

BIEF

A SELECTION OF FRENCH TITLES

SELF- IMPROVEMENT

Although almost all book fairs and industry events were canceled from March through August 2020, professionals in publishing the world over have continued to work remotely with their colleagues. As publication schedules gradually resume in a number of countries, we can all take some time at last to discover the finest books from around the world.

To aid you in your search, the Bureau international de l'Édition française (BIEF) is delighted to present an interactive selection of 98 titles in the rubric Personal Development for readers of all ages, all recent or forthcoming from over 50 French publishers.

You will no doubt be familiar with some of these authors, already well-known for their work in these areas. But you will also encounter new voices exploring these topics and enriching the wealth of information available.

Whether a work by a first-time author or a well-known name, or a title to which rights have already been sold in several languages, what you will find here are books specifically chosen for their strong potential to succeed in translation in a variety of markets and cultures.

You may browse through titles individually or use our interactive links to consult our catalogue by category.

For more information on any title, please don't hesitate to reach out to the relevant publisher's rights department using the handy contact info provided.

Happy browsing! Here's hoping you find some gems!

› Activities creative, athletic, spiritual p 4 - 9

- > Plant Therapy
- > Sculpting the Woods
- > The Zero-Waste Kitchen
- > Breathe
- > Improve Your Posture with Sports
- > Risk-Free Abs
- > Stand Tall with Yoga
- > Time to Meditate
- > Map to the Stars
- > A Beginner's Guide to Astrology
- > Tarot: A Guide to Masonic Meditation

› Fiction p 10 - 15

- > Chameleons: Here Come the Aspie Girls!
- > (Dis)connections: Help, I'm a Screen Addict!
- > Sauveur and Son, Season 1
- > A Few Balloons of Happiness
- > Anna the Miraculous
- > From Atop a Blade of Grass, You Can See the World
- > I Promise You Freedom
- > Lulu, Just Lulu
- > Resilience
- > Sankhara
- > Surrender

› Philosophy, Memoirs p 16 - 22

- > A Small Collection of Wise Thoughts
- > A Summer with Pascal
- > Discover Philosophy!
- > Laughter: An Anthropology of the Laugher
- > The Four Wisdoms of Yoga
- > They Got It All
- > In Pop We Trust
- > Philocomix
- > 300 Ideas for Happiness
- > Diary of a Happiness Tourist
- > Meditation Saved Me
- > The Schubert Treatment
- > When I Was Someone Else

› Psychology, Well-being p 23 - 31

- > Changing with Kaizen
- > Couples: The Burden of Inheritance
- > Dare to Be an Optimist
- > Dare to Be Fulfilled: 12 Keys to Being Yourself
- > Dr. Feelgood
- > Emotional Contagion
- > Finding Your Inner Spark: 80 Keys to Bouncing Back from Life Changes
- > Less Ego... More Joy!
- > Narcissistic Perverts
- > Outwit Those Manipulators
- > Reveal Yourself
- > Seven Keys to Letting Go

- > Sloth Syndrome: A Short Guide to Fighting Physical InActivities
- > Stay Zen! The Cat Method
- > The Good Mood Book
- > The Ties That Keep Us Alive: In Praise of Interdependency
- > Walking for Life: A Tranquil Way to Happiness
- > Why Can't We Understand Each Other? Communicating Better the Four-Color Way

› Health, Neuroscience p 32 - 36

- > Alzheimer's: The Truth About the Disease of the Century
- > Dear Hypochondriacs
- > Heal Yourself with Mesonutrients
- > Healing Power
- > Menopause: Your Time
- > Mudra: Finger Yoga
- > Saved by Napping
- > The Dragon's Song: 12 Digitopuncture Points for Curing Everything
- > The Happy, Healthy Belly
- > The Neuronal Symphony

› Work and Career p 37 - 38

- > Happiness Coach
- > How to Manage Human Resources in a SAP World
- > The Measure of Success

› Parenting p 39 - 42

- > Children Who Want to Heal Their Parents to See a Therapist
- > Live Happily with Your Teens
- > The Pooped Parent: An Activities Book
- > Little Victories
- > Stay Zen! Unplug Your Children
- > The Parents' Survival Handbook: The Toddler Awakes!

› Children's Books p 43 - 49

- > 40 Ways to Save the Planet!
- > Easy, Kiddo!
- > Yoga Breathing
- > Georges, Issue 45: PIANO
- > Graou Magazine n°16 LONG LIVE COLORS!
- > I've Got an Idea!
- > Everyone Is Different, Everyone Is Important
- > Four Stories for Helping Little Cat with His Feelings
- > Gaston's Feelings (12 titles)
- > Jealousy: Three Stories for Greater Love and Understanding
- > Little Grasshopper Grows Up
- > Teddy the Terrible
- > The Rumor
- > The Book Is Angry!

Activities

creative,
athletic,
spiritual

Fiction | Philosophy, Memoirs | Psychology, Well-being

Health, Neuroscience | Work and Career | Parenting | Children's Books

› Flammarion

**CAMILLE SOULAYROL****RIGHTS SOLD**

English (US/UK), Korean

› VÉGÉTALE THÉRAPIE

PLANT THERAPY

Grow an indoor garden and make your home a veritable paradise!

This book combines foolproof growing tips for popular houseplants with thirty tutorials for home decoration, crafts, and natural health and beauty products.

It includes step-by-step instructions for cultivating cacti, succulents, or your own terrariums and hanging displays; craft projects that range from flower crown-making, natural textile dyes, and embroidery to framed blossoms and table settings that incorporate herbs and leaves; as well as recipes for home-made cosmetics, dried herbs, dyes, and essential oils.

9782081436015 / 2018 / 160 PAGES / 14,90 €Hélène Clastres helene.clastres@flammarion.fr

› Gallimard

**GUILLAUME OUGIER****› SCULPTER LA FORÊT**

SCULPTING THE WOODS

25 natural creations, step by step

Wandering, gathering, cutting, sculpting, turning, carving, and waxing: these are woodcarver Guillaume Ougier's daily activities. In showing us how to sculpt the wood he gathers on his hikes, he invites readers to slow the pace of their lives and reconnect with nature.

25 very simple objects: from wooden spoons to candlesticks, by way of mobiles, wood-shaving potpourri, and even pencils, these unique handmade creations born of observing our surroundings will find a place in any home.

9782842307721 / 2020 / 176 PAGES / 19,90 €Hélène Clastres helene.clastres@gallimard-loisirs.fr

Activities

creative,
athletic,
spiritual

Fiction Philosophy, Memoirs Psychology, Well-being

Health, Neuroscience Work and Career Parenting Children's Books

› Gallimard



› ZÉRO DÉCHET DANS MA CUISINE

THE ZERO-WASTE KITCHEN

Being environmentally responsible at home has never been more urgent

Find new uses for the waste produced in everyday meal prep! 40 practical, simple, and fast ways to recycle waste, not only in other recipes, but also cosmetics, household products, and DIY garden activities.

9782072753985 / 2018 / 128 PAGES / 13,50 €

FIND OUT MORE

> 20 titles available in the collection
100% BEAUTIFUL 100% ORGANIC

Hélène Clastres helene.clastres@gallimard-loisirs.fr

› La Plage



› RESPIRE

BREATHE

A journey of discovery to explore... Breathing!

Learning to breathe the right way can help you improve your health and manage fatigue, stress, and emotions. It's no coincidence that when we feel fear, joy, or worry, we feel "breathless".

This book provides exercises, experiments, practical advice, and actual instructions for breathing. Learn to gain control of your breathing, and control of your mind and body!

9782842216085 / 2018 / 72 PAGES / 9,95 €

RIGHTS SOLD

World English

Mathilde Barrois mbarrois@hachette-livre.fr

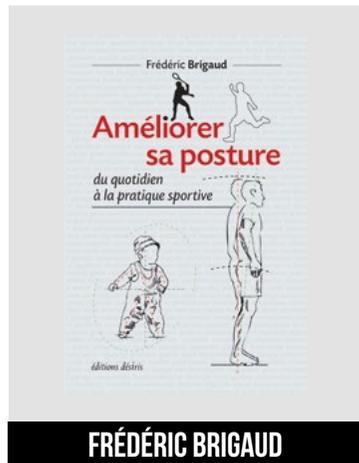
Activities

creative,
athletic,
spiritual

Fiction | Philosophy, Memoirs | Psychology, Well-being

Health, Neuroscience | Work and Career | Parenting | Children's Books

› Desiris

**FRÉDÉRIC BRIGAUD****RIGHTS SOLD**

Italian

› AMÉLIORER SA POSTURE DU QUOTIDIEN À LA PRATIQUE SPORTIVE

IMPROVE YOUR POSTURE WITH SPORTS

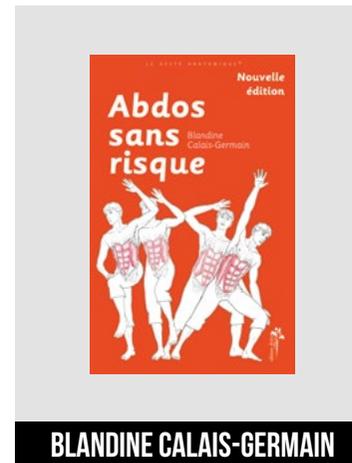
Improve, maintain, and tone up your posture! Help the various parts of your body feel more connected, for better health

Posture is the foundation of all our movements. Our stability depends on it, not to mention our ability to recover our balance. In short, it is the key to our everyday sense of well-being and our athletic abilities.

But posture is also an expression of the environment, history, and repetitive motions that gradually shape our bodies. Thankfully, none of these effects are set in stone. We can always take back control of our posture and improve our body's dynamics.

9782364031418 / 2016 / 156 PAGES / 9,50 €Milena Landeche foreignrights@adverbum.fr

› Desiris

**BLANDINE CALAIS-GERMAIN****RIGHTS SOLD**

Simplified Chinese

› ABDOS SANS RISQUE

RISK-FREE ABS

Tips, tricks, and pitfalls to get the best results for your goals

Without knowledge of proper form, ab exercises can damage the perineum, the abdominal wall, and the intervertebral discs. Following in the footsteps of Blandine Calais-Germain, this book outlines new ab exercises based on structural studies that respect our anatomy. New edition with QR-codes to help visualize postures and exercises!

9782364031807 / 2019 / 160 PAGES / 25,00 €Milena Landeche foreignrights@adverbum.fr

Activities

creative,
athletic,
spiritual

Fiction | Philosophy, Memoirs | Psychology, Well-being

Health, Neuroscience | Work and Career | Parenting | Children's Books

› La Plage

**Yael Bloch**

› SE TENIR DROIT GRÂCE AU YOGA

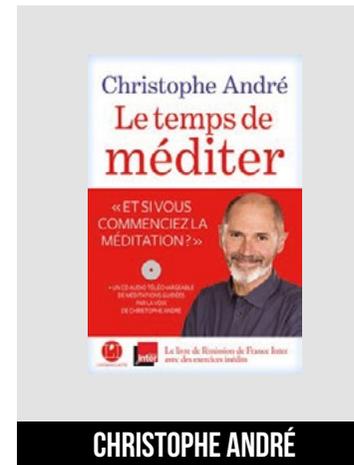
STAND TALL WITH YOGA

Alter your posture and learn how to stand up straight all over again.

The stress and fatigue of our sedentary, phone- and computer-centric lives deteriorates our posture on a daily basis. But you don't have to give into the slump! With this targeted, accessible, full-length yoga session, learn to stand up straight again and enjoy all the benefits of better posture: stronger muscles, better digestion, a greater sense of well-being, increased attention span and focus.

9782842217051 / 2020 / 80 PAGES / 9,95 €Mathilde Barrois mbarrois@hachette-livre.fr

› L'Iconoclaste

**CHRISTOPHE ANDRÉ**

› LE TEMPS DE MÉDITER

TIME TO MEDITATE

An accessible approach to meditation

Taking the time to meditate can help restore our emotional equilibrium, inner calm, lucidity, tolerance, and goodwill. In this book, Dr. Christophe André, a pioneer in meditation in France, takes us by the hand and guides us, through meditation, toward our best selves. Includes a CD of exercises and nine basic meditations to help readers discover the practice for themselves.

9782378800796 / 2019 / 261 PAGES / 19.90 €**RIGHTS SOLD**

Dutch (ZNU), Italian (Garzanti), Polish (Czarna Owca), Romanian (Trei Publishers), Spanish (Kairos)

FIND OUT MORE

> 60,000 copies sold in France

Sophe Langlais s.langlais@arenes.fr

Activities

creative,
athletic,
spiritual

Fiction

Philosophy, Memoirs

Psychology, Well-being

Health, Neuroscience

Work and Career

Parenting

Children's Books

› Solar

**MATHILDE FACHAN**

› ASTRO MAP

MAP TO THE STARS

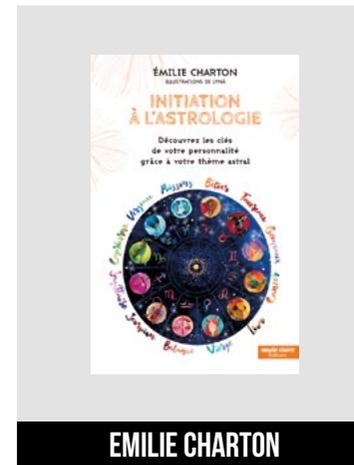
A creative and modern approach to astrology

Predictions and horoscopes are over! Astrology today is about introspection and self-awareness. Planets communicate with each other; identify influences based on position, and guide us toward astrological contemplation. By showing the movements of the stars at our birth, our sky map or astral theme helps us understand our potential; identify strengths, talents, and weaknesses; and grasp our greatest inner dynamics. This book provides a modern, creative step-by-step approach to clue readers in to their astral theme and build their own sky maps.

