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2021

# FOIRES DU MONDE\*

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Lifestyle, Well-Being, Leisure



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5 > 10

- > Diary of  
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of Living and Creating
- > Sex According to Maia

- > Sustainable Design
- > The Cocktail Book
- > Vegetables
- > Vegetal

## › Rue de l'Échiquier

11

- > My Organic and  
Zero-Waste Kitchen
- > Organic and  
Zero-Waste Soups



## › Éditions Jésuites 12

- > Empathy Works  
Miracles

## › Albin Michel 13

- > Unlocking  
Your Energy

## › Fayard 14

- > Eco-anxiety

## › Flammarion 15

- > Dialogue with the Signs  
of the Zodiac

## › JC Lattès

16 > 17

- > Make Progress While  
the Sun Warms!
- > My Life in Red and White
- > The 4 Tenses of Rebirth

## › Leduc.S

18 > 23

- > Activate Your Talents
- > Bedtime Stories for Adults  
Who Are Afraid of the Dark
- > Coronavirus, What a Loser!
- > Could Meditation Be  
the Solution?
- > Familial Constellations
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Enough to Drop  
Out of School
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- > Strength Training  
Anatomy for Athletes
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## › Leduc.S 26

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All of Baby's Essentials
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JONATHAN LEHMANN

*A journey of initiation  
and a spiritual chronicle:  
this book will change  
your life!*

LE JOURNAL INTIME  
D'UN TOURISTE DU BONHEURDIARY OF  
A HAPPINESS  
TOURIST

Jonathan Lehmann, a charismatic and talented young author, takes us on a highly original adventure. With great lucidity, talent, and humor, he recounts the tribulations of a happiness tourist in India, including his spiritual shopping in the ashrams and in the presence of gurus. By the time you read the last page, you will be transformed!

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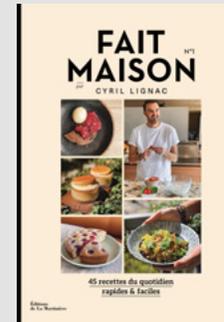
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FAIT MAISON

## HOMEMADE



CYRIL LIGNAC

*With Cyril Lignac, homemade  
cooking has never been  
so quick and simple!*

An essential, ultra-practical, and unassuming cooking book to enliven your lunches and suppers with some delicious, crunchy, crisp, and gourmet recipes. 45 recipes by bestselling chef Cyril Lignac to enjoy on your own, tête-à-tête, or with friends or family. Cyril makes homemade cooking easy! So slip on your apron. It's time for some serious comfort food!

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› INFINIMENT MACARON

# INFINITELY MACARON

60 new and elegantly photographed macaron recipes, Pierre Hermé's iconic dessert. This book invites readers to dive into Pierre Hermé's creative world, with insider scoops about the genesis and the blending of his flavors as well as interviews with his producers.

9782732495163 | 2020 | 288 PAGES  
24X28,5 CM | 39.00 €



**PIERRE HERMÉ**

60 new recipes for  
Pierre Hermé's crown jewel:  
the macaron.

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› GOURMANDISE RAISONNÉE

# MEASURED INDULGENCE

Measured Indulgence is a revolutionary alternative approach to pastry-making, promoting the consumer's nutritional welfare and the protection of the environment – without compromising on flavor. Frédéric Bau, director of creation at Maison Valrhona, explores the fundamentals of a new scientific and artistic approach to pâtisserie, from the ingredients to the techniques. Through 60 toothsome recipes and a repertoire of essentials, the chef invites us to discover and partake in measured indulgence.

**RIGHTS SOLD**

Published in 3 languages:  
English, Spanish, Italian

9782732492568 | 2020 | 336 PAGES  
22X28,5 CM | 49.00 €



**FRÉDÉRIC BAU**

Treats with a purpose:  
new basics for pâtisserie,  
applied to 60 recipes and  
a repertoire of essentials.

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CHRISTOPHE FELDER

All of the classic French pastries are made accessible for home cooking, an international bestseller.

## › PÂTISSERIE

## PÂTISSERIE

All of the classic French pastries are made accessible for home cooking. 3,200 photographs lead the reader through every step of the recipes. Whether used to develop skills or hone techniques, to gain or simply broaden a repertoire, Pâtisserie dispels the mystery surrounding classic French pastries, so that anyone can make them at home. New collector's edition with 80 bonus pages dedicated to savory pastries.

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Published in 9 countries:  
 English, German, Italian, Dutch...

## FIND OUT MORE

> 400,000 copies sold in France  
 > 120,000 copies sold worldwide

9782732494067 | 2019 | 880 PAGES  
 18,5X25 | 40.50 €



SERGIO DA SILVA

A journey to meet the artisans, artists, architects, and designers who reflect the Portuguese art of living.

## › PORTUGAL. ART DE VIVRE ET CRÉATION

PORTUGAL:  
AN ART  
OF LIVING  
AND CREATING

Wander through Portugal through the know-how of inspiring artisans from every region of the country, from pottery, to wool weaving, ceramics, and embroidery. This book is a true mosaic of personalities, encounters, beautiful objects, and landscapes.

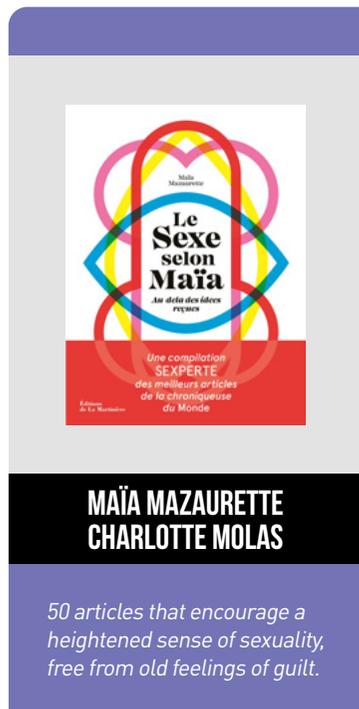
9782732492131 | 2020 | 192 PAGES  
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› LE SEXE SELON MAÏA

## SEX ACCORDING TO MAÏA

Since 2015, Maïa Mazurette has been the author of a column for Le Monde entitled "Sex According to Maïa." In this column, which is among the publication's most read and most commented, Maïa analyzes our image of the body, our sexual practices, and our mental representations or fantasies. An approach that is particularly relevant in the #metoo era, where the notions of sex and gender, consent and pleasure, and risk and seduction are in full debate. The underlying theme? Sex should bring us together, not tear us apart.

