

FALL 2021

ADULT
BOOKS

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

FOREIGN

rights

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



DRAW YOUR COMIC BOOK!

A clever series, for comic books lovers, combining 16 technical pages in step-by-step to start drawing and write a story, 30 detachable pages with comic strips on a special paper adapted to pens and alcohol-based markers, and 2 detachable tracing papers with words and graphic elements to add a professional touch to the drawings!

Softcover / 21.5 x 29 cm / 48 pp / €9.95
4 available titles



Draw Your Shonen Manga!
V. H. Ta



Draw Your Comics!
J.-J. Dzialowski

COMIC STRIPS FOR BEGINNERS

By P. Cornilleau

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

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



MANGA DRAWING WITH ALCOHOL-BASED MARKERS

By V. H. Ta

A great gift for all manga lovers willing to discover the stunning effects of alcohol-based markers: 30 models presented in step-by-step and available on tracing paper at the end of the book, and 30 prepared pages to easily create a manga!

Softcover / 21.5 x 29 cm / 224 pp / €22.50



FIRST STEPS – FINE ARTS

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

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

New series



First Steps in Watercolor
S. Van der Linden



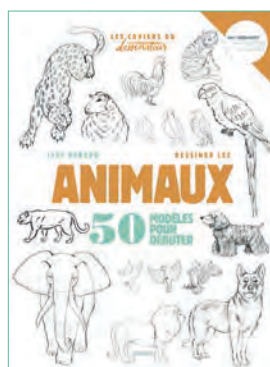
First Steps in Drawing
L. Herzog

THE DRAWER'S NOTEBOOKS

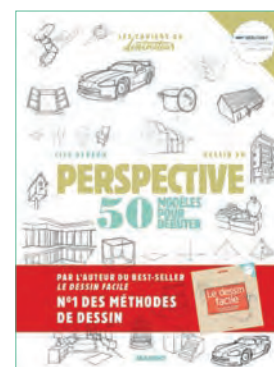
By L. Herzog

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



Animals



Perspective Drawing



DRAWING: THE FOOLPROOF METHOD

By S. Mouton

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

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



MODELS OF THE DRAWER

By J.-P. Lamerand & G. Cours

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

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

BEST-SELLER



DIY FLOWERS IN WATERCOLOR

By M. Boudon

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

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



CHARMING WATERCOLOR FOR BEGINNERS

By L. Ripoll

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

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

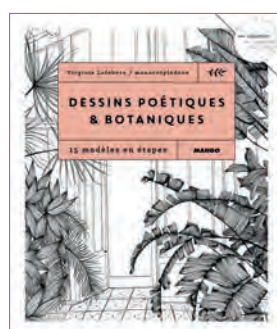


PAINTING LOVELY MOMENTS

By Y. Noritake

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

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



BOTANICAL & POETIC DRAWINGS

By V. Lefebvre

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

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

NEW EDITION



INTRODUCTION TO GOUACHE PAINTING

By E. de Castro

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

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



NEW EDITION

THE BEGINNER ARTIST'S BOOK

Collective Work

An all-comprehensive book of 100 step-by-step lessons to start with watercolor, drawing, acrylic, pastel and oil painting, written by artists for beginners.

Hardcover / 23 x 22.5 cm / 380 pp / €24.95



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



HOW TO PAINT PORTRAITS

By S. Vanlerberghe

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

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

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
7 available titles



The Mountain Through the Seasons
V. Enginger



The Magic of Christmas
V. Enginger

THE HANDBOOK

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

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



The Sewing Handbook
L. Guyet



The Knitting Handbook
M. Mathieu



ADORAABLE BABY CLOTHES

By Charlov & Hello Birdie

32 easy-to-make sweet creations for babies: cardigans, sweaters, booties and hats.

Softcover with flaps / 19.5 x 24.5 cm / 112 pp / €18.95

FIRST STEPS – NEEDLECRAFTS

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

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



First Steps in Sewing
A. Gayral



First Steps in Knitting
P. Moëllic



THE BIG BOOK OF ADORAABLE ANIMALS IN CROCHET

By So Croch

Almost 60 adorable and modern animals in crochet, ideal for intermediate crocheters!

Hardcover / 19 x 24.5 cm / 192 pp / €24.95

LESSONS & IDEAS TO BEGIN

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

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



Circular Knitting
M. Mathieu



Sewing Leather
J. Kansara

SEWING WITHOUT A PATTERN

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

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



My Sewing Workshop without Patterns

J. Bajic



Sewing Toys & Games without Patterns

S. Scremin

SEWING WORKSHOP

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

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



Maternity & Nursing Clothes

A. Hunckler



Homewear Cocooning

C. Brizard

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
4 available titles



Zero-Waste Sewing on the Move



Zero-Waste Sewing in My Bathroom



THE WARDROBE OF THE FASHION DESIGNERS
Collective Work

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

Flexibound / 20 x 26 cm / 176 pp + 3 real-size pattern boards / €29.00



MY CHIC AND TIMELESS WARDROBE

By P. Alice

The ideal book for women wishing to sew their own wardrobes including 8 sophisticated outfits (16 high quality models) explained in step-by-step photos. Suitable for intermediate sewers.