**9782263169373 / 2020 (FORTHCOMING)
264 PAGES / 18,90 €**

James Elliott james.elliott@edi8.fr

› Marie Claire éditions

**ÉMILIE CHARTON**

› INITIATION À L'ASTROLOGIE

A BEGINNER'S GUIDE TO ASTROLOGY

Discover the keys to your personality using your astral theme

Astrology isn't about clichés and crystal balls. At the conjunction of psychology, self-help, and the natural world, it has many things to teach us. Birth charts give us specific clues to our personalities. How can we actualize or interpret them? How can we live more harmoniously in light of such revelations? In simple and accessible language, Emilie Charton introduces readers to the fascinating world of planets, signs, ascendants, and houses.

9791032304013 / 2019 / 160 PAGES / 16,90 €

RIGHTS SOLD

French: audio only

Thibaud Le Paih tlepaih@gmc.tm.fr

Activities

creative,
athletic,
spiritual

Fiction

Philosophy, Memoirs

Psychology, Well-being

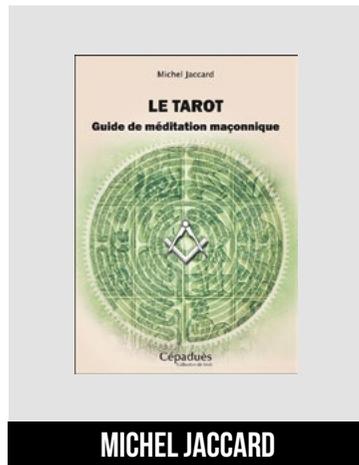
Health, Neuroscience

Work and Career

Parenting

Children's Books

› Cépaduès



› LE TAROT. GUIDE DE MÉDITATION MAÇONNIQUE

TAROT: A GUIDE TO MASONIC MEDITATION

What do these ancient images have to tell us about our life journeys?

Tarot and Freemasonry have often been spoken of in the same breath, especially by Oswald Wirth. But are these two traditions really closely related, and if so, how? This work questions the probable meanings of the major arcana in the era they were first drawn, to better consider their content in a modern light.

Why do certain arcana recall the collective destiny of humankind? How are they related to the moral, intellectual, and spiritual approach of Freemasonry, which aims at perfection?

9782364937789 / 2019 / 120 PAGES / 17.00 €

Clémence Roignot c.roignot@cepadues.com

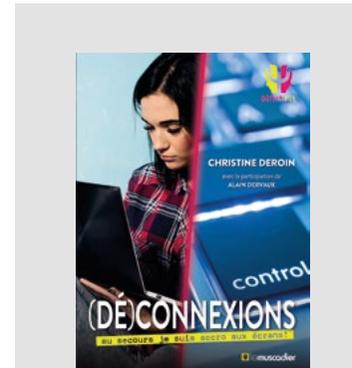
Fiction

Activities Philosophy, Memoirs Psychology, Well-being

Health, Neuroscience Work and Career Parenting Children's Books

› Le Muscadier**CHRISTINE DEROÏN,
GILLES MARTINEZ****› CAMÉLÉON : LES FILLES ASPERGER DÉBOULENT !****CHAMELEONS:
HERE COME THE
ASPIE GIRLS!****Fiction with psychological advice for dealing with and demystifying Asperger syndrome among young girls**

Alice is a teenager everyone has always described as high-potential without recognizing the depth of her discomfort. Moving and changing middle schools throws her for a loop, bringing out these aspects of her personality. Her admiration for Fanny, star of the class, and her desire to be like her just to be loved, will endanger her and send her world spinning. Asperger syndrome is rarely diagnosed in children, but doing so earlier would not only help teenage girls who have it thrive, but also those around them learn to accept it.

9791096935529 / 2020 / 96 PAGES / 12,50 €Bruno Courtet info@muscadier.fr**› Le Muscadier****CHRISTINE DEROÏN,
ALAIN DERVAUX****› (DÉ)CONNEXIONS : AU SECOURS, JE SUIS ACCRO
AUX ÉCRANS !****(DIS)CONNECTIONS:
HELP, I'M A SCREEN
ADDICT!****Fiction with psychological advice for dealing with and preventing screen addiction**

Meet Manon, champing at the bit to become a game designer. Enzo, addicted to network games and puzzle games, whose social discomfort causes him to identify with his avatars. And Clement, whose childhood dog has just died, prompting him to seek sympathy on social networks. Three very different teenagers whose different experiences illustrate the complexity and diversity of what is commonly known as screen addiction.

9791096935512 / 2020 / 96 PAGES / 12,50 €Bruno Courtet info@muscadier.fr

Fiction

Activities | Philosophy, Memoirs | Psychology, Well-being

Health, Neuroscience | Work and Career | Parenting | Children's Books

↳ L'école des loisirs



MARIE-AUDE MURAIL

RIGHTS SOLD

Hungarian, Italian, Russian, Slovenian

FIND OUT MORE

- > 63,300 copies sold in France
- > Prix Pépite 2016 from the Youth Book and Periodical Fair
- > optioned for film

↳ SAUVEUR & FILS SAISON 1

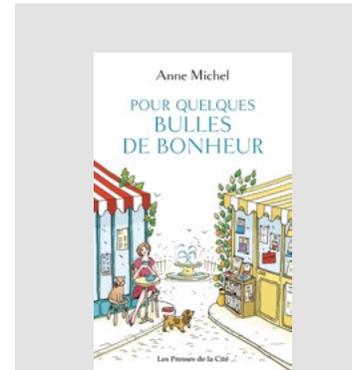
SAUVEUR AND SON, SEASON 1

When your name means "savior", how can you not feel like saving the whole world?

Sauveur Saint-Yves, 6'2" and 170 pounds of lean muscle, would like to save: Margaux Carré, age 14, who self-harms by cutting her own arms; Ella Kuypens, age 12, who faints from fright before her Latin teacher; Cyrille Courtois, age 9, who still wets his bed; and many more... Sauveur Saint-Yves is a clinical psychologist. But while he's always busy with other people's problems, he forgets his own. Why can't he talk to his eight year-old son Lazare about his mom, who died in an accident? Why has he never shown him their wedding picture?

9782211228336 / 2016 / 334 PAGES / 17,00 €

↳ Presses de la Cité



ANNE MICHEL

↳ POUR QUELQUES BULLES DE BONHEUR

A FEW BALLOONS OF HAPPINESS

A sensitive and heartwarming story of friendship

Sabrina leads a quiet life in Toulon. The restaurant she opened is already a hit. But sometimes, once the day is over, she feels lonely. Especially ever since Capucine, her best friend from childhood, went off to live in Stockholm. Still, distance hasn't kept the two friends from staying in touch. There is a bond nothing can break. Until one day Capucine learns she has breast cancer. After the initial shock, she digs in her heels and decides to fight, backed by her family and her friend Sabrina.

9782258162150 / 2020 / 300 PAGES / 17.00 €

Isabelle Darthy idarthy@ecoledesloisirs.com
 Marija Gaudry mgaudry@ecoledesloisirs.com
 Iris Declercq ideclercq@ecoledesloisirs.com

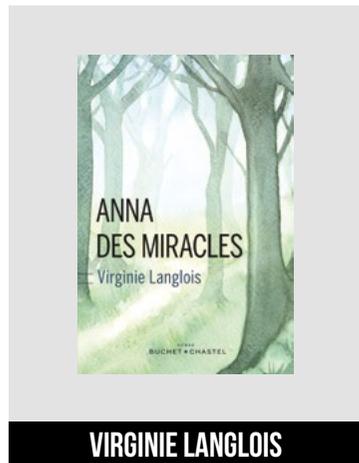
Elisabeth Stempak elisabeth.stempak@placedeseditors.com

Fiction

Activities | Philosophy, Memoirs | Psychology, Well-being

Health, Neuroscience | Work and Career | Parenting | Children's Books

› Buchet Chastel



VIRGINIE LANGLOIS

RIGHTS SOLD

German (Thiele Verlag)

› ANNA DES MIRACLES

ANNA THE MIRACULOUS

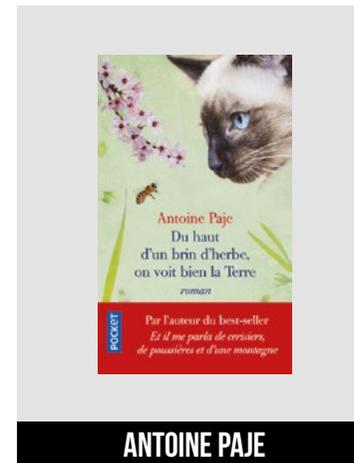
A journey to the heart of the human soul

Anna is a cashier at a supermarket. Disheartened by the consumer world, she sets out as a pilgrim on the Way of St. James. To her great surprise, and very much despite herself, she begins to work miracles. Other pilgrims hurry to meet her, rumors abound on social networks, and even the media covers her.

Does Anna truly have healing powers? Will her pilgrimage bring answers? A deliberately paced, contemplative novel and the story of a journey, a world away from spiritual fads and trends.

9782283027974 / 2014 / 235 PAGES / 17,00 €

› Pocket



ANTOINE PAJE

› DU HAUT D'UN BRIN D'HERBE, ON VOIT BIEN LA TERRE

FROM ATOP A BLADE OF GRASS, YOU CAN SEE THE WORLD

A healing return to nature

He's a senior executive living between Paris, New York, and London. His only experience with the countryside is a day spent picking blackberries and riding a bike down the Breton coast. But he's had enough. His life is hollow and false. He sets out to seek truth and authenticity somewhere else. She's his new neighbour, a beekeeper. To her, he's a bit of a Martian, and not terribly friendly or smart. Between quarrels, tantrums, and mutual attraction, these two slowly but surely edge towards a love story despite getting off on the wrong foot.

9782266310093 / 2020 / 216 PAGES / 6,95 €

Christine Bonnard – Legrand christine.bonnardlegrand@libella.fr

Anne-Sophie Millet annesophie.millet@universpoche.com

Fiction

Activities | Philosophy, Memoirs | Psychology, Well-being

Health, Neuroscience | Work and Career | Parenting | Children's Books

› Calmann-Levy



› JE TE PROMETS LA LIBERTÉ

I PROMISE YOU FREEDOM

A cheery novel about life-changing choices that enlightens us on how to live better with ourselves and those around us

Sybill Shirdoon gets two ultimatums on the same day: her boss tells her she has 10 days to save her job, and her partner says their relationship is coming to an end. In both cases, the issue is... her personality. But how can she change her very being?

During an unexpected encounter with an old friend, she learns of mysterious man who gives people brand-new personalities. Sybill is intrigued—after all, what does she have to lose?—and embarks on an incredible journey of self-discovery.

9782702165508 / 2018 / 352 PAGES / 20.90 €

RIGHTS SOLD

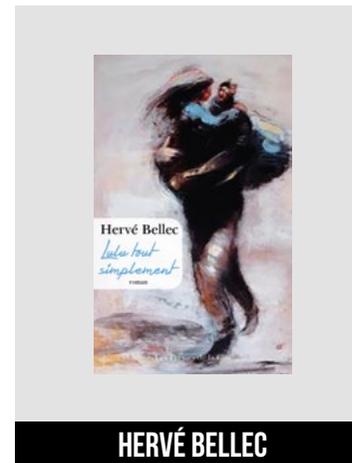
Arabic, Bulgarian, Czech, Finnish, Korean, Lithuanian, Portuguese, Romanian, Russian, Spanish, Turkish, Ukrainian

FIND OUT MORE

- > Laurent Gounelle's previous books were hits translated into over 30 languages
- > 170,000 copies sold in France.
- > Audiobook, Book Club, paperback, and Large-Print editions in France.

Patricia Roussel proussel@calmann-levy.fr

› Presses de la Cité



› LULU TOUT SIMPLEMENT

LULU, JUST LULU

A comical and romantic road trip

Baptiste, a jazz musician of some renown, is burnt out. Unable to play a single note, he sets out as a pilgrim on the Way of St. James at his daughters' insistence, giving in to what they hope will be an effective cure. Early on in his journey, he meets Ludivine, a bohemian pixie.

A road trip full of humor and detours follows, leading them down roads less traveled from one refuge to another, as they sleep under the stars. A beautiful, funny, and tragic tale.