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Published in Portuguese

### FIND OUT MORE

> 5,000 copies sold in France

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 17X22,5 CM | 22.90 €

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› 75 DESIGNERS POUR UN MONDE DURABLE

## SUSTAINABLE DESIGN

Given the urgency of climate change, some designers have decided to react by taking sustainability into account when designing products. This book highlights the commitment, the imagination, and the humanism of some of these "sustainable" designers, from Philippe Starck to Jasper Morrison. At the convergence of the arts, design, innovation, and environmental responsibility, all of them work for a better future, following in the footsteps of icons such as William Morris and Victor Papanek.

9782732492483 | 2020 | 240 PAGES  
 22X28,5 CM | 35.00 €

### GENEVIÈVE GALLOF

*By combining art, design, innovation, and environmental responsibility, sustainable designers are working towards a better future.*

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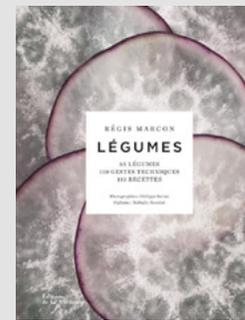
Young Adult

Éditions de La Martinière [www.editionsdelamartiniere.fr](http://www.editionsdelamartiniere.fr)FLORIAN THIREAU  
BÉNÉDICTE BORTOLI

*A technical book presenting  
60 cocktail recipes to travel  
through the history  
of mixology.*

THE COCKTAIL BOOK.  
LE NOUVEAU CLASSIQUE DU BAR :  
UN MANUEL TECHNIQUE ET CRÉATIFTHE  
COCKTAIL BOOK  
A TECHNICAL  
AND CREATIVE GUIDE

A technical guide aimed at professionals and cocktail geeks. Chef bartender Florian Thireau (who officiates at the Cheval Blanc in Paris) is the new star in the mixology world, bringing cocktails to a new level of high gastronomy. Discover the fundamentals of mixology, the necessary lab and bar equipment, the ingredients, and the movements of the chef bartender. Through nearly 60 recipes, he offers up a contemporary vision of the cocktail, which has become the liquid expression of gastronomic art.

9782732494463 | 2020 | 384 PAGES  
17X22,5 CM | 35.00 €Éditions de La Martinière [www.editionsdelamartiniere.fr](http://www.editionsdelamartiniere.fr)

RÉGIS MARCON

*100 delicious recipes  
featuring fabulous  
photographs.*

LÉGUMES

## VEGETABLES

The recipient of 3 Michelin stars, Chef Régis Marcon invites us into the rich world of vegetables, a familiar yet not-so-well-known aspect of the culinary arts. Each variety is presented in the form of a flash card, with its benefits and by-products as well as instructions on how to select, prepare, and cook the vegetable in question. Soups, salads, sides, pâtés, mashed... there are 1001 ways to prepare vegetables. The Auvergne-born chef offers us over 100 recipes, ranging from fast and simple to highly sophisticated.

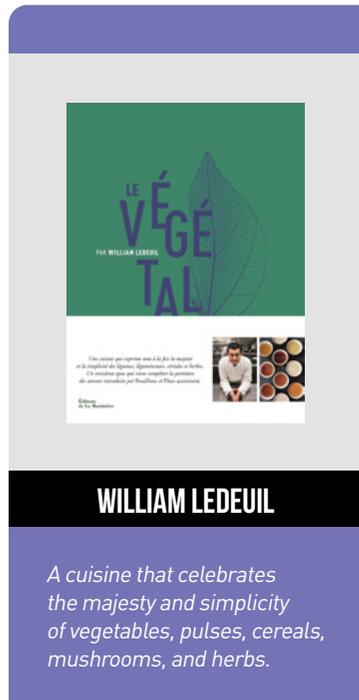
9782732489551 | 2020 | 432 PAGES  
22X28,5 CM | 45.00 €FOREIGN RIGHTS Séverine Zorzetto : [szorzetto@lamartiniere.fr](mailto:szorzetto@lamartiniere.fr)FOREIGN RIGHTS Séverine Zorzetto : [szorzetto@lamartiniere.fr](mailto:szorzetto@lamartiniere.fr)



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Éditions de La Martinière [www.editionsdelamartiniere.fr](http://www.editionsdelamartiniere.fr)



› VÉGÉTAL  
**VEGETAL**

Thanks to his deep attachment to the land and its diverse offerings, William Ledeuil composes a cooking book that celebrates the vegetal world in all of its simplicity. Colorful carrots with citrus butter, roasted squash, mushroom and spinach ravioli... The 70 recipes in this book, which are easy and classified by their cooking methods (raw, braised, roasted, stewed, steamed, etc.), are as inspired as they are inspiring.

9782732490489 | 2020 | 224 PAGES  
19X25,5 CM | 35.00 €

**WILLIAM LEDEUIL**

*A cuisine that celebrates the majesty and simplicity of vegetables, pulses, cereals, mushrooms, and herbs.*

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› Rue de l'Échiquier [www.ruedelechiquier.net](http://www.ruedelechiquier.net)



**DELPHINE POCARD**

*Zero waste is tasty  
and good for your health!*

› MA CUISINE BIO ET ZÉRO DÉCHET :  
58 RECETTES VÉGÉTARIENNES POUR CUISINER  
RESPONSABLE ET MIEUX SE NOURRIR

## MY ORGANIC AND ZERO- WASTE KITCHEN

50+ VEGETARIAN RECIPES  
FOR SUSTAINABLE COOKING  
AND BETTER EATING HABITS

Delphine Pocard grew up in a family that cooked, and still cooks, avoiding waste as much as possible and using organically-grown food. Thanks to this upbringing, she became convinced that responsible food is not only more nutritious, but also more economical. Beautifully photographed by the author, the 52 organic and zero-waste recipes presented here promote healthy, tasty, and fun cooking.

