



2020 LBF
RIGHTS LIST

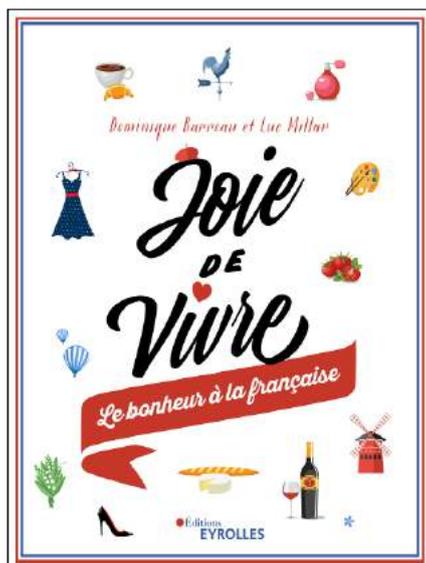
● Éditions
EYROLLES

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JOIE DE VIVRE

How to be Happy the French Way



Dominique Barreau & Luc Millar | 192 pages | 17 x 20 cm | €16.90

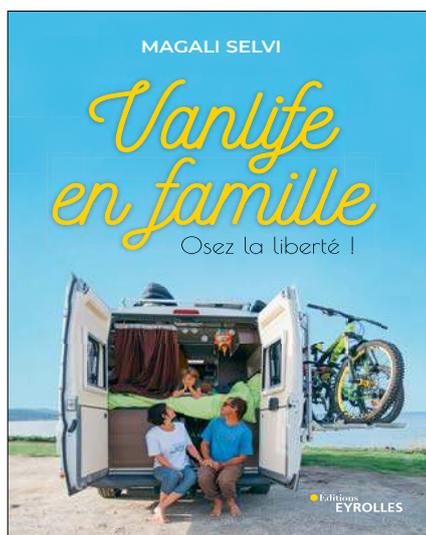
Rights sold in Czech (Grada), Hungarian (Libri), Russian (Eksmo) and Bulgarian (ERA Publishers) and Chinese complex characters (Lumières Publishing)

Living the good life the French way is a journey for all the senses during which our emotions, intellect and attitudes are stimulated by what we see, hear, feel, taste and touch. Sensorial pleasure and a search for meaning. The French approach to well-being is different because it is both individual and shared. The reason why so many people associate France with pleasure is not just a question of consumerism or the desire to excel, it is about an overall attitude to life. Namely, the French ability to combine a huge appetite for life with nonchalance, curiosity about anything new and implicit trust in what the future will bring. In the end, the ability to enjoy life's pleasures comes down to believing in life and in oneself.

VANLIFE WITH KIDS

Magali Selvi | 144 pages | 17 x 23 cm | €18

Forthcoming in May 2020



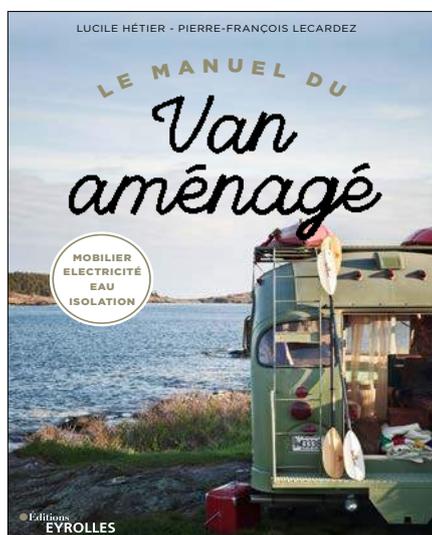
A guidebook specially meant for families who would like to travel in a van for one or several weeks, close to home or abroad. The author shares with us her experiences on how to choose your van, your destination, your itinerary, how to decide what to bring with you, how to organize your space and deal with the promiscuity, and find fun activities to keep your kids busy...

Magali Selvi is a photographer. Along with her boyfriend, she travelled through Australia in a small Mitsubishi 4x4. When their son was born, 6 years ago, van-life appeared to them as the best way to travel as a family.

CUSTOMIZE YOUR CAMPER VAN

Lucile Hétier | 192 pages | 17 x 23 cm | €22

Forthcoming in May 2020



A practical and concrete book that will show you how to convert your van into a place to live. It will also teach you everything you need to know on the official registration of your caravan but also on water supply, the electrical system as well as the various standards.

Lucile Hétier has been a vanlifer since 2017. She created the blog Le Van Migrateur (The Migratory Van) with her boyfriend, with which they travel the world and give several pieces of advice (10.3K followers on Instagram).



HOW TO MAKE YOUR OWN LEAVEN

Mouni Abdelli | 144 pages | 15 x 21 cm | €12.90

Rights sold in Chinese complex characters (Taster Cultural & Creative)

What if the secret to an authentic, natural and healthy bread lay in its leaven? Thanks to the precious advice and recipes contained in this book, learn how to make your own yeast according to your taste and your base (white or rye flour, sugar or honey, etc.).



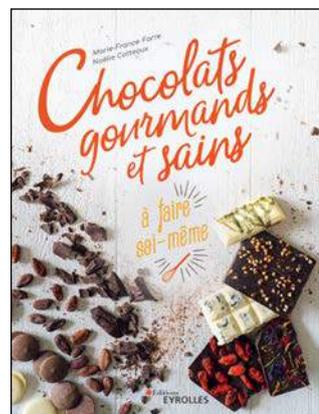
HOW TO MAKE YOUR OWN CHEESE

Pierre Coulon & Adèle Desachy | 144 pages | 17 x 23 cm | €16.90

Making your own cheese? It is possible! Thanks to the *savoir-faire* of the author, a passionate cheese maker, eager to transmit his knowledge and his vision of a respectful, organic, authentic production. You will also get ideas for cooking leftover cheese that you made, not to spoil it.

Pierre Coulon is a cheese maker and trainer. He became the first manufacturer of cheeses in Paris in 2017.

Adèle Desachy is a journalist.



HOW TO MAKE YOUR OWN CHOCOLATES

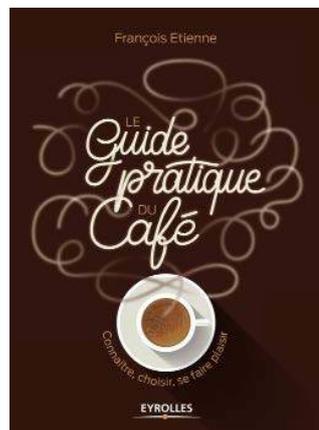
Marie-France Farré & Noélie Cotteaux | 144 pages | 17 x 23 cm | €17.90

Forthcoming in April 2020

Is it still possible to eat a tablet of chocolate without feeling guilty about it? Despite the multitude of new diets and the environmental concern, chocolate still counts a myriad of addicts.

This book offers several simple and healthy recipes (with vegan options), precious advice on how to choose your chocolate and where to buy it as well as information on its nutritional qualities.

Marie-France Farré and **Noélie Cotteaux** are both naturopathes.



A PRACTICAL GUIDE TO COFFEE

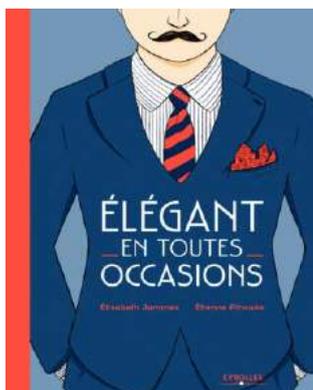
François Etienne | 144 pages | 15 x 21 cm | €12.90

Rights sold in Chinese simple characters (Phoenix Science Press) and Korean (UX Review)

A very practical and witty guide to coffee to learn everything about this beverage, from the coffee bush to the cup. It includes the choice of the beans' origin (Kenya, Brazil, Ethiopia), how to use a coffee maker, and shares several original recipes with a coffee basis.

François Etienne is an artisan coffee roaster.

HOW TO BECOME AS ELEGANT AS A FRENCH MAN



Elisabeth Jammes & Etienne Pihouée | 128 pages | 15 x 21 cm | €11.90

Rights sold in Italian (Il Saggiatore), Vietnamese (Nha Nam) and Chinese simplified characters (Reading Division)

All the secrets of a French man to know how to dress up with style. A pocket guide full of humour and vital advices! Follow Mr. Georges, a timeless dandy, in order to: learn how to buy elegant and stylish clothes; learn how to take a good personal care of yourself; complete your outfit with accessories; adapt and decline the degree of elegance according to the circumstances; travel stylishly.

A PRACTICAL GUIDE TO BEARD

Jean Artignan | 96 pages. | 15 x 21 cm | €9.90

Rights sold in English (Schiffer Books), Czech (Jota), German (Stiebner), Italian (Hoepli), Russian (Eksmo) and Spanish (Esfera)

An indispensable guide for any self-respecting bearded gentleman! You will find in this guide all the tips to: choose a beard in keeping with your look and personality, cut your beard by following a detailed technique step by step, take care of your beard and your skin using tools and adapted care, choose, trim and maintain your mustache, discover the ritual of the old-fashioned shaving practice by the barbers.



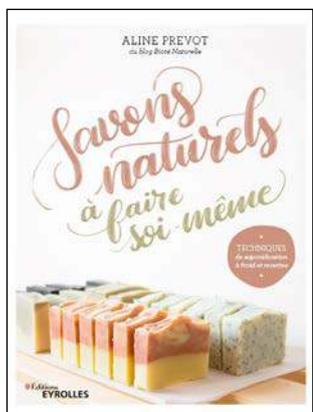
**35,000
copies
sold!**

HOMEMADE SOAPS

Aline Prévot | 96 pages | 17 x 23 cm | €11.90

Organic and natural cosmetics are all the rage at the moment: new suppliers open every month, tutorials are blooming on the internet. A theme that goes in the direction of organic, green, healthy DIYs which respect both human beings and our planet. The recipes are not scary: not too many ingredients, not too many steps, and the techniques are accessible to beginners.

Aline Prévot has created the blog *Bioté naturelle* in which she shares her recipes for organic cosmetics.



HOMEMADE COSMETICS

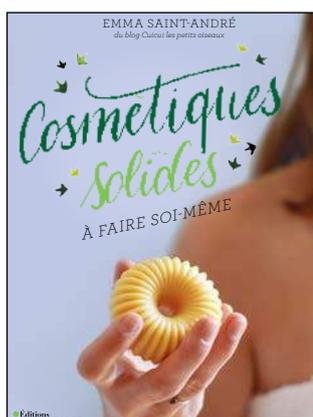
Emma Saint-André | 144 pages | 17 x 23 cm | €17.90

Forthcoming in April 2020

Eco-friendly, solid cosmetics are a «zero waste», natural and economical option to revolutionize your bathroom!

40 easy recipes (body, face and hair) for the whole family and as a bonus, a tutorial on how to make your own natural wraps.

Emma Saint-André is a blogger (5 000 followers on Instagram) specialized in natural DIYs. She's also a community manager for the natural cosmetic brand Zao Make-up (46 000 followers on Instagram).



THE WONDERFUL WORLD OF FAT

Dr Laurence Plumey | 320 pages | 15 x 22.5 cm | €20.00

Forthcoming in March 2020



Lucie enters the changing room with a pretty bikini in hand. A few minutes later, she comes out, with said bikini still in hand that she will return with an embarrassed look «it didn't suit me, thank you». At the same time, Jean-Paul sees his doctor because, for some time now, he's been having trouble breathing and prone to headaches. It must be said that he gained 20kg in 10 years. Let's not forget about Marlene who runs desperately after her grandchildren and can't seem to keep up anymore. Or Julie who gained two sizes since she entered menopause. Nor Eve who spent her whole life going from one diet to another and who went from 10kg too many to 30kg. Nor the 1.9 billion obese people in the World. All these people have one thing in common: fat. Too much fat. But what is fat? Where does it come from? Why? What is its purpose? At what point is it considered too much? Why is it so hard to lose weight? It is now time to immerse ourselves in the Wonderful world of fat. Follow Robert, a small fat cell, who will guide us through this journey!

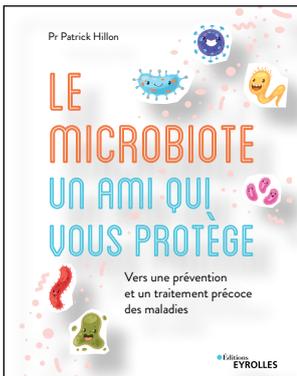
Dr Laurence Plumey is a nutritionist. She created the first consultation of overweight children at the Necker Hospital in Paris. She taught 15 years at the Paris School of Dietetics and created the only nutrition school that exists in France for doctors.

MICROBIOTA: AN IMPORTANT ALLY

Towards the prevention and the early treatment of diseases

Patrick Hillon | 240 pages | 16 x 22 cm | €18.90

Forthcoming in June 2020



The exploration of the microbiota from early childhood and throughout the adult life, its anomalies and its link with diseases will revolutionize prevention and treatment methods. Will we be able to halt the epidemic of diabetes and obesity and to decrease vascular diseases? To treat neurological diseases such as Alzheimer and Parkinson? To cure autoimmune disease like multiple sclerosis or cancers?

Dr Patrick Hillon is a university professor, a hospital practitioner and a specialist on the revolution of the microbiota and its therapeutic advances.

A FEW MINUTES TO CHANGE THE WORLD

The butterfly effect accessible to all

Emmanuelle & Julian Jappert | 192 pages | 15 x 21 cm | €14.90

Forthcoming in June 2020



What if you could bring a little something to the world?

Each and every one of us can change the world. Everyone has the power to build a healthier, more cohesive and egalitarian society. With this book the readers will be able to identify causes that they have at heart without actually knowing it; inspire themselves with powerful testimonies, awake or develop the best of themselves and be guided through their engagement with concrete leads

Julian Jappert, citizen lobbyist, is very committed to the associative world.

Emmanuelle Jappert is an author.

GUIDE TO 6 STAR FOOD SUPPLEMENTS

Dr Marc Perez & Alix Lefief-Delcourt | 256 pages | 15 x 21 cm | €18.00

Rights sold in Italian (Il Castello Editore)



Diet is our first medicine. But it is clear that modern food is not quite able to meet our nutrient needs. Supplements make it possible to fill our deficiencies, to prevent diseases, to optimize our health, whether physical or mental, etc. For each of these six supplements (vitamins C and D, magnesium, zinc, Omega-3 and Coenzyme Q10), the authors first detail its virtues, its mode of use, not to mention the specific precautions to take.

Dr Marc Perez is a General Practitioner Doctor. He is also trained in Chinese medicine, phytotherapy, aromatherapy, etc.

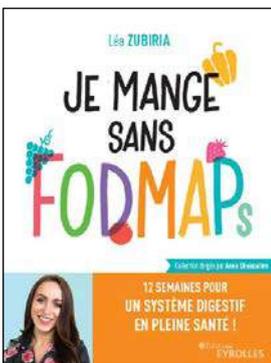
Alix Lefief-Delcourt is a journalist.

HOW TO EAT WITHOUT FODMAPS

A healthy digestive system in 12 weeks!

Léa Zubira | 224 pages | 15 x 19 cm | €14.90

Forthcoming May 2020



A FODMAPs-restricted diet is able to relieve almost 75% of the symptoms in a person diagnosed with the irritable bowel syndrome or a chronic intestinal illness. This clear and simple guide will show you how to follow a FODMAPs-restricted diet and will give you several easy recipes!

FODMAP is an acronym for «Fermentable Oligo-, Di-, Mono-saccharides And Polyols», carbohydrates that are very poorly digested by the small intestine.

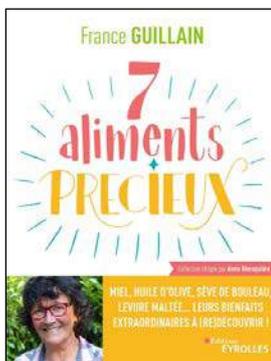
Léa Zubira is a dietician-nutritionist and independent journalist specialized in nutrition and health.

7 PRECIOUS FOODS

Honey, pollen, egg, olive oil, birch sap, mare's milk, malted yeast

France Guillain | 224 pages | 15 x 19 cm | €14.90

NEW



Do you know that one egg a day, a little honey or pollen, malted yeast, birch sap, green olive oil and some mare's milk are excellent accompanists throughout the day. life ? You will learn to recognize the right products in the battlefield of what is on the market! A guide that will not lack humor or touching stories around these seven foods that are real food supplements boost our immunity and preserve our brain!

France Guillain has written several best-sellers and used to be a sailor around the world.

HEAL YOUR CHILDREN EFFICIENTLY AND SAFELY WITH ESSENTIAL OILS AND HYDROLATS

Virginie Bernard | 256 pages | 16 x 22 cm | €18.00

Forthcoming in April 2020



If you use it well, aromatherapy can have plenty of benefits on children: speed of action, pleasant smell, parent-child interaction through massages, strengthens the immune systems. This book only contains essential oils approved by the French legislation, that way parents will be able to care for their children without any danger.

Virginie Brevard holds a PhD in Pharmacy. She's also an aromatherapist and olfacto-therapist.

“A 21-DAY PROGRAM TO...” « J'ARRÊTE DE... »

€11.90 | 15 x 19 cm | from 160 to 232 pages

I Quit Complaining!

Rights sold in Japanese, Italian, Spanish, Chinese, Greek and German

I Quit Scolding My Children (and Husband)

Rights sold in Spanish

I Quit Feeling Stressed Out

Rights sold in Spanish, Russian and Brazilian Portuguese

I Quit Judging (Myself)

Rights sold in Spanish, Japanese and Greek

I Quit Being Afraid

Rights sold in Spanish, Japanese, Greek and German

I Quit Feeling Overwhelmed

Rights bought in Brazilian Portuguese

I Quit With Burnout

Rights sold in Italian and Chinese

I Quit Non Essentials

Rights sold in Chinese

I Quit Being Overconnected

Rights sold in Greek

I Quit Procrastinating

Rights sold in Greek

I Quit Toxic Relationships

Rights sold in Greek

I Quit Being Jealous

Rights sold in Greek

I Quit Giving up my Dreams

I Quit Bank Overdrafts

I Quit Yo-yo effect with EFT

I Quit limiting beliefs

Forthcoming in March 2020

I Quit living in chaos

Forthcoming in April 2020

The “J'arrête de” collection presents in each book a **21-days program** to quit a bad habit that spoil your daily life. The collection is directed by **Anne Ghesquière** who is the founder of the *FemininBio.com* magazine and the author of books on natural well-being.

The collection includes the bestselling *J'arrête de râler* (I Stop Complaining): 150,000 copies sold of the hardback edition and 200,000 copies of the paperback edition.



"UNDERSTANDING & HEALING" COLLECTION

About 200 pages | 16 x 21 cm | €18.00

The "Understanding and Healing" collection is intended for both the patients, those close to them and all the people concerned. It aims to give them keys thanks to psychoanalysis.

Reconnaître le burn-out

Identifying burn-out

Forthcoming in April 2020

Ces séparations qui nous font grandir

These separations that make us grow-up

Forthcoming in March 2020

Le Harcèlement émotionnel

Emotional harassment

New

Les Amours impossibles

The Impossible Love

Rights sold in Italian and Spanish

Les Pervers narcissiques

The Narcissistic Perverts

Rights sold in Korean, Chinese complex characters, Romanian and Spanish

Communiquer avec un proche Alzheimer

How to Communicate with an Alzheimer Relative

Rights sold in Spanish

Faire la paix avec soi-même

Making Peace with Yourself

Rights sold in Portuguese

Les Mère qui blessent

Toxic Mothers

Rights sold in Italian

Quand l'Enfant nous dérange et nous éclaire

When a Child disturbs and enlightens us

Rights sold in Italian

Être un parent bienveillant

How to be a Caring Parent

Les Prisons familiales

Family prisons

Le Sentiment d'abandon

Sense of Abandonment



"PRACTICAL BOOKS" COLLECTION

About 200 pages | 15 x 21 cm | €10.00



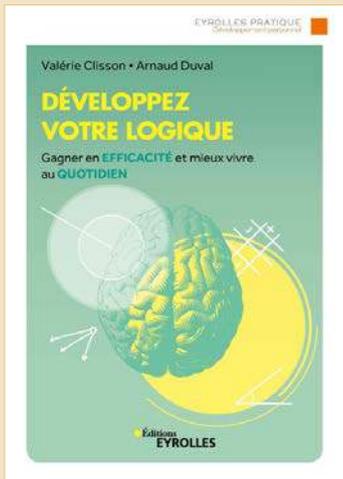
HO'OPONOPONO

New edition

Rights sold in Portuguese (Vozes), Spanish (Planeta) and Romanian (Didactica)

Ho'oponopono is an ancestral method transmitted by Hawaiian healers. It essentially proposes to free oneself from the weight of one's memory. This introductory synthesis traces origins, foundations and practices of Ho'oponopono. She insists in particular on the role of energy in our lives and on the invisible laws that govern it on a daily basis. Accompanied by a set of detachable cards in color, it is a complete guide to well-being.

Laurence Dujardin has been a Feng Shui consultant and wellness coach for over 11 years. She started Psychomotherapy, she practices Feng Shui and geobiology for individuals and businesses. She has written several books on the subjects of Feng Shui, how to let go, etc.



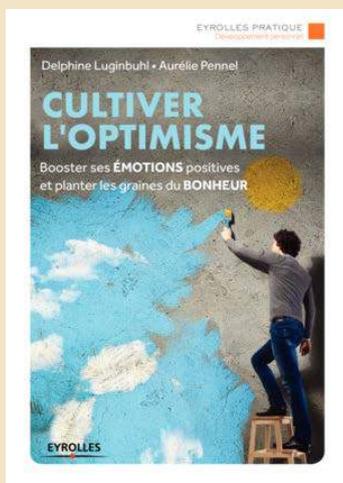
DEVELOP YOUR LOGIC

NEW

Logic is part of our intelligence. In certain situations, it is the key of success! This book offers a multitude of tests using letters, cards, numbers, dominos, geometrical shapes... Through its fun format, you will work on your concentration and your confidence because logic is also essential to develop your creativity. Solutions are included with the explanations necessary to a rapid improvement.

Valérie Cuisson is a former student of the ENSAI (National School of Statistics and Analysis of the Information).

Arnaud Duval developed multiple logical tests through his job as a trainer for students preparing high level exams.



HOW TO CULTIVATE OPTIMISM

Rights sold in Korean (KINDSbook)

« See the world in rose-coloured glasses » « look at the brighter side of things » those are overused phrases, and yet there are many advantages to being optimistic: a better health, better relationships, a better way of working. With the help of useful exercises and concrete examples that apply to our everyday life, this illustrated guide puts us on the path to universal benevolence.

Delphine Luginbuhl is an engineer and graduated in psychology. She has worked in innovation development, project management and network coordination. **Aurélie Pennel** has graduated from ESC Grenoble and has worked in management, customer experience marketing and risk control positions.

"VIVRE EN PHILOSOPHIE" COLLECTION

a successful collection, directed by Balthazar Thomass, a Philosophy Professor.

About 200 pages | 12.5 x 19 cm | €14.00



Read the books and apply the lessons, so as to live a better life, at the school of the great thinkers.

This collection offers instructions to use the philosophers' lessons in your everyday, social and personal life and make their reflexions a guide to live by.

BE YOURSELF WITH HEIDEGGER

Céline Belloq

Rights sold in Serbian

BE HAPPY WITH SPINOZA

Balthazar Thomass

Rights sold in Korean

LET GO WITH SCHOPENHAUER

Céline Belloq

Rights sold in Korean and Portuguese

ASSERT YOURSELF WITH NIETZSCHE

Balthazar Thomass

Rights sold in Korean and Italian

40,000
copies
sold

DO NOT EXPECT ANYTHING, BE READY FOR EVERYTHING

Laurence Bibas | 168 pages | 14.5 x 21 cm | €14.90

Forthcoming in June 2020

Life is unpredictable, but let's take a look at our agenda, everything's written down! Appointments, lunches, grocery lists, holidays, we plan our entire existence as if we were trying to fill up a void. We spend our time stuck in the past and try to continually control our future. How can we live and fully welcome what existence has to offer? The answer: learn how to live in the present thanks to mindfulness and do not expect anything particular from life, that way you will be ready for everything!

Laurence Bibas is a pioneer of the Mindfulness in France, certified teacher from the Center for Mindfulness of Jon Kabat-Zinn's program. In 2017, she creates the program Flow Mindfulness dedicated to women and opens a sharing space in her meditation center.



DO WE NEED COURAGE TO BE OURSELVES?

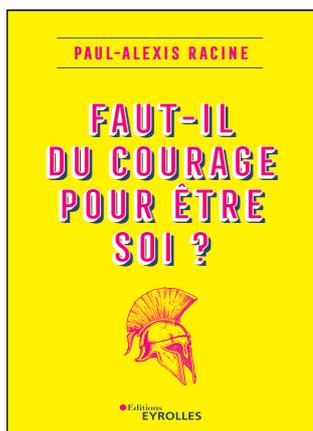
Paul-Alexis Racine | 320 pages | 13.5 x 21.5 cm | €20.00

Forthcoming in April 2020

Getting to the essence of whom we truly are without the determinisms that rule our lives, should become the main goal of our contemporaries. But in order to reach this goal it seems necessary to work on our bravery.

