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2022

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- Humanities & Essays

Adverbum www.adverbum.fr



LE GRAND TRAITÉ DU THÉ

THE GREAT TREATISE ON TEA

Tea: a word rich in meaning that inspires the imagination! The story of these little leaves is presented here, following their journey from China and neighboring countries all the way to the West and beyond. Appreciated or defamed according to the period; pure, blended, or flavored; linked from its origins to Buddhism, tea continues to be associated with nature, calm, and serenity, even becoming the object of ceremony. Tea is present on tables around the world, from the wealthiest to the more modest.

LE SUREAU | 9782364021853 | 2021
248 PAGES | 19 X 27 CM | 29.50 €

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Albin Michel Pratique www.albin-michel.frAlbin Michel Pratique www.albin-michel.fr

BJÖRN DUVAL

*Say goodbye to bills for water, electricity, heating, and more!*VIVRE SANS ARGENT :
LES PREMIERS PAS VERS L'AUTOSUFFISANCELIVING
WITHOUT
MONEYTHE 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
190 PAGES | 17,5 X 22,5 CM | 14.90 €

HERVÉ CUISINE

*Make healthier desserts with less fat and sugar... without missing out on flavor!*MA PÂTISSERIE HEALTHY :
60 RECETTES SAINES ET GOURMANDESMY HEALTHY
DESSERT
COOKBOOK60 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
160 PAGES | 18,5 X 23,5 CM | 14.90 €FOREIGN RIGHTS Laurence Badot : laurence.badot@albin-michel.frFOREIGN RIGHTS Laurence Badot : laurence.badot@albin-michel.fr



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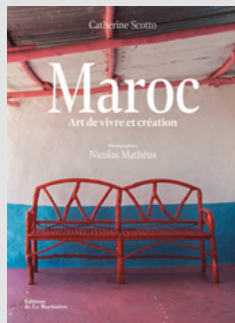
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Science & technology, Medecine

Humanities & Essays

Éditions de La Martinière

MAROC : ART DE VIVRE ET CRÉATION

CATHERINE SCOTTO
NICOLAS MATHÉUS*Discover the beauty
of Morocco as you have
never seen it before!*MOROCCO
DESTINATION OF STYLE,
ELEGANCE, AND DESIGN

A journey off the beaten path to showcase Morocco from a new angle: private homes, exclusive hotels, and tucked away workshops. An unprecedented look at Moroccan lifestyle and design today.

9782732494159 | 2022 | 192 PAGES
21 X 28,5 CM | 29.90 €

Éditions de La Martinière

UKRAINE : CUISINE ET HISTOIRE

OLENA BRAICHENKO
MARYNA HRYMYCH
IHOR LYLO*80 gourmet recipes
celebrating the traditions,
ingredients, and specialties
of Ukrainian gastronomy.*UKRAINE
FOOD AND HISTORY

A unique but little-known culinary heritage captured in 80 classic and contemporary recipes together with the traditions, techniques, regional ingredients, and specialties of Ukraine. From timeless favorites like *borsch* and *Kiev cake* to *banosh* (corn porridge), *holubtsy* (stuffed cabbage), and *paska* (Easter cake), this book presents easy-to-follow and gourmet recipes from renowned Ukrainian chefs along with a host of cooking tips and food preservation techniques.

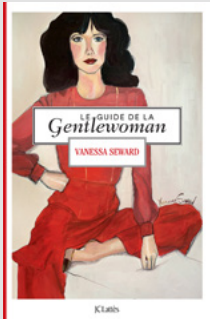
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› **JC Lattès** www.editions-jclattes.fr



VANESSA SEWARD

You too can become an icon of sophisticool thanks to this guide!

› LE GUIDE DE LA GENTLEWOMAN

A GENTLEWOMAN'S GUIDE

Being a gentlewoman is the solution for all women who want to create a unique style for themselves, far from the dictates of "must-haves." Is an elegant woman necessarily rich, covered in labels, and filled with a feeling of superiority? Using her multicultural background (born in Argentina, raised in London, living in Paris) and her experience in fashion, Vanessa Seward disagrees. In this illustrated ABC guide, she composes the portrait of the casually chic gentlewoman.

9782709668415 | 2022 | 208 PAGES
20,5 X 13,8 CM | 19.90 €

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Gallimard Loisirs www.gallimard.fr

UN POTAGER-COMPOST SUR MA TERRASSE



A VEGETABLE-GARDEN-COMPOSTER ON MY PATIO

PAUL TRANCHANT

Learn all about Recyclant®, a tool for urban culture that combines the functions of a composter and a vegetable garden in a single container.

Perfect for urban gardening on your balcony, Recyclant® allows you to grow 30 kilos of vegetables a year while getting rid of 3 kilos of organic waste per week. Step by step and season by season, the author gives you tips and tricks for recycling your organic waste and explains how to plant and care for vegetables so you can produce your own tomatoes, radishes, lettuces, zucchinis, etc.

ALTERNATIVES | 9782072975042 | 2022
112 PAGES | 16,5 X 22 CM | 13.50 €

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Well-Being

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Albin Michel Pratique www.albin-michel.frAlbin Michel Pratique www.albin-michel.fr**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 €

**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 €



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Albin Michel Pratique www.albin-michel.fr

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.

ALBIN MICHEL PRATIQUE | 9782226470928 | 2022
252 PAGES | 17 X 23 CM | 22.00 €

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Fayard www.fayard.fr

JULIE KLOTZ

What makes for a successful relationship? Julie Klotz went to the experts to look for answers.

LES QUATRE ACCORDS DU COUPLE

THE FOUR AGREEMENTS OF COUPLEDOM

If you think that you've read everything there is to know on the subject, think again! Julie Klotz's unprecedented holistic approach provides compelling new insights to coupledness, addressing four fundamental dimensions for a successful relationship: biological (the physical aspect of desire and attachment), psychological (feelings and mental processes), cultural (the socio-cultural context), and spiritual (shared fundamental values and common search for meaning).

9782213712079 | 2022 | 342 PAGES
13,5 X 21,5 CM | 20.00 €

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