9782374251585 | 2019 | 128 PAGES  
17X22 CM | 13.90 €

› Rue de l'Échiquier [www.ruedelechiquier.net](http://www.ruedelechiquier.net)



**STÉPHANIE FAUSTIN**

*Original and creative recipes  
to enjoy soups all year round!*

› MES SOUPES BIO ET ZÉRO DÉCHET :  
75 RECETTES DE VELOUTÉS, SOUPES  
ET ACCOMPAGNEMENTS GOURMANDS

## ORGANIC AND ZERO-WASTE SOUPS

75 RECIPES FOR SOUPS  
AND TASTY SIDES

Easy and quick to prepare, chunky or puréed, hot or cold, sweet and sour, spicy, cooked or raw, soups can be made in many ways to delight and surprise every palate. In this book, Stéphanie Faustin proposes 75 surprising and colorful soup recipes as well as many ideas for toppings and spreads to accompany them.

9782374251899 | 2019 | 144 PAGES  
17X22 CM | 13.90 €

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## Well-Being

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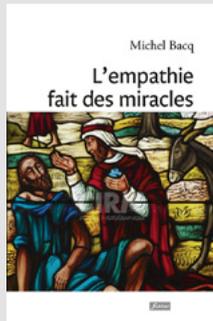
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MICHEL BACQ

*How to awaken the powerful  
love that lies dormant  
within us?*

L'EMPATHIE FAIT DES MIRACLES

EMPATHY  
WORKS  
MIRACLES

An invisible force helps us to empathize with others and with ourselves. Marshall Rosenberg, the man who developed "Nonviolent Communication," calls it "the divine force of love." The author identifies this with the strength of the Holy Spirit, which, through his resurrection, Jesus offers to everyone who thirsts for communion.

FID LIT  | 9782873568443 | 2020  
156 PAGES | 20,5X13,5 CM | 15.00  

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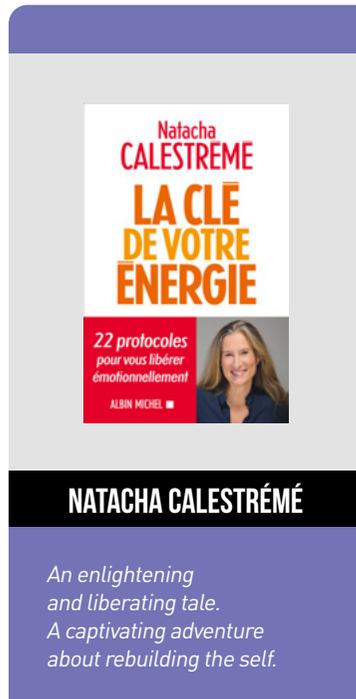
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Albin Michel [www.albin-michel.fr](http://www.albin-michel.fr)

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."

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Published in Castilian

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14,5X22,5 CM | 19.90 €

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Fayard [www.fayard.fr](http://www.fayard.fr)

ALICE DESBIOLLES

*How to go from being  
a solastalgic spectator to  
a contributor, a participant  
in the environmental  
challenges of our time.*

› L'ÉCO-ANXIÉTÉ : VIVRE SEREINEMENT  
DANS UN MONDE ABIMÉ

# ECO-ANXIETY

LIVING PEACEFULLY  
IN A WOUNDED WORLD

Eco-anxiety, or solastalgia, refers to the psychological suffering felt when faced with the destruction of familiar elements of one's environment. Doctor of Environmental Health Alice Desbiolles reveals the psychological, social, and cultural symptoms of eco-anxiety in civilizations around the world. In doing so, she also gives the reader the tools to regain control of their path and to rethink their possible lines of action (on both an individual and holistic scale).

9782213717203 | 2020 | 240 PAGES  
13,5X21,5 CM | 18.00 €

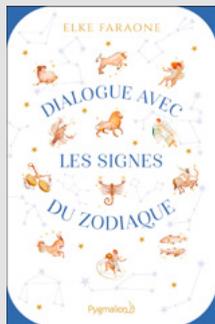
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**ELKE FARAONE**

*A comprehensive and original guide to the signs of the Zodiac, revealing what they really tell us about who we are.*

› DIALOGUE AVEC LES SIGNES DU ZODIAQUE

# DIALOGUE WITH THE SIGNS OF THE ZODIAC

How might an Aries express an opinion? How do Cancers get along with their families? What makes Gemini happy? What are Leos afraid of? How can you flatter a Libra? What does friendship mean to an Aquarius? And, most importantly of all, what makes Capricorn the most perfect star sign? "In this guide to the Zodiac I let the signs speak as if they were having a conversation with me. By asking them what they mean I reveal their most intimate secrets." Elke Faraone

**PYGMALION | 9782756432779 | 2020  
 576 PAGES | 14X22 CM | 19.90 €**

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› JOUISSEZ JEUNESSE !

# MAKE PROGRESS WHILE THE SUN WARMS!

Is it possible to express a reasonable, positive, and optimistic view on the subject of the environment without being drowned out by fanatical "greens"? Collapsology is in danger of defeating technology. By eschewing progress in the name of "preserving the planet" the French risk being wiped off the historical map by the Chinese and Americans. France must abandon its false beliefs and put its faith back in technology. And it is up to its youth to do so, rather than yield to ecological alarmism, which will only lead to political violence. The end of the world is not just around the corner; human history has only just begun!

9782709666954 | 2020 | 445 PAGES  
 23X14 CM | 20.90 €

› JC Lattès [www.editions-jclattes.fr](http://www.editions-jclattes.fr)



› MA VIE EN ROUGE ET BLANC

# MY LIFE IN RED AND WHITE

"A lifetime of trophies, titles, losses, encounters, betrayals, and loneliness. Men's lives lived according to the succession of games, weekend games, championships, the World Cup, driving the youngest to practice sessions, a bedroom plastered with posters of famous players, it's the meeting of the most humble with the most pretentious. It is a sport with a ball that can be played anywhere, barefoot. It is a billion-euro industry that can make fortunes but also, like all businesses, is rife with corruption. It is insults, but also a new kind of brotherhood. It is everything and its opposite, the best and the worst. My life. The past is synonymous with history and history must be written."

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} LES 4 TEMPS DE LA RENAISSANCE :  
LE STRESS POST-TRAUMATIQUE  
N'EST PAS UNE FATALITÉ

## THE 4 TENSES OF REBIRTH

### POST-TRAUMATIC STRESS ISN'T INEVITABLE

Learn how to conjugate your emotions through the 4 verb tenses that can generate well-being:

- The past: no guilt in looking to the past. The trick is to entertain healthy nostalgia without dwelling on the past.
- The future: we must learn to tolerate the unknown, replace our objectives with our values, and cultivate optimism.
- The present: to enjoy a positive relationship with the present, it is important to identify our emotions and physical needs in order to reclaim our minds and bodies.
- The present participle: this tense puts us on the road to self-awareness, thanks to movement and relaxation that guarantee a connection to the present.

9782709668316 | 2020 | 250 PAGES  
22X14 CM | 19.90 €

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# Well-Being

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› ACTIVEZ VOS TALENTS :  
ILS PEUVENT CHANGER LE MONDE !

## ACTIVATE YOUR TALENTS THEY CAN CHANGE THE WORLD!

In this book, the author shares questions that we can all ask ourselves for living within and with this world, but also leads towards another world. An essential read for all those asking themselves, "What will I do with tomorrow?"

ALISIO | 9782379351075 | 2020  
518 PAGES | 14,5X22,5 CM | 25.00 €

**MATHIEUR DARDAILLON**

*The guide to liberating  
your talents and becoming  
an agent of change.*

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› HISTOIRES DU SOIR POUR LES ADULTES  
QUI ONT PEUR DU NOIR : DES HISTOIRES  
MÉDITATIVES POUR LE BIEN-ÊTRE PSYCHIQUE

## BEDTIME STORIES FOR ADULTS WHO ARE AFRAID OF THE DARK MEDITATIVE STORIES FOR MENTAL WELL-BEING

Whoever said that only children are entitled to a bedtime story to help them fall asleep? Adults also need this time of relaxation in order to gently wind down after a busy day. This book contains 30 contemplative and meditative stories that gently and poetically explore issues that we came across during the daytime (doubt, fear, gratitude, vulnerability, etc.) Through the power of suggestion, these stories procure a sense of comfort, confidence, and calm.

LELUC PRATIQUE | 9791028517731 | 2020  
127 PAGES | 17X22 CM | 14.90 €

**ANNE-CHARLOTTE SANGAM**

*Bedtime stories that promote  
a sense of well-being.*

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**SOPHIE CARQUAIN**

*"You can talk to them about everything... but not in any old way," Françoise Dolto used to say.*

› CORONAVIRUS, QUEL MINUS !

## CORONAVIRUS, WHAT A LOSER!

10 stories to tell children ages 5 to 10 to appease anxiety due to the coronavirus, lockdown, and the major changes in their daily lives. With practical advice to help parents talk to kids in a poetic way with plenty of imagery as well as leads for how to alleviate their fears and stress.

LEDUC PRATIQUE | 979 10285 19360 | 2020  
 160 PAGES | 13X18 CM | 14.90 €

› Leduc.S [www.editionsleduc.com](http://www.editionsleduc.com)



**MATHIEU BRÉGÈGÈRE**

*A soothing method for early teens.*

› ET SI LA MÉDITATION ÉTAIT LA SOLUTION ? : RÉPONDRE AUX BESOINS ET DESIRES DES ADOS

## COULD MEDITATION BE THE SOLUTION?

### ADDRESSING TEENAGERS' NEEDS AND DESIRES

Mathieu Brégégère has rather unpleasant memories of his school years. Thanks to meditation, he was able to move past his shortcomings through acceptance. In this book, he recounts his own experience and shares the keys enabling teens to find their own way and navigate the numerous obstacles of this trying period in life (stress, anxiety, hypersensitivity, lack of self-confidence, etc.)

LEDUC PRATIQUE | 979 10285 18493 | 2020  
 186 PAGES | 15X21 CM | 17.00 €

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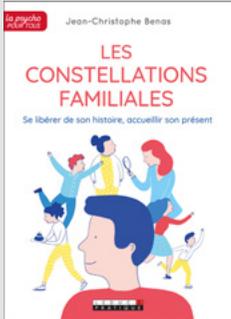


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**JEAN-CHRISTOPHE BENAS**

*A powerful technique to liberate yourself from familial energetic blockages.*

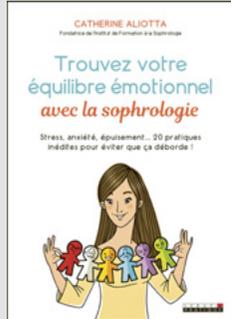
LES CONSTELLATIONS FAMILIALES :  
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ACCUEILLIR SON PRÉSENT

# FAMILIAL CONSTELLATIONS

FREE YOURSELF FROM YOUR PAST  
AND EMBRACE YOUR PRESENT

Many of us subconsciously reproduce the patterns of our own transgenerational heritage. When that weighs us down, therapy focusing on familial constellations can restore a feeling of inner fullness and inspire new momentum. As that which is hidden is revealed, all of the actors find their place: ourselves, our parents, our ancestors. The author shares his personal approach to familial constellations with examples from his sessions. He invites us to better understand what is at play in this method of systemic psychogenealogy and to perceive the changes experienced by those who have used this approach.

LEDUC PRATIQUE | 979 10285 17656 | 2020  
192 PAGES | 15X21 CM | 17.00 €



**CATHERINE ALIOTTA**

*Discover the fabulous powers of sophrology.*

TROUVEZ VOTRE ÉQUILIBRE ÉMOTIONNEL,  
AVEC LA SOPHROLOGIE : STRESS, ANXIÉTÉ,  
ÉPUISEMENT... 20 PRATIQUES INÉDITES  
POUR ÉVITER QUE ÇA DÉBORDE

# FIND EMOTIONAL BALANCE WITH SOPHROLOGY

STRESS, ANXIETY, EXHAUSTION:  
20 ALL-NEW PRACTICES  
TO HELP YOU KEEP YOUR COOL

From joy to anger and from sadness to fear, all of our emotions are justified. But what is one to do when emotions start to overflow? When feeling emotionally overwhelmed, sophrology is the natural solution for learning to find calm and serenity once again. In this highly accessible book, Catherine Aliotta reviews the mechanisms of emotions and their impact on our bodies. She invites us to determine our emotional profile and proposes a series of techniques, depending on the emotion in question. This illustrated work is your indispensable guide to handling emotions in your daily life!

