

BIEF

WORLD BOOK FAIRS 2021 45 PUBLISHERS' CATALOGS

2021

FOIRES DU MONDE*

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Leduc.S



- › 9 Months to Embroider
All of Baby's Essentials
- › Activate Your Talents
- › Bedtime Stories
for Adults Who Are
Afraid of the Dark
- › Coronavirus,
What a Loser!
- › Could Meditation
Be the Solution?
- › Familial Constellations
- › Find Emotional Balance
with Sophrology
- › Fulfill Your Potential
Thanks to the Angels
- › Healing through
Mesonutrients
- › Healing with Essential Oils
- › If Only I'd Known!
- › Not Everyone
Is Lucky Enough
to Drop Out of School
- › Sewing for the Home
That Lasts
- › The 4 Wisdoms of Yoga
- › The "Beddy-Byes
in Record Time" Method
- › The Bible
of Essential Oils
- › The Garden of
Forgetfulness
- › The Healer's Secrets
- › The Perfect Life
of an Odd Sock
- › You Don't Need to Be
Flexible to Practice Yoga

Leduc.S

Lifestyle, Leisure, Well-Being



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 €

Lifestyle, Leisure, Well-Being



MATHEUR DARDAILLON

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

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 €

Leduc.S

Lifestyle, Leisure, Well-Being



ANNE-CHARLOTTE SANGAM

Bedtime stories that promote a sense of well-being.

› 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.

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

Lifestyle, Leisure, Well-Being



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 | 9791028519360 | 2020
160 PAGES | 13X18 CM | 14.90 €



Leduc.S

Lifestyle, Leisure, Well-Being



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.)

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

Lifestyle, Leisure, Well-Being



JEAN-CHRISTOPHE BENAS

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

› LES CONSTELLATIONS FAMILIALES :
SE LIBÉRER DE SON HISTOIRE, ACCUEILLIR
SON PRÉSENT

FAMILIAL CONSTELLATIONS FREE YOURSELF FROM YOUR PAST AND EMBRACE YOUR PRESENT

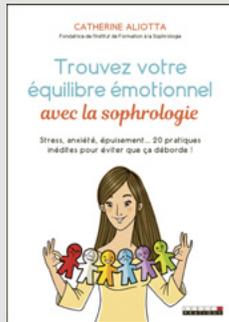
Many of us subconsciously reproduce the patterns of our own transgenerational heritage. When that weighs us down, therapy focusing on familial constellations can restore a feeling of inner fullness and inspire new momentum. As that which is hidden is revealed, all of the actors find their place: ourselves, 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.

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



Leduc.S

Well-Being



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 | 9791028518486 | 2020
223 PAGES | 15X21 CM | 18.00 €

Lifestyle, Leisure, Well-Being



VIRGINIE ROBERT

Get in touch with your tribe of angels.

› 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 | 9791028517632 | 2020
173 PAGES | 15X21 CM | 17.00 €

Leduc.S

Science & technology, Medicine



**ANNE DUFOUR
CATHERINE DUPIN
RAPHAËL GRUMAN**

Discover the mesonutrient revolution.

› JE ME SOIGNE AVEC LES MÉSONUTRIMENTS :
OMÉGA 3, COENZYME Q10, FLAVONOÏDES... :
LES MOLÉCULES NATURELLES 100 %
EFFICACES POUR VOTRE SANTÉ

HEALING THROUGH MESONUTRIENTS

OMEGA 3, COQ10, FLAVONOIDS:
100% EFFICIENT AND NATURAL
MOLECULES FOR GOOD HEALTH

Up until now, we've focused on macronutrients (carbohydrates, lipids, proteins) that nourish and help our bodies to grow and micronutrients (vitamins, minerals) that enable it to function. Mesonutrients are the "health" molecules that can help prevent health problems, and even heal. For example, the omega-3 in salmon, curcumin in turmeric, gingerol in ginger, anthocyanins in blueberries, etc. This book presents mesonutrients through 20 questions and answers and features over 100 nutritional "prescriptions" for various ailments, from acne to vomiting.

LEDUC PRATIQUE | 979 10285 17137 | 2020
394 PAGES | 15X21 CM | 18.00 €

Science & technology, Medicine



ANNE DUFOUR

*The most accessible guide
to aromatherapy.*

› LES HUILES ESSENTIELLES QUI SOIGNENT

HEALING WITH ESSENTIAL OILS

Are you starting out in aromatherapy? Do you want to learn how to use essential oils correctly? And what about dilution, dosage, the number of applications, and how to administer the oils? This guide is for beginners like you! The ABCs of the 27 best essential oils for well-being, beauty, and health. Each one is presented on a double-page spread with an attractive photo of the plant and information about its primary uses as well as symbols regarding use for children, contraindications, etc. Super simple, step-by-step solutions are provided for 67 situations (allergies, asthma, cellulite, joint pain, etc.)

LEDUC PRATIQUE | 979 10285 16499 | 2020
192 PAGES | 19X24 CM | 14.90 €

Leduc.S

Science & technology, Medicine



CATHERINE RYBUS

An increasingly popular form of alternative medicine.

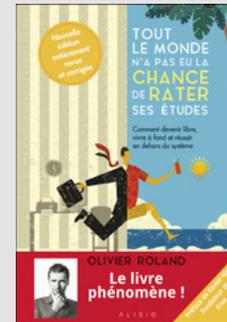
SI J'AVAIS SU ! : L'OSTHÉOPATHIE AU SERVICE DES FEMMES

IF ONLY I'D KNOWN! WHAT OSTEOPATHY CAN DO FOR WOMEN

A presentation, illustrated with personal anecdotes and experiences, of osteopathy's potential to treat feminine issues, from infertility to menopause and pregnancy to post-partum.

LEDUC PRATIQUE | 979 10285 18608 | 2020
226 PAGES | 15X21 CM | 17.00 €

Lifestyle, Leisure, Well-Being



OLIVIER ROLAND

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

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

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 €

Leduc.S

Lifestyle, Leisure, Well-Being



SARAH DESPOISSE

Enjoy sewing everyday items yourself!

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

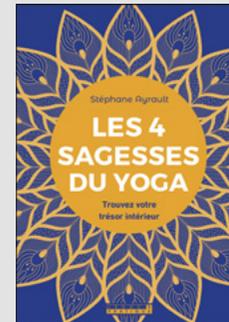
SEWING FOR THE HOME THAT LASTS

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 €

Lifestyle, Leisure, Well-Being



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.

LEDUC PRATIQUE | 9791028517953 | 2020
253 PAGES | 15X21 CM | 17.00 €

Leduc.S

Lifestyle, Leisure, Well-Being



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.

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

Science & technology, Medicine



DANIÈLE FESTY

An indispensable work and a major success since 2007!

› MA BIBLE DES HUILES ESSENTIELLES

THE BIBLE OF ESSENTIAL OILS

Learn everything there is to know about essential oils with in-depth and recent information that is also accessible and practical for the general public! Readers will discover the now-famous recipes for many problems as well as numerous pieces of advice on how to heal quickly and efficiently using essential oils. A unique and highly useful bible that aims to equip everyone with the basics of essential oils in order to take full advantage of their "magical" properties. Not to be missed!

RIGHTS SOLD

Published in 5 languages: complex Chinese, simplified Chinese, Italian, Portuguese, Russian

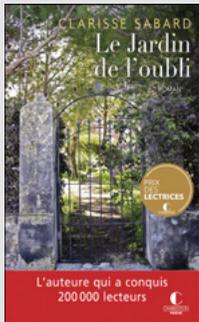
FIND OUT MORE

> 1.2 million copies sold in France

LEDUC PRATIQUE | 979 10285 10046 | 2008
552 PAGES | 19X23 CM | 24.90 €

Leduc.S

Literature & Fiction



CLARISSE SABARD

Family secrets + history + strong female characters = the recipe for success!

LE JARDIN DE L'OUBLI

THE GARDEN OF FORGETFULNESS

1910. Agatha irons clothes for a living. In the villa where she works, she meets the beautiful Otero, a famous dancer. This encounter will change her life as their destinies are bound together by a weighty secret. A century later, Faustine, a journalist recovering from depression, goes to the countryside near Nice to write an article about the Belle Epoque period. Her great-aunt tells her the story of Agatha, their exceptional ancestor. As she plunges into her family's secrets, the young woman begins to question her future. The brooding and secretive Sebastien also has something to do with it...

CHARLESTON | 9782368121870 | 2018
430 PAGES | 14,5X23 CM | 19.00 €

Lifestyle, Leisure, Well-Being



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.

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

Leduc.S

Literature & Fiction



MARIE VAREILLE

A story of a strong woman.

› LA VIE RÊVÉE DES CHAUSSETTES ORPHELINES

THE PERFECT LIFE OF AN ODD SOCK

In theory, Alice is doing well: she's happy with her life as a single, has a dream job in finance in New York, lives in a loft overlooking Central Park... and harbors a secret buried so deeply within that she can almost pretend to have forgotten it.

RIGHTS SOLD

Published in 2 languages: German, Czech

CHARLESTON | 9782368124727 | 2019
399 PAGES | 14,5X23 CM | 19.00 €

Science & technology, Medicine



CATHERINE MILLEPIED-FLORI

Practice yoga, even if you're as stiff as a board!

› PAS BESOIN D'ÊTRE SOUPLE POUR FAIRE DU YOGA

YOU DON'T NEED TO BE FLEXIBLE TO PRACTICE YOGA

A guide to practicing yoga for everyone, even if you aren't flexible at all, with 50 positions and 12 sessions explained in detail. The author gives advice regarding joint rotations, the different forms of hatha yoga (on a mat, sitting, standing, with a ball or straps), and energy centers.

LEDUC PRATIQUE | 9791028518882 | 2020
206 PAGES | 15X21 CM | 17.90 €