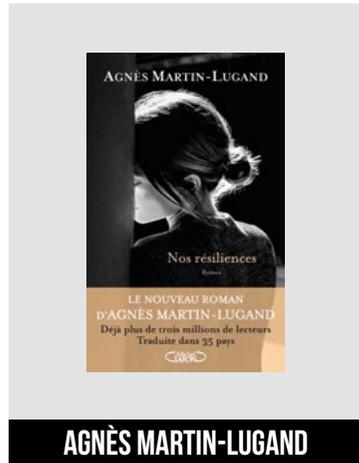
9782258169302 / 2020 / 320 PAGES / 20.00 €

Elisabeth Stempak elisabeth.stempak@placedesediteurs.com

Fiction

Activities | Philosophy, Memoirs | Psychology, Well-being

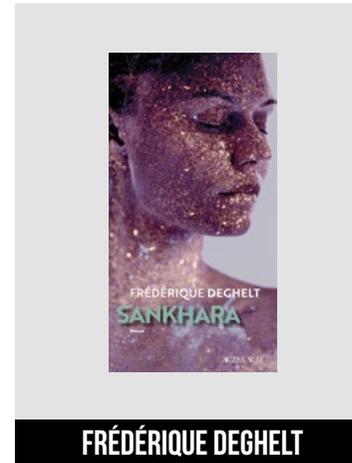
Health, Neuroscience | Work and Career | Parenting | Children's Books

› Michel Lafon**AGNÈS MARTIN-LUGAND****RIGHTS SOLD**Czech, Russian, Romanian, Slovak,
Ukrainian**FIND OUT MORE**

- > Top 10 French best-selling author
- > Translated into 33 languages
- > 90 000 copies sold

› NOS RÉSILIENCES**RESILIENCE****Is one moment enough to turn a whole life upside down?**

Thirty-something Ava is an art gallery owner, happily married to Xavier with whom she has two adorable children. When Xavier is involved in a severe traffic accident, she thinks her life has taken a turn for the worse. But more changes are about to come.

9782749934785 / 2020 / 336 PAGES / 19,95 €**› Actes Sud****FRÉDÉRIQUE DEGHELT****› SANKHARA****SANKHĀRA****Although in no way drawn to Buddhist practice, Hélène cuts herself off from the world for two weeks of silent meditation.**

Hélène, a mother of two, is going through a rough patch with her husband Sébastien when she vanishes the day after an intense quarrel. She takes refuge at a silent retreat in the countryside and practices Vipassana. At first, meditation proves both a physical and spiritual shock to her system. But as the days go by, she discovers in these natural surroundings a profound connection between her body and soul.

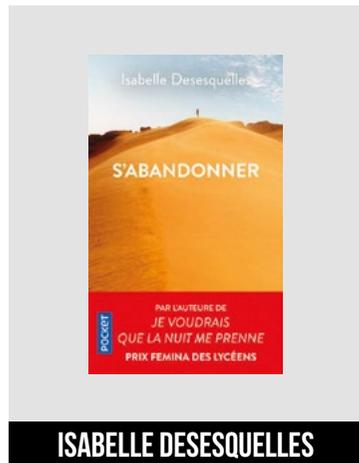
9782330129941 / 2020 / 400 PAGES / 21,80 €Honorine Dupuy d'Angeac honorine@michel-lafon.comNathalie Alliel nathalie.alliel@actes-sud.fr

Fiction

Activities Philosophy, Memoirs Psychology, Well-being

Health, Neuroscience Work and Career Parenting Children's Books

› Pocket



› S'ABANDONNER

SURRENDER

A luminous love story under the Saharan sun.

"Make love", we say, when it's love that makes us. Putting an end to a disastrous marriage, Claire flees to the Sahara. Aït, a descendant of the desert's Blue Men, will guide her to places she never thought possible.

Far from the noise of the world, they have seven days to acknowledge their true selves. Because each of them is hiding a secret. Their past could unite them, or separate them forever.

9782266310901 / 2020 / 144 PAGES / 5,95 €

.....
 Anne-Sophie Millet annesophie.millet@universpoche.com

Philosophy, Memoirs

Activities

Fiction

Psychology, Well-being

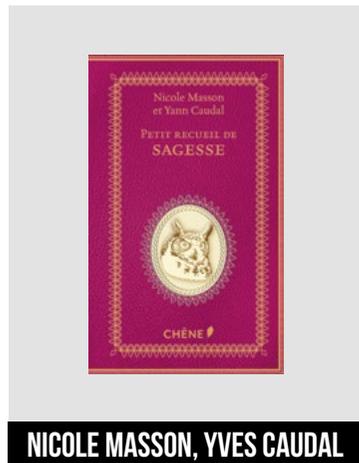
Health, Neuroscience

Work and Career

Parenting

Children's Books

› Papier cadeau



NICOLE MASSON, YVES CAUDAL

FIND OUT MORE

- > 13 titles available in the same collection.
- > Over 70,000 copies sold!

› PETIT RECUEIL DE PENSÉES DE SAGESSE

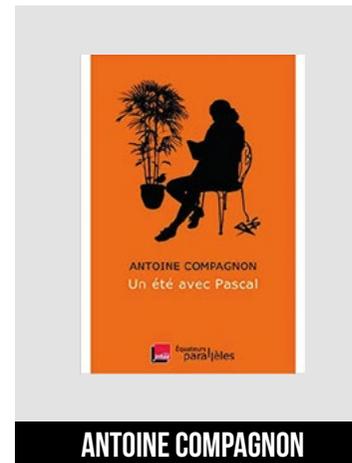
A SMALL COLLECTION OF WISE THOUGHTS

This handsomely produced collection is a gift to readers, to help nourish open-mindedness

Grandmasters of spirituality, philosophers, artists, poets: they've all taken care to leave the world with precepts of wisdom, soothing messages that show us the way forward. The more difficult and incomprehensible the world appears, the more we need these timeless thoughts to guide us. The 365 thoughts gathered here are ones the editors found the most inspiring for guiding our reflection and achieving inner peace.

9782812314711 / 2016 / 192 PAGES / 10,90 €

› Editions des Equateurs



ANTOINE COMPAGNON

RIGHTS SOLD

Japanese, Korean

› UN ÉTÉ AVEC PASCAL

A SUMMER WITH PASCAL

Antoine Compagnon introduces us to the miraculous and graceful writers whose ideas have helped us better know ourselves

Antoine Compagnon recounts the life of the genius Pascal (author of the *Treatise on Conics*) even as he seeks meaning in his elliptical philosophies. With a turn of mind given to recombination, Pascal explored the full potential of thought. In forty-one chapters, Compagnon also examines the concepts of violence and truth, tyranny, intellectual finesse, play, and the happy medium.

9782849907481 / 2020 / 235 PAGES / 13,50 €

Mathilde Barrois mbarrois@hachette-livre.fr

Sandrine Paccher sandrine.paccher@humensis.com

Philosophy, Memoirs

Activities

Fiction

Psychology, Well-being

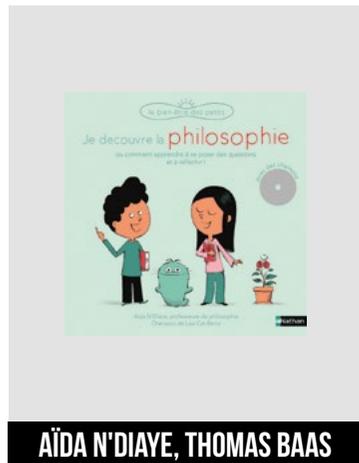
Health, Neuroscience

Work and Career

Parenting

Children's Books

› Nathan



AÏDA N'DIAYE, THOMAS BAAS

RIGHTS SOLD

Vietnamese

› JE DÉCOUVRE LA PHILOSOPHIE

DISCOVER PHILOSOPHY!

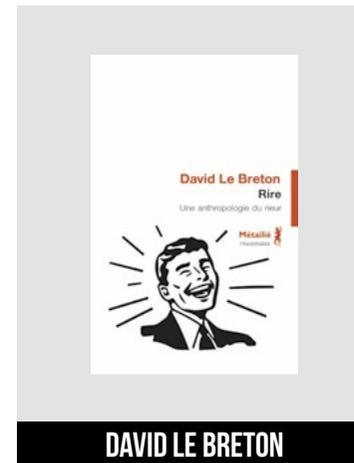
Learn to question and reflect on life!

A simple tool to help children think about life, the world around them, and their place among others. Join Lucy, Noah, and their stuffed animal friend Biboule on their daily adventures! Young readers will discover the pleasures of thought and ask themselves: what is the imagination? Can you love a thing more than a person? Can you be curious without prying? Is race a real thing? What is violence? Is it ever OK to lie?

9782092580950 / 2018 / 29 PAGES / 13,90 €

Marie Dessaix mdessaix@nathan.fr

› Métailié



DAVID LE BRETON

RIGHTS SOLD

Italian

FIND OUT MORE

> 4,000 copies sold

Maria Vlachou maria.vlachou@seuil.com

› RIRE - UNE ANTHROPOLOGIE DU RIEUR

LAUGHTER: AN ANTHROPOLOGY OF THE LAUGHER

The clear and precise style of an accessible sociologist

Continuing his anthropology of the human body, David Le Breton tackles the laughter that overcomes us, often at our expense. He shows that laughter has a perfectly valid place in human history and our own stories, and that such moments provide a necessary time-out from our daily lives. It is "through laughter that the world becomes a place for play once more, a sacred keep, and not a place of work," writes poet Octavio Paz – which is exactly what David Le Breton shows us in this book.

9791022608299 / 2018 / 256 PAGES / 12,99 €

Philosophy, Memoirs

Activities

Fiction

Psychology, Well-being

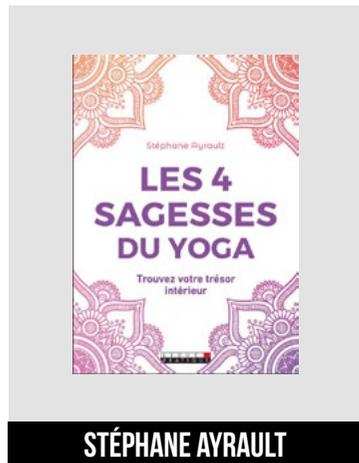
Health, Neuroscience

Work and Career

Parenting

Children's Books

› Leduc.S Editions



› LES 4 SAGESSES DU YOGA

THE FOUR WISDOMS OF YOGA

Yogi spirituality as a path to self-actualization

In this book, Stéphane Ayrault shares the four precepts of yogic wisdom to help readers feel more inspired in their everyday lives and, in turn, attain inner peace. He shows us how yoga is not simply a question of holding poses such as Sun Salutations. It is, first and foremost, a contemporary form of spirituality that can help us achieve happiness and reconnect with the treasure that lies within us.

9791028517953 / 2020 / 224 PAGES / 17,00 €

Laurence Badot laurence@editionsleduc.com

› Hachette Pratique



› ILS AVAIENT TOUT COMPRIS

THEY GOT IT ALL

Let ancient sages lead the way!

Who would you rather listen to: a modern-day self-proclaimed life coach, or someone whose thoughts and ideas have survived 2000 years of human history? Discover how Cicero, Seneca, Epicurus, Plutarch, Epicurus, and Marcus-Aurelius worked it all out, from time management to improving your office relationships, etc.

9782017085683 / 2021 / 96 PAGES / 12,90 €

Mathilde Barrois mbarrois@hachette-livre.fr

Philosophy, Memoirs

Activities

Fiction

Psychology, Well-being

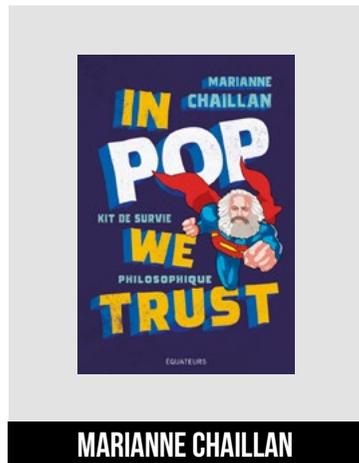
Health, Neuroscience

Work and Career

Parenting

Children's Books

↳ Editions des Equateurs



↳ IN POP WE TRUST

IN POP WE TRUST

A philosophical survival kit in the tradition of the *Enchiridion of the Stoic Epictetus*, for use with the baccalaureate, or just life in general

This little manual of metaphysics introduces readers to philosophy through pop culture, whether for the first time, as a study guide, or as a refresher course. The first chapter is a manifesto for pop philosophy (the author fully assumes all political, pedagogical, and social implications). A series of short chapters follows, each addressing one or two major philosophical questions pop culture has examined, much as in Chaillan's previous book, *They Lived Philosophically and Made Many People Happy*.

9782849907542 / 2020 / 250 PAGES / 15,00 €

Sandrine Paccher sandrine.paccher@humensis.com

↳ Rue de Sèvres



↳ PHILOCOMIX

PHILOCOMIX

10 philosophers, 10 approaches to happiness

I think, therefore I am happy! What if the road to happiness ran through reflection before anything else? How do we define happiness? By what rod do we measure it? And does limitless happiness exist? With a bit of humor, let's dive into the thinking of 10 great philosophers, from Antiquity to the 19th century, to learn what solutions they suggest to these thorny questions.

9782369813675 / 2017 / 184 PAGES / 18,00 €

RIGHTS SOLD

Chinese (simplified and traditional), Indonesian, Italian, Korean, Spanish (World)

FIND OUT MORE

> 40,000 copies sold in France

Isabelle Darchy idarthy@ecoledesloisirs.com
 Marija Gaudry mgaudry@ecoledesloisirs.com
 Iris Declercq ideclercq@ecoledesloisirs.com

Philosophy, Memoirs

Activities

Fiction

Psychology, Well-being

Health, Neuroscience

Work and Career

Parenting

Children's Books

› Papier cadeau



› 300 IDÉES DU BONHEUR

300 IDEAS FOR HAPPINESS

A little book to help get rid of dark thoughts and brighten our lives with positivity

Happiness is like a garden. It takes a lot of care. This little book contains 300 quotations from writers and philosophers as well as popular proverbs to help us see life through rose-colored glasses.

9782379640582 / 2019 / 160 PAGES / 9,95 €

FIND OUT MORE

> Also available in the same collection:
300 Zen Reflections, 300 Messages
of Friendship

Mathilde Barrois mbarrois@hachette-livre.fr

› Editions de La Martinière



› JOURNAL INTIME D'UN TOURISTE DU BONHEUR

DIARY OF A HAPPINESS TOURIST

A powerful, profound, and original invitation to transform our tyrannical mindset into an instrument for happiness

One day, Jonathan, a Wall Street golden boy, party animal, and recreational drug user, packs it all in and heads off in search of happiness. Over a 3-year period, he seeks out thinkers and spiritual masters from around the world, learns about meditation, and discovers shamanism. He seeks solutions to his unhappiness in ancestral wisdom, Buddhism, and ancient philosophy, as well as scientific fields such as neurology and positive and cognitive psychology. In witty prose, this book shakes up literary genres as much as it does readers' minds.

9782732486826 / 2018 / 288 PAGES / 16,90 €

RIGHTS SOLD

Dutch

FIND OUT MORE

> 36,000 copies sold in France
> Audiobook

Karine Cariou kcariou@lamartiniere.fr

Philosophy, Memoirs

Activities

Fiction

Psychology, Well-being

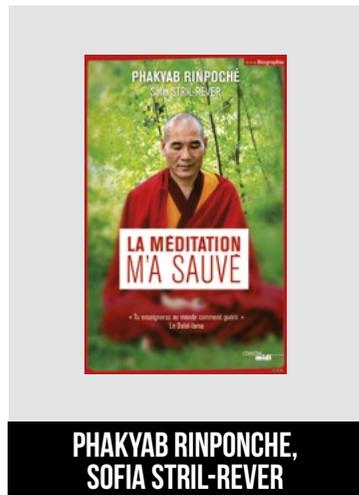
Health, Neuroscience

Work and Career

Parenting

Children's Books

› Le Cherche Midi



› LA MÉDITATION M'A SAUVÉ

MEDITATION SAVED ME

This book is an outstanding contribution to the debate on contemplative neuroscience

After undergoing torture in his home country, Phakyab Rinpoche is hospitalized for severe gangrene in his right foot. Though doctors call for amputation, the Dalai Lama gives him this advice: "You have the wisdom to heal, and once you are healed, you will teach that wisdom to the world." For three years, Rinpoche meditates on unconditional love and the yogas of internal energy he was taught. He overcomes his infection and rebuilds his bone. In this fascinating story, Sofia Stril-Rever brings to life a unique experience of awakening to the mind's luminous nature.

9782749140483 / 2014 / 288 PAGES / 16,80 €

RIGHTS SOLD

Chinese (Taiwan), English (US), Italian, Vietnamese

FIND OUT MORE

> 40,000 copies sold

Elisabeth Stempak elisabeth.stempak@placedeseditors.com

› Denoël



› LE PANSEMENT SCHUBERT

THE SCHUBERT TREATMENT

10 minutes de Schubert = 5 mg d'Oxynorm

When she isn't touring the world or with her students, Claire Oppert plays cello for people at death's door, people who suffer chronic pain, people deemed autistic or mentally ill. In words both delicate and poetic, this musician recounts her one-of-a-kind encounters.

Hailed and recognized by the scientific world, her medical procedure, the Schubert Treatment, relieves pain and anxiety in patients, shining a light on the power of music.

9782207159811 / 2020 / 208 PAGES / 16.00 €

rights@denoel.fr

Philosophy, Memoirs

Activities

Fiction

Psychology, Well-being

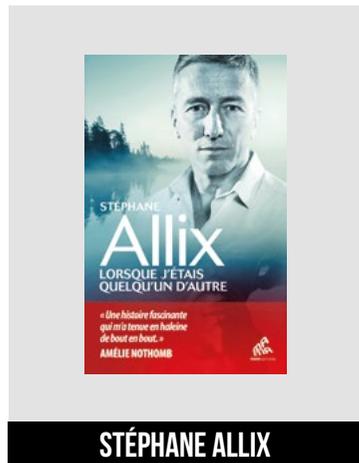
Health, Neuroscience

Work and Career

Parenting

Children's Books

› Mama éditions



STÉPHANE ALLIX

RIGHTS SOLD

World English (USA), Polish

FIND OUT MORE

> Over 50,000 copies sold in France

› LORSQUE J'ÉTAIS QUELQU'UN D'AUTRE

WHEN I WAS SOMEONE ELSE

Stéphane Allix's bestseller: setting out in search of yourself can lead you down strange paths!

While meditating on a nature retreat, Stéphane Allix has vision that he can't ignore, of a World War II soldier dying from a throat wound. The soldier's name and other information about him also come to Allix's mind.

The experience is troubling. Why does the author feel so close to this soldier? Obsessed by the power of his vision, Allix begins a meticulous investigation, finding to his astonishment that this soldier was a real person. The adventure that follows will turn his life upside down.

9782845941717 / 2017 / 456 PAGES / 23,00 €

Juliette Gufflet juliette.gufflet@mamaeditions.com

Psychology, Well-being

Activities

Fiction

Philosophy, Memoirs

Health, Neuroscience

Work and Career

Parenting

Children's Books

› First



CHRISTIE VANBREEMERSCH

RIGHTS SOLD

Greek, Italian, Russian

› CHANGER AVEC LE KAIZEN

CHANGING WITH KAIZEN

What will your next little step be?

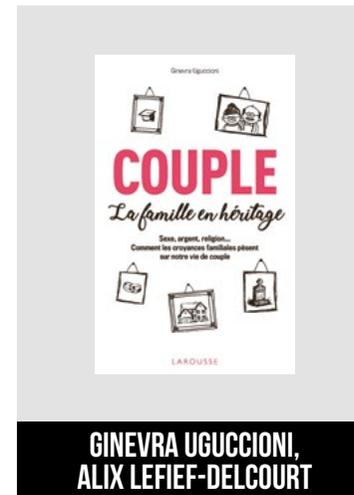
Kaizen is a Japanese self-help method which means change (Kai) for the best (Zen). Transformation is achieved one step at a time by making sure every little change has improved your life before moving on to the next one.

Kaizen is also a life philosophy whose motto can be summed up as: more than yesterday, less than tomorrow. This gentle and gradual self-help method can be applied either at work or in our personal lives, and is perfect for anyone who is looking for change but doesn't know where to start.

9782412053096 / 2020 / 252 PAGES / 15,95 €

James Elliott james.elliott@edi8.fr

› Larousse



**GINEVRA UGUCCIONI,
ALIX LEFIEF-DELCOURT**

› COUPLE: LA FAMILLE EN HERITAGE

COUPLES: THE BURDEN OF INHERITANCE

Free yourself from the unconscious weight our families have on our romantic relationships

"Members of a couple bring along their own behavioral habits inherited from a model of family learned in childhood. The author deciphers the unconscious weight of this legacy on the major stages of couple building: wedding, birth of a child, death of parent(s). She analyzes the problems most frequently encountered in a couple's daily life: money, sex, infidelity, lack of communication.

Exercises and specific tools will help couples become conscious of the various influences at work, and reinvent their personal reality as a couple."

**9782035976598 / 2020 (FORTHCOMING)
224 PAGES / 15,95 €**

Evelyne Le Bourse elebourse@larousse.fr

Psychology, Well-being

Activities

Fiction

Philosophy, Memoirs

Health, Neuroscience

Work and Career

Parenting

Children's Books

› Michel Lafon



CAROLINE TESTA

RIGHTS SOLD

Arabic

FIND OUT MORE

> 15,000 copies sold.

> Amazon TOP 10 best seller in its category

› OSEZ L'OPTIMISME

DARE TO BE AN OPTIMIST

Learn how to live life on the bright side!

"Move, Give, Smile, Thank, Slow down, Create, Meditate, Project, Love, these are some of the 10 keys that will help you reenchant your daily life.

With the addition of practical examples and positive mantras, this simple yet life-changing book by entrepreneur and coach Caroline Testa is a breath of pure joy."

9791022403238 / 2019 / 170 PAGES / 5.95 €

Honorine Dupuy d'Angeac honorine@michel-lafon.com

› Mama éditions



MARIE-PIERRE DILLENSEGER

› OSER S'ACCOMPLIR, 12 CLÉS POUR ÊTRE SOI

DARE TO BE FULFILLED: 12 KEYS TO BEING YOURSELF

A timeless and unique approaching to unlocking your full potential

"Knowing how to be yourself in an ever more insistent world is essential to conserving your energy. This book lays out 12 keys derived from Chinese philosophy to succeed in identifying traps that keep us from being ourselves. Combining Taoist wisdom and contemporary pragmatism, Dillenseger adroitly delivers 12 chapters, each of which serve as an antidote to a specific kind of situation or concern, offering concrete and life-saving solutions."

9782845942400 / 2020 / 348 PAGES / 23,00 €

Juliette Gufflet juliette.gufflet@mamaeditions.com

Psychology, Well-being

Activities

Fiction

Philosophy, Memoirs

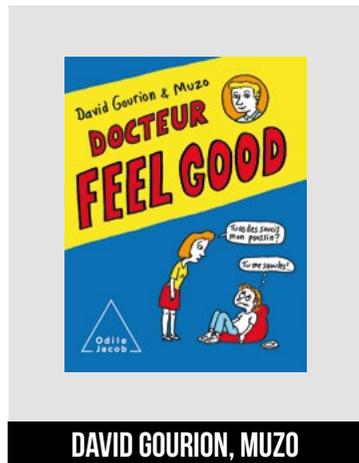
Health, Neuroscience

Work and Career

Parenting

Children's Books

› Odile Jacob



DAVID GOURION, MUZO

RIGHTS SOLD

Chinese (simplified and traditional),
Korean

› DOCTEUR FEEL GOOD

DR. FEELGOOD

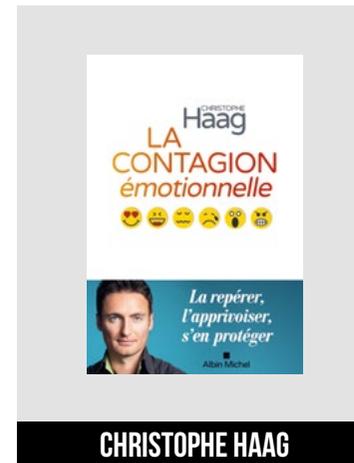
"This is going to sound weird coming from a psychologist, but don't worry: everything is going to be fine!"

Adolescence is a risky time. Prevention is essential, and concerns all teens! Serious information from teen specialist Gourion and Muzo's highly effective illustrations come together alchemically in this full-color comic. With humor and humanity, these creators stage, in images, an initial psychological consultation in which many issues teens face are addressed in very subtle ways: addiction, depression, harassment, regulating emotions, and defusing parental conflict.

9782738148841 / 2019 / 128 PAGES / 15,90 €

Marie Morvan morvan.rights@odilejacob.fr

› Albin Michel



CHRISTOPHE HAAG

RIGHTS SOLD

Simplified Chinese (Beijing Land of
Wisdom)

› LA CONTAGION ÉMOTIONNELLE

EMOTIONAL CONTAGION

Emotional contagion: how to spot it, stop it, and stay away from it.

Emotions are highly contagious among humans. How are they transmitted? Which emotions are the most contagious, and what are their positive and negative effects on us? Can we disinfect ourselves from destructive emotions? Are we emotionally toxic or beneficial to those around us? To answer these questions, Christophe Haag takes us on a fascinating journey: on board a spaceship, inside the pervasive confines of a sect, on hair-raising mountain expeditions, and into the nerve-wracking "negotiation" cell of a police anti-terrorist unit...

9782226324863 / 2019 / 464 PAGES / 21.90 €

Solène Chabanais solene.chabanais@albin-michel.fr

Psychology, Well-being

Activities

Fiction

Philosophy, Memoirs

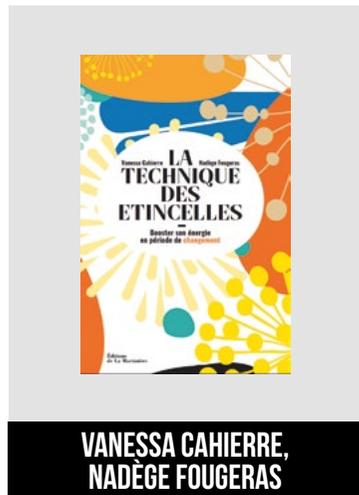
Health, Neuroscience

Work and Career

Parenting

Children's Books

↳ Editions de La Martinière



↳ LA TECHNIQUE DES ÉTINCELLES : 80 CLÉS POUR REBONDIR EN PÉRIODE DE CHANGEMENT

FINDING YOUR INNER SPARK: 80 KEYS TO BOUNCING BACK FROM LIFE CHANGES

A kindly guide to dealing with troubling events through concrete techniques

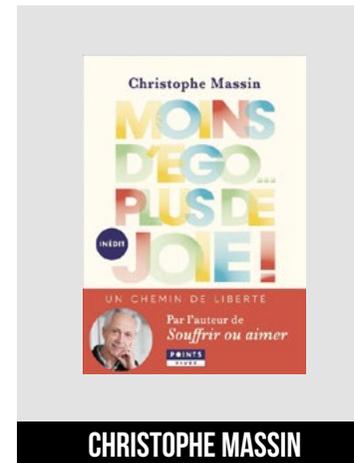
Upheavals in life can be sources of stress and suffering but can also bring about welcome change. *Finding Your Inner Spark* is a practical guide to self-discovery and liberation in times of transition. The authors combine coaching skills and personal development techniques with the latest scientific research, in an easy-to-read insightful guide to opening up new possibilities.

Finding Your Inner Spark is also a manual of concrete techniques to help break us out of our comfort zone, put our troubled pasts behind us, and embrace the future!

9782732493770 / 2021 (FORTHCOMING)
224 PAGES / 16,90 €

Karine Cariou kcariou@lamartiniere.fr

↳ Points



↳ MOINS D'EGO... PLUS DE JOIE !

LESS EGO... MORE JOY!

How to let go of your best frenemy, your ego

Torn between fear and desire, the ego wants to control it all. Freeing yourself from its grasp takes patience, skill, and hard work.

Instead of trying to fight it, Massin suggests pacifying it: shining the light of self-awareness not only on our own desire and pain, but the pain we cause others, can help us understand the ego from the inside and break away from its repetitive strategies that deprive us of joy.

9782757877548 / 2019 / 256 PAGES / 11,95 €

Maria Vlachou maria.vlachou@seuil.com

Psychology, Well-being

Activities

Fiction

Philosophy, Memoirs

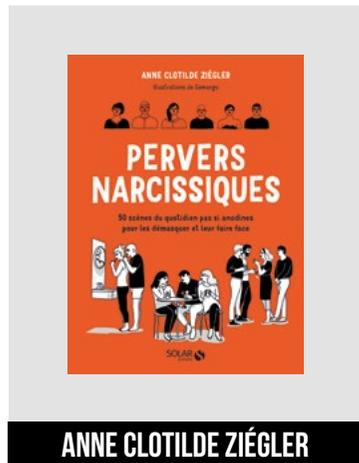
Health, Neuroscience

Work and Career

Parenting

Children's Books

› Solar



› PERVERS NARCISSIQUES

NARCISSISTIC PERVERTS

"Why didn't I ever notice it before?"

Narcissistic perverts win us over with charm, then persecute us with sneaky and subtle behaviour. In such situations, victims of manipulation often find themselves baffled by their emotional reactions, which can be very strong over what seem like trifles.

This book shows how the trap of narcissistic perversion works through 50 scenarios that illustrate what people go through with manipulators: in intimate relationships, between child and parent, at work, and with friends.

9782263160318 / 2020 / 376 PAGES / 19,50 €

James Elliott james.elliott@edi8.fr

› Nouveau Monde éditions



› DÉJOUÉZ LES MANIPULATEURS

OUTWIT THOSE MANIPULATORS

The art of everyday lies: how to decode them, the better to counter them

Never have our politicians been in such denial, or our companies so disconnected from reality, even as conciliatory posturing and talking points multiply. From dirty tricks to big-time backstabbing, we are all manipulators in the making.

This book is a toolbox for communication in hostile terrain. It dissects the primary motives for manipulation and methods for resisting them in order to restore an atmosphere of honesty.

9782369423591 / 2016 / 160 PAGES / 11,90 €

Yannick Dehée yan.dehee@nouveau-monde.net

Psychology, Well-being

Activities

Fiction

Philosophy, Memoirs

Health, Neuroscience

Work and Career

Parenting

Children's Books

Marie Claire éditions



FLORA DOUVILLE

REVÉLEZ-VOUS

REVEAL YOURSELF

Your wardrobe can change your life!

This book is a guide to discovering the incredible power of clothes: what they show, and more frequently, what they (unconsciously) hide about your personality. Using "Metamorphosis", the unique method created by Flora Douville, reveal yourself at last!

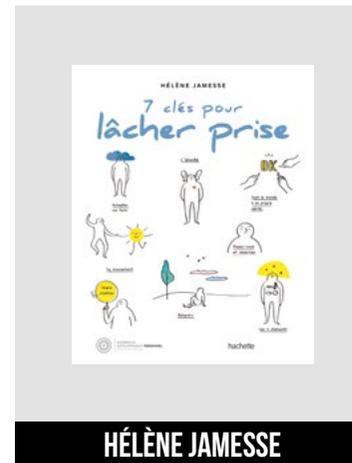
It will help you identify colours, materials, and shapes that suit you, visually and energetically.

Being true to yourself through your clothes will really change your life, bringing self-confidence, resolve, balance, serenity, well-being, etc. You'll never see fashion the same way again!

9791032301371 / 2017 / 224 PAGES / 14,90 €

Thibaud Le Paih tlepaih@gmc.tm.fr

Hachette Pratique



HÉLÈNE JAMESSE

7 CLÉS POUR LÂCHER PRISE

SEVEN KEYS TO LETTING GO

What if letting go were as simple as reading this book? Learn how in this lavishly illustrated practical guide!

Letting go is an exploration of self. Héléne Jamesse proposes two ways to read this book: the first, from beginning to end, with time-outs for reflection and introspection, and the second, randomly, like a game, dipping in here and there depending on your own issues. Let the words strike a chord and guide you!

This book offers thoughts, inspirations, and 7 keys: acceptance, listening, communication, movement, observation, creation, and rituals.

9782019452643 / 2020 / 160 PAGES / 14,95 €

Mathilde Barrois mbarrois@hachette-livre.fr

Psychology, Well-being

Activities

Fiction

Philosophy, Memoirs

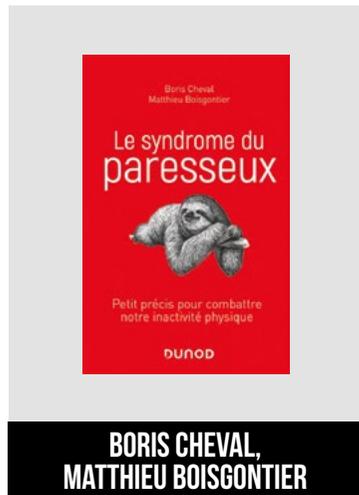
Health, Neuroscience

Work and Career

Parenting

Children's Books

↳ Dunod



↳ LE SYNDROME DU PARESSEUX - PETIT PRÉCIS POUR COMBATTRE NOTRE INACTIVITÉ PHYSIQUE

SLOTH SYNDROME: A SHORT GUIDE TO FIGHTING PHYSICAL INACTIVITIES

We're all hardwired to be lazy: how to understand that, and fight it.

Are we wired to be lazy?

Is going to the gym or getting off the couch a struggle? Rest assured that you are not alone. For decades, society has encouraged us to be more physically active, but statistics show that despite our best intentions, we are becoming less and less active.

This book sheds new light on the paradox of physical Activities and one of its culprits: evolution. The authors give us tips on fighting laziness. First up: read this book!

9782100801978 / 2020 / 192 PAGES / 17.90 €

↳ Points



↳ RESTEZ ZEN ! LA MÉTHODE DU CHAT

STAY ZEN! THE CAT METHOD

A short, simple guide to well-being and relaxation

Beat insomnia, manage stress, rediscover your self-confidence, improve your productivity at work: Henri Brunel offers us simple exercises adapted to all the moments of daily life.

Inspired by yoga, meditation, and close observation of cats, this method promises inner freedom as well as a philosophy of life.

9782757859193 / 2016 / 176 PAGES / 6,70 €

RIGHTS SOLD

Czech, Italian, Japanese, Turkish

FIND OUT MORE

> 18,000 copies sold in France

Gail Markham gmarkham@dunod.com

Maria Vlachou maria.vlachou@seuil.com

Psychology, Well-being

Activities

Fiction

Philosophy, Memoirs

Health, Neuroscience

Work and Career

Parenting

Children's Books

› Albin Michel



SOPHIE TREM

› THE GOOD MOOD BOOK

THE GOOD MOOD BOOK

Fill yourself up with good vibrations!

In this book, blogger Sophie Trem, the "French good mood guru," introduces and explains the 5 principles of her method. Practice them to stay in a good mood: sit up straight, breathe better, stay connected to the present moment, let yourself be guided by positive thoughts, and let go! Simple recipes for happiness, Sophie Trem-style, all illustrated, with exercises and examples taken from her own personal experience.

**9782226452429 / 2020 (FORTHCOMING)
234 PAGES / 16.90 €**

Solène Chabanais solene.chabanais@albin-michel.fr

› Odile Jacob



**RÉBECCA SHANKLAND,
CHRISTOPHE ANDRÉ**

RIGHTS SOLD

Italian, Korean, Lithuanian, Romanian, Simplified Chinese (underway), Spanish

FIND OUT MORE

> Made *L'Express* bestseller list

Marie Morvan morvan.rights@odilejacob.fr

› CES LIENS QUI NOUS FONT VIVRE. ELOGE DE L'INTERDÉPENDANCE

THE TIES THAT KEEP US ALIVE: IN PRAISE OF INTERDEPENDENCY

We need each other now more than ever!

In contemporary society, our connections to others have been replaced by autonomy, individualism, and new technology. What does the latest psychology research tell us about interdependency and its importance to well-being? International bestselling psychiatrist Christophe André and Senior Lecturer in Psychology Rébecca Shankland shed new light on how our relationships with others contribute to our inner sense of security, taking us on a voyage of what it truly means to be human!

9782738148810 / 2020 / 336 PAGES / 21,90 €

Psychology, Well-being

Activities

Fiction

Philosophy, Memoirs

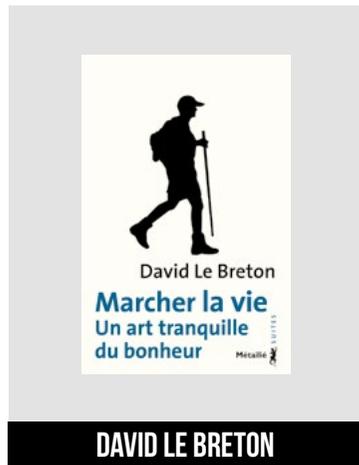
Health, Neuroscience

Work and Career

Parenting

Children's Books

› Métailié



› MARCHER LA VIE - UN ART TRANQUILLE DU BONHEUR

WALKING FOR LIFE: A TRANQUIL WAY TO HAPPINESS

A booming topic with wide appeal

Eight years after *Walking* and twenty years after *In Praise of Walking*, Le Breton revisits the pleasures and meaning of walking, revealing its healthful effects for rejuvenating the soul in our technological world.

9791022610728 / 2020 / 144 PAGES / 5,99 €

› Larousse



› POURQUOI ON NE SE COMPREND PAS ? MIEUX COMMUNIQUER AVEC LA MÉTHODE DES 4 COULEURS

WHY CAN'T WE UNDERSTAND EACH OTHER? COMMUNICATING BETTER THE FOUR- COLOR WAY

A method to improve communication with just about anyone, even the most difficult people!

In our relationships, whether romantic, familial, or workplace, it isn't always easy to understand each other. Using the four-color or DISC method created by Walter Clarke in 1956, this book gives us insight into the various personality types around us, with its four-color classification of personality profiles: red (dominance), yellow (influence), green (steadiness), and blue (conscientiousness).

Many tips and exercises will help readers improve their communication with others.

9782035976611 / 2021 / 250 PAGES / 15,95 €

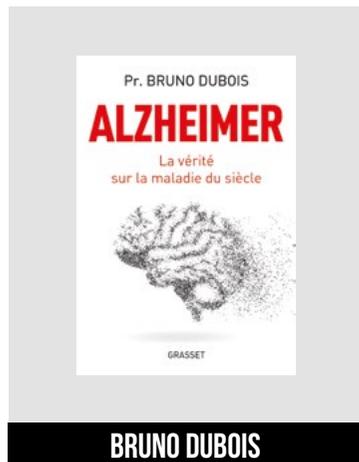
Maria Vlachou maria.vlachou@seuil.com

Evelyne Le Bourse elebourse@larousse.fr

Health, Neuroscience

Activities Fiction Philosophy, Memoirs Psychology, Well-being
Work and Career Parenting Children's Books

Grasset



BRUNO DUBOIS

RIGHTS SOLD

Portuguese (Guerra e paz)

ALZHEIMER : LA VÉRITÉ SUR LA MALADIE DU SIÈCLE

ALZHEIMER'S: THE TRUTH ABOUT THE DISEASE OF THE CENTURY

Find out more about Alzheimer's to fight it more effectively

One of the world's leading neurologists, Bruno Dubois provides here an in-depth description of Alzheimer's as a starting point for fighting it more effectively.

What exactly is this disease that robs us of our memories, our identity, and our dignity? What isn't working the way it should be in the brain? How do we diagnose this condition? Should we be alarmed if we start forgetting names and words? How do we treat it? What is the current state of research? Might a cure be developed one day? And what is the role of the government in all this?

9782246817352 / 2019 / 384 PAGES / 20,90 €

Christiaan van Raaijen cvanraaijen@grasset.fr

Stock



MICHEL CYMES

RIGHTS SOLD

German (Random House/Goldmann)

FIND OUT MORE

- > 40,000 copies sold.
- > Michel Cymes is a doctor, TV host, and very popular author translated into 12 languages.

Maylis Vauterin mvauterin@editions-stock.fr

CHERS HYPOCHONDRIQUES

DEAR HYPOCHONDRIACS

Michel Cymes has an answer for every one of your fears! A book for reassuring hypochondriacs.

"I know the scene by heart: 'Doctor, I've got cancer!' Hypochondria is in better shape than ever now that everyone can find medical information online. I wrote this book to convince you that whatever you're suffering from isn't all that serious, and to say that, sure, you'll die — but not necessarily any time soon!" — M.C.

The book runs through our top ten fears and then twenty everyday situations, in each case outlining the worst-case scenario to help prove that you're probably not actually at death's door.

9782234086036 / 2018 / 224 PAGES / 17,50 €

Health, Neuroscience

Activities

Fiction

Philosophy, Memoirs

Psychology, Well-being

Work and Career

Parenting

Children's Books

› Leduc.S Editions



› SE SOIGNER AVEC LES MÉSONUTRIMENTS

HEAL YOURSELF WITH MESONUTRIENTS

What if we didn't need drugs for all our aches and pains?

Up till now we've had macronutrients-carbohydrates, lipids, proteins that provide energy and structure to nourish our bodies and help us grow — and micronutrients — vitamins and minerals that enable it to function.

Mesonutrients are the healthy "maintenance" molecules that can help prevent disease, and even heal. For example: omega-3s (from salmon), curcumin (from curcuma), gingerols (from ginger), anthocyanins (from blueberries), etc.

979 10285 17137 / 2020 / 256 PAGES / 18,00 €

› Humensciences



› LE POUVOIR DE GUÉRIR

HEALING POWER

For the first time, a book that reveals the profound interactions between health and social relations

The "placebo effect": a strange phenomenon wherein patients are healed without drugs, often ascribed to someone else simply taking an interest in our well-being. It is why psychotherapy, homeopathy, and other alternatives treatments have been so successful.

But where does it come from? Is it unique to humans? Other factors, rarely discussed, have a strong influence on our health, such as: education, social class, dietary habits, social group. Being surrounded by friends and family, or having a pet, can significantly extend life expectancy. This book reveals the deep connections between our health and our relationships.

9782379311642 / 2020 / 180 PAGES / 17,00 €

Laurence Badot laurence@editionsleduc.com

Sandrine Paccher sandrine.paccher@humensis.com

Health, Neuroscience

Activities

Fiction

Philosophy, Memoirs

Psychology, Well-being

Work and Career

Parenting

Children's Books

› Denoël



**FABIANNE TRAVERS,
SOLEDAD BRAVI**

RIGHTS SOLD

Spanish (RBA Libros)

› LA MÉNopause - LE BON MOMENT POUR S'OCCUPER DE SOI

MENOPAUSE: YOUR TIME

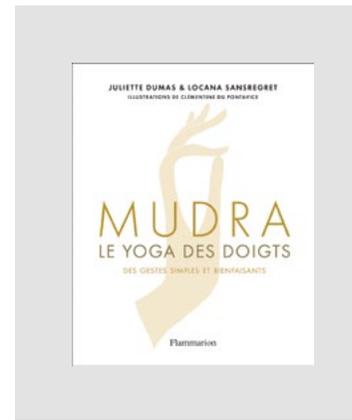
A handy and essential guide to a getting the most out of menopause

The changes to mind and body that menopause brings on can be more or less unpleasant, but follow these few easy rules, and they won't get you down!

A treasure trove of dietary tips, advice on well-being, information on medical treatments and alternative medicines: this book is an indispensable guide to help women move past a milestone with ease. Clear, playful, comprehensive, 100% drama-free and enlivened by Soledad Bravi's humorous illustrations.

9782207143735 / 2019 / 160 PAGES / 16,90 €

› Flammarion



**JULIETTE DUMAS,
LOCANA SANSREGRET,
ILLUSTRATIONS :
CLÉMENTINE DU PONTAVICE**

RIGHTS SOLD

Taiwan

FIND OUT MORE

> Over 10,000 copies sold in France

› MUDRA. LE YOGA DES DOIGTS

MUDRA: FINGER YOGA

Find out how our fingers are actual magic wands affecting our well-being

The book features 150 mudras in elegantly illustrated pictorial layouts including descriptions of gestures, their physical and emotional effects, and the associated intention (Sankalpa).

Each mudra will provide optimal circulation of vital energy throughout the body and towards specific organs, with similarly beneficial effects for the mind. Mudra practice quickly becomes a ritual, something to make a part of each day.

9782081470989 / 2019 / 208 PAGES / 18,00 €

rights@denoel.fr

Hélène Clastres helene.clastres@flammarion.fr

Health, Neuroscience

Activities

Fiction

Philosophy, Memoirs

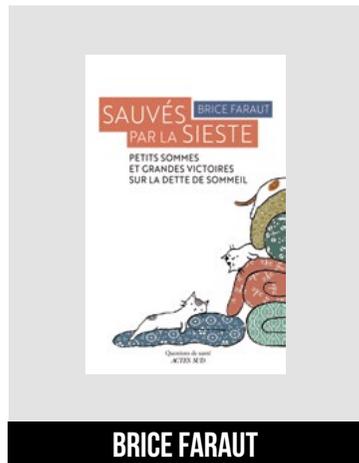
Psychology, Well-being

Work and Career

Parenting

Children's Books

Actes Sud



BRICE FARAUT

RIGHTS SOLD

Australia (Scribe)

SAUVÉS PAR LA SIESTE

SAVED BY NAPPING

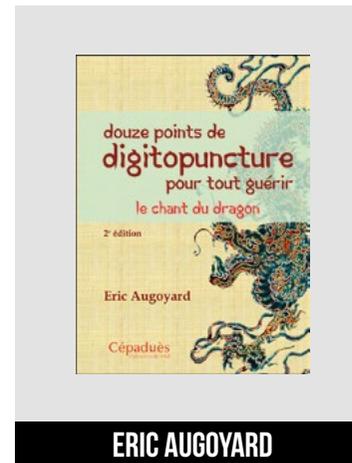
Counteract the destructive effects of sleep deficit on the brain and body

The book features 150 mudras in elegantly illustrated pictorial layouts including descriptions of gestures, their physical and emotional effects, and the associated intention (Sankalpa).

Each mudra will provide optimal circulation of vital energy throughout the body and towards specific organs, with similarly beneficial effects for the mind. Mudra practice quickly becomes a ritual, something to make a part of each day.

9782330118594 / 2019 / 256 PAGES / 20,00 €

Cépaduès



ERIC AUGOYARD

DOUZE POINTS DE DIGITOPUNCTURE POUR TOUT GUÉRIR. LE CHANT DU DRAGON

THE DRAGON'S SONG: 12 DIGITOPUNCTURE POINTS FOR CURING EVERYTHING

Learn self-care

Are 12 acupuncture points really enough to cure it all? They sure are! The techniques presented here hail directly from age-old Chinese tradition. Relayed in a poem by a Taoist initiate, they allow novices immediate access to the secrets of Chinese energy healing.

This method is extremely easy to learn and accessible to one and all. It is very handy for personal and family use.

9782364937840 / 2017 / 56 PAGES / 19.00 €

Nathalie Alliel nathalie.alliel@actes-sud.fr

Clémence Roignot c.roignot@cepadues.com

Health, Neuroscience

Activities

Fiction

Philosophy, Memoirs

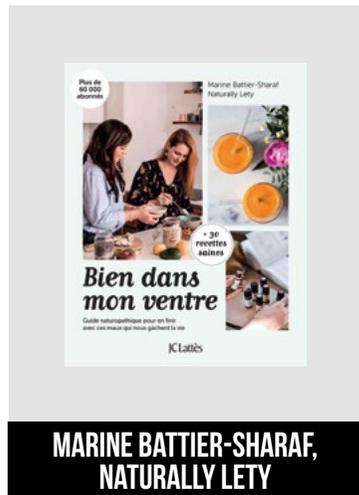
Psychology, Well-being

Work and Career

Parenting

Children's Books

› JC Lattès



› BIEN DANS MON VENTRE

THE HAPPY, HEALTHY BELLY

A naturopathic guide with 30 recipes for a happy, healthy belly!

Everyone knows how physically disabling and socially debilitating digestive problems and feminine discomforts can be. Marine, a naturopath, and Laeticia, a healthy eating expert, debunk the myths and tell us all we need to know about our anatomy.

Nutrition, naturopathic tips, plants, yoga, and emotional management will help readers put principles into practice and end disabling aches and pains, finally reconciling our minds, hearts, and bodies with the food on our plates.

**9782709665537 / 2020 (FORTHCOMING)
200 PAGES / 18,50 €**

Eva Brédin-Wachter ebredin@jclattes.fr

› Humensciences



› LA SYMPHONIE NEURONALE

THE NEURONAL SYMPHONY

Why brains can't survive without music

Scientists and musicians Emmanuel Bigand and Barbara Tillmann present the latest scientific discoveries in an accessible way, showing just how much music can change our lives, no matter our age, gender, talents, or schooling. The effects are surprising and start as soon as we're born. Both educational support and social lubricant, listening to music improves health and helps us fight mental decline.

**9782379310812 / 2020 (FORTHCOMING)
252 PAGES / 20,00 €**

FIND OUT MORE

> Film rights sold

Sandrine Paccher sandrine.paccher@humensis.com

Work and Career

Activities Fiction Philosophy, Memoirs Psychology, Well-being
Health, Neuroscience Parenting Children's Books

› Webedia Books



› **AMBITIEUSE ET ÉPANOUIE**

HAPPINESS COACH

Become your own best coach!

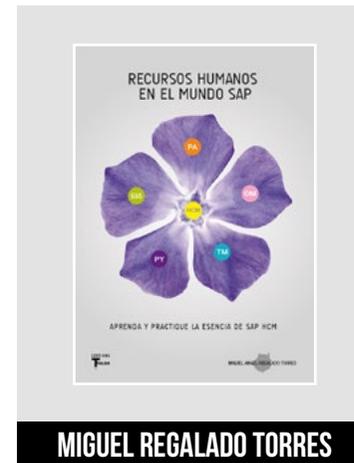
Wondering how to reconcile your professional ambitions and your personal life? How do you deal with not having enough time, self-doubt, frustration at not having the career or the personal life you want?

With the simple exercises in this book, you can break through those inner walls, gain confidence, cultivate a positive outlook, and find balance in your life.

9782379450235 / 2019 / 160 PAGES / 15,90 €

JENNY CHAMMAS

› Tyalgr



› **HOW TO MANAGE HUMAN RESSOURCES IN SAP WORLD?**

HOW TO MANAGE HUMAN RESOURCES IN A SAP WORLD

This book teaches readers fundamental HR concepts in SAP ERP software

SAP (Systems, Applications, and Products) HR concepts are used in many other SAP solutions such as CRM, finance and logistics, allowing the biggest companies to manage their human capital.

You will learn the functional concepts of HR in the SAP world: organisational management, employee administration and personal information, key reporting tools, navigation tips and shortcuts to make the most of these tools, an entire overview of the HR SAP suite, as well as how to integrate it with other functional areas.

9782953640878 / 2016 / 568 PAGES / 19,00 €

MIGUEL REGALADO TORRES

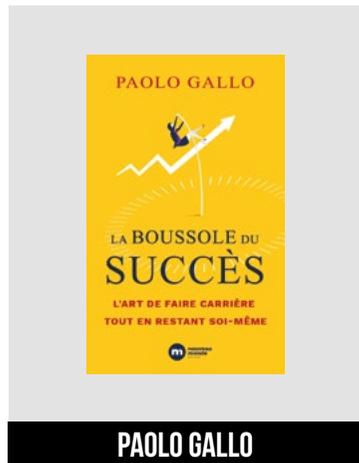
Stéphanie Bardon stephanie.bardon@webedia-grouPAGEScom

Yann Szwec yann.szwec@tyalgr.com

Work and Career

Activities Fiction Philosophy, Memoirs Psychology, Well-being
Health, Neuroscience Parenting Children's Books

↳ Nouveau Monde éditions



PAOLO GALLO

RIGHTS SOLD

Arabic, English, Italian, Korean,
Portuguese (Brazil), Spanish

↳ LA BOUSSOLE DU SUCCÈS

THE MEASURE OF SUCCESS

How to have a career while remaining yourself

How do you know what your real strengths and talents are? Do you love what you do for a living? How can you find a job at a company that shares your values? What price are you willing to pay for a fulfilling and rewarding career? What does success mean to you?

With these kinds of questions, Paolo Gallon gives us practical tools and ways of thinking about the hard choices and compromises we all face at some point in our careers.

9782369428336 / 2019 / 304 PAGES / 21,90 €

Yannick Dehée yan.dehee@nouveau-monde.net

Parenting

Activities Fiction Philosophy, Memoirs Psychology, Well-being
Health, Neuroscience Work and Career Children's Books

↳ Payot



BRUNO CLAVIER

RIGHTS SOLD

Bulgarian, Romanian

↳ CES ENFANTS QUI VEULENT GUÉRIR LEURS PARENTS

CHILDREN WHO WANT TO HEAL THEIR PARENTS

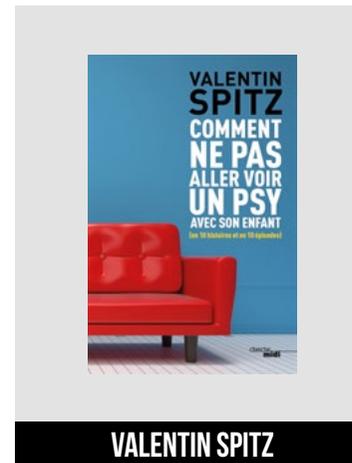
Our children love us tremendously, and only want to spare us pointless suffering.

Key to the passing on of transgenerational trauma is a child's love for their parents. When parents feel trapped, hindered by family history, some children start doing poorly, having symptoms that range from benign to the more serious, taking on the burden of transgenerational trauma in an attempt to heal their parents.

What can we do to help them go back to a normal life? Powerful case histories, examples of spectacular healing, show that it is up to us to save our children from unnecessary suffering.

9782228924269 / 2019 / 208 PAGES / 18,50 €

↳ Le Cherche Midi



VALENTIN SPITZ

↳ COMMENT NE PAS ALLER VOIR UN PSY AVEC SON ENFANT

HOW NOT TO HAVE TO TAKE YOUR CHILD TO SEE A THERAPIST

Simple, essential, and often overlooked tips

The important is putting parents back in a position central to the game, by showing that the best specialists for their children are none other than themselves, and that families often have what it takes to bounce back all by themselves. Based on actual cases, this book contains ten chapters, each with three key points to remember, offering tips to tone down any situation and move forward in daily life.

9782749164779 / 2020 / 112 PAGES / 16,00 €

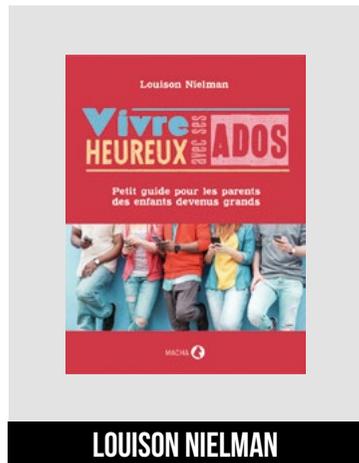
Marie-Martine SERRANO mm.serrano@payotrivages.com

Elisabeth Stempak elisabeth.stempak@placedesediteurs.com

Parenting

Activities Fiction Philosophy, Memoirs Psychology, Well-being
Health, Neuroscience Work and Career Children's Books

↳ Macha Publishing



↳ VIVRE HEUREUX AVEC SES ADOS

LIVE HAPPILY WITH YOUR TEENS

Renowned French psychologist Louison Nielman's guide to living with teenagers

Parents will recognize themselves in the selected everyday scenarios Nielman uses to offer solutions to teenage angst as children make the transition from childhood to adulthood.

Analyzed here are common sources of family conflict and the stereotypical reactions from all parties involved. In an entertaining tone that points no fingers, Nielman offers parents the tools to step back, remain calm and deal with conflicting emotions.

9782374370507 / 2019 / 142 PAGES / 12,90 €

Alexandra Calmès acalmes@macha-publishing.com

↳ Webedia Books



↳ PARENT ÉPUISE - LE LIVRE D'ACTIVITÉS

THE POOPED PARENT: AN ACTIVITIES BOOK

An Activities book for all those exhausting children and their exhausted parents!

Do your children overflow with energy? Are they always up to no good? This book brims with over 80 creative, playful, and educational ideas to keep those little hands busy all year long, in any weather, at home or in the yard. Here are activities your kids will find original, and you won't find too tiring! Make memories together.

In the same "Pooped Parent" collection is a book of recipes to help your little monsters be little chefs!

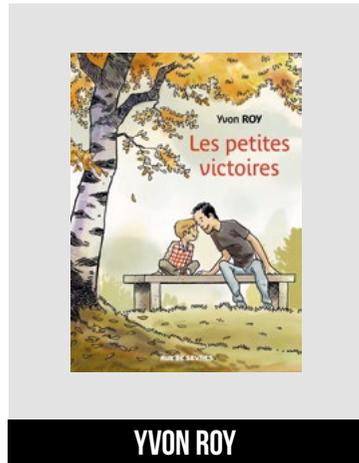
9782379450396 / 2019 / 115 PAGES / 11,90 €

Stéphanie Bardon stephanie.bardon@webedia-groupages.com

Parenting

Activities Fiction Philosophy, Memoirs Psychology, Well-being
Health, Neuroscience Work and Career Children's Books

↳ Rue de Sèvres



YVON ROY

RIGHTS SOLD

Dutch, English (World), Italian, Korean, Vietnamese

FIND OUT MORE

> 14 600 copies sold in France
> optioned for film

↳ LES PETITES VICTOIRES

LITTLE VICTORIES

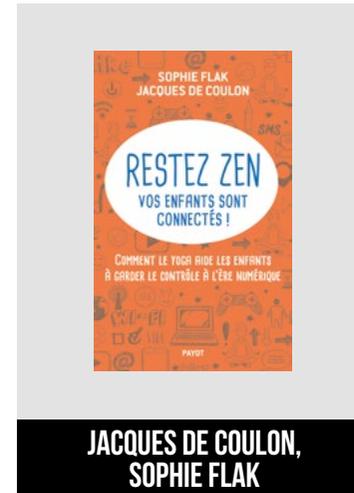
Graphic novel. The overwhelming testimony of a father about his daily struggle with his son

How do we react when faced with our child's illness? How do we mourn the loss of the perfect child we had dreamed of?

Faced with his son's autism, Max chooses to fight. For eight years, he dives head on into teaching Olivier to have the autonomy that his illness is denying him. Against the doctors' suggestions, little by little he has his son confront his fears. Each little victory counts and gives them the strength to continue.

9782369814696 / 2017 / 160 PAGES / 17,00 €

↳ Payot



**JACQUES DE COULON,
SOPHIE FLAK**

FIND OUT MORE

> 3,000 copies sold since February 2020

↳ RESTEZ ZEN, VOS ENFANTS SONT CONNECTÉS.

STAY ZEN! UNPLUG YOUR CHILDREN

How yoga can help children stay in control in our digital era

Many parents and teachers are at a loss faced with children consumed by virtual worlds. How can we avoid their negative effects, combat video game addiction, and surmount the torrent of online enticements?

A science of awareness, yoga gives us the keys to social skills in the outside world, inspiring children to better use their digital tools: emerging from their virtual bubbles and renewing ties with friends, developing critical thinking skills when it comes to fake news and cyber-harassment, controlling their mental state for better learning.

9782228925532 / 2020 / 240 PAGES / 18,50 €

Isabelle Darchy idarthy@ecoledesloisirs.com
Marija Gaudry mgaudry@ecoledesloisirs.com
Iris Declercq ideclercq@ecoledesloisirs.com

Marie-Martine SERRANO mm.serrano@payotrivages.com

Parenting

Activities Fiction Philosophy, Memoirs Psychology, Well-being
Health, Neuroscience Work and Career Children's Books

› InterEditions



HELOISE JUNIER

FIND OUT MORE

> 5,500 copies sold

› LE MANUEL DE SURVIE DES PARENTS - DES CLÉS POUR AFFRONTÉR TOUTES LES SITUATIONS DE 0 À 6 ANS

THE PARENTS' SURVIVAL HANDBOOK: KEYS FOR ANY GIVEN SITUATION WITH CHILDREN FROM NEWBORN TO 6 YEARS OLD

At last: clear answers to all your questions!

In this book, Héloïse Junier answers all the questions that parents ask the most during therapy sessions. It tackles issues facing parents of children ages 0 to 6: emotions, communication, sleep, education, childcare, etc. This survival manual helps decrypt the daily situations your child encounters, providing concrete ways of dealing with them more easily. For each issue, a theory section presents a simple description of the latest psychological and neuroscientific research, while a practical section indicates what to do.

9782729620394 / 2019 / 264 PAGES / 16.90 €

Gail Markham gmarkham@dunod.com

› Les Arènes



ELINE SNEL

RIGHTS SOLD

Sold in 37 countries and 24 languages.

FIND OUT MORE

> Over 600,000 copies sold worldwide

› L'ÉVEIL DE LA PETITE GRENOUILLE

THE TODDLER AWAKES!

A book about teaching your children to pay attention, self-regulate, and have confidence after their first 18 months

There's no way to teach a child between 18 and 36 months of age to meditate. But you can teach them to be more aware of their bodily sensations and mental states. You can teach them to relax, to self-soothe, and to sleep. After age 3, they can begin to learn even more. The best way to teach behaviors is to model them.

This book explains the art of mindful parenting, offering exercises, massage techniques, and activities to perform with children.

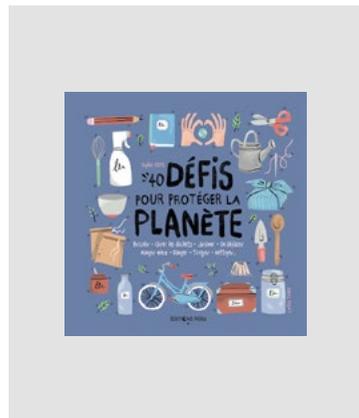
9791037501189 / 2020 / 155 PAGES / 24.90 €

Sophe Langlais s.langlais@arenas.fr

Children's Books

Activities Fiction Philosophy, Memoirs Psychology, Well-being
Health, Neuroscience Work and Career Parenting

› Editions Pera



**SOPHIE FRYs,
ILLUSTRATIONS CYNTHIA THIÉRY**

FIND OUT MORE

> 3,000 copies sold in France in less than a year

› 40 DÉFIS POUR PROTÉGER LA PLANÈTE

40 WAYS TO SAVE THE PLANET!

The perfect occasion for children to change things and participate in saving the planet, step by step

40 challenges for home or school conceived as games and activities around 7 major topics: decluttering / eating better / gardening / getting around / DIY / natural cleaning / managing waste. Blank pages at the end of the book for children to take notes and evaluate their actions.

With this Activities book, saving the planet becomes a game and young readers heroes who embark upon a noble cause, the missions set out as everyday challenges. Additional elements, downloadable from the publisher's website, can be used in groups or at home.

9782490190034 / 2019 / 104 PAGES / 15,90 €

Claire Turan claire.turan@editions-pera.fr / rights@associationdesediteurs.com

› Hachette Enfants



**DIRECTEUR ÉDITORIAL
JEAN-FRANÇOIS MALLET**

RIGHTS SOLD

Arabic (world), Catalan, Italian, Romanian, Spanish (Spain)

FIND OUT MORE

> Over 160,000 copies sold in France

Anne Vignol avignol@hachette-livre.fr

› SIMPLISSIME ENFANTS

EASY, KIDDO!

The easiest relaxation book kids in all the world!

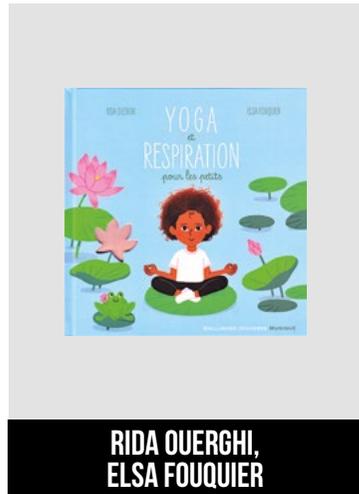
With this series on yoga, relaxation, and sophrology, written by experts in the field and presenting illustrated step-by-step instructions, children will have no difficulty mastering the 20 exercises in each book and feeling better all the time!

9782017023357 / 2018 / 48 PAGES / 6,95 €

Children's Books

Activities Fiction Philosophy, Memoirs Psychology, Well-being
Health, Neuroscience Work and Career Parenting

› Gallimard Jeunesse



› YOGA RESPIRATION

YOGA BREATHING

A book with CD to practice yoga and breathing control for little ones!

10 yoga postures with simple instructions to help young children understand their bodies and control their breathing.

Comes with a 15-minute CD of beautiful relaxing music and nature sounds.

9782075142014 / 2020 / 32 PAGES / 16,00 €

**RIDA OUERGHI,
ELSA FOUQUIER**

› Maison George



› GEORGES - N° 45 PIANO

GEORGES, ISSUE 45: PIANO

A fun, funny, and free-spirited magazine for children 7 and up

Georges is: stories, comics, games, paper toys, activities (science, DIY, cooking, theater, film, foreign languages...). Illustrations catch the reader's eye and show off today's artistic talent, free from all stereotype and prejudice.

Each issue tackles a theme in an original way, encouraging learning and discovery.

9791091180818 / 2020 / 60 PAGES / 9.90 €

COLLECTIF

RIGHTS SOLD

Chinese

FIND OUT MORE

> 60 pages, 6 issues per year

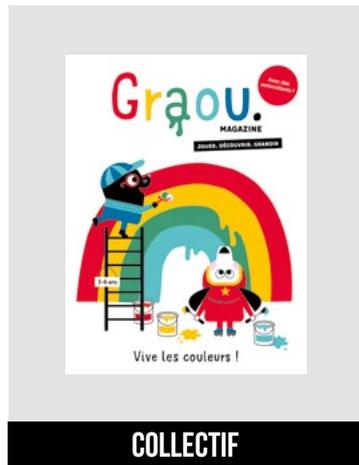
So Taniuchi so.taniuchi@gallimard-jeunesse.fr

Stéphanie Vernet stephanie@thepicturebookagency.com

Children's Books

Activities Fiction Philosophy, Memoirs Psychology, Well-being
Health, Neuroscience Work and Career Parenting

› Maison George



COLLECTIF

RIGHTS SOLD

Chinese, Turkish

FIND OUT MORE

> 44 pages, 6 issues per year
> format 8.5cmx11cm

› GRAOU MAGAZINE N° 16 VIVE LES COULEURS!

GRAOU MAGAZINE N° 16 LONG LIVE COLORS!

Watch, play, draw, laugh, tell stories...

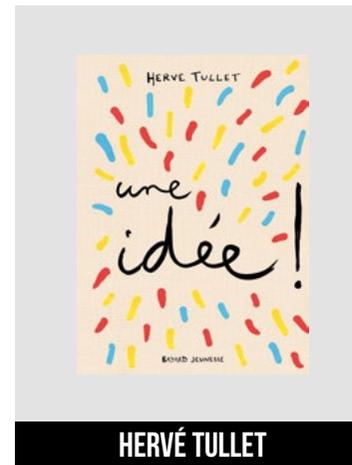
Graou lets parents and children spend original quality time together and make discoveries. Tell stories (original creations), play games, cut out toys and put them together, color on pages, even cook!

Each fully illustrated issue comes with stickers that supplement and enrich the reading experience, making it wholly interactive.

9791091180795 / 2020 / 40 PAGES / 9.90 €

Stéphanie Vernet stephanie@thepicturebookagency.com

› Bayard éditions



HERVÉ TULLET

RIGHTS SOLD

Catalan, Chinese, English US – UK,
Hungarian, Italian, Korean, Spanish
(Castilian)

FIND OUT MORE

> 7,000 copies sold in France

› J'AI UNE IDÉE !

I'VE GOT AN IDEA!

"It's new, it's different, it's unlike anything else!" This book is a joyful invitation to develop your creativity!

In this affectionate, personal book, Hervé Tullet puts the creative process into words and pictures.

What is an idea? How does it come into your head? What is the point of ideas? The meticulous research, the joy, the creative energy: with a few striking illustrations, he makes it all real. He shows that ideas are everywhere, within everyone's reach--if we'd only train ourselves to go after them! In this book, prolific children's author Tullet pulls back the curtain on creativity, giving kids the confidence to cultivate their own ideas.

9782747088794 / 2018 / 88 PAGES / 14,90 €

Pauline Armand pauline.armand@groupebayard.com

Children's Books

Activities Fiction Philosophy, Memoirs Psychology, Well-being
Health, Neuroscience Work and Career Parenting

› Langue au chat



› TOUS DIFFÉRENTS, TOUS IMPORTANTS

EVERYONE IS DIFFERENT, EVERYONE IS IMPORTANT

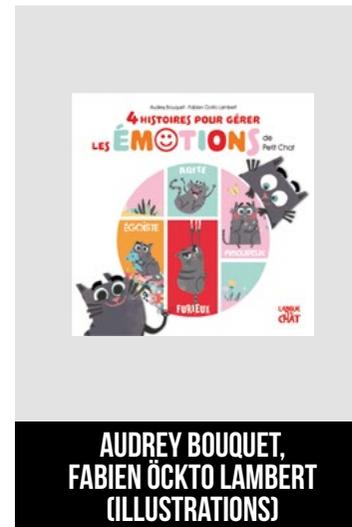
Everyone in the Rabbit family looks alike... or do they?

At first glance, everyone in the Rabbit family looks alike. But with a closer look, we realize every rabbit is somehow different and has their own role to play. A beautiful story to learn about differences and opposites.

9782806310613 / 2020 / 26 PAGES / 12,95 €

Thibaut Fichers thibaut.fichers@hemma.be

› Langue au chat



› 4 HISTOIRES POUR GÉRER LES ÉMOTIONS DE PETIT CHAT

FOUR STORIES FOR HELPING LITTLE CAT WITH HIS FEELINGS

Sophrology exercises to help Little Cats who are angry, selfish, upset, or in love handle their feelings!

In this handsomely produced collection of 4 stories with beautiful illustrations by Fabien Öckto Lambert, emotions are discussed with humour and creativity. The author is a sophrologist and can help children to understand and deal with their emotions, with advice and solutions that little ones can implement in their everyday life. Sophrology gives children easy and funny tips to manage and overcome their emotions. It brings them self-confidence by discovering their super-powers!

9782806309822 / 2019 / 112 PAGES / 12,95 €

RIGHTS SOLD

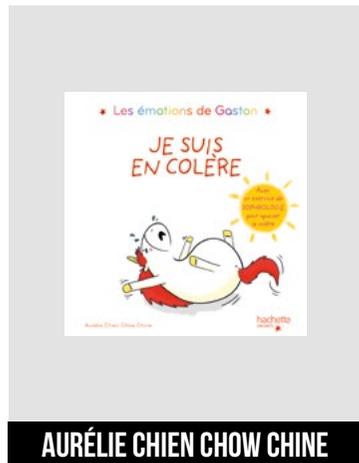
Italian, Polish, Portuguese, South African, Spanish, Turkish

Thibaut Fichers thibaut.fichers@hemma.be

Children's Books

Activities Fiction Philosophy, Memoirs Psychology, Well-being
Health, Neuroscience Work and Career Parenting

› Hachette Enfants



AURÉLIE CHIEN CHOW CHINE

RIGHTS SOLD

Arabic, Chinese (traditional and simplified), Czech, Danish, Dutch, English (world), Hungarian, Italian, Japanese, Korean, Lithuanian, Polish, Portuguese, Romanian, Russian, Slovenian, Spanish (world), Thai, Turkish, Vietnamese

FIND OUT MORE

> Over 375,000 copies sold in France

› LES ÉMOTIONS DE GASTON (12 TITRES)

GASTON'S FEELINGS (12 TITLES)

The perfect series for teaching children how to understand and deal with their emotions

Lovable Gaston is a unicorn like any other, except for one thing: his rainbow mane changes color depending on his feelings. And just like any other child he feels a lot of them! Each book in the series tells the story of how he came to feel a certain way. With him, children can learn how to handle that particular feeling!

9782017023432 / 2018 / 32 PAGES / 6,00 €

Anne Vignol avignol@hachette-livre.fr

› Nathan



**ISABELLE FILLIOZAT,
VIRGINIE LIMOUSIN,
ERIC VEILLÉ**

RIGHTS SOLD

Chinese, Turkish

FIND OUT MORE

> 2,507 copies sold since March 2020

Marie Dessaix mdessaix@nathan.fr

› JALOUSIE, 3 HISTOIRES POUR LA COMPRENDRE ET S'AIMER PLUS

JEALOUSY: THREE STORIES FOR GREATER LOVE AND UNDERSTANDING

Isabelle Filliozat's philosophy through stories for children!

Being jealous means you feel like you aren't as good as other people. So how can you learn to love yourself more?
- Aya thinks back on when her little brother was born. It wasn't good news for her at all!
- At school, Aya's best friend has a new friend. Oh, no!
- During school holidays, Aya and Simon won't stop bickering... and it's unbearable for everyone!
Different situations from everyday life, analysed with humour. A psychological tool for parents.

9782092589403 / 2020 / 32 PAGES / 7,95 €

Children's Books

Activities Fiction Philosophy, Memoirs Psychology, Well-being
Health, Neuroscience Work and Career Parenting

› First



› PETIT SCARABÉE DEVIENDRA GRAND

LITTLE GRASSHOPPER GROWS UP

A book about personal growth to read and complete with your children.

"Little Grasshopper" is a new parenting series that, coupled with self-help advice and mindfulness meditation sessions, will help usher your child toward discovering their emotions and feelings in everyday life. Accompany a young character named "Little Grasshopper" on his journey of growing up! Activities are included in each book.

9782412053836 / 2020 / 90 PAGES / 8,95 €

James Elliott james.elliott@edi8.fr

› Kaléidoscope



› OURSON LE TERRIBLE

TEDDY THE TERRIBLE

Can someone or something stop Teddy the Terrible, the young rascal of the forest?

"Run for your life!"

"Take cover, everyone!"

"The monster's coming!"

Teddy the Terrible is the dreadful young rascal who so enjoys pestering everyone in the woods.

It's so much fun! That is, until he meets someone bigger than he is...

9782877678865 / 2016 / 40 PAGES / 13,50 €

RIGHTS SOLD

English, Simplified Chinese, Italian, Korean, Russian, Spanish (world)

FIND OUT MORE

> 20,000 copies sold in France

Isabelle Darthy idarthy@ecoledesloisirs.com

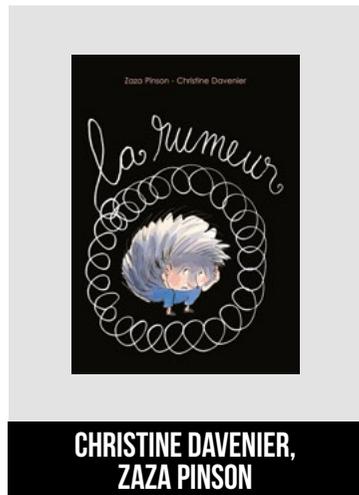
Marija Gaudry mgaudry@ecoledesloisirs.com

Iris Declercq ideclercq@ecoledesloisirs.com

Children's Books

Activities Fiction Philosophy, Memoirs Psychology, Well-being
Health, Neuroscience Work and Career Parenting

› Kaléidoscope



› LA RUMEUR

THE RUMOR

Affectionate illustrations to help children think about differences and integration at school

There's a new kid in school. He's covered in needles, he rolls up into a ball, he makes strange noises when he eats... He's just TOO weird. So when Pup loses his chocolate bar, guess who gets blamed?

9782877679725 / 2018 / 40 PAGES / 13,00 €

**CHRISTINE DAVENIER,
ZAZA PINSON**

RIGHTS SOLD

Italian, Simplified Chinese, Spanish
(World)

Isabelle Darchy idadrthy@ecoledesloisirs.com
Marija Gaudry mgaudry@ecoledesloisirs.com
Iris Declercq ideclercq@ecoledesloisirs.com

› L'école des loisirs



› LE LIVRE EN COLÈRE !

THE BOOK IS ANGRY!

A series of books that helps toddlers deal with their feelings

After The Sleeping Book, here's the angry book, so angry that it is all red! But luckily, anger goes away. The book calms down and relaxes little by little, thanks to the child reading. Phew! That's over!
The book isn't mad anymore!

9782211229906 / 2016 / 20 PAGES / 10,50 €

RIGHTS SOLD

Chinese (traditional and simplified),
Dutch, Italian, Japanese, Korean,
Portuguese (World), Russian, Spanish
(EU), Vietnamese

FIND OUT MORE

> 150,000 copies sold in France

Isabelle Darchy idadrthy@ecoledesloisirs.com
Marija Gaudry mgaudry@ecoledesloisirs.com
Iris Declercq ideclercq@ecoledesloisirs.com