LEDUC PRATIQUE | 979 10285 18486 | 2020  
223 PAGES | 15X21 CM | 18.00 €

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SE RÉALISER GRÂCE AUX ANGES :  
ACCUEILLIR LEURS MESSAGES  
POUR RETROUVER SA LUMIÈRE INTÉRIEURE

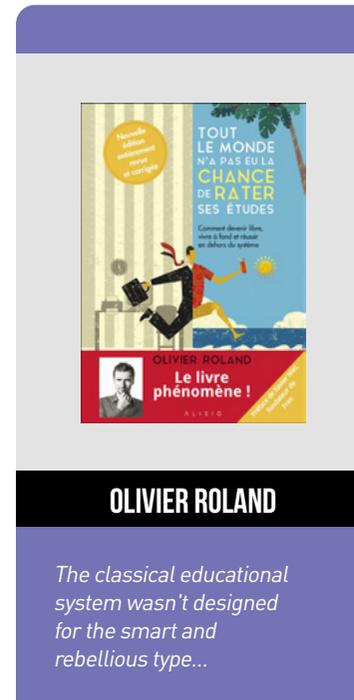
# FULFILL YOUR POTENTIAL THANKS TO THE ANGELS

WELCOME THEIR MESSAGES  
TO FIND YOUR INNER LIGHT

After a car accident, Virginie Robert became a clairaudient. Ever since, she has received teachings and precious messages from the angels. For the first time ever, this expert in angelic care has chosen to share the lessons that she has received on celestial wisdom.

LEDUC PRATIQUE | 979 10285 17632 | 2020  
173 PAGES | 15X21 CM | 17.00 €

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TOUT LE MONDE N'A PAS EU LA CHANCE  
DE RATER SES ÉTUDES : COMMENT DEVENIR  
LIBRE, VIVRE À FOND ET RÉUSSIR  
EN DEHORS DU SYSTÈME

# NOT EVERYONE IS LUCKY ENOUGH TO DROP OUT OF SCHOOL HOW TO BECOME FREE, LIVE LIFE TO THE FULLEST, AND SUCCEED OUTSIDE OF THE SYSTEM

The classical educational  
system wasn't designed  
for the smart and  
rebellious type...

Are you tired of the daily grind or endless hours in classrooms during which you don't learn anything useful? Break out of the routine and succeed outside of the system by following this method's steps based on the experiences of hundreds of entrepreneurs and over 400 scientific references. Understand the limits of the educational system and why it's becoming more and more obsolete, hack your education by boosting your IQ, discover how to truly learn, and become free by creating a business that suits you, instead of the other way around... Join the growing movement of intelligent rebels!

ALISIO | 9782379350313 | 2019  
587 PAGES | 16,50X23 CM | 27.00 €

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**STÉPHANE AYRAULT**

*Let the wisdom of yoga  
infuse your daily life.*

LES 4 SAGESSES DU YOGA :  
TROUVEZ VOTRE TRÉSOR INTÉRIEUR

**THE 4 WISDOMS  
OF YOGA**  
DISCOVER YOUR INNER TREASURE

In this book, Stéphane Ayrault shares the 4 precepts of yogic wisdom so that we may feel more inspired in our everyday lives and, in turn, attain inner peace. He shows us how yoga is not simply a matter of adopting postures such as Sun Salutations! It is first and foremost a contemporary spirituality that can help us to achieve happiness and reconnect with the treasure that lies within us.

LEDC PRATIQUE | 979 10285 17953 | 2020  
253 PAGES | 15X21 CM | 17.00 €



**AUDE BECQUART**

*Help your child to sleep  
better.*

LA MÉTHODE CHRONO-DODO

**THE "BEDDY-  
BYES IN RECORD  
TIME" METHOD**

After observing parents' attempts to put their children to sleep, the author noticed that they were completely helpless and guilt-ridden when it came to their children's sleeping problems. A reminder: going to bed is "a separation." Even if the strategies are reassuring, she explains that if parents have adopted habits that do not promote quality sleep, their children will probably express their dismay through crying. In this book, she approaches the subject of emotions as expressed by children and adults and gives us the keys to better help our children with advice that can be easily adapted.

LEDC PRATIQUE | 979 10285 14655 | 2019  
223 PAGES | 15X21 CM | 17.00 €

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LILA RHIYOURHI

*Learn to be a healer for yourself and your loved ones.*

SECRETS DE GUÉRISSEUSE :  
RENOUER AVEC LES POUVOIRS  
EXTRAORDINAIRES DE VOTRE ENERGIE

# THE HEALER'S SECRETS

RECONNECT TO  
THE EXTRAORDINARY POWER  
OF YOUR ENERGY

All over the globe, since the beginning of time, certain gestures, prayers, and spells that ease pain, heal sprains, or alleviate burns have been handed down from one generation to the next. For many years, the passing on of these techniques was done in secret, as though secrecy were necessary for their efficacy. But the time has come when we can all be our own healers and heal our families and friends, so that this knowledge may benefit all instead of just the lucky few. It's high time to make these powerful remedies accessible to everyone.

LEDUC PRATIQUE | 9791028516758 | 2020  
277 PAGES | 15X21 CM | 18.00 €

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FRÉDÉRIC DELAVIER  
MICHAEL GUNDILL

*A guide for athletes looking to optimize their nutrition for better performance.*

GUIDE DES COMPLÉMENTS ALIMENTAIRES POUR SPORTIFS

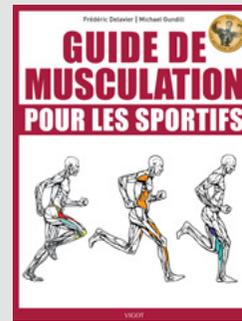
# FOOD SUPPLEMENTS FOR ATHLETES

An essential nutritional handbook for athletes, this book draws on extensive scientific research to explain dietary supplements as well as the positive and negative effects they may have on athletes' health and physical performance. With this book, athletes will learn about choosing effective supplements and proper dosage. From specific athletic goals to injury prevention, this guide is indispensable for serious athletes looking to step up their physical performance.

**RIGHTS SOLD**

Published in 2 languages:  
Polish, Spanish

9782711425501 | 2019 | 208 PAGES  
19,5X25,5 CM | 21.90 €



FRÉDÉRIC DELAVIER  
MICHAEL GUNDILL

*How to personalize workouts for maximum performance.*

GUIDE DE MUSCULATION POUR LES SPORTIFS

# STRENGTH TRAINING ANATOMY FOR ATHLETES

Strengthening exercises are important to athletic training, not only for strengthening muscles, but also for warming up and recovering more quickly after a workout. This guide explains the morphological attributes of high-achieving athletes in various sports, recommends exercises and their variations in detail, and offers an array of programs that are adapted to each sport and specific strengthening goals. This guide is essential for athletes who want to train for optimal performance while avoiding injury.

**RIGHTS SOLD**

Published in English

9782711425280 | 2019 | 288 PAGES  
19,5X25,5 CM | 24.90 €

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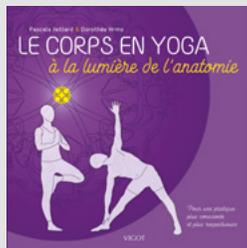
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DOROTHÉE HRMO*Learn the correct  
placement of the body  
while practicing yoga.*LE CORPS EN YOGA : À LA LUMIÈRE  
DE L'ANATOMIE POUR UNE PRATIQUE PLUS  
CONSCIENTE ET PLUS RESPECTUEUSETHE BODY IN  
YOGAAN ANATOMICAL UNDERSTANDING  
FOR A MORE CONSCIOUS  
AND RESPECTFUL PRACTICE

While practicing yoga, an awareness of basic anatomy is essential. In addition to teaching the correct placement of the pelvis, spine, and shoulder girdle in establishing a stable base, this book includes step-by-step yoga sessions that demonstrate the theoretical points discussed and over 200 anatomical and postural illustrations. Suitable for both yoga instructors and students, this book is indispensable to better understanding the body in yoga.

9782711426003 | 2020 | 240 PAGES  
21X21 CM | 25.00 €FOREIGN RIGHTS **Sarah Larsen** : [slarsen@vigot.fr](mailto:slarsen@vigot.fr) EXPORT **Romain Vigot** : [rvigot@maloine.fr](mailto:rvigot@maloine.fr)



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SARAH DESPOISSE

*Creatively preparing for your baby.*

9 MOIS POUR BRODER LES INDISPENSABLES DE BÉBÉ : 20 PROJETS DANS L'AIR DU TEMPS POUR ÉQUIPER BÉBÉ

# 9 MONTHS TO EMBROIDER ALL OF BABY'S ESSENTIALS

20 TRENDY PROJECTS TO PREPARE FOR BABY'S ARRIVAL

During pregnancy, time slows down and becomes favorable to creativity. It's the ideal time to keep your hands busy, rest, and prepare for the new arrival. Why not enjoy making baby's things yourself?

L'INÉDITE | 9782350323831 | 2020  
102 PAGES | 21,5X28,5 CM | 23.00 €



SARAH DESPOISSE

*Enjoy sewing everyday items yourself!*

COUTURE MAISON DURABLE : 20 PROJETS ZÉRO DÉCHET POUR REMPLACER LES OBJETS JETABLES DU QUOTIDIEN

# SEWING FOR THE HOME THAT LASTS

20 ZERO-WASTE PROJECTS TO REPLACE DAILY DISPOSABLE OBJECTS

With this sustainable, green, and zero-waste approach, Sarah Despoisse proposes 20 easy sewing projects to replace disposable everyday items: a bulk bag, bowl cover, cloth for makeup removal, tote bag, soap pouch, etc. All of the basic supplies, techniques, and stitches are accompanied by detailed, step-by-step instructions and illustrations.

L'INÉDITE | 9782350323848 | 2020  
93 PAGES | 22X22 CM | 19.00 €

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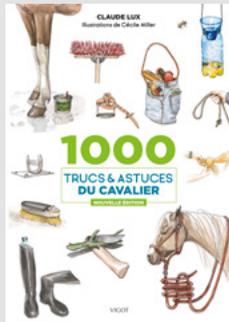
› 1 000 TRUCS & ASTUCES DU CAVALIER

# 1,000 RIDING TIPS

Whether they're beginners, experienced, or even professionals, riders are often confronted with difficulties or questions regarding what to wear, technical equipment, transportation, training, and dressage, to name a few. This book provides useful solutions and smart tips to save time, help out, and save money. An essential and beautifully illustrated guide for riders, this revised and updated 7<sup>th</sup> edition compiles all of the best tips for caring for and riding horses.

**RIGHTS SOLD**  
Published in Spanish

9782711425884 | 2020 | 192 PAGES  
17X24 CM | 19.90 €



**CLAUDE LUX**

*An indispensable book for all riders!*

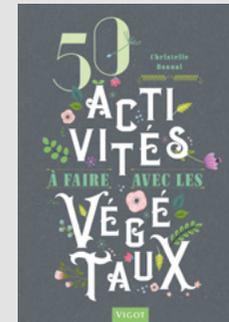
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› 50 ACTIVITÉS À FAIRE AVEC LES VÉGÉTAUX

# 50 ALL-NATURAL PROJECTS WITH PLANTS

This book is full of all-natural DIY ideas for plant-based projects in art, decoration, cosmetics, and more. For example, learn how to weave with plants or how to create natural plant dyes. Each of the over 50 projects includes a presentation of the plant materials as well as step-by-step instructions illustrated with photographs. These inventive projects foster creativity and respect for nature, and will appeal to a wide audience.

9782711425785 | 2020 | 144 PAGES  
17X24 CM | 14.90 €



**CHRISTELLE BONNAL**

*Discover over 50 all-natural DIY projects using plant-based materials.*



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**CLAUDE LUX**

*Educational games  
that strengthen the bond  
between horse and rider.*

50 JEUX ET ACTIVITÉS  
POUR ÉDQUER VOTRE CHEVAL

# 50 GAMES AND ACTIVITIES FOR TRAINING YOUR HORSE

Develop your communication skills with your horse and get to know your horse better through these fun and educational activities. In this fully illustrated guide, readers will find 50 games and activities, 3 levels of difficulty, and various "Expert Tips" to help them follow along and recreate the exercises with ease. From beginners to experienced riders, this book is for anyone looking to educate and bond with their horse while having fun!

9782711425365 | 2019 | 128 PAGES  
17X24 CM | 19.90 €

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**JEAN-JACQUES GONDO**

*Learn the fundamental  
techniques of airbrush  
painting.*

LA PEINTURE À L'AÉROGRAPHE :  
TECHNIQUES ET RÉALISATIONS

# AIRBRUSH PAINTING TECHNIQUES AND CREATIONS

This fully illustrated guide introduces beginners to airbrush painting and helps experienced artists looking to perfect their technique. The author explains 11 projects in detail and discusses the most commonly encountered problems in this art form, such as utilizing the airbrushing tool, how to achieve volume, and how to avoid or remedy mistakes. From imitation to creating their own works, this book will help readers master the art of airbrush painting.

ULISSE | 9782844152541 | 2019  
80 PAGES | 19X26 CM | 14.90 €

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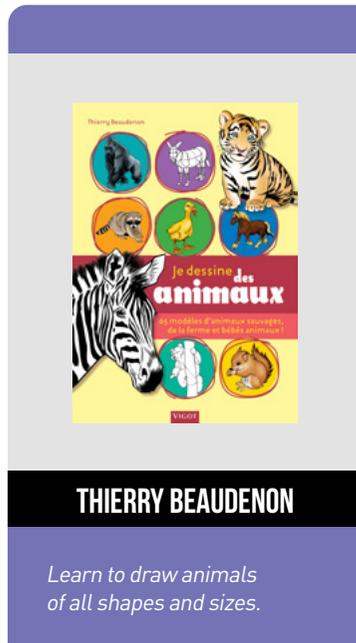
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› JE DESSINE DES ANIMAUX :  
 65 MODÈLES D'ANIMAUX SAUVAGES,  
 DE LA FERME ET BÉBÉS ANIMAUX !

## BIG BOOK OF DRAWING ANIMALS

65 MODELS OF WILD ANIMALS,  
 FARM ANIMALS, AND BABY ANIMALS!

Cute and cuddly to big and strong, animals come in all shapes and sizes. This book will teach you how to draw baby animals, farm animals, and wild animals. More than 60 easy and step-by-step demonstrations break down how to draw your favorite pets or wildlife from start to finish. All you need is a pencil and paper to transform simple shapes and basic lines into realistic renditions, with bonus tips and tricks at the end. Great for beginners or anyone who likes to draw for fun!

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› OSEZ L'ABSTRAIT :  
 TECHNIQUES ET EXPRESSION PERSONNELLE

## DARE TO BE ABSTRACT

TECHNIQUES AND PERSONAL  
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In abstract art, the gaze is not guided by a subject, but by the play of colors, shapes, lines, and themes. This book introduces the budding abstract artist to fundamental concepts such as composition, balance, and harmony, while encouraging individual creativity. Readers will find didactic activities, step-by-step technique tutorials, and numerous inspiring works of art. Develop your abstract painting techniques and give free rein to your personal creative style!

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Published in simplified Chinese

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ULISSE | 9782844152510 | 2020  
128 PAGES | 12,5X28 CM | 19.90 €

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JEAN-MICHEL BOUDARD

*To improve your horse's performance and relieve pain.*

› LE STRETCHING POUR VOTRE CHEVAL :  
 DES MOUVEMENTS SIMPLES ET SANS RISQUE  
 POUR LE BIEN ÊTRE DE VOTRE MONTURE

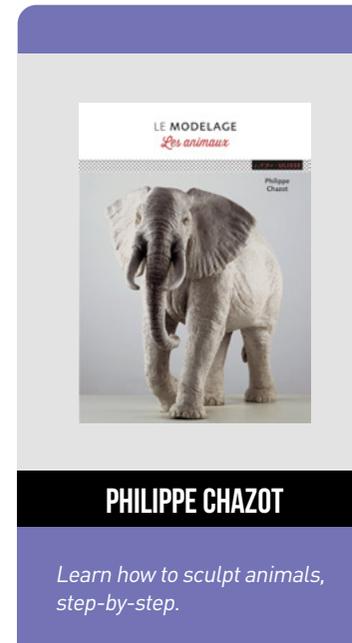
## EQUINE STRETCHING

SIMPLE AND SAFE MOVEMENTS  
 FOR THE WELL-BEING  
 OF YOUR HORSE

Derived from osteopathic and neuromuscular techniques, equine stretching is a very effective method for warming up, recovery, and rehabilitation after an injury. This book includes an explanation of the anatomical and physiological basics necessary for this practice and over 100 didactic photographs that demonstrate the techniques described. With these equine stretching skills, riders will learn how to take care of their horse as well as better understand their horse's needs.

9782711425891 | 2020 | 128 PAGES  
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PHILIPPE CHAZOT

*Learn how to sculpt animals, step-by-step.*

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## MODELING ANIMALS IN CLAY

You can create a magnificent animal sculpture with just simple forms. This pedagogical guidebook includes a detailed presentation of essential sculpting techniques, necessary tools and materials, the anatomical attributes of vertebrate animals for realistic results, step-by-step and illustrated instructions, and tips and tricks of the trade. Suitable for beginners and more experienced sculptors alike, discover simple methods to creating lifelike sculptures of animals.

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Published in 2 languages: simplified Chinese, German

ULISSE | 9782844152589 | 2019  
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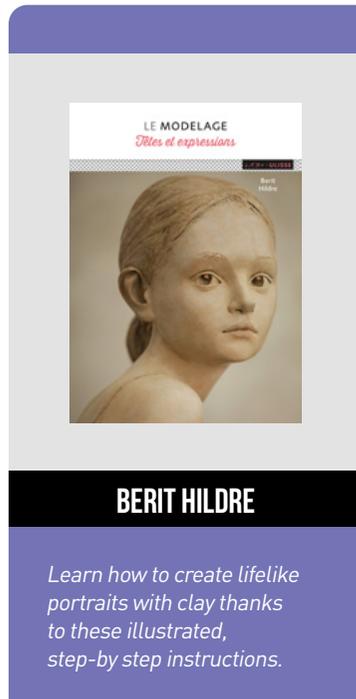
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### › LE MODELAGE : TÊTES ET EXPRESSIONS

# MODELING HEADS AND FACES IN CLAY

Sculpting the human head is one of the most popular subjects of study as it is perfect for learning the accurate representation of proportions. This richly illustrated manual includes a presentation of the necessary tools, various finishing techniques, the anatomy and proportions of the head, essential techniques for portraying key emotions, and step-by-step instructions. Suitable for beginners and experienced artists alike, this is an indispensable guide to sculpting portraits.

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ULISSE | 9782844152619 | 2020  
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**NELLY LESTRADE**

*This book is the perfect guide to learning knife oil painting.*

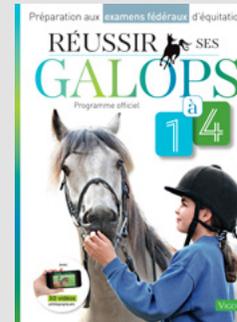
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PEINTURE AU COUTEAU

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From a vast cloudy sky to the delicate stem of a flower, a palette knife can be used to paint everything thanks to simple adjustments of position, angle, and pressure. With fully illustrated and step-by-step demonstrations, this book teaches the fundamental techniques of knife painting and includes how to compose depth and volume, how to create atmosphere with an intentional color palette, and how to create reflections, shadows, light, movement, and vibrancy.

ULISSE | 9782844152596 | 2020  
128 PAGES | 21,5X26,8 CM | 19.90 €

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**GUILLAUME HENRY**

*Master everything you need to know to pass the Gallops 1 to 4 exams.*

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PRÉPARATION AUX EXAMENS FÉDÉRAUX  
D'ÉQUITATION

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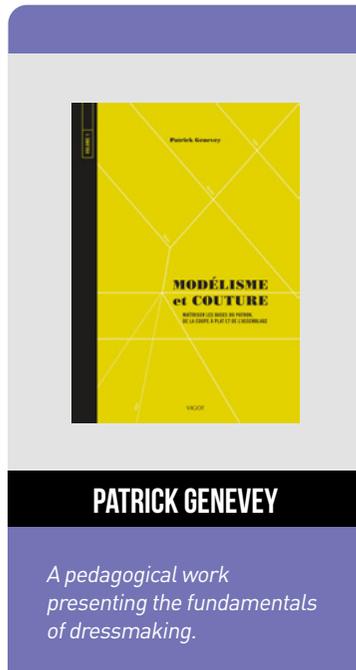
9782711425532 | 2019 | 224 PAGES  
19,5X26 CM | 22.00 €



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9782711424238 | 2017 | 272 PAGES  
 19,5X27,5 CM | 39.00 €

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› JEUX D'AQUARELLE :  
 TECHNIQUE DE « L'HUMIDE SUR HUMIDE »

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WET-ON-WET TECHNIQUES

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ULISSE | 9782844152527 | 2019  
 128 PAGES | 21,5 28 CM | 19.90 €

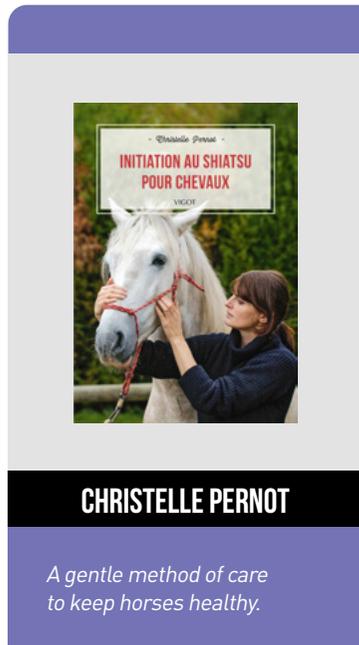
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› INITIATION AU SHIATSU POUR CHEVAUX

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9782711425969 | 2020 | 176 PAGES  
17X24 CM | 26.00 €

**CHRISTELLE PERNOT**

*A gentle method of care to keep horses healthy.*

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› SURVIVRE : APPRENDRE À FAIRE FACE

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9782711425181 | 2019 | 144 PAGES  
15X21 CM | 14.90 €

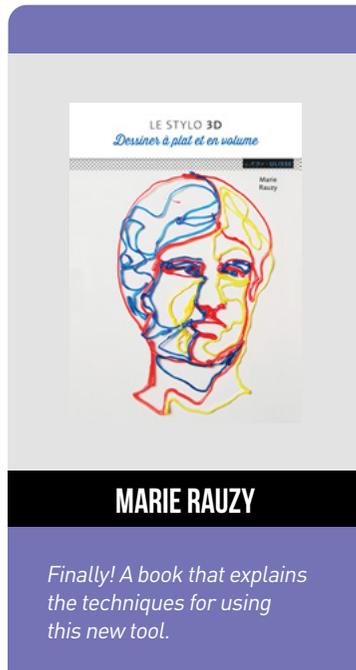
**CLAUDE LUX**

*This guide provides essential tips for surviving in the wild or in hostile environments.*



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## LE STYLO 3D : DESSINER EN TROIS DIMENSIONS

# THE 3D PEN

## DRAWING IN 3 DIMENSIONS

The 3D pen is an innovative technique that does not require special skills and appeals to a wide range of artists. In this manual, readers will discover how to choose and use the right tools, practice exercises, and step-by-step, fully illustrated instructions for creating in 3D. Flat works, voluminous creations, masks, and decorative projects, this inspiring book is full of ideas.

ULISSE | 9782844152626 | 2020  
80 PAGES | 19X26 CM | 14.90 €

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