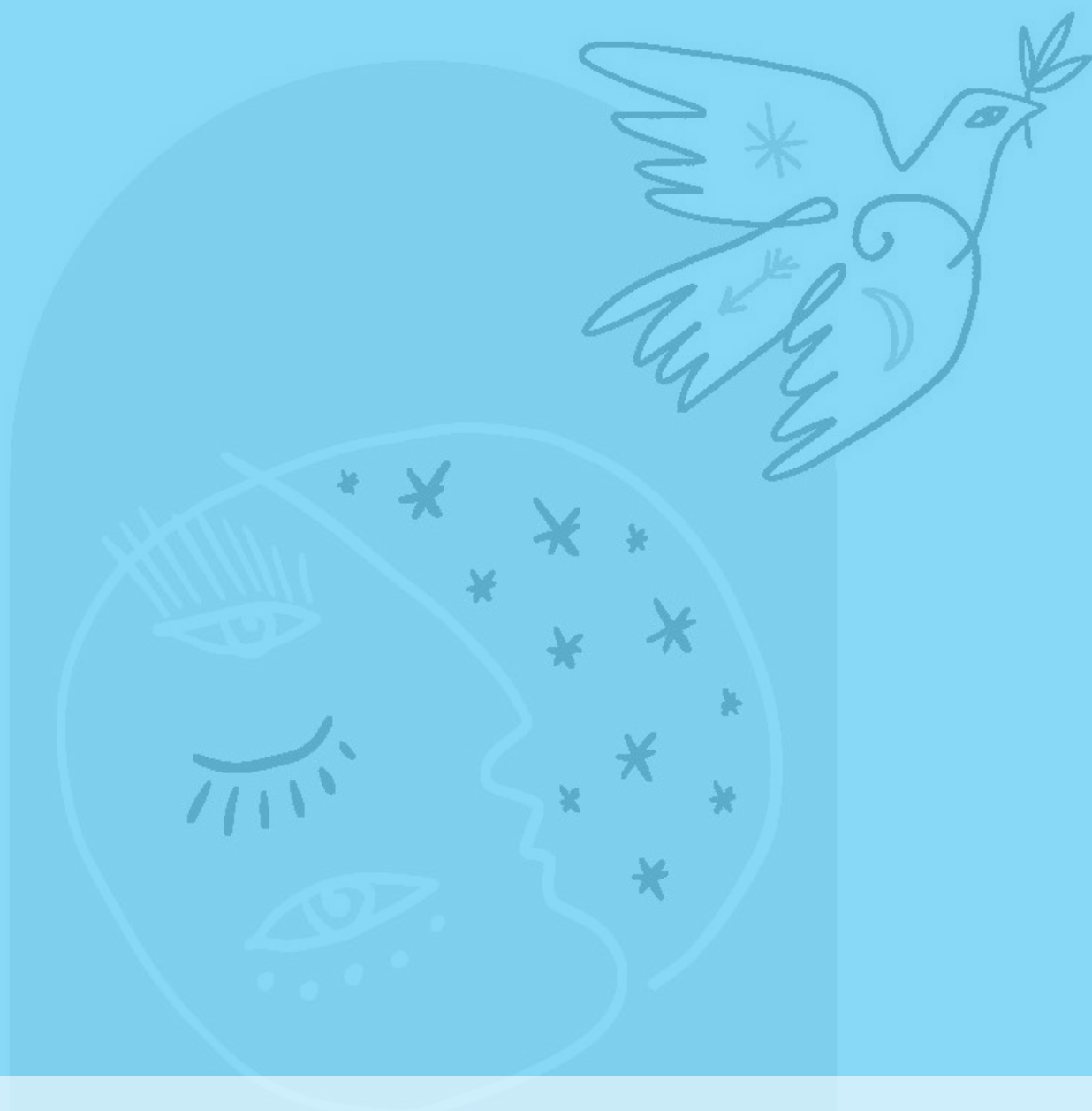
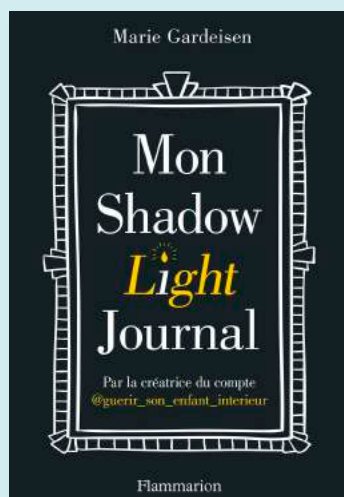


