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2022

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**Albin Michel Pratique**



- › Body, Love, Sexuality
- › Generate Good Luck!
- › Living without Money
- › My Healthy Dessert Cookbook
- › Put an End to Back Pain

**Albin Michel Pratique**



# Albin Michel Pratique

Lifestyle, Leisure, Well-Being



**CHARLINE VERMONT**

*The first guide to positive sexual education for all families.*

› **CORPS, AMOUR, SEXUALITÉ :  
LES 100 QUESTIONS QUE VOS ENFANTS  
VONT VOUS POSER**

## BODY, LOVE, SEXUALITY

100 QUESTIONS THAT YOUR KIDS  
ARE GOING TO ASK YOU

A seminal, inclusive, and considerate book. Approved by professionals in the fields of health and education, this book is constructed around 100 questions and answers – adapted to each stage of a child's development – on the themes of the body, consent, sexual orientation, love, puberty, pleasure, and reproduction. With pages specifically written for parents and others for children between the ages of 5 and 12, the contents evolve according to the child's age and maturity.

ALBIN MICHEL PRATIQUE | 9782226465535 | 2021  
208 PAGES | 17,5 X 22,5 CM | 15.90 €

Lifestyle, Leisure, Well-Being



**CHRISTOPHE HAAG**

*A pop science book that reveals why fortune smiles on some, and how we can all get it to smile on us.*

› **PROVOQUE TA CHANCE ! :  
POURQUOI CERTAINS EN ONT ET D'AUTRES PAS**

## GENERATE GOOD LUCK!

WHY DOES FORTUNE  
SMILE ON SOME?

What do people who are "always lucky" have that the rest of us don't? How do they generate good fortune? What psychological qualities and reflexes characterize them? And how do they transform strokes of bad luck into opportunities? These are some of the many questions that this book attempts to answer. In doing so, the author explores the "extraordinary" universes that allow us to better understand our "ordinary" everyday lives, bolstered by scientific discoveries and incredible encounters.

ALBIN MICHEL PRATIQUE | 9782226450586 | 2022  
316 PAGES | 15 X 22 CM | 19.90 €



# Albin Michel Pratique

Lifestyle, Leisure, Well-Being



**BJÖRN DUVAL**

*Say goodbye to bills for water, electricity, heating, and more!*

› **VIVRE SANS ARGENT :**  
LES PREMIERS PAS VERS L'AUTOSUFFISANCE

## LIVING WITHOUT MONEY

THE FIRST STEPS TOWARDS SELF-SUFFICIENCY

More and more people are attracted to the idea of leading an independent life. Motivated for ecological, survivalist, or financial reasons, they aspire to a simpler existence that will free them, in whole or in part, from consumer society. In this book, we learn that it is possible to become independent with respect to our water, electricity, and heating in addition to producing some of our food and making our own clothes and hygiene products. Through this process, the author demonstrates how we can win greater freedom by escaping the trap of needing money to meet our basic needs.

ALBIN MICHEL PRATIQUE | 9782226462107 | 2022  
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Lifestyle, Leisure, Well-Being



**HERVÉ CUISINE**

*Make healthier desserts with less fat and sugar... without missing out on flavor!*

› **MA PÂTISSERIE HEALTHY :**  
60 RECETTES SAINES ET GOURMANDES

## MY HEALTHY DESSERT COOKBOOK

60 DELICIOUS AND HEALTHY RECIPES!

Did you know that you can make scrumptious brownies with sweet potato and red beans? Or that zucchini can replace butter in a chocolate cake? Or that you can make a cherry clafoutis with 100% veggie ingredients or an apricot fondant with a chickpea base? With 60 recipes, Hervé Cuisine teaches us to use foods that are little-known or generally disdained by pastry chefs: vegetables, vegetable milks and juices, unrefined sugar...

ALBIN MICHEL PRATIQUE | 9782226459992 | 2021  
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# Albin Michel Pratique

Lifestyle, Leisure, Well-Being



**BERNADETTE DE GASQUET**

*The reference guide  
for putting an end  
to back pain.*

➤ POUR EN FINIR AVEC LE MAL DE DOS

## PUT AN END TO BACK PAIN

Nearly everyone has suffered from back pain at some point, often blaming stress or our living conditions ... But backaches are first and foremost a problem of gravity. Growing, staying upright, and walking on two feet are biomechanical challenges. Your torso must be strong, straight, resilient, and flexible enough to carry the enormous weight of your head. This book is for readers who want to save their backs by understanding the daily factors at play, visualizing the body's architecture, repairing their weaknesses, and finding working solutions that are adaptable to modern life.

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