This masterful book, affordable and profound, explains us how to unblock this virtue that is inside all of us and that is just waiting to express itself so that we can become the person we want to be. Based on the lives of countless heroes and great thinkers, this book deciphers the virtue of courage and helps us be braver, without the obstacles of our doubts and expectations of others. This philosophy, profoundly liberating, allows us to become the best version of ourselves.

Paul-Alexis Racine used to be an investor and a banker; he's been building companies since the age of 16. In 2016, he drops everything and choses a more «human» and warm alternative that he teaches to student through seminars.



THE POWER OF EMOTIONAL INTELLIGENCE

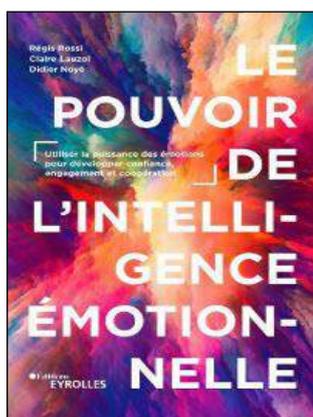
Régis Rossi, Claire Lauzol and Didier Noyé | 220 pages | 15 x 22.5 cm | €22.00

Forthcoming in May 2020

For a long time emotions have been considered as weaknesses that do not belong in a professional environment. But recent research in neurosciences showed their actual benefit. According to the Economic forum of Davos, Emotional Intelligence is one of the ten key skills that allows you to have a successful professional life in 2020. This book aims to show the manager how to develop his emotional agility while serving his team's performance:

- Becoming aware of our emotions and our feelings; knowing how to channel and express them
- Knowing and understanding other's emotions and taking them into account

The authors are all specialized in coaching and business consulting services.



By Emilie Devienne

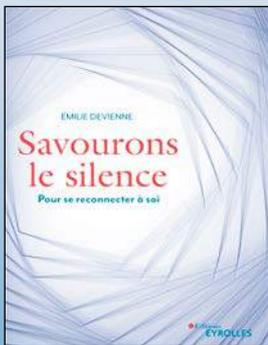
Émilie Devienne was a journalist for twenty years in Montreal, Canada. She is now a coach and an author.



THE SUBTLE ART OF DOING NOTHING

Émilie Devienne | 176 pages | 15 x 21 cm | €16.00

What if boredom was anything but a waste of time? Boredom reactivates the desire in us, the one that brings us to action. When boredom comes, greet it rather than run away at all costs. This book, full of exercises and testimonials, will help you tame your boredom to make it your best asset.



ENJOY THE SILENCE

To reconnect with ourselves when the noise destroys us

Emilie Devienne | 160 pages | 15 x 21 cm | €16.00

Forthcoming in April 2020

In a world that is increasingly louder, the value of silence needs to be rediscovered. How, in the turmoil of thoughts, fantasies and pictures that indwell us, can we find silence again?

A versatile tool that teaches you how to meditate, accept doubt, deal with your fears, go beyond your limits, free your creativity...



DON'T GET AHEAD OF YOURSELF!

Marie-Agnes Chauvin | 208 pages | 15 x 21 cm | €18.00

Forthcoming in March 2020

Whether we do it consciously or not, we lend to others feelings and intentions that they do not necessarily have. We do not stop to find them really too stupid, too ugly, too fat ...! We have the impression of being in their place and to know them well. Yet it is our own feelings that we project on them. But then how can we use the meanness that we think of them (and ourselves) to make it a positive resource? No need to try to repress them, to act as if they did not exist, they keep coming back. This guide provides keys to understanding, exercises to train, testimonials and stories to use your rants on others to reveal the positive in you.

Marie-Agnès Chauvin is a Jungian psychologist and medical hypnotherapist.



TO LOVE MONEY? WHAT A GREAT IDEA!:

20 rules to change your beliefs

Sylvie Liger | 176 pages | 15 x 21 cm | €14.90

Forthcoming in June 2020

Money is at the center of our lives and is usually the heart of our problems. But this is not actually the case. The issue is our energy towards money and our system of thought. The aim of this book is to rethink our relation with money by using the coach's advices, to learn how to see money for what it actually is: a tool allowing us to realize meaningful projects.

It shows us how to change something we have obviously issue with into a wonderful comfort tool, source of personal and material fulfillment.

Sylvie Liger is a professional coach; she received a formation in E.F.T. (Emotional Freedom Techniques).

“WORDS THAT HEAL” COLLECTION

About 176 pages | 13 x 20 cm | €16.90

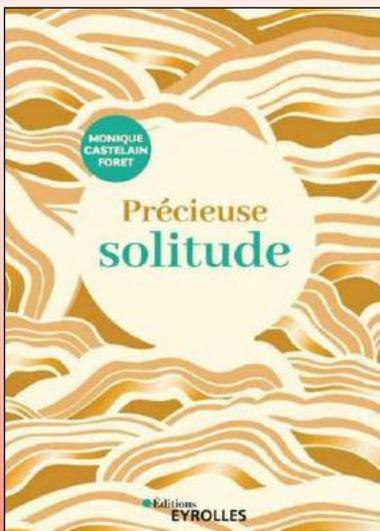


SURPRISING FRAGILITY

Virginie Megglé | 176 pages | 13 x 20 cm | €16.90

What if we learned how to listen and measure our original fragility? Because when it is not considered, it increases without our knowledge. Thus one day occurs physical or psychic breakdown, regardless of the degree of self-confidence hitherto displayed. Why should we wait to suffer to realize that we remain extraordinary beings but endowed with vulnerability? Fragility is not a weakness. It is by listening to our feelings, without denying them, that we will draw from ourselves the best, the most authentic of our strengths.

Virginie Megglé is a psychoanalyst.



PRECIOUS LONELINESS

Monique Castelain Foret | 176 pages | 13 x 20 cm | €16.90

The mistrust of loneliness can mask a fear of the unknown and of failure, which may lock us into a form of dependence on the other, which makes us exist but also limits us. When loneliness is chosen and inscribed in our existence as a meaningful step, it allows us to discover unknown abilities within ourselves and discern our deep self.

Monique Castelain Foret is a clinical psychologist.



THE 7 ENERGIES TO OVERCOME YOUR FEARS

Dominique Barreau | 208 pages | 15 x 21 cm | €16.00

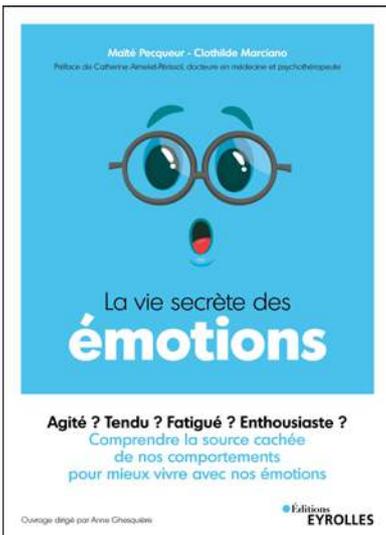
Energy is a moving force, a power that can be activated in a conscious way in order to achieve our goal. It takes many different forms: vital, creative, passion, authenticity, assertiveness, instinct and heart energies. Thanks to exercises and 14 testimonies, the readers will be able to activate their energies by reconnecting with themselves and taking back control of their lives.

Dominique Barreau is a coach and she leads workshops on the quality of work life.

THE SECRET LIFE OF EMOTIONS

Clothilde Marciano & Maïté Pecqueur | 256 pages | 15 x 21 cm | €16.90

Forthcoming in April 2020



Everybody's drowned in emotions. Sometimes we trip; we get caught up in an emotional turmoil which is not as bad as it sounds because once the storm passes, we get up and keep on moving. But these feelings can be heavy to bear and sometimes almost ruin our life.

Understanding the process, deciphering the biological message of our emotions, diving into them to understand them better... That is what the emotional logic offers.

With the help of a reading grid and a grammar of emotions it is now possible to co-create with our emotions. Based on Biology and neurosciences, this method teaches us how to manage our emotional agility, create a cooperation between our mind and our body, and to reconcile with our emotions.

Clothilde Marciano is a certified NLP master as well as a coach. She's also a comedian and a consultant in oral and interpersonal communication.

Maïté Pecqueur worked for several years as a consultant in communication and is now a certified emotional intelligence and logic coach.

HEAL YOUR PAST, LIVE IN THE PRESENT

Family constellation therapies: understanding your story to break free

Chantal Motto | 224 pages | 15 x 21 cm | €18.00



Family constellation therapies give us the opportunity to understand the patterns, conscious or not, which are strongly anchored in us. And, above all, they give us the opportunity to free ourselves from them. This newfound freedom will have repercussions as much on our lives as on those of our loved ones.

Chantal Motto is a Jungian psychoanalyst.

NO NEED TO BE A SUPERHERO TO MAKE MY DREAMS COME TRUE

Marilyse Trécourt | 176 pages | 15 x 21 cm | €14.90

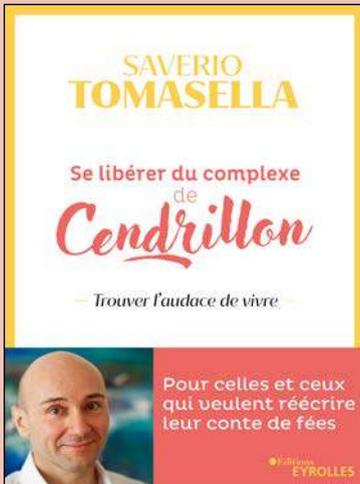


There always comes a time when we find ourselves in an uncomfortable situation and want to change something in our life. It may involve only one aspect, such as our work, or our relationship, or multiple spheres at the same time. Be that as it may, many of us ask ourselves these questions: Where do I start? How to do ? Am I able to? What if this change had an impact on my family? But if you indefinitely delay the implementation of this project, it might be that you are missing a little help and a little preparation... This book is for you, it will help you set your project in action, in twelve key steps.

Marilyse Trécourt is a novelist and a coach in editorial communication.

Saverio Tomasella

Saverio Tomasella is a psychoanalyst and the author of many self-help books.



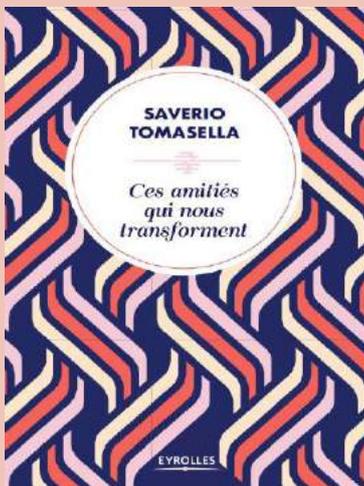
FREE YOURSELF FROM THE CINDERELLA COMPLEX

Saverio Tomasella | 192 pages | 15 x 21 cm | €18.00

Forthcoming in June 2020

Sometimes, just like Cinderella, we give up on fighting for our due and tend to hide or put behind our true desires.

What if Cinderella had something to teach us? What if her silence was in fact a fruitful introspection? What if she, pushing her desires aside, was actually a normal step towards something bigger? We might all be Cinderellas. Sensitivity, creativity and selflessness could actually be our bigger strengths!



FRIENDSHIPS THAT TRANSFORM US

Saverio Tomasella | 176 pages | 12.5 x 19 cm | €14.00

Friendship is one of the most intense relationship that one can experience throughout their life. How can our upbringing influence our friendships? How are female friendships different than male ones? How do friendship emerge, live and die?

DIARY OF A RESEARCHER IN HAPPINESS

10 simple recipes to feel good... or very badly

Catherine Roumanoff-Lefavre | 144 pages | 17 x 24 cm | €14.90

Published in February 2020



«How to be happy» we often ask ourselves. Maybe we should start by asking ourselves what makes us feel so bad? This is what Catherine Roumanoff offers us, in a 10-step exploration of our own automatisms to misfortune—to seek the why rather than the how, to cling to our limiting beliefs, to condition happiness to other gratuities, to take on the posture of the victim—these are some simple and effective recipes for spoiling one's life. Through expressive and funny narrative Catherine Roumanoff dismantles the mechanisms of spleen and gives us 10 unmistakable recipes to find happiness.

Catherine Roumanoff-Lefavre is a clinical psychologist and hypnotherapist..

By Daisy & Julie Bodin

Daisy Bodin is a dietetician, a lecturer and an energetician.

Julie Bodin used to work as a product manager, she now leads meditation workshops.

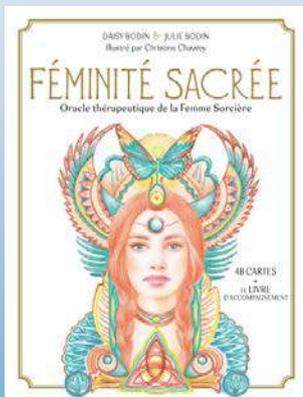


FROM INTUITION TO MEDIUMNITY, IT ONLY TAKES A FEW EASY STEPS

256 pages | 15 x 21 cm | €16.90

Published in February 2020

This book aims to be an initiatory way to develop your mediumship (clairvoyance, clairaudience ...). By becoming aware of your abilities, you will be able to hear the messages of your soul, your guides and thus express all your potential and open you to the full realization of your being. To be a medium is to finally acquire its full power by going beyond the limits of the ego and thus opening up to oneself fully. Through life workshops, rituals and mediumistic practices, you work towards your uniqueness between matter, energy and spirituality.

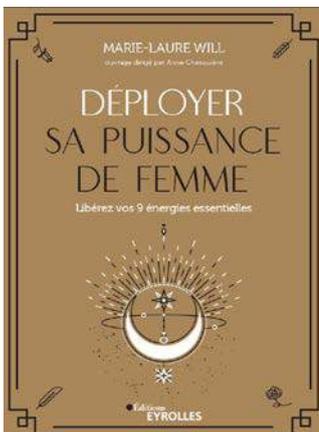


SACRED FEMININITY

192 pages + 48 cards | 12.5 x 17 x 3.5 cm | €22.90

Forthcoming in April 2020

This oracle will guide you throughout life so that you can find inner peace and harmony again, win back your feminine power and be in touch with whom you really. By opening this oracle, you decide to take into your own hands your destiny as a wild woman by breaking out of the confines of society. Let the cards guide you and put the workshops of life, contained in the book, to good use and navigate through your personal journey.



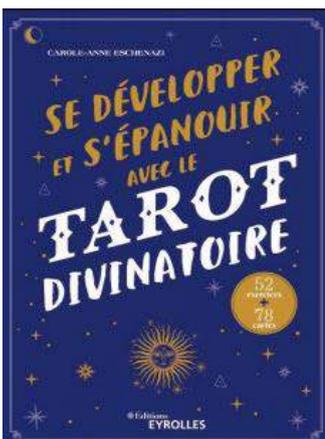
UNLEASH YOUR FEMININE POWERS

Marie-Laure Will | 224 pages | 15 x 21 cm | €18.00

Published in January 2020

Learn to how reconnect with and unfold the feminine power in you thanks to the 9 feminine energies present in each one since the dawn of time: sweetness, slowness, receptivity, intuition, suppleness, sorority bond, permeability to emotions, sensuality and love. These energies are essential to our well-being, maintain harmonious relationships with others and are fundamental to the future of society. Many women have already understood and are busy awakening their power as a woman. A simple and clear approach, combining practical exercises and testimonials. To release her feminine power while keeping harmony between our masculine and feminine parts.

Marie-Laure Will is a speaker and life coach.



GROW AND FLOURISH WITH TAROT CARDS

Carole-Anne Eschenazi | 208 pages | 15 x 21 cm | €16.00

Forthcoming in April 2020

This fun, pedagogical and didactic book dusts off tarot. Tarot cards have been for a long time confined to an occult practice reducing their impact; in fact it is actually a very modern and formidable tool that has really taken off these past few years. This guidebook is aimed as much at Tarot experts and beginners.

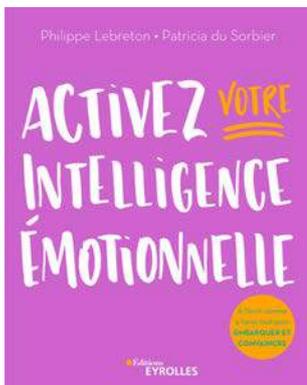
Carole-Anne Eschenazi is specialized in divinatory games. She creates her own tarot cards and oracles. She's also a novelist, a a blogger and a youtuber.

[Includes 52 exercices and 78 cards](#)

ACTIVATE YOUR EMOTIONAL INTELLIGENCE

Philippe Lebreton & Patricia du Sorbier | 216 pages | 15 x 19 cm | €16.90

Forthcoming in April 2020



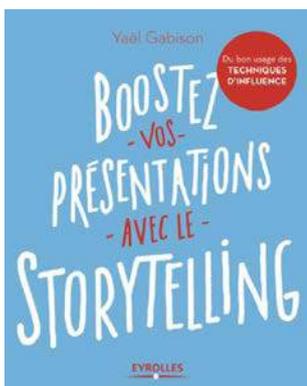
Productivity and welfare are two conditions necessary to any company. Managers have to be able to adjust and modify their behavior in order to strike the right balance between productivity constraints and employee's welfare. More generally, every employee will find that improving his emotional intelligence is necessary to his professional development. What are the real benefits? A better harmony inside the companies, serene interprofesional relations, professional efficiency... Thanks to Emotional intelligence, the manager will be able to develop his leadership and reach a rapid progression in performance. It is also a way to attract the younger generation which is more inclined to work in a company where emotions are accepted, encouraged and shared.

Philippe Lebreton has a Master in Neuro Linguistic Programming certified by MBTI.

Patricia du Sorbier is a former journalist and has been working as a consultant, an instructor and a coach for companies for 15 years now.

BOOST YOUR PRESENTATIONS WITH STORYTELLING

Yaël Gabison | 160 pages | 15 x 19 cm | €16.90

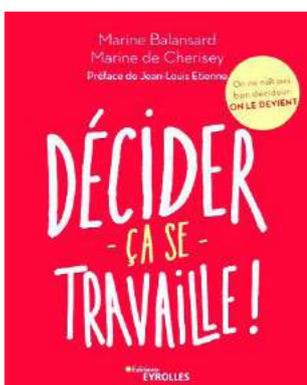


Storytelling is about using a story - rather than highlighting brand or product arguments - to capture attention and excite emotion. How to use storytelling to convince, structure and animate your presentations? This book highlights a methodology applicable to all types of presentations: marketing presentations, product presentations, recommendations, press releases, communication plans, sales pitch, etc. Illustrated by examples and practical exercises, it presents the basic rules of writing to elaborate your speech and to convince.

Yaël Gabison is a journalist and the founder of a consulting firm specializing in international leadership.

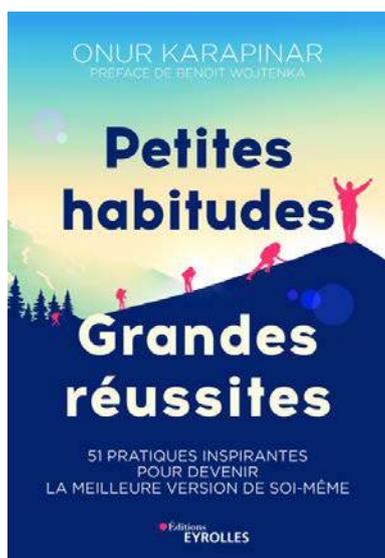
HOW TO PRACTICE DECISION MAKING

Marine de Cherisey & Marine Balansard | 208 pages | 15 x 19 cm | €16.90



In an increasingly complex world, making the right decisions is a constant concern, but contrary to popular belief, we are not born a good or bad decision-maker, we can become one: just as public speaking or leadership, deciding requires practice! Challenging the conventional wisdom on decision-making, this incisive book introduces the reader to their immense resourcefulness to help them better use them, to recognize the great pitfalls of decision-making and to counter them, to take advantage of the collective intelligence to decide in all clarity. A daily source of inspiration to fully unlock one's decision-making potential.

Marine de Cherisey and Marine Balansard both founded ARISEAL, a consulting firm in decision intelligence where they work with managers and executives.



SMALL HABITS, BIG SUCCESSES

Onur Karapinar | 184 pages | 15 x 22 cm | €18.00

Rights sold in Russian (Eksmo)

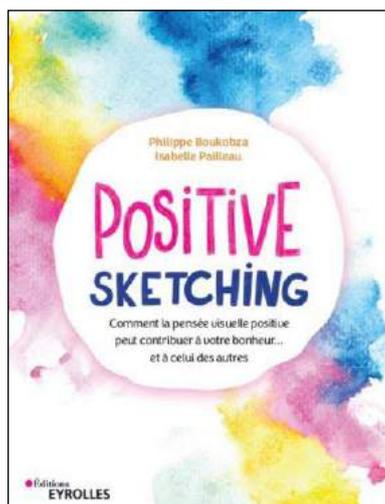
A study shows that 43% of our actions are done automatically, routinely, our brains seeking routines to save us the effort to adapt permanently.

However, bad habits, repeated every day, can eventually have catastrophic consequences. While good habits improve our lives and lead us to success.

This book proposes 51 positive habits to implement in your life, divided into four groups: productivity, health, personal development, social.

We have the power, day after day, to significantly improve our lives: everything begins with our habits.

Onur Karapinar leads a community of readers in search of techniques to be more successful and regain control of their lives.



POSITIVE SKETCHING

Isabelle Pailleau & Philippe Boukobza | 144 pages |

4-colour | 16 x 21 cm | €16.90

At the crossroads of Positive Psychology and Design Thinking, Positive Sketching is a powerful personal and professional development tool that works in-depth on our mindset, self-image and relationships with others. This visual and positive language also helps to develop our creativity, which is an essential skill to nurture because it not only gives value to our professional life but it also helps us to grow. When we build our creative trust, we gain access to a positive energy that boosts us.

Isabelle Pailleau is a clinical psychologist and a family Therapist trained in Mind Mapping. **Philippe Boukobza** creates trainings on visual thinking, innovation and Mind Mapping.



DESIGN SPRINT

Pauline Thomas | 200 pages | 17 x 21 cm | €25.00

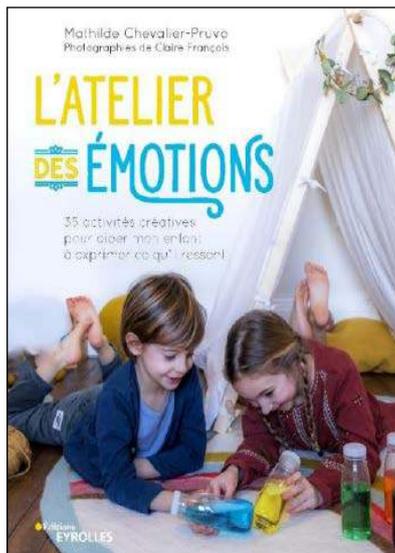
Forthcoming in May 2020

A Design Sprint is a process derived from Design Thinking, developed by Jake Knapp at Google. It is a time-constrained (5 days) way to organize collective workshops in order to find new ideas and solve issues while stimulating the teams.

Pauline Thomas was formed by Jake Knapp. In this book she gives the method a more accessible approach and shows that the method can also be applied on a shorter time-lapse (1, 2 or 3 days).

She then brings to light everything you need to have a successful Sprint: the importance of preparation, the facilitator's knowledge, the establishment of a Sprint's culture in an organization, etc...

Pauline Thomas is a central figure of the French UX/design thinking/ Sprint ecosystem. She founded in 2012 one of the first co-working spaces in France.



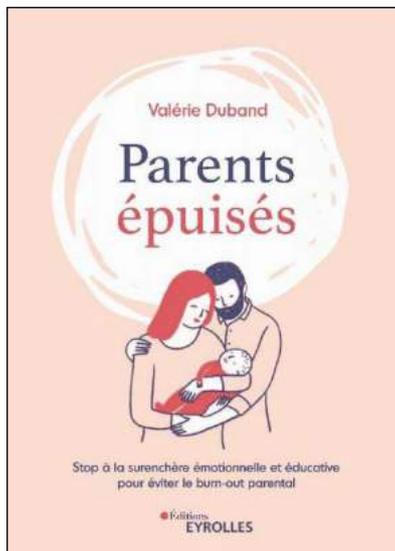
THE EMOTIONS WORKSHOP

Mathilde Chevalier-Pruvo | 176 pages | 18 x 23 cm | €22.00

Rights sold in Italian (Il Castello)

35 creative activities to help your child express their emotions and build their self-esteem. This book has a double dimension: creative and educational. It offers creative activities that put children in a very concrete and sensory contact with their emotions, their inner security and their self-esteem. It is also a way to initiate children to a new approach of emotions, based on the principles of alternative pedagogies (Montessori, Steiner-Waldorf and Reggio Emilia in particular). A very illustrated book with step by step sketches and pictures of the achievements by the children.

Mathilde Chevalier-Pruvo is a philosophy professor. Since 2013, she has been leading philosophical and creative workshops for children, teenagers and adults.



EXHAUSTED PARENTS

Valérie Duband | 224 pages | 15 x 21 cm | €18.00

Today, «raising successful children» has become a social duty. «Positive parenting», «caring education» ... New mothers (and new fathers) juggle concepts that set the bar a little higher. Not to mention social networks, where it is the marathon of the most exemplary parent. Parental burnout is a syndrome that affects parents exposed to chronic parental stress and a fear of failing their education.

Valérie Duband is a blogger, professional coach, specialized in children and teenagers.



KEYS TO UNDERSTANDING YOUR ANGER

Noémie de Saint-Sernin | 192 pages | 15 x 21 cm | €14.90

Forthcoming in March 2020

What is the impact of our education in our role as a parent? And if the family balance depended on the parents inner balance? But then, how to explain these cries, these screams that we sometimes utter against them? How to understand the hurtful words that we shout at them, the gestures, these furies that grab us? Yes, how can we accept the violence that is rising in us during a crisis that is increasingly difficult to contain? Why is it stronger than you? This book is for all lost parents, who do not know how to proceed with their children and want to return to a relationship of love and simplicity with them.

Noémie de Saint-Sernin is a personal development and parenting coach.



HAPPY TOMORROW

Prepare your children to coming revolutions
 Matthieu Chereau | 224 pages | 15 x 21 cm | €18.00

«Artificial intelligence will transform over 60% occupations from here to 2030 » (McKinsey)

How can we give our children the keys to finding their place, professionally and as responsible citizens aware of the challenges in the world?

Matthieu Chereau, is a graduate of Sciences Po, and has set up many businesses in the universe of start-ups and new technology. He gives a worldwide overview of innovative pedagogical solutions, from Montessori to schools in Silicon Valley.



UNDERSTANDING YOUR KID'S DRAWINGS

René Baldy | Preface by Claude Ponti | 168 pages | 17 x 24 cm | €20.00

Rights sold in Korean (Must Be), Spanish (Omega), Romanian (Didactica), Chinese complex (Linking) and simplified (Duku) characters

Why does my child draw a man without nose, without arms, or even without stomach? Why does he always repeat the same design? Why does the chimney lean on the roof? Should I teach my kid to draw in perspective?

René Baldy is a professor of child development psychology. He has published many scientific articles about the evolution of drawing and representation of space during childhood.

THE TOOL BOX FOR HELPING YOUR CHILDREN LEARN DIFFERENTLY

Guillaume Vilain | 300 pages | 4-colour | 17 x 24 cm | €26.90

Forthcoming in March 2020



A true educational kit, this book is a remarkable synthesis and a complete toolbox that allows the reader to: Get to know all the current trends and approaches of contemporary pedagogues - Become familiar with and learn how to use all the methods, concepts and fundamental tools with children - Have a base of over 100 suggestions for activities to do with children, both at home and in class, to learn maths, writing, science, nature, preserve the planet, discover music, theater, painting ...

Guillaume Vilain is the founder and animator of the Ecolaborative association. He is coordinating this book, which involved 20 teachers / contributors. The Ecolaborative association brings together Belgian and French teachers to bring alternative pedagogies to school.

"ALTERNATIVE EDUCATION" COLLECTION

HELP YOUR CHILD LEARN THROUGH VISUAL TOOLS

Xavier Delengaigne & Vincent Damato | 304 pages | 15 x 19 cm | €18.90

Rights sold Chinese simple characters (BJ Red Dot)



Many students lack motivation. Yet most of them do not have cognitive impairment. Rarely making sense behind learning, they compartmentalize them completely, which prevents them from creating a relationship between them. This can reinforce a lack of interest, or even a refusal to learn. Promoting children's questioning and curiosity, the advice in this book help them to become actors in their learning. To do this, they rely on visual tools. This living approach will (re) ignite the flame of knowledge in the heart of your children.

Trainer in mind mapping, **Xavier Delengaigne** works in professional environments.

School teacher and trainer, **Vincent Damato** is passionate about pedagogy.

30 ACTIVITIES TO BECOME A CHAMPION OF MIND MAPS

Stéphanie Eleaume Lachaud | 144 pages | 15 x 19 cm | €16.90

Rights sold Chinese simple characters (BJ Red Dot) and in Romanian (Didactica)



What is a mental map? How to read it? What are the steps to create one? This guidebook reveals all the secrets of mental mapping. It helps children learn how to create their own maps and teaches them 7 skills (such as reading a mental map, identifying a key idea and key words, completing a mental map, memorize things thanks to pictures, and drawing).

Stéphanie Eleaume Lachaud is a mother of two and creates joyful and colourful mental maps to help children find happiness in learning.

Illustrated by FILF

POSITIVE EDUCATION

A. Akoun & I. Pailleau | 192 pages | 15 x 19 cm | €18.90

Rights sold in German, French Canadian, Korean, Romanian, Russian, Spanish, Turkish, Chinese simplified and complex characters



100,000 copies sold

This guide rehabilitates the questioning and curiosity of children and give back confidence to the adults who accompany them. Its purpose is to revolutionize learning methods to enable everyone to awaken his deep desire to learn in joy and good mood!

Audrey Akoun and **Isabelle Pailleau** are respectively a therapist and a clinical psychologist of work and apprenticeships. Both are family therapists and certified in Mind Mapping and Mental Management.

ALTERNATIVE EDUCATION



MY FIRST LEARNINGS: 2-6 YEARS-OLDS

Madeleine Deny | 128 pages | 17 x 24 cm | €16.90

Published in February 2020

To learn well, you have to take pleasure in learning! This is the message of alternative pedagogies. Simple and practical, this guide makes available to all the best methods and experiences to address the first learnings of the child - figures, first calculations, letters, writing, reading - playing, singing, cutting, building. More than 150 activities show how to put them into practice in everyday life.



MONTESSORI EDUCATION

Brigitte Ekert | 192 pages |

14.8 x 21 cm | €10.00

Synthetic tiny guide for the general public with all you need to know: history, principles, applications. Clear and simple, it contains many testimonies and ideas of activities easy to make with your children.

“MONTESSORI AT HOME” COLLECTION



MONTESSORI EDUCATION THROUGH THE SEASONS

Brigitte Ekert | 200 pages |

18 x 22 cm | €25.00

Rights sold in Italian (Il Castello) and Polish (RM)

This illustrated and practical guide offers you step-by-step activities to promote your child's awakening and to accompany his growth throughout the seasons.



**31,000
copies sold**

MONTESSORI AT HOME

Delphine Gille-Cotte | 200 pages |

18 x 22 cm | €25.00

Rights sold in Czech, Greek, Italian, Korean, Polish, Romanian, Russian, Slovak and Spanish

80 educational games commented and illustrated step by step. Includes explanations about how to build your own equipment.

MONTESSORI PEDAGOGICAL BOXES

Charlotte Poussin | Illustrated by Marie Ollier | 32 pages + 90 cards | 17 x 23 cm | €19.90

6 sensory, pedagogical and interactive boxes to help your child learn to read and count while having fun, with rough and illustrated cards and a booklet that introduces the Montessori pedagogy to the parents.

These sets are prefaced by **André Roberfroid**, President of the Montessori International Association.

I DISCOVER COLOURS *in English and in French* Rights sold in Romanian



SCIENCE EXPERIMENTS Rights sold in Romanian and Italian



SANDPAPER NUMBERS Rights sold in Romanian



SANDPAPER LETTERS Rights sold in Romanian



I LEARN HOW TO READ Rights sold in Romanian



STORIES TO TELL Rights sold in Romanian



POSITIVE EDUCATION BOXES

S. Lachaud, Filf, I. Pailleau & A. Akoun | 32 pages + 50 mind maps | 16 x 22 cm | €24.90

These pedagogical boxes contain a notebook on how to use mind maps and on the fundamentals of positive education. They go through 40 lessons (in Math, or in French) presented as mental maps, with 40 mental map cards to understand the lessons in a quick and easy manner and 10 game-cards to revise while having fun.



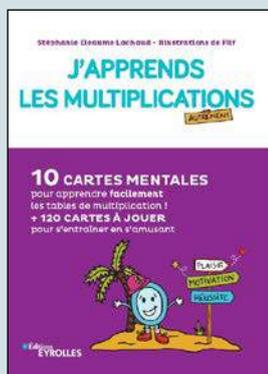
ENGLISH FOR BEGINNERS

Rights sold in Romanian (Didactica)

J'apprends l'allemand
GERMAN FOR BEGINNERS
 Forthcoming in May 2020
 Eyrolles

GERMAN FOR BEGINNERS

Forthcoming in May 2020



LEARNING MULTIPLICATIONS

Rights sold in Romanian (Didactica)



SPANISH FOR BEGINNERS

PLUG YOUR BRAINS

Marie Caiazza & Lucie Maillet | 152 pages + 40 cards
 12.5 x 17 x 3 cm | €19.90

Forthcoming in March 2020

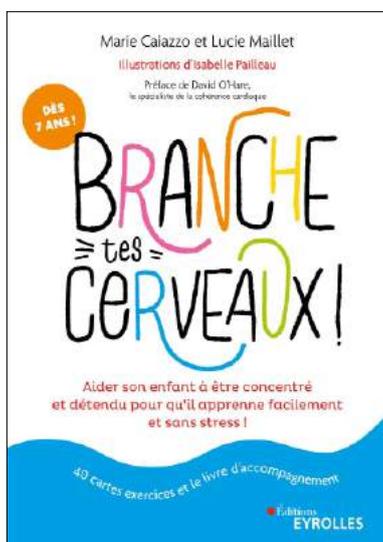
Plug your brains! (the cortex, the heart and the body) is a fun method to help children learn easily and without any stress. This pedagogical box contains 40 colored cards and a booklet.

Thanks to simple and quick exercises that will focus on physicality, breathing, focalisation, Plug your brains! gathers four essential learning methods:

- Be in the present moment, refocus
- Mobilise resources and integrate the information
- Manage your stress and adapt
- And finally, relax

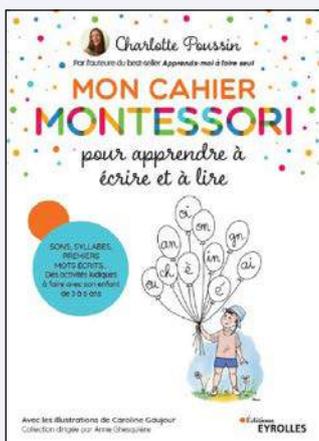
Marie Caiazza is a psychomotrician and a hypnotherapist. She has also been formed on sophrology, cardiac coherence and full awareness meditation.

Lucie Maillet is a kinesiologist. She was formed on Bach flowers and reiki.



By Charlotte Poussin

A Montessori AMI educator since 2000 and the mother of 5 children.



MY MONTESSORI NOTEBOOK

to learn how to write and read

128 pages | 17 x 23,5 cm | €12.90

Based on Montessori pedagogy, this workbook is ideal to make your children want to learn how to read and to write. Parent will find advice to help their children and the latter will find many fun exercises to master the alphabet, know different sounds and complex graphemes, etc.

Caroline Gaujour is a mother and an illustrator.



MONTESSORI FROM 6 TO 12

192 pages | 15.5 x 21 cm | €18.00

Rights sold in Italian, Greek, Polish and Romanian

The Montessori pedagogy helps to accompany the natural development of the child by proposing a prepared environment adapted to his or her abilities and needs. For the age group 6-12, the main objectives are to develop in each child self-confidence, autonomy, self-education; the sense of freedom combined with that of responsibility. The co-authors **Hadrien Roche** and **Nadia Hamidi** also are AMI educators.



TEACH ME HOW TO DO BY MYSELF: 3-6 YEARS OLD

240 pages | 15 x 24 cm | €16.90

Rights sold in Chinese complex and simplified characters, Czech, Italian, Greek, Polish, Romanian, Slovak, Spanish and Turkish

This is the first bestseller of the series! **Charlotte Poussin** shares her experience to help you understand and experience the Montessori pedagogy with your child from 3 to 6. Your attitude as educator is important to incarnate what you wish to transmit, to place the child at the center of the reflection on education, to emphasize observation, communication and benevolence. In order to accompany him on the path of fulfillment.

50,000 copies sold



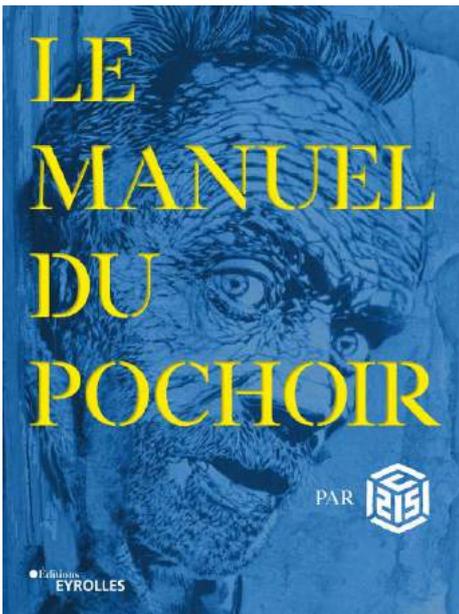
MONTESSORI FROM BIRTH TO 3

240 pages | 15 x 24 cm | €16.90

Rights sold in Italian, Greek, Polish, Slovak, Spanish and Romanian

So many things are at stake between 0 and 3 years old! At this age, your child mysteriously lays the foundations of his or her personality and needs to be stimulated. Helping without too much help, being always available without being too much present, it is the gift that our little one needs.

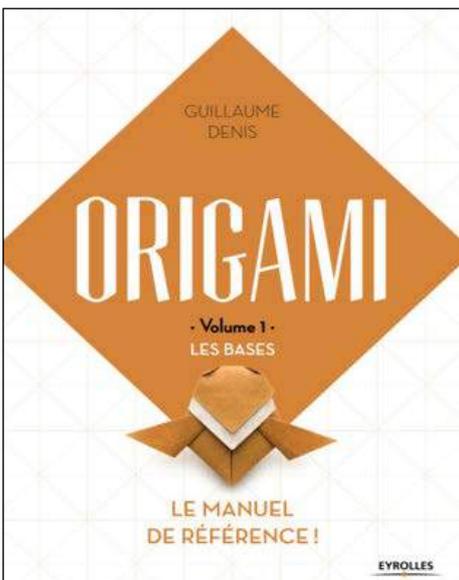
20,000 copies sold

THE STENCIL HANDBOOK*Christian Guémy aka C215 | 144 pages | 17 x 23 cm | €25.00***Forthcoming in May 2020**

A book to convey all the possibilities of the art of stencil, so that everyone can forge their own style. The art of stencil has no limits. The term refers to both a tool and the work that results from this tool: a «stencil». The tool consists above all of a mask that covers a support through which one paints and which when removed leaves, in negative, to appear an impression. This manual will be made possible thanks to the experience of C215 but also and especially thanks to the meetings and the links woven by the artist with the actors of this field.

Christian Guémy aka C215 has essentially worked with stencil since 2005. He paints in the streets around the world, on all types of media and format, and in atypical places (prisons, hospitals, research centers, educational institutions...). He is today one of the most recognized stencil artists on the international street art scene. His work is very regularly exposed.

Includes 3 stencils!

ORIGAMI: THE BASICS*Guillaume Denis | 256 pages | 21 x 29 cm | €28.00***Rights sold in Russian (Eksmo)**

This first volume of a true class on origami starts with detailing the easiest folds before leading the reader to more complex productions. It consists of 41 lessons that each focuses on a specific technique and uses the knowledge learned in the previous lessons.

Guillaume Denis has worked for 3 years as a consultant on folds, diagrams and techniques for a collection on Origami. He is a member of the French Movement of paper folders.

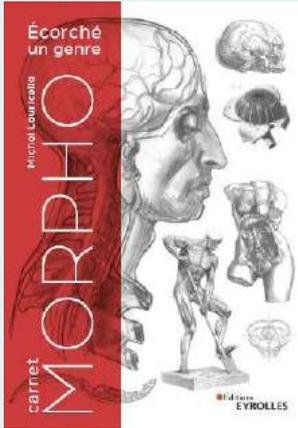
THE ART OF SKETCHING ANIMALS ON THE SPOT*Charles Szlakmann | 160 pages | 22 x 22 cm | €20.00*

This book is devoted to the drawing on the spot of animals in their habitat, wherever you can see them: at home, in the countryside, at the farm, or in zoos and nature reserves, underwater also, or still in natural history museums... This art is part of the long tradition of outdoor sketching, as practiced all the great painters. You have to be fast, it means concretely be able to set up a satisfactory drawing in one duration of five to fifteen minutes.

Charles Szlakmann is a designer-portraitist, he teaches at the Cité de l'Architecture in Paris.

By Michel Lauricella

250,000
copies sold
worldwide!

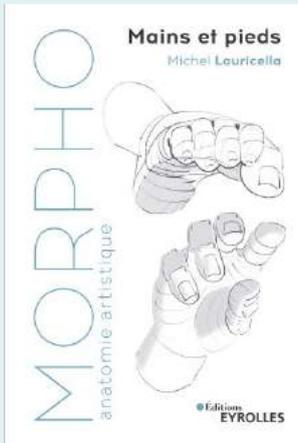


He was trained at the Ecole Nationale Supérieure des Beaux-Arts in Paris. He has taught morphology for 20 years, successively at the Emile Cohl School in Lyon, Beaux-Arts workshops in Paris, and the Gobelins (Paris). He is currently a professor at Lisaa (Paris) and at Fabrica1 (Paris).

MORPHO: ÉCORCHÉ, A GENRE

192 pages + leporello | 14.8 x 21 cm | €28.00

This Morpho notebook is first of all an introduction to the history of representations of the *écorché* from the Renaissance to the present day, an imaginary museum complementary to the other works of Michel Lauricella in that it suggests the reader to build their own notebook, like a travel diary of the human body. The book is composed of two parts: a booklet of 192 pages on the left and a leporello on the right, a magnificent example made by the author which also stands as a small treatise of illustrated and aesthetic anatomy.

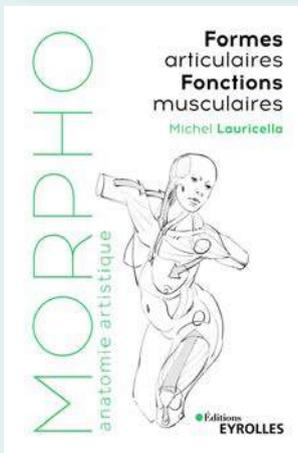


MORPHO: HANDS AND FEET

96 pages | 12 x 18 cm | €10.00

Rights sold in English, Japanese, Korean, Chinese simple characters and Spanish

The extremities - hands & feet - remain a source of anxiety for many designers. This book contains more than two hundred original drawings and diagrams. The veins being mostly visible at the extremities, you will find in complement a simplified «mapping» of venous networks.

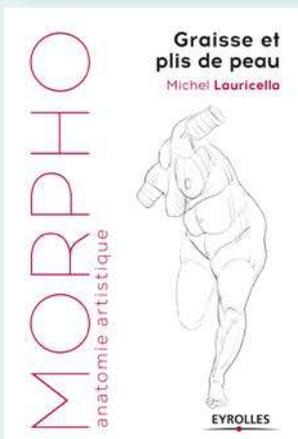


MORPHO: JOINT FORMS, MUSCULAR FUNCTIONS

96 pages | 12 x 18 cm | €10.00

Rights sold in English, Japanese, Korean, Portuguese, Chinese simple characters and Spanish

This volume is devoted to the observation and drawing of typical joints to deduce the muscles necessary for movement. Construction of the work according to the parts of the body: head & neck, torso, upper limb, lower limb.

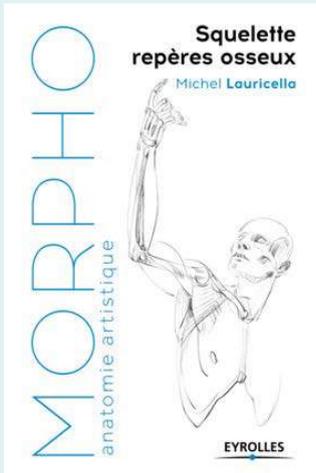


MORPHO: FAT AND SKIN FOLDS

96 pages | 12 x 18 cm | €10.00

Rights sold in English, Japanese, Korean, Portuguese, Chinese simple characters and Spanish

This book allows to learn to see and draw the body by a completely unprecedented approach: the fat and folds of skin. Information is given through drawing and synthetic legends.

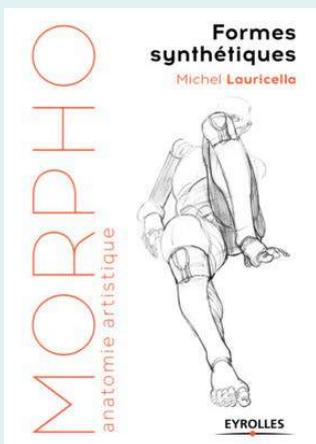


MORPHO: SKELETON, BONY LANDMARKS

96 pages | 12 x 18 cm | €10.00

Rights sold in English, Chinese simple characters, Japanese, Korean and Portuguese, and Spanish

This book presents technics to learn how to draw and construct the human skeleton in a simple way in order to facilitate imagination drawing and improve observation drawing.

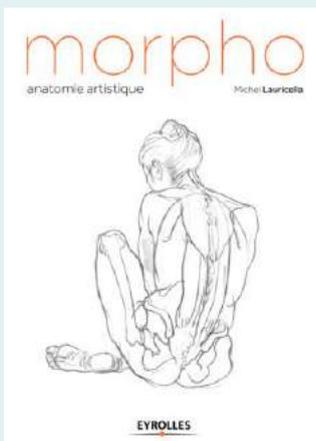


MORPHO: SYNTHETIC SHAPES

96 pages | 12 x 18 cm | €10.00

Rights sold in English, Chinese simple characters, Japanese, Korean and Portuguese, and Spanish

The first title of the "mini collection" simplifies the human body into basic, synthetic shapes and forms, offering profound insight for artists of all kinds, sparking the imagination and improving one's observational abilities.



MORPHO: ARTISTIC ANATOMY

320 pages | 15 x 24 cm | €19.00

Rights sold in English, Chinese simplified and complex characters, German, Italian, Japanese, Korean, Portuguese, Russia, Thai and Spanish

In more than 1000 drawings, the human body is seen under new angles, from the framework to the musculature, from the anatomical detail to the moving body.

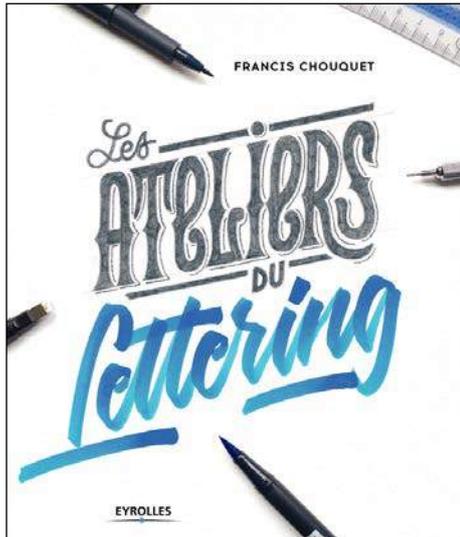


POCKET WORKSHOPS

Magaliu Cazo & Michel Lauricella | 224 pages | 21 x 15 cm | €19.00

Rights sold in English and Spanish

The aim of this book is to build a 52-week program with exercises to train and improve your drawing skills, from simple observation to personal expression.



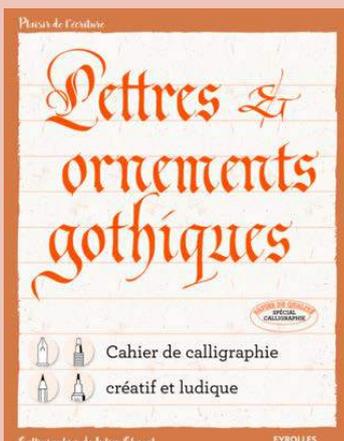
LETTERING WORKSHOPS

Francis Chouquet | 160 pages | 21 x 25 cm | €22.90
Rights sold in English (Rocky Nook) and Chinese simple characters (Guangxi Fine Arts)

A series of masterclasses that will enable both beginners and professional designers alike to start lettering, be it for visual arts or communication students, professionals or bloggers who wish to modernize their image.

Francis Chouquet has been a graphic designer since 2004 and founded an inspiration blog in 2010 (<http://beautifultype.net>). He has trained with famous designers such as Ken Barber, Jessica Hische and Mike Meyer. He regularly gives conferences on the subject and organizes lettering and calligraphy workshops for professionals and amateurs in France and in Switzerland.

By Julien Chazal

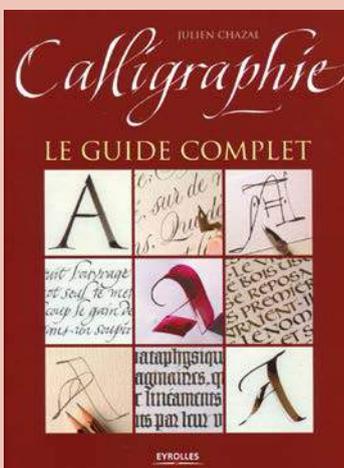


An independent artist and a calligrapher, passionate about drawing and painting. Many companies call on him for his innovative and creative talents: Chanel, Louis Vuitton, Kenzo, L'Oréal... He also works for the French and international cinema as a hand stand-in or a pen-writing teacher for great actors. He is today recognized as one of the best calligraphers in Europe and is constantly developing his research into new techniques.

GOTHIC LETTERS AND ORNAMENTS

176 pages | 21 x 27 cm | €22.90

A workbook for a playful and progressive initiation to the writing of four Gothic alphabets and the drawing of ornaments. A great variety of exercises allows you to train and to progress quickly, using different tools: pencils, felt pens, calligraphic pen...