Spring 2024 Foreign Rights Guide

Flammarion



**SELF-HELP
HEALTH
WELL-BEING**



My Shadow Light Journal

Mon Shadow Light Journal

135 x 210 - 192 p. - Softcover

12 000 words approx.

14,90 € - January 2024

Already 12,000 copies sold

A liberating journal to reconnect with your inner child.

The Shadow Light Journal is a transformative guide for self-discovery and healing. Through carefully chosen exercises, it facilitates a journey to reconcile with one's inner child, mending any strained bonds over time.

This journal goes beyond conventional approaches, illuminating one's darker aspects to channel the energy and creativity. It delves into the intricate layers of one's psyche, fostering a profound understanding and providing newfound clarity for projecting into the future.

With personal reflections, doubts, and intimate questions, the *journal* helps to find acknowledgment and empowerment. It allows to reconnect with and nurture one's inner child, acting as a catalyst for personal growth.

Marie Gardeisen is an Instagram blogger who shares her journey and evolution to help her followers reflect on the question of their inner child and thus enable them to make peace with their past using a journal technique.

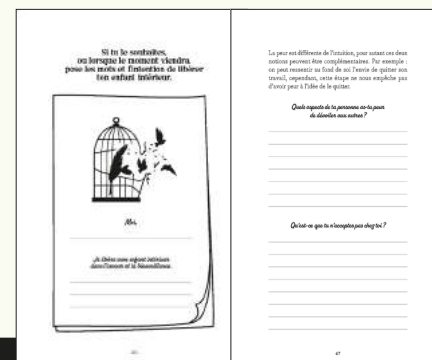
- A global trend originating in the United States: over a million women readers.
- Over **100K followers** of the author on Instagram: @guérir_mon_enfant_interieur

Welcoming the injuries of your inner child

Connect with it to listen to it better
When your ego of today seeks to hear your ego of yesterday
The need to integrate your childhood experiences to understand your current Self
Clarifying your dark side
When the energy of your emotions serves to heal your inner child
When your «I» of yesterday defines your «I» of today
Defining your wounds to better understand and heal them
Getting rid of repeated survival, perfection, guilt and flight behaviours
Turning solitude into strength
I dare to take responsibility for my well-being

Talk to your inner child

Intentions are the first fruits of creation
Letting go
The importance of connection and relationship with the body
Anchoring yourself
Why talk to your inner child?
Talking to your inner child through meditation
Calming down
Cultivating your inner love and confidence
Become an actor, not a spectator, in your life
Forgiveness
Healing letters: writing to yourself, to your adult self to free your inner child
Healing at your own pace
Detach yourself from your inner child





Mystery of the Perineum

How to build muscle to awaken your sexuality

Les Joies du périnée

Comment le muscler pour réveiller sa sexualité

150 x 210 - 192 p - Softcover

18.90 € - April 2024

The perineum is a fundamental and pivotal muscle in the body due to its position (located at the bottom of the pelvis), which makes it an important element to take into account in our sexuality. It may be invisible and internal, but it's important to make it our own, to feel it, and to keep it toned.

This book is about discovering the central role of the perineum in female and male sexuality and becoming aware of its incredible powers of enjoyment, sensuality, eroticism and pleasure, so that we can better meet ourselves and reinvest in our intimacy. Each stage of knowledge is punctuated by exercises to help one get to know this sensorially essential muscle.

