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

MY PRETTY PLANTS

Little guides perfectly adapted to beginners to easily take care of a selection of over 40 plants. Simple tips for a gorgeous indoor garden!

Hardcover / 15 x 17 cm / 112-128 pp / €11.95
2 available titles



Cacti & Succulents
S. Cuzenic



Indoor Jungle
Collective



INDOOR PERMACULTURE

By L. Bruneau

A practical guide full of ideas and advice to apply the principles of permaculture and zero-waste indoor, from composting, keeping and planting pits, recycling pots and cups, to reducing water consumption. A step-by-step guide to create a beautiful indoor green garden!

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



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 selected 20 plants to purify and regenerate the air.

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



VERMICOMPOSTING

By V. Desbros

A practical guide to vermicomposting in step-by-step drawings. From the selection of the worms, the useful material to the methods for harvesting the nutrient-rich compost, having a vermicompost is finally made easy!

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



GARDENING WITH ESSENTIAL OILS

By J.-Y. Meignen

A practical guide revealing the benefits of 20 essential oils to take care of indoor and outdoor plants, prevent attacks by pests or diseases, and biostimulate the plants.

Softcover / 17 x 19 cm / 96 pp / €12.95

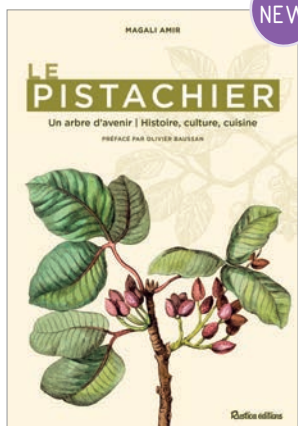


LIFE-SIZED BIRDS

By G. Lesaffre

Accessible birdwatching thanks to life-sized photographs of 50 common birds, sorted by size, with all necessary information to easily recognize them: nest, song, behavior...

Softcover with flaps / 17 x 22 cm / 112 pp / €12.95



NEW

PISTACHIO TREE

By M. Amir

Everything on this mythical tree: cultivation, history of the tree in France and in the world, medicinal uses, recipes...

Softcover / 18 x 26.5 cm / 128 pp / €17.95



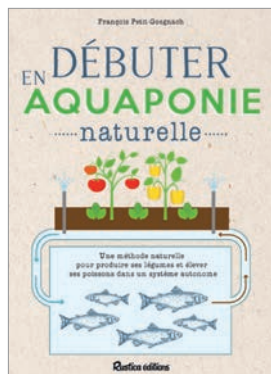
Best-seller

GARDENING BY THE MOON 2021

By 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



AQUAPONICS FOR BEGINNERS

By F. Petit-Gosgnach

Growing vegetables while breeding fishes has never been so accessible, thanks to this handbook written by a specialist. Thanks to numerous sketches and photos, all the technical steps will be easily understood!

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



NEW

THE 2021 CALENDAR OF PERMACULTURE

By R. Elger

A month-by-month guide, presenting the basics and main techniques of permaculture, 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



MY NATURAL GARDEN

By L. Renault

50 questions and answers, with practical step-by-step, to start growing an organic garden. Simple and clear information for beginners.

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



MY PERENNIAL VEGETABLE GARDEN

By R. Motte & M. Motte

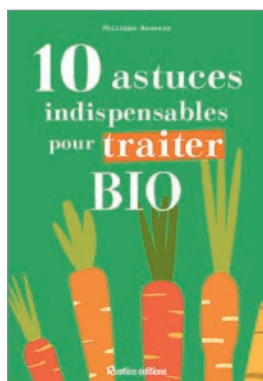
More than 30 perennial vegetables selected to help gardeners spend less time working but still enjoy a productive garden!

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

10 MUST-KNOW TIPS

All the keys for beginners to succeed in their gardens thanks to easy 10 lessons reviewing the organic gardening classics, in step-by-step.

Softcover / 12.8 x 18.8 cm / 64 pp / €7.95
2 available titles



10 Must-Know Tips on Natural Pesticides
P. Asseray



10 Must-Know Tips for an Organic Garden
N. Vialard

MY GARDENING NOTEBOOKS

Practical and concise notebooks to learn the basis of gardening: material, budget, place, choosing the varieties, harvest, preservation...

Softcover / 17 x 22 cm / 64 pp / €7.50
2 available titles



My First Month-by-Month Guide to Vegetable Gardening
R. Elger



My Permaculture Notebook
R. Elger