EXHAUSTIVE GUIDE TO CALLIGRAPHY

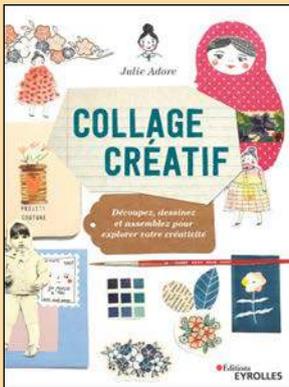
224 pages | 22 x 28.6 cm | €35.00

Rights sold in Chinese simplified characters and Spanish

A reference work to know, learn and master western calligraphy. It is aimed at amateurs, professionals and all curious people who want to learn this creative technique or use it as a source of inspiration. The first part introduces the work of the calligrapher (material and work table, turns of hand), the second introduces Western calligraphy in chronological order.

By Ioulia Chapochnikova

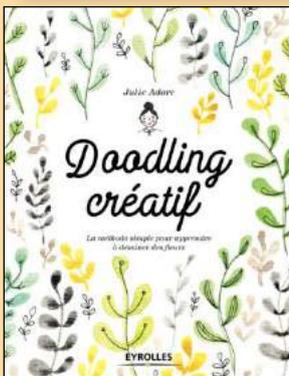
She (@juleadore on Instagram) is a self-taught artist. Her world is colourful, poetic, tender and funny. She was a community manager at *Flow France*.



CREATIVE COLLAGE

128 pages | 15.5 x 21 cm | €16.90

After *Creative Doodling*, discover new ideas from Julie Adore to start collage and make a creative notebook. Collage is Julie Adore's favorite technique. It allows everyone to play with colours and shapes and explore the multiple creative possibilities of paper in associating papers of different textures and create special effects: crumpled paper, colored paper or by mixing collage and doodling. A notebook of inspiration and exercises that goes even further in the poetic world of Julie Adore.



CREATIVE DOODLING

128 pages | 15.5 x 21 cm | €16.90

Rights sold in English (Schiffer Books), Dutch (ZNU) and Chinese simple characters (Hubei Fine Arts)

A small guidebook to rid the reader of their inhibitions and learn how to easily draw small and cute decorations, doodles and embellishments for home decorations, their bullet journals, gifts and DIY objects or simply relax and go with the flow of their pencil.

LET'S TRY GOUACHE PAINTING!

Sophie Truant | 160 pages | 17 x 22 cm | €20.00

Forthcoming in April 2020



A guidebook to boost your creativity! Inside, you will find 40 challenges to help you master the different colors, create your own compositions and patterns with different kinds of paper.

In a last part, several designers explain how to choose a pattern in other disciplines: Punch Needle, embroidery, mosaic...

Sophie Truant is a Swiss illustrator, graduated from the Beaux-Arts de Paris. She also teaches plastic arts to children and grown-ups.

LET'S CREATE!

Marie Boudon | 192 pages | 17 x 22 cm | €20.00

For all of those who wish to create but «who never have time» or don't know where to start. This books contains

For all of those who wish to create but «who never have time» or don't know where to start. This books contains through 35 challenges to incorporate creation in your everyday life and to build a complete artistic journey, from researching inspiration to the expression of your own style.

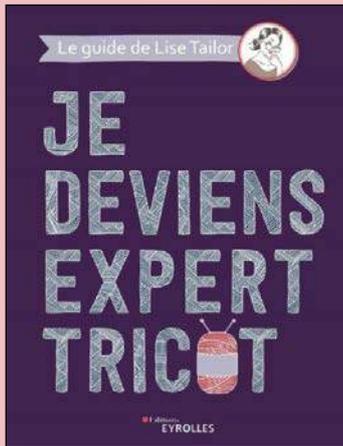
- Advices on how to "let go"
- Exercises to awake your imagination and collect imagination
- Technics to forge your own creative process and to avoid dead ends
- Several testimonies from international designers

Marie Boudon, engineer by training, is the founder of an online website that offers different courses.



By Lise Tailor

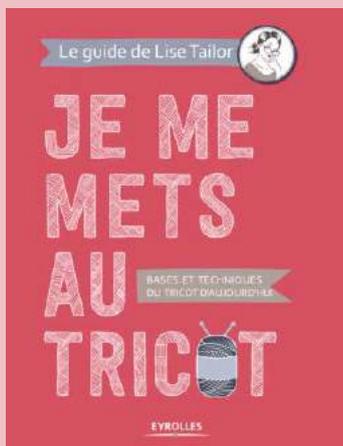
She teaches everything you need to know to start gradually, use the right movement, make the best choice from the beginning, understand the bases of knitting projects and it quickly became a reference in the world of yarn lovers.



HOW TO BECOME AN EXPERT KNITTER

160 pages | 17 x 22 cm | €21.00

After the success of *Je me mets au tricot*, this 2nd volume deals with the «expert» techniques, always in connection with current practices, with the sense of pedagogy that is the hallmark of Lise Tailor's blog: you will learn how round knitting, jacquard, English rib, lace stitch...



HOW TO START KNITTING

Bases and techniques of contemporary knitting

208 pages | 17 x 22 cm | €18.00

The perfect book for people who want to start knitting but don't know the first thing to this craft. Her advice is also very useful to longtime knitters as it explores contemporary knitting tricks.

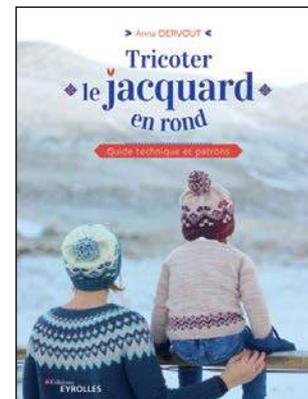


MY KNITS BASICS: 12 PATTERNS

Fernand La Fabrique | 128 pages | 19 x 23 cm | €19.90

Forthcoming in March 2020

12 tutorials to knit a timeless, simple and natural wardrobe: a choice of quality wools, soft colors, basic shapes (V-neck, turtleneck, round neck, straight cardigan, cable sweater). A safe bet for durable and neat models.



HOW TO KNIT JACQUARD IN ROUND

Anna Dervout | 128 pages | 19 x 23 cm | €19.90

Rights sold in German (Stiebner)

Step by step, Anna Dervout explains the techniques to start in jacquard and gives many useful tips: how to associate the colors, how to manage the tension of the threads on the back side, what type of wool to choose...The last part of the book offers 5 knitting patterns to get started and make your first jacquard sweaters.



RETRO-CHIC CHILDREN CLOTHES

19 patterns for 3-month old to 3-year old children

Barbara Berrada | 112 pages | 19 x 25.5 cm | €22.00

A well thought-out wardrobe that meets all the most important criteria: clothes available per season, as many models for infants as for larger babies, for girls and for boys.

Barbara Berrada is a fashion designer, an artistic director and a fashion photographer. She has worked for Fendi and various fashion magazines.



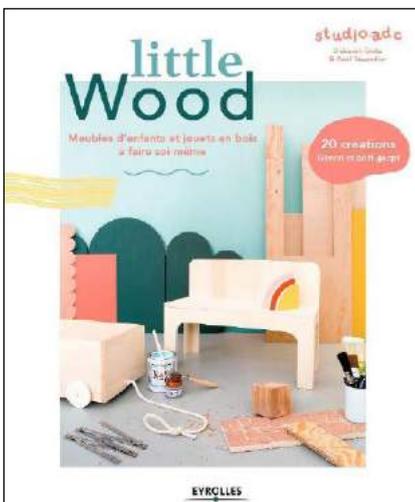
SEWING SHEETS FOR LITTLE HANDS

20 projects, 15 technical sheets, doable by children

Solène Chaignon | 70 pages | 16 x 22 cm | €19.90

A sewing box of 35 sheets to learn to sew all alone, from 6-7 years old! 15 technical sheets allow the child to discover the main gestures in sewing and to learn how to use the sewing machine (accompaniment of a desired adult for the younger). 20 double-sided sheets explaining how to make a simple sewing project, achievable in total autonomy: bag, cushion, pockets, garland, headband, scrunchies, pool bag, apron, kit...

Solène and Marie are two moms passionate about the world of youth. They created the Babayaga online magazine dedicated to children's decoration and design.



LITTLE WOOD: 20 DIY ZERO WASTE CHILDREN FURNITURE

Atelier de Curiosité | 144 pages | 20 x 26 cm | €22.90

20 DIYs to make your own furniture and toys for children, with healthy materials (without glues, solvents, or any toxic products), responsible, and in a zero waste approach (we use the scraps of big projects to make the small!). Inspired by the best contemporary designs, these creations are totally in tune with the times and will give your child's room an air of Design Decoration (at a lower cost!).

Atelier de Curiosité is a object and image design studio. Each member has a specialization: cabinetmaker, illustrator, photographer, etc.

CREATE ANIMALS AND SMALL MONSTERS OUT OF BAIZE

Sarah Bourget | 128 pages | 17 x 22 cm | €14.90

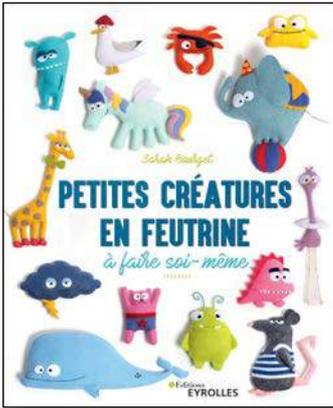
Forthcoming in April 2020

A strong graphic design, cute creatures ... the reader will follow the steps of an original character throughout the entire book.

Baize is easy to find and the small size of the models allows the reader to use a scrap of fabric so that the total cost is not too high.

This book also offers different levels of difficulty (beginner or expert version), paper origami tutorials for the accessories, several pattern suggestions to customize your own character.

Sarah Bourget is a graphic designer. She created her own brand of small creatures made out baize: *Là-bas dans l'herbe*.



KHUC CAY'S SMALL ANIMALS

Thi Ngoc Anh Scaramal | 112 pages | 19 x 23 cm | €16.90

Forthcoming in May 2020

Khuc Cay is a Franco-Vietnamese designer. She creates crochet patterns that she sells on Ravelry and Etsy. She also contributes to *amigurumipattern.net* (176K followers on Instagram, 220K on Facebook), a website that reunites the best crochet designers in the world (which then lead to the creation of the book saga *Zoomigurumi*).

ZEN BASKET WEAVING

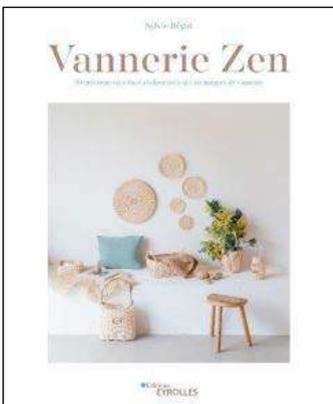
Sylvie Bégot | 144 pages | 21 x 25 cm | €22.90

Forthcoming in May 2020

15 designs of baskets, boxes, lampshades, plates, mirrors... to style your home with different pieces of wickerwork.

This practice allows reconnecting with the material like other manual activities. These different pieces of wooden furniture will go well with a minimalist interior.

Sylvie Bégot is a basketry instructor. She is the author of *Vannerie Créative* and *Vannerie Nature*.



PALLET FURNITURE

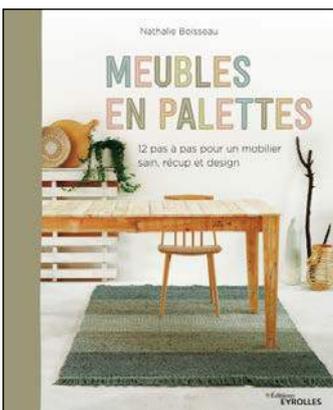
12 step-by-step projects

Nathalie Boisseau | 140 pages | 21 x 26 cm | €22.90

Rights sold in English (Haynes)

If the pallets are acclaimed by the amateurs of home furniture and DIY, it is for a good reason: this material is a solid, safe and economical one. It is the ideal raw material to make your own furniture.

Nathalie Boisseau, author of the website *Esprit cabane*, offers 12 step by step to make furniture with a simple and contemporary design for every room in the house. True to its respectful commitment to the planet, it also explains how to choose or achieve natural finishes (coatings, paints, glazes ...).



PAPER OBJECTS, HOME DECOR DIYS

Laure Farion | 144 pages | 21 x 26 cm | €22.00

Rights sold in English (Schiffer Books)



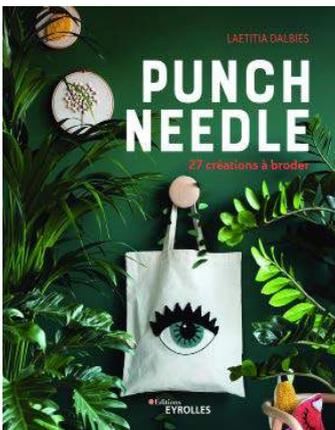
A pretty guide to learn how to create papercraft objects for your home. Each DIY enables the reader to learn a new technique and revist an everyday object, such as a bed headboard, a hanger, a vase, a teapot, a frame, a mirror, etc. The book is divided according to different rooms: kitchen, living-room, bedroom, corridor, garden/balcony.

Laure Farion has always been surrounded by paper. She was an arts teacher. She launched her brand «papierpapierpapier» in 2017 and creates paper objects for scenography, showcases, photoshoots, etc.

PUNCH NEEDLE: 27 projects

Laetitia Dalbies | 128 pages | 19 x 23 cm | €15.90

Rights sold in Dutch (Forte Uitgevers), English (Schiffer Publishing), Korean (Vision B&P) and Spanish (El Drac)



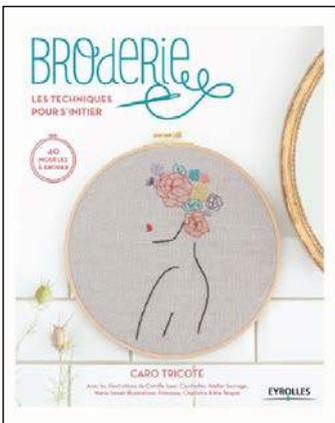
Through more than 15 models and their variations, this handbook of initiation to the punch needle creatively describes the numerous possibilities offered by different supports and threads to create jewels, cushions, frame and embroidered drums ..., or to customize clothes, bags...The author also explains how to make the famous fruit and vegetable cushions in punch needle which made her success.

Laetitia Dalbies shares her creations on her Instagram @laetiyummy. She is known for her crocheted fruits and vegetables that she sells on her online store. More recently, she declines them in punch needle, always with as much success.

STITCHING: BEGINNERS TECHNIQUES

Caroline Waryn | 160 pages | 19 x 23 cm | €17.90

Rights sold in English (Stackpole Books)



This book presents general and basic embroidery techniques, step-by-step tutorials and DIYs for different projects from the simplest to more difficult ones. It gathers over 40 patterns to stitch, imagined by 5 different illustrators, that you can wear as jewelry or use with a hoop and hang on your walls.

Caroline Waryn is passionate about thread arts. From knitting, to sewing to embroidery, she is constantly creating new projects.

HOW TO START EMBROIDERY

Bases and techniques of contemporary embroidery

Catherine Guidicelli | 208 pages | 17 x 22 cm | €20.00



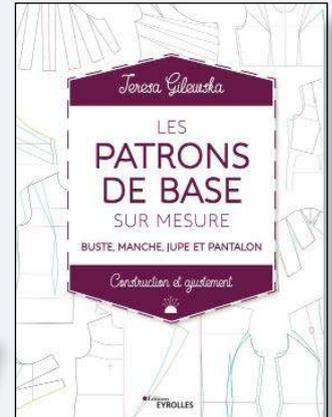
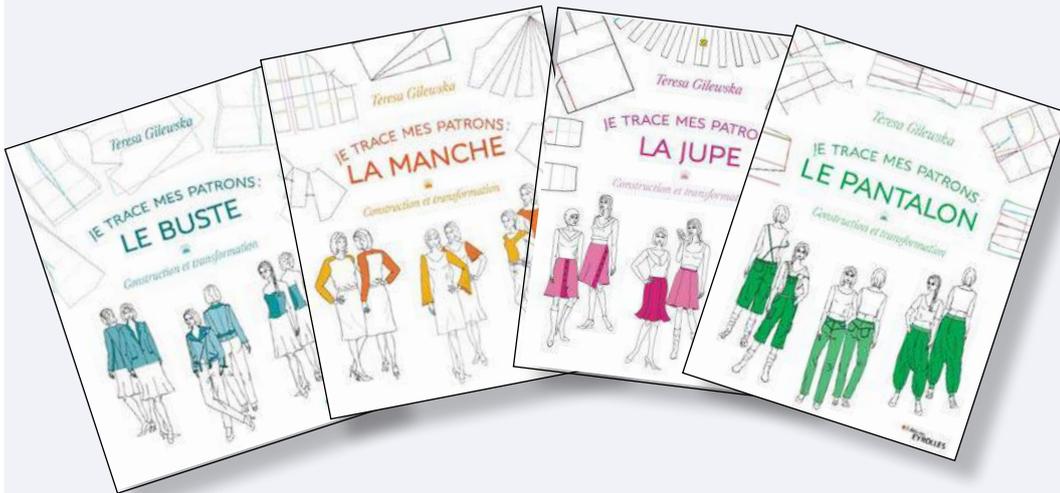
An introductory book to modern embroidery for complete beginners but also for the most experienced. It offers an explanation of techniques, stitches and associations, many tips to start your work and make beautiful pieces, as well as 15 useful projects to train.

By Teresa Gilewska

She has been teaching model-making for nearly 30 years (GRETA fashion in Paris, MJM, professional schools of fashion) and managed her own studio in Paris until 2000. She has then founded a modeling school in Eastern France.

"JE TRACE MES PATRONS" MAKING YOUR OWN PATTERNS SERIES

About 132 pages | 19 x 24.5 cm | €20.00



BASICS PATTERNS

192 pages | 19 x 24.5 cm | €28.00

Rights sold in German, Russian and Spanish

THE BUST

Published in October 2019

Rights sold in Spanish and Russian

THE SLEEVES

Published in February 2020

Rights sold in Spanish and Russian

THE SKIRT

Forthcoming in May 2020

Rights sold in Russian

THE PANTS

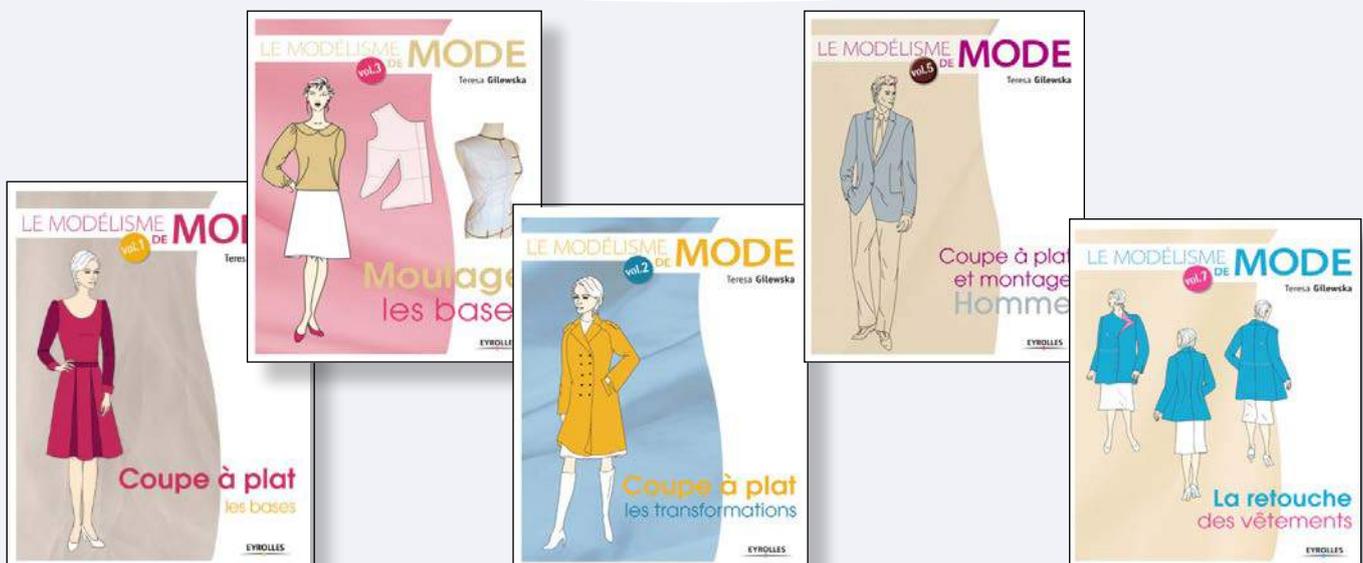
Forthcoming in September 2020

Rights sold in Russian

"MODELISME DE MODE" PATTERN-DRAFTING SERIES

About 220 pages | 22 x 28 cm | €38.00

Rights sold in Russian, Dutch, English, Spanish, German, Italian, Korean and Chinese simplified characters



FASHION COUTURE: 12 TOP PATTERNS FOR SEWING

Dominique Pellen | 112 pages + 4 patterns | 21 x 24 cm | €26.00



A trendy collection of 12 tops with real size patterns (US 2 to US 16) designed by DP Studio, a French design studio that aims to make the world of fashion accessible to sewing enthusiasts. This carefully designed book presents high-end pieces that combine creative audacity, technical rigor and simplicity of execution. Each model is available in two versions, which makes it easier to see the impact of the choice of fabric on the final rendering, and accompanied by clear and precise explanations of each detail of sewing and assembly.

Dominique Pellen worked for Balmain, Lanvin and many fashion houses in Japan, China and New York before creating **dp studio**.

30 LESSONS FOR SEWING TROUSERS

Clémentine Lubin | 112 pages | 19 x 25.5 cm | €24.90



More technical to realize than a top, a skirt or a dress, trousers can frighten the beginning seamstresses. The slightest approximation in the finishes is immediately visible and makes the garment unwearable. Through 30 step by step lessons and 12 patterns, this book wants to make trousers sewing accessible (chino, jogging, harem pants, etc.).

Clémentine Lubin is a self-taught but very experienced seamstress who has already written several pattern books.

SEWING LINGERIE

Making you own custom-made underwear

Clémentine Casse | 96 pages | 19 x 25.5 cm | €22.90

Rights sold in Russian



This book make lingerie sewing accessible for anyone. In a first part, it deals with all the vocabulary and all the technical specificities (laying of frames, underwires and braces, sewing a gusset ...) and taking measurements. In a second part, she starts from a simple pattern, for a bodysuit, and divert it to create 4 bras and 4 panties adapted to your own measurements.

Clémentine Casse was trained as a stylist and first started working in dance outfits before focusing on lingerie.

BECOMING A PROFESSIONAL DRESSMAKER

A full program in 9 months

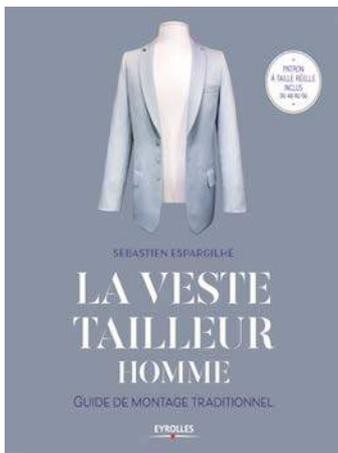
Christine Charles | 380 pages | 22 x 28 cm | €35.00

Rights sold in Russian



A reference book for amateur seamstresses who want to become more professional in their work.

Christine Charles used to be an engineer. She has since trained in design, patternmaking and sewing.



SUIT JACKET FOR MEN

Sébastien Espargilhé | 176 pages | 21.6 x 25.4 cm | €22.00

A traditional method of assembling, carefully detailed step by step, with more than 300 descriptive photos, to make classic men suit jackets. It includes the pattern which comes as the basis for the explanations and in sizes ranging from XS to L.

Sébastien Espargilhé worked for 10 years as a costume designer at the Opéra National de Paris.



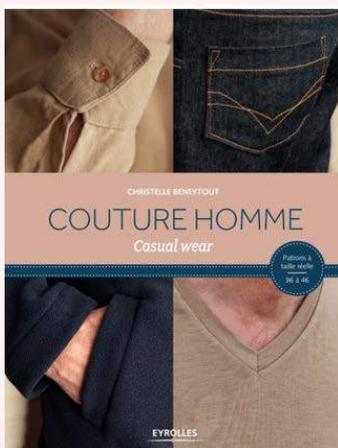
BUST MOLDING

Sophie Valantoine | 176 pages | 21.6 x 25.4 cm | €32.00

A book of initiation to molding. This model making technique allows to make a garment in 3 dimensions and adapted to the desired size.

Sophie Millot is a stylist-modelist. A graduate of Esmod, she specialized in fashion child, the ceremonial garment and the wedding dress. She created her brand, Valantoine, which delivers prototypes and digital patterns to several other specialized brands.

By Christelle Beneytout



SEWING CASUAL MENSWEAR

160 pages | 20 x 25 cm | €22.00

16 basic patterns for a casual menswear style, in a wide choice of sizes, from XS to XXL, with real size patterns. Timeless, modern, elegant models.

EMBROIDERY MACHINE GUIDE

200 pages | 20 x 26 cm | €28.00

Rights sold in Russian

This guide helps the reader through the choice, the use and the maintenance of an embroidery machine or a combined sewing/embroidery machine. The explanations are very clear thanks to step-by-step examples and the techniques that are shown are very diverse.

SEWING MACHINE GUIDES

Rights sold in Russian

Three guides to learn how to use your sewing machine efficiently and explore all possibilities, and . which fabrics could suit your sewing project, according to its specificities, the season, the type of clothing, the recipient. An illustrated step-by-step with photos, diagrams and many tips.