Laurence Montella-Lefort is a physiotherapist specialising in perineology, as well as a sex therapist. She runs workshops on female desire. She has published numerous articles on the subject and has taken part in podcasts for *Vibrantes*, entitled «Perineum and male-female sexuality», and for *Parents magazine*, entitled «The perineum, re-education, sexuality and the post-partum period».

- An innovative subject.
- A committed, illustrated and practical book with exercises, diagrams and advice.

Part 1: The wide perineum

**The perineum: a central
muscle in the body**

**A muscle linked to all the
body's muscular chains**

The prerequisite for discovering
the perineum: overall relaxation
of the body

A horizontal muscle

Its link with the body's breathing

**A somato-emotional
muscle**

The resonance of stress and traumatic life events

**Focus on the perineal
muscle**

Anatomy description

Its functions

A striated muscle

**The perineum and its role in
sexuality**

A muscle at the heart of the erectile bodies

Its action at the different stages

of the sexual response

The sexual function: the peno-vaginal response and the action of the perineum

**The perineum at different
stages of sexual life**

Hygiene and anal pleasure

First penetration

Motherhood

Menopause

**Part 2: The perineum: a key to
sexuality**

**Learning to develop your
internal sensoriality: the
process of appropriating your
female body**

A retracted, internalised sex

Getting to know your internal organs

Feminine particularity: the vaginal cavity (the organ)

Female pleasure

The historical discovery

The clitoris

Different types of stimulation

**The vagina, the concept of
vaginality: vaginal pleasure**

An unknown in sexual history

Receptive and active sexuality

Vaginal pleasure

Clitoral pleasure, vaginal pleasure, the G-spot

The clitoris and its accessibility

The G-spot

No hierarchy, is there really a difference?

The need to learn

No obligation: stop the DIKTATS

**Developing your sexual
perineum**

Prerequisites for the sexual perineum

The perineum: the root chakra

The perineum in Taoist sexuality

The perineum and slow sex

The sensory perineum - an exercise in full presence: a summary of the key points of perineal contraction

Attention, intention

Slowness

Contracted-released

Fluidity

**The sexual perineum is an
active perineum**

The sex body

The laws of the body

The double rocker

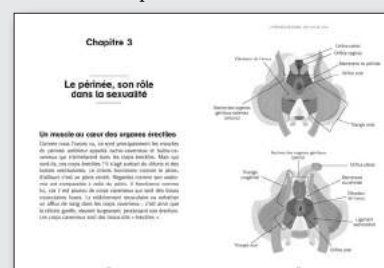
**Female sexuality: choosing
your sexual scripts**

Female sexuality and marital duty: a script to be deconstructed

Penetration: redefining the script

Female sexuality and society - beware of trendy scripts

Knowing yourself to choose your sexual scripts





Sports for Life

For Keeping Fit

Vivre de sports.
Pour rester en forme

170 x 240 - 208 p. - Softcover with flaps
24,90 € - April 2024

340K followers on Instagram

For Bixente Lizarazu, sport is an art of living, a philosophy. From cycling to yoga, from surfing to Brazilian jiu-jitsu, from ski touring to scuba diving, he reveals the best of each sport while sharing his travels and passions.

For the first time, the world champion also reveals his secrets and advice for staying in shape, through his daily routines. The story of his relationship with his body, health, alternative medicines, diet, mind and the passage of time. An inspiring book, generously illustrated with a host of spectacular photos.

Bixente Lizarazu is a 1998 Football World Champion and 2000 European Champion. His football career spans from Brodeaux, Marseille and Bilbao with a major contribution with the Bayern Munich in the late 90's and early 2000's. He is now a sports consultant and commentator on French TV channel TF1.

- **Practical advice and daily routines** for everyone.
- Illustrated with a large number of previously unpublished photographs.
- Promotes **holistic approach** to sport.

Sport and me

I've got my childhood back
Letter to football
Freeride skiing, an orgasmic flake
Ski touring, my last treasure
Surfing, dancing with the waves
Scuba diving, aquatic meditation
Brazilian jiu-jitsu, the art of hand-to-hand combat
Crazy about cycling
Manifesto for sport

My secrets and ways to get the most out of sport

I'm not crazy
Varying pleasures to keep the desire alive
Looking for sport
Prevention is better than cure
Doing sport to eat
Intermittent sleep
Competitive spirit, the devil on my right shoulder
Addiction to sport, the devil on my left shoulder
Injury, proof by three
When your head's up, everything's up!
The passage of time

My most beautiful adventures sports

The paradox of human nature
Greenland: the week I skied the white paradise
Teahupoo: the day I surfed the most dangerous wave in the world
Rangiroa: the day a tiger shark swooped down on me
Sport and us

CHERCHEUR DU SPORT

LE CHERCHEUR DU SPORT
Le chercheur du sport est un être humain qui cherche à comprendre le sport, à en découvrir les secrets, à en partager les passions. C'est un être humain qui cherche à vivre le sport, à en faire une partie de sa vie, à en faire un mode de vie. C'est un être humain qui cherche à transmettre ses connaissances, à partager ses expériences, à inspirer les autres. C'est un être humain qui cherche à vivre le sport, à en faire une partie de sa vie, à en faire un mode de vie. C'est un être humain qui cherche à transmettre ses connaissances, à partager ses expériences, à inspirer les autres.



TEAHUPOO : LE JOUR OÙ J'AI SURFÉ LA VAGUE LA PLUS DANGEREUSE DU MONDE

TEAHUPOO : LE JOUR OÙ J'AI SURFÉ LA VAGUE LA PLUS DANGEREUSE DU MONDE
Une histoire vraie, une aventure extraordinaire. Bixente Lizarazu raconte le jour où il a surfé la vague la plus dangereuse du monde, à Teahupoo, à Hawaï. Une histoire de courage, de passion et de respect pour la nature. Une histoire qui nous rappelle que le sport est avant tout une aventure, une quête de sens. Une histoire qui nous inspire à aller plus loin, à braver les éléments, à vivre le sport à fond. Une histoire qui nous rappelle que le sport est avant tout une aventure, une quête de sens. Une histoire qui nous inspire à aller plus loin, à braver les éléments, à vivre le sport à fond.





30 Days to Reclaim your Tummy

Sport, nutrition, emotions

30 Jours pour aimer mon ventre.
Sport, alimentation, émotions

170 x 210 - 192 p - Softcover
20 € - March 2024

30 Days to Reclaim your Tummy is a complete programme designed by two experts, offering 30 days of breathing exercises, muscle strengthening and dietary advice to help one reshape the tummy, not forgetting how to manage the stress and emotions that can interfere with its proper functioning.

- 10 days of detox to reduce swelling and restore comfort in the intestines
- 10 days to refine figure and waistline
- 10 days to strengthen and shape the stomach

Each day, Céline and Virginie offer lessons, tips and recipes to help "reclaim" one's tummy and turn it back into an area that plays its full role, a zone of comfort, well-being and satisfaction.

Céline Roy is a former dancer. Very active on social networks and followed on Instagram by a community of 85,000 followers, where she shares her sport techniques.

Virginie Parée is a nutrition specialist and lecturer who works with people who want to improve their diet in areas as weight management, chronic illness and the menopause.

- Daily expert guidance, focus on well-being, comfort and emotional satisfaction - all in one guide.

Sport and nutrition program

Cycle 1

Breathing

- DAY 1 - Mindful eating
- DAY 2 - Washing up to eat less
- DAY 3 - Chewing for a better transit
- DAY 4 - Drink to eliminate!
- DAY 5 - Boost your metabolism first thing in the morning
- DAY 6 - Drain and eliminate first thing in the morning
- DAY 7 - Reduce stress to free your belly
- DAY 8 - Anti-stress foods and hormones
- DAY 9 - A good night's sleep for better satiety
- DAY 10 - Draining herbal teas
- Milestone

Cycle 2

Breathing

- DAY 11 - Breakfasts
- DAY 12 - Tea or coffee?
- DAY 13 - Herbal teas to help transