

BIEF

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2021

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Albin Michel



- › Anti-Fatigue
- › Evasions of a Special Kind
- › Look, Don't Touch
- › Planet of the Cats
- › Terra Incognita
- › The Aerostats
- › The Illusion
- › Thirst for the Wind
- › Under Adelaid's Umbrella
- › Unlocking Your Energy

Albin Michel



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Science & technology, Medicine



PIERRE PHILIP

All the keys to taking back control of our nights and fighting off fatigue once and for all.

› ANTIFATIGUE : EN 4 SEMAINES, RETROUVEZ 100 % DE VOTRE ÉNERGIE GRÂCE AU SOMMEIL

ANTI-FATIGUE IN JUST 4 WEEKS, REGAIN 100 % OF YOUR ENERGY BY SLEEPING

Professor Pierre Philip is a renowned sleep expert. His many scientific publications show how sleeping better helps us successfully fight fatigue. Over the past 30 years, we have lost 1.5 hours of sleep per night. Anxiety, stress, sudden changes in our daily routines ... the consequences on our well-being have now been proven to be serious and a very real threat to public health. The duration and quality of our sleep are our best protection against fatigue, bringing incredible benefits, as effective as sports and all those vitamins and food supplements. Sleep is essential for our organism and our mental health. It all begins with a personalised consultation, offered in this book. Thanks to your sleep diary and this 4-week programme, we will help you sleep better and increase your energy!

9782226454102 | 2020 | 240 PAGES | 14X20,5 CM | 18.90 €

Literature & Fiction



VÉRONIQUE OLMI

3 lives to become a woman.

› LES ÉVASIONS PARTICULIÈRES

EVASIONS OF A SPECIAL KIND

1970. Hélène is 11. She lives her life between 2 worlds... the school year in Aix-en-Provence with her humble, middle-class Catholic family, and all her holidays with her aunt and uncle in Neuilly-sur-Seine. There, the social codes are radically different: parents are addressed formally, one goes sailing and riding, they have servants, and everyone wears expensive new clothes... A constellation of characters gravitates around Hélène, revealing a changing world: her sisters, Sabine the passionate actress, mystical little Mariette, who knows all about women's secrets, and Agnès, the sublime and tragic mother. And the men who, though they may sometimes falter, still continue to move forward, come what may.

RIGHTS SOLD

Published in German

9782226448071 | 2020 | 512 PAGES | 14X20,5 CM | 21.90 €

Albin Michel

Literature & Fiction



KETTY ROUF

My nights are more beautiful than my days.

› ON NE TOUCHE PAS

LOOK, DON'T TOUCH

Joséphine teaches philosophy in a high school in Drancy. Her days are spent between Xanax, Propranolol, and Tupperware in the staff room. She can no longer suffer the directives of the National Education Board: "Pupils should not be confronted with difficulties". So she obeys, gives her pupils multiple-choice quizzes, with 3 possible answers and corrections written in green ink – "because red ink is traumatizing." So be it. The day she walks into a strip club on the Champs-Élysées, her life radically changes. There, she discovers the codes of night life, enjoys the camaraderie, and adores men's desire... as well as the power it gives her. Joséphine becomes a stripper. While continuing to teach during the day. This arrangement helps her to regain control of her life, but everything comes crashing down one evening when one of her students comes to the club...

RIGHTS SOLD

Published in 2 languages: English, Italian

9782226454102 | 2020 | 240 PAGES | 14X20,5 CM | 18.90 €

Literature & Fiction



BERNARD WERBER

Planet of the Cats is a novel full of twists and turns that delightfully portrays the complexity of humans.

› LA PLANÈTE DES CHATS

PLANET OF THE CATS

After the collapse of human civilisation, cats, along with their human and animal allies, were unable to repel the invasion of Europe by rats. This motley group, led by the cat Bastet, arrives in New York. But their arrival in the promised land is a disaster: the Statue of Liberty is crawling with rodents, and humans are nowhere to be found. Fortunately, Bastet and her companions are taken in by the last remaining American survivors, who have taken refuge in apartment buildings. A precious shelter, but one in which Bastet, despite being connected via her USB port, will have to carve a place for herself and her companions. For in this strange democracy, a cat's vocation is not to reign... While outside, the rats, stronger and more organised than ever, are swarming. As for the humans, they still find it difficult to agree, join their forces, and fight together. Will Bastet succeed in rallying them to her cause?

9782226455857 | 2020 | 432 PAGES | 15,5X22,5 CM | 21.90 €

Albin Michel

Humanities & Essays



ALAIN CORBIN

This book awakens our thirst for knowledge, and changes our vision of the world.

› **TERRA INCOGNITA :**
UNE HISTOIRE DE L'IGNORANCE

TERRA INCOGNITA

A HISTORY OF IGNORANCE

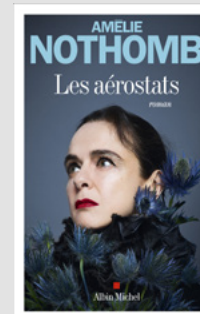
After a lifetime of research, Alain Corbin comes back to the basics: a history of ignorance, a history of all the things we did not know for centuries - indeed, for millennia - about a fundamental subject: the Earth. In this extraordinary book, the author reveals the most outlandish theories to ever appear. Errors that were sometimes brilliant, and often strange. For example, did you know that in 1778, a scholar published a book claiming that the heat of the earth came from its core, which was constantly cooling off? Others wrote that before the Flood, giant men and animals walked the Earth, and that their remains were still visible in calcareous rocks. Ignorance stimulated the imagination. The absence of certitudes opened the floodgates to anxiety, but also to optimistic theories. This book is a lesson in modesty for all scientists.

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Published in 2 languages: Castilian, English

9782226449313 | 2020 | 288 PAGES | 14,5X22,5 CM | 21.90 €

Literature & Fiction



AMÉLIE NOTHOMB

Youth is a talent that takes many years to acquire.

› **LES AÉROSTATS**

THE AEROSTATS

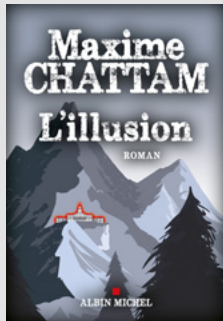
Ange, a young student in philology from Brussels, serious beyond her years, gives literature classes to Pie, a 16 year-old dyslexic high school student, after responding to his want ad. This encounter helps each of them, with their respective difficulties, to move forward.

9782226454089 | 2020 | 180 PAGES | 13X20 CM | 17.90 €



Albin Michel

Literature & Fiction



MAXIME CHATTAM

At the crossroads of crime fiction and fantasy, The Illusion is a thriller that masterfully combines breathtaking suspense and oppressive atmosphere.

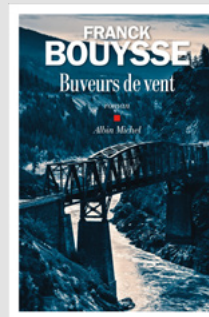
› L'ILLUSION

THE ILLUSION

Hugo, a Parisian in his thirties, is itching to get out to the country when he comes across a want ad placed by a ski resort: Why not be our handyman this summer? It sounds like a wonderful opportunity, except that Val-Segond is a tiny resort deep in the Alps, unfrequented by the public. A strange, oppressive atmosphere permeates the place, and everything seems to revolve around the owner of the resort, once hailed as the greatest illusionist of all time, who mysteriously withdrew from public life forty years earlier. The only sign of the man himself are occasional glimpses of a fleeting shadow among shadows. As Hugo explores the resort, a corpse is discovered, the victim of a ritual murder. The more Hugo tries to understand this timeless place, the more disturbing secrets he uncovers. This isn't the first murder to take place at the resort ... nor its first disappearance.

9782226319500 | 2020 | 550 PAGES | 15,5X22,5 CM | 22.90 €

Literature & Fiction



FRANCK BOUYSSSE

A world unlike any other.

› BUVEURS DE VENT

THIRST FOR THE WIND

Born in Gour Noir, an isolated mountain valley cut off from the rest of the world, live 4 siblings. 3 brothers and one sister, who are united by an unflinching bond. There's Marc, who constantly reads in secret, in defiance of his father's wishes. Matthieu, who can hear trees thinking. Mabel, a miraculously savage and graceful beauty. And Luc, the tragic child, the idiot, undoubtedly the wisest of them all, who can speak to frogs, deer, and birds, and dreams of one day becoming one of them. Like their father and their grandfather before them, they all work for Joyce the Tyrant, the adventurer, the cold-blooded beast of the Quarries and the Dam. A masterful, parable-like novel about the power of nature and the promise of rebellion.

RIGHTS SOLD

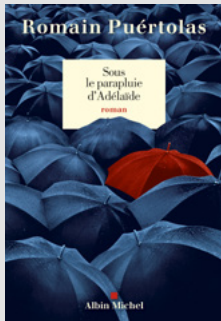
Published in English

9782226452276 | 2020 | 400 PAGES | 14X20,5 CM | 20.90 €



Albin Michel

Literature & Fiction



ROMAIN PUÉRTOLAS

Romain Puértolas' latest investigation will not fail to surprise you.

↳ SOUS LE PARAPLUIE D'ADÉLAÏDE

UNDER ADELAID'S UMBRELLA

Rose Rivière, a pretty young woman, is strangled on December 25th in the square of a large town called M., surrounded by 500 people who had assembled to watch the Christmas pageant. And yet, no one saw anything. The only trace of the crime is a black and white photo taken by a local journalist that clearly shows 2 black hands around Rose's neck. It just so happens that there is only one black man living in M. at the moment. It isn't long before he is arrested, but his court-appointed lawyer is convinced of his innocence. She decides to do whatever it takes to prove it, because there might just be one witness... someone hidden under Adedaide's umbrella...

9782226454171 | 2020 | 336 PAGES | 14X20,5 CM | 19.00 €

Lifestyle, Leisure, Well-Being



NATACHA CALESTRÉMÉ

An enlightening and liberating tale. A captivating adventure about rebuilding the self.

↳ LA CLÉ DE VOTRE ÉNERGIE : 22 PROTOCOLES POUR VOUS LIBÉRER ÉMOTIONNELLEMENT

UNLOCKING YOUR ENERGY

22 PROTOCOLS TO SET YOUR EMOTIONS FREE

"We have all had to live through ordeals, and whatever our age, we hope their effects will fade. Yet with each new blow, we find ourselves feeling overwhelmed once again, dominated by them. So how can we truly bounce back, and become durably stronger? How can we rebuild and restore our joy and serenity when we have already tried everything? As a journalist, I have met men and women who have a different outlook about the origins of our inner wounds. These views have transformed and sublimated my life. These men and women are healers, magnetic therapists, mediums. They shared their healing techniques that allow us to forever free both ourselves and others from the toxic emotions that impair our lives. And I wish to share these energetic protocols with you."

RIGHTS SOLD

Published in Castilian

9782226445605 | 2020 | 256 PAGES | 14,5X22,5 CM | 19.90 €