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



THE COOL WARDROBE BY VIOLETTE TANNENBAUM

By V. Tannenbaum

18 models to sew and mix to create a cool and fresh wardrobe, following Violette Tannenbaum's style! Detailed step-by-step in photos, with projects including revamping old clothes or creating brand new patterns. Suitable for beginner to intermediate sewers.

Softcover with flaps / 20 x 25 cm / 144 pp + 2 real-size pattern boards / €25.00



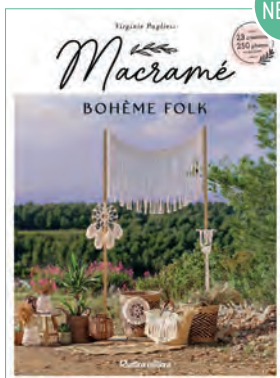
CLOTH BOOKS AND COSTUMES FOR KIDS

By L. Sanchis & V. Desmoulins

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

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

NEW



BOHO MACRAME

By V. Pugliesi

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

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



MAKING MY RECYCLED DOLLHOUSE

By V. Jelger

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

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



DIY ART MATERIAL FOR KIDS

By D. Thibault

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

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



DECORATIVE HERBARIUMS

By L. Lazerges

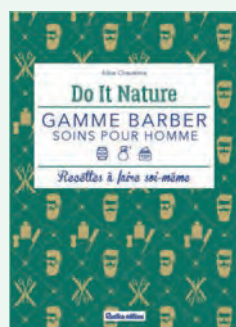
Delicate and colorful, pressed flowers have made their comeback as a creative decorative trend. Golden, in papercut, XXL... 11 easy tutorials to create chic vegetal frames!

Softcover with flaps / 17 x 22 cm / 80 pp / €12.95

DO IT NATURE

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

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



The Barber's Products
A. Chavanne



Plant and Flower-Based Soaps
A. Dougnac



DIY Herbal Remedies
C. Passelègue



Natural Make-Up
A. Drillon



QUICK NATURAL BEAUTY CARE RECIPES

By E. Hébert

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

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

NEW



A ZERO-WASTE FAMILY

By C. Lagrange

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

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

NEW



MY NATURAL DRUGSTORE

By E. Meurgue Guyard

An introduction to 10 natural products with amazing cleaning powers (soft soap, white vinegar, bicarb, household soap...), with lots of recipes to use them as detergent, softener, descaler... for a green home!

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

DO IT MAGIC

20 DIY projects dedicated to witchcraft per book, using powerful plants and gems, and associated magical rituals. Protection, purification, emotion management... great ideas to add a little touch of magic in our daily lives!

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



Witches' Pentacles and Altars
N. Myara



Witches' Amulets and Jewels
O. Laissouh

MY NATURE MANDALAS TO COLOR

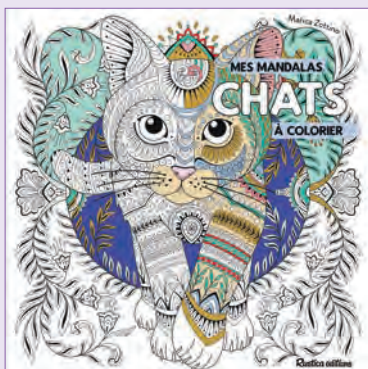
By M. Zottino

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

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



My Pentacle Mandalas to Color



My Cat Mandalas to Color



DIY FOR WITCH

By M.-N. & F. Denis

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

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



NEW

MY TAROT CARDS TO COLOR

By M. Zottino

The 22 major arcana of the tarot deck beautifully illustrated by Marica Zottino, ready to be colored and to be used thanks to a leaflet with all the tips to interpret each drawing.

Kit / 14.3 x 21.2 x 3.4 cm /
22 cards + 16-pp leaflet
+ 6 colored pencils + a pouch / €19.95

MY ORACLE CARDS TO COLOR

By A.-S. Casper

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

Set / 6.2 x 12 cm / 33 cards + 16 pp / €7.95
4 available titles

New series



NEW

Angel Oracle Cards



NEW

Flower Oracle Cards



NEW

Sacred Feminine Oracle Cards



NEW

Tree Oracle Cards

GEMS OF POWER

Beautiful gift books for gems lovers: each title includes a real gemstone and a book highlighting the benefits of the gem, and all the associated rituals to rebalance the vital energy, meditate, create...

Hardcover / 17 x 22 cm / 64 pp + 1 gem / €14.95
4 available titles



NEW

My Healer's Gem

Ozalee intuitive & L. Vallée



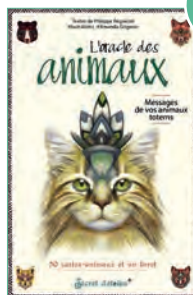
My Witch's Gem

C. Chermeux & L. Vallée



My Druidess' Gem

C. Chermeux, F. Laporte & L. Vallée



NEW

THE ORACLE OF ANIMALS

By P. Regnicoli & A. Grigorio

Thanks to 50 animal cards and a detailed leaflet, this set offers answers to all kind of questions. The totemic animals will be guides and guardians along the road.

Box / 13.4 x 20.3 x 2.5 cm / 50 cards + a 52-pp leaflet / €16.95

THE ORACLE

By C. Coldefy

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

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



Angelic Oracle: Messages from my Guardian Angel



Bohemian Oracle: My Good Fortune

MY MAGICAL RITUALS

Fascinating guides, accessible to a large public, offering spiritual and practical guidance to relax and reconnect to one's inner self.

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



Magic Beauty Recipes

C. De Leenheer



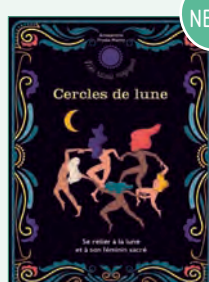
The Witch's Potions

M.-N. & F. Denis



Preserving My Vital Energy

C. Chermeux



Moon Circles

A. Fryda Marty



Talking with My Guardian Angel

E. Dracon

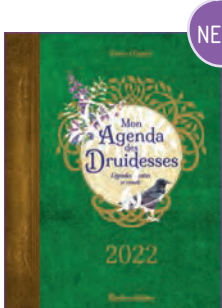
NEW

NEW

MY SPELLCRAFT PLANNERS

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



My Druidess Planner
F. Laporte



My Witch Planner
M. D'Hennezel



My Fairy Planner
N. Cousin



My Angel Planner
S. Gentil



My Hildegard of Bingen Planner
S. Macheteau

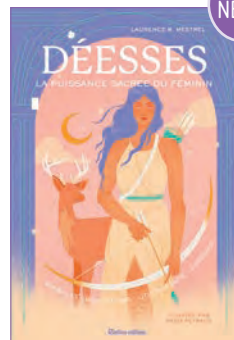


MEMOIRS OF WITCHES

By M. & S. Mottet

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

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



GODDESSES: THE POWER OF THE FEMININE

By L. Laurendon

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

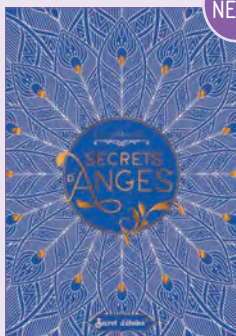
Hardcover / 18 x 26 cm / 192 pp / €24.95

SECRETS OF ANGELS

By E. Monsallier

A beautiful book introducing the angelic energies to the readers, and helping them to communicate and reach this bright world.

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



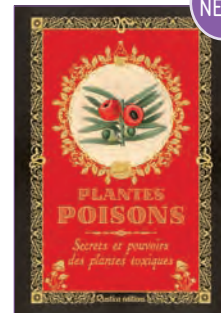
SMALL PRECIOUS BOOK

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

Hardcover with foam / 11.5 x 17 cm / 144 pp / €14.95
15 available titles



The Alchemist's Secrets
L. Gineste



Poisonous Plants
E. Laïs



MEMORIES WITHIN OUR WALLS: PLACES IMBUED WITH OUR EMOTIONS

By N. & J. Renault

A fascinating book exploring the way places keep a memory of past events, experiences and emotions, how some of them seem imbued with negative or positive energies and how to cleanse them.

Softcover / 14 x 21 cm / 224 pp / €17.50



THE GUIDE TO ASTROLOGY

By G. Bonfré

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

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



THE GUIDE TO INTUITION

By C. Tesnier

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

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



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



ALCHEMY, THE DAILY MAGIC

By P. Bouchet

An original approach of self-development, based on the principles of alchemy: as base metals can be noble metals, our own personality can be transmuted to become deeper, more authentic. Using all the symbols of alchemy, the author presents an original, personal and spiritual journey for a better knowledge of oneself.

Softcover / 17 x 22 cm / 176 pp / €17.50



THE GUIDE TO ENERGETIC THERAPIES

By A.-S. Casper

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

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



CLEARING YOUR ANCESTRAL LINEAGE AND HEALING YOUR FEMININE

By B. Chaumeil

An highlighting book, written by a specialist of women's ailments, to understand the concept of pain-body of oneself, of one's female lineage but also of the female collective, to be able to be healed and be part of a new freed female identity, enriched from the past.

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



THE FAMILY INHERITANCE: FREEING YOURSELF WITH THE PSYCHOGENEALOGY

By V. Leprovost

An exploration of the mysteries of transgenerational memory through epigenetics, family trauma, myths or secrets... After an explanation on how this hidden burden is transmitted from one generation to another, the author, specialist of psychogenealogy, develops ways to be free from those memories.

Softcover / 14 x 21 cm / 160 pp / €17.50

THE ENERGY WAYS

By N. Bonnaud & V. Luccioni

The energetic therapies (Qi Gong, mudras, yoga, heart coherence...) are real tools to our well-being and health, by rebalancing our body and mind. A practical approach of energy by two specialized therapists.

Softcover / 15 x 21 cm / 128 pp / €11.95
3 available titles



Taming My Stress



Taming My Emotions



Boosting My Health

UNDERSTANDING, DOING, CHANGING

Specialists deliver their own self-development methods to a large public. Useful guides made accessible by helpful illustrations.

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

MY COACHING FOR CHANGE NOTEBOOK

New series

Little coaching notebooks ready to be filled to reach one's aims while changing something in one's daily life. Avoid stress by following organizational tips and to-do lists!

Softcover / 15 x 21 cm / 64 pp / €6.99
4 available titles



Digital Detox: Unplug from Your Screens!
T. Dumas



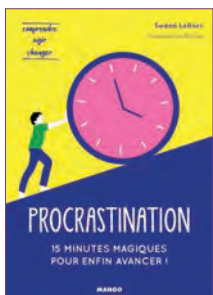
Indecisiveness
M. Marchand



I Am Retiring
C. Delaporte



I Am Moving
N. Masson & Y. Caudal



Procrastination : 15 Magical Minutes to Move On
S. Leitner



Deconditioning: Changing Your Thinking Habits to be Successful
R. Coique



I Am Quitting Smoking
C. Delaporte



I Am Renovating
N. Masson & Y. Caudal

THE POSITIVE HANDBOOKS

By L. Chavel & Lavillettesnuages

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

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



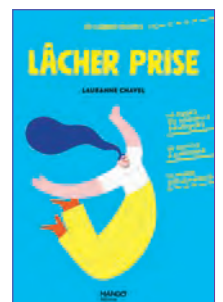
Being Bold



Joy and Optimism



Oversensitivity



Going with the Flow

New
series

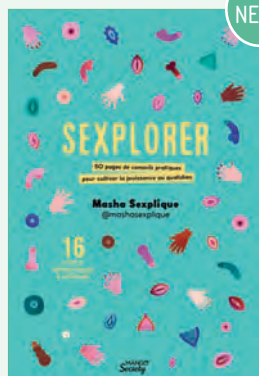
IT'S MY LIFE!

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

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



Seducing without Pestering
F. Vedreine



Sexploring
Masha Sexplique



NEW

GIVE US A BREAK: FREEING WOMEN FROM SOCIAL PRESSURE

By Noémie @meufcoccote

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

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

INSPIRATIONAL ALMANACS

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 / 13 x 11 cm / 320 pp / €14.99
8 available titles



Positive Thinking
C. Neville



The Toltec Agreements
L. Sorel



Mindful Meditations
M. Winterthur



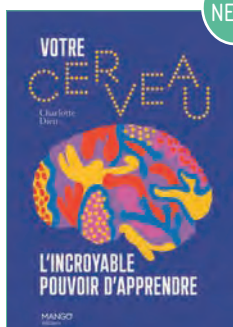
You Are Extraordinary!
C. Delaporte



365 Zen Days
C. Santini



365 Days of Crystal Healing
N. Remy



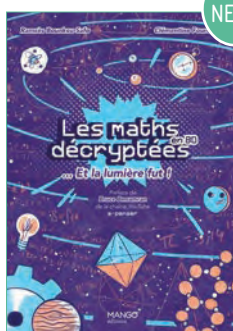
NEW

YOUR BRAIN: THE INCREDIBLE LEARNING POWER

By C. Dien

An enlightening book on the brain functioning, full of practical advice to start to learn differently and make the best use of one's abilities.

Softcover with flaps / 17 x 24 cm / 160 pp / €14.95



NEW

THE ILLUSTRATED GUIDE TO MATHEMATICS

By R. Bounkeu Safo

In this fully illustrated book, as a graphic novel, a mathematician explains mathematics to a large audience, as a useful language to describe the world and unravel its mysteries. From simple arithmetic, he explains scientific phenomena up to the theory of relativity.

Softcover / 17 x 24 cm / 192 pp / €16.50

ESCAPE GAME IN VR

By R. Prieur, M. Vives & B. Bouwyn

The new generation of escape games books using virtual and augmented reality! The reader will need the book and a smartphone to be able to solve the riddles, puzzles and enigmas, and plunge into a unique atmosphere, with a high quality virtual content.

Hardcover / 19.5 x 28.8 cm / 48 pp / €10.95
3 available titles



The Last Secret
of Leonardo da Vinci



Danger at High Altitude



The Quest for the Grail
Against the Black Sorcerer

ESCAPE GAME VAGNON

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

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



Prisoner of the Underworld
Zéphiriel & J. Léon



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

DAILY DISCOVERY

365 logical games, exercises to stimulate the memory, recipes or astonishing knowledge for a fulfilling year.

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



Brain Training
M. Esquerré



Logical Games
S. Lebrun & L. Audrain



Puzzles
B. Myers



Incredible Memory
N. Masson & Y. Caudal

ESCAPE GAME

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

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



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



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

Best-selling
series

300 LOGICAL GAMES

Ideal gifts for lovers of brain teasers (puzzles, observation and logical games) with 300 original games per title and different levels of difficulty.

Integra / 15 x 20 cm / 448 pp / €14.95
2 available titles



300 Baker Street Puzzles
B. Myers



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

New
series

ZEN CASE

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

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



Nature Zen Ritual
P. Pavy & Orelì



Philosophy for Children
C. Pastorini & S. Monnier

FAMILY BONDS

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

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



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



Relaxation with My Child
C. Thirion

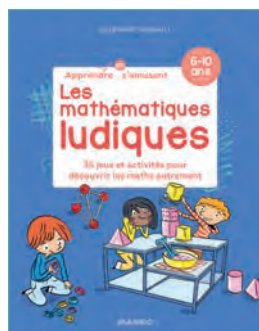
FUNNY LEARNING

Teachers, 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 / 17 x 22 cm / 112 pp / €11.95
6 available titles



Introduction to Nature
E. Thiriot



Playful Mathematics
D. Thibault

WITH MY FAMILY

How can parents create moments of bonding with their family in an already packed schedule? How to avoid feeling like their family is a little disconnected? How to find an activity that all family members will enjoy? These guides offer many activities, beneficial for all ages, in illustrated step-by-step, to prevent health problems, allow everyone to relax and share a good time.

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



Yoga with My Family
S. Vinay & A. Gouel



Sports with My Family
G. Gouriou, P. Pavy,
A. Pavy & A. Gouel

THE POSITIVE DADDY'S HANDBOOKS

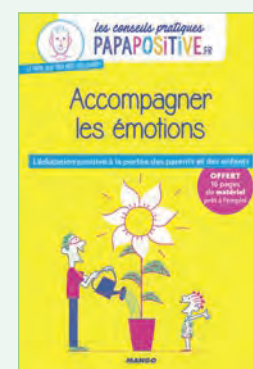
By J.-F. Belmonte

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

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



Developing Self-Confidence



Handling Emotions



TEACHER TIPS FOR SCHOOL SUCCESS

By C. Dalle

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

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

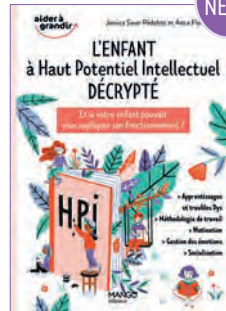
UNDERSTANDING CHILDREN WITH SPECIAL NEEDS

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

Softcover with flaps / 17 x 24 cm / 192 pp / €17.90
2 available titles



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



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

THE LITTLE ILLUSTRATED DECODER

By A.-C. Kleindienst & L. Corazza

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

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



The Little Illustrated Decoder of the Kid's Tantrums



The Little Illustrated Decoder of the Teen in Crisis

TODAY'S PARENTS

Parenting guides dedicated to key questions of our contemporary societies, to have a fulfilled and empowered parenthood!

Softcover with flaps / 17 x 24 cm / 160 to 192 pp / €17.90
4 available titles



Having an Empowered Pregnancy
Dr. M. Roblin



Being a Father
O. Foissac



Non-Sexist Education
B. Laloupe



Work-Life Balance: Tips for Parents
E. Dufétel

THE FAMILY CHRONICLES

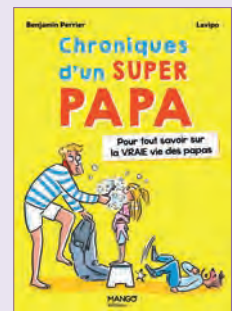
By B. Perrier & Lavipo

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

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



The (Almost) Super Positive Family's Chronicles



The Super Dad's Chronicles





NEW

THE FAMILY GUIDE TO CHINESE MEDICINE

By G. Donguy, P. Perli & A. Tardif

An all-comprehensive book on the traditional Chinese medicine for the whole family: 350 formulas sorted by illnesses (anxiety, migraine, itching, sleeplessness...), 60 detailed ingredients of Chinese diet, 360 acupressure points, 20 Qi Gong exercises...

Softcover with flaps / 18.9 x 23.4 cm / 416 pp / €22.95



ENDOCRINE DISRUPTERS: THE WAR IS DECLARED!

By Dr. O. Bagot

Bisphenol, paraben, herbicides... endocrine disrupters 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



ONCE UPON A TIME... MY ENDOMETRIOSIS

By MaY & Dr. M. Even

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

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



30 DAYS TO PRACTICE SELF-HYPNOSIS

By P. Chami & Dr. D. du Perron

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



THE CARDIAC COHERENCE

By C. Gormand

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

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



Healthy Heart and Arteries!

G. Montalescot



How to Sleep Well!

I. Arnulf & V. Slimani

New series

ENJOY NATURE!

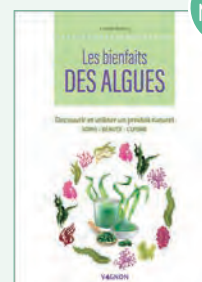
A great discovery of the nature treasures for the health and well-being, with a comprehensive approach from the production to the recipes to use the products or outdoor exercises.

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



NEW

Benefits of Salt
N. Ianniello



NEW

Benefits of Algae
J. Dumay



NEW

Walking Barefoot
A. Besson



NATUROPATHY: PREGNANCY, POSTPARTUM & BABY'S FIRST MONTHS
By V. Loth

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

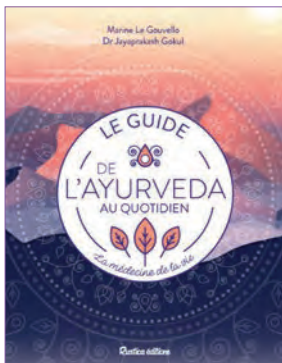
Softcover with flaps / 20 x 25 cm / 208 pp / €17.90



THE ILLUSTRATED GUIDE TO NATUROPATHY
By A. Carsalade

A fully illustrated guide for an original and simplified approach to naturopathy, to suit a large audience.

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



THE BIG BOOK OF AYURVEDA
By M. Le Gouvello & G. Jayaprakash

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

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



FERTILITY AWARENESS AND NATURAL CONCEPTION
By F. Goddyn-Okoh

As more and more people are looking for a natural lifestyle, this book explores the natural family planning and conception, without medications or devices, by a better knowledge of one's own body, fertility mechanisms and physiological impacts.

Softcover / 15 x 21 cm / 128 pp / €12.95



AQUA FITNESS
By L. Bedos

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

Wire-o, coated with plastic / 15 x 21 cm / 30 pp / €17.50



HEALTHY SPICES
By S. Macheteau

Spices are well-known to cook tasty dishes but, as a real functional food, they also have powerful health benefits. After a general part, the author presents 25 spices, highlighting their active principles.

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

SUPER EASY!

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

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



Super Easy Yoga
@Tiph_Enjoy



Super Easy Pilates
@Jesuisunecoach

GRAND-MOTHER'S RECIPES

Reference books on traditional cooking with more than 100 recipes per book.

Hardcover / 19 x 23 cm /
160 to 176 pp / €18.50
3 available titles



NEW
EDITION

Homemade Preserves
F. Zimmer



NEW
EDITION

Homemade Jams
M. Pastier & A. Blin



NEW
EDITION

Homemade Desserts
M. Pastier & A. Blin

New
series



CHEESES

By C. Ferreira

An authentic discovery of the diversity of French cheeses and the traditional know-how of the passionate artisan cheese makers. Beautiful photographs show the production process, and are coming with 60 classic or original recipes to savor cheese at its best!

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

100% HOMEMADE

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

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



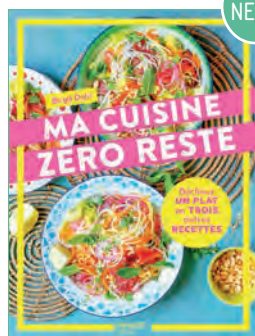
NEW

Homemade Breads
A. Blin & M. Gayet



NEW

Homemade Yogurts & Cheeses
C. Guézille & S. Fonteneau



NEW

COOKING WITHOUT LEFTOVERS

By B. Dahl

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

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



ZERO-WASTE COOKING ON A BUDGET

By M. Rey & C. Ratia

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

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



COOKING THE NATURE

By 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



NEW

WHAT SHALL WE EAT TONIGHT?

By E. Thuilliez

365 seasonal recipes to always have ideas for the daily cooking: easy, fast to cook, varied and adapted to the whole family!

Hardcover / 20 x 25 cm / 368 pp / €19.90



SUPER PASTRY

By C. Ferreira

From the little biscuit to the big birthday cake, 100 essential recipes of pastry, with all the bases (dough, creams...). Lots of tips to adapt the recipes according to one's taste. A reference book accessible to beginners!

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



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 COCKTAILS

By F. Castellon

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

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



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



AYURVEDA FOOD

By S. Salmandjee & E. Figgé

According to Ayurveda, food has an influence on our health and well-being but also on our mindset. A comprehensive guide to ayurvedic diet, including all the bases and more than 30 recipes, to easily find the right balance.

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



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



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



IMPRESSIVE RECIPES FOR SPECIAL OCCASIONS

By C. Sourbier

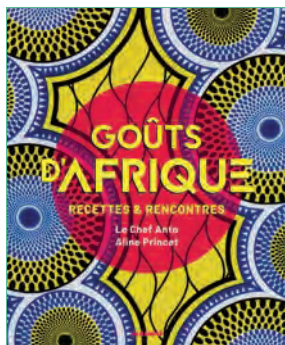
50 impressive and original recipes, but still super easy to cook! Yummy and beautiful dishes for birthdays, candlelit dinner, New Year's Eve or any special occasion!

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

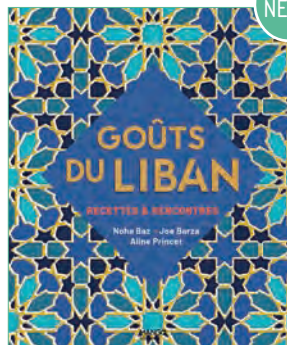
TASTES FROM

Contemporary chef books mixing original recipes, insightful cultural information and interviews of famous people on their food memories. Beautiful books offering a culinary and cultural journey.

Hardcover / 23.5 x 28.5 cm / 208 pp / €29.95
3 available titles



Tastes from Africa
Chef Anto & A. Princet

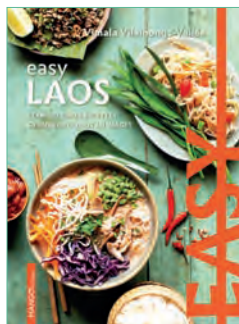


Tastes from Lebanon
Chef J. Barza, N. Baz & A. Princet

EASY

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

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



Easy Laos
V. Vilaihongs-Vallée

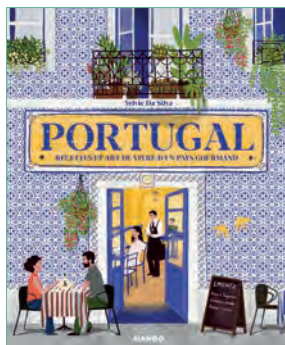


Easy Veggie India
S. Salmandjee

A SCRUMPTIOUS STROLL

A food road trip in the heart of beautiful countries and across their various 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 fascinating cuisines.

Hardcover or softcover with flaps / 21 x 28.5 cm to 23.5 x 28.5 cm / 208 to 256 pp / €24.50 to €29.95
4 available titles



A Scrumptious Stroll in Portugal
S. Da Silva & V. Garnier



A Scrumptious Stroll in Morocco
N. Paprikas

ILLUSTRATED COOKING BOOK

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

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



The Illustrated Korean Cooking Book
L. Kyung & Ahnji



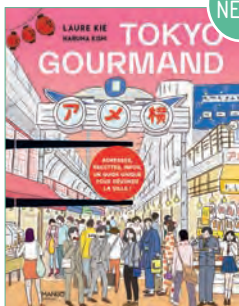
The Illustrated Japanese Cooking Book
L. Kié & H. Kishi

YUMMY TOKYO

By L. Kié, H. Kishi & J. Meow

A comprehensive guide to the gourmet culture in Tokyo, with photos, illustrations, funny facts, recipes, good places, maps... All you need to know about this amazing multifaceted city!

Softcover with flaps / 19 x 23 cm / 144 pp / €15.00



A TAVOLA! AUTHENTIC ITALIAN HOME COOKING

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

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

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



STARTING AND OUTDOING YOURSELF

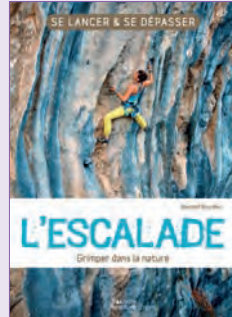
A series dedicated to the thrill lovers looking for new experiences. From the presentation of the equipment, the tips and advice of experienced authors, to the different techniques of each sport and training sessions, ideal guides for beginners!

Softcover / 15 x 21 cm / 112 pp / €14.95

4 available titles



Foiling, Flying Over Water
V. Sipan



Outdoor Rock Climbing
R. Bourdier



Trail Running
C. Bertin



Ski Touring
R. Bourdier

MICRO ADVENTURES

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

Softcover / 15 x 21 cm / 128 pp / €13.50

3 available titles



A Break in the Mountain
E. Surel & C. Trier



Fishing Adventure
M. Luchesi



Immersion in the Forest
A. Cambe



THE SURVIVALIST'S PRACTICAL GUIDE

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

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

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



THE SURVIVAL KNIFE

By W. Bergé

A practical and pedagogical handbook to know everything on the survival knife: how to choose it, when and how use it, how to maintain it, presentation of the main types of knives...

Softcover / 13.5 x 21 cm / 96 pp / €11.95



THE SURVIVALIST'S ESSENTIAL KNOW-HOW

By D. Tribaudeau

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

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



THE SURVIVALIST'S 100 ESSENTIAL PLANTS

By D. Tribaudeau

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

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



A GARDEN IN THE CITY

By C. Munoz & N. Castel

The need of green spaces for those living in cities is blatant! Ideal to beginners, this book presents easy projects adapted to small spaces (balconies, terraces, flats), including seed harvest, repotting, cutting...

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



SOFT PRUNING OF FRUIT TREES IN PERMACULTURE

By J.-L. Petit

Soft pruning is based on the observation of the fruit trees and their natural development, to be less aggressive and let each tree have its own shape, instead of fighting against nature. This technique gives healthier and balanced trees, with a more regular production of fruits.

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



HERBS & MEDICINAL PLANTS SQUARE-FOOT GARDEN

By L. Bourgeois

An accessible guide to build a square foot garden, in step-by-step, plant and associate more than 30 aromatic and medicinal plants, before using them as teas, perfumes, salads, jams.

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



THE PRACTICAL GUIDE TO BIOLOGICAL CONTROL

By Th. Trédoulat

The biological control gathers all the natural mechanisms to protect plants and vegetables (micro-organisms, minerals...). In this reference book, lavishly illustrated, the author explains the mechanisms of biological control and, for each plant or species, the main illnesses and parasites, and the associated natural solutions.

Softcover / 18.5 x 24 cm / 272 pp / €19.95

HOMEMADE PLANTS

By Céline – I do it myself

Indoor gardening has never been so easy and cheap than with homemade plants from pits, pips or cuttings. The author presents her techniques in step-by-step photos for decorative and beautiful houseplants.

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

2 available titles



Seed Pits and Pips Growing



Cuttings Growing



ANTI-CRITTERS STRATEGIES

By J. Gis

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

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



GARDENING BY THE MOON 2022

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



THE 2022 CALENDAR OF PERMACULTURE

By 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



ON THE WAY TO FOOD SELF-SUFFICIENCY!

By R. Elger

A comprehensive guide to food self-sufficiency for a family, with a garden starting from 600 sq. meters, including designing the garden, defining the production, water self-sufficiency, producing seeds, installing beehives, storing and preserving... Accessible to beginners thanks to illustrated step-by-step.

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

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
4 available titles



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



My Permaculture Notebook
R. Elger



My Grand-Father's Tips and Secrets
L. Renault



My First Month-by-Month Guide to Flower Gardening
V. Garnaud



MY VEGETABLE GARDEN IN PERMACULTURE

By J. Boisseau

A synthetic presentation to start a vegetable garden following the principles of permaculture, that will imply less work compared with a traditional garden. Through many practical tips and illustrated step-by-step instructions, it will be easy to grow healthy and tasty vegetable!

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



SHELTERS FOR SMALL WILDLIFE

By N. Vialard & R. Elger

20 shelters to realize with step-by-step explanations to welcome insects and small animals from the garden.

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



MY WITCH'S GARDEN

By S. Pizot

A beautiful illustrated guide to create a real witch's garden, by following the Moon's phases, using a year wheel, runes, spells... Includes a herbarium presenting about 40 plants, with their therapeutic properties and powers, and DIY projects (boline, sigil, magic doll...).

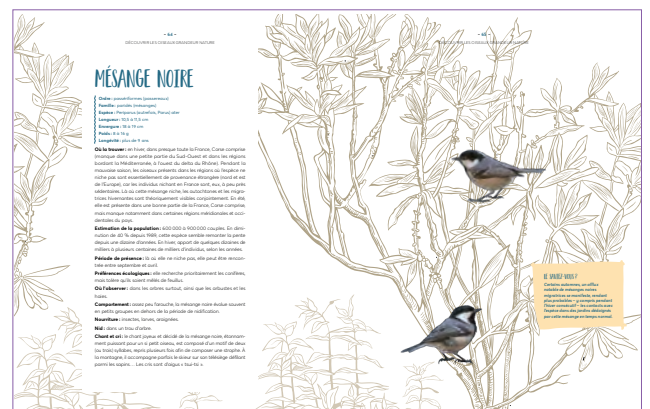
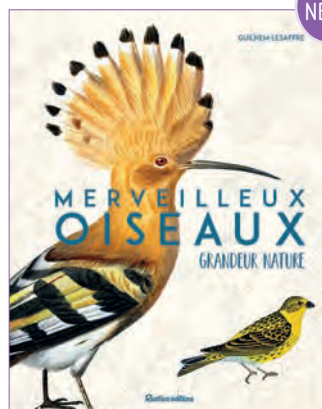
Softcover with flaps / 18 x 26 cm / 176 pp / €19.95

LIFE-SIZE BIRDS

By G. Lesaffre

An impressive gift book for the bird lovers, presenting 50 common birds, with striking life-size photos and all the information to recognize them, their nests, songs, behaviors, seasonality... Large flaps can be opened to present the biggest species!

Hardcover / 25 x 32 cm / 176 pp / €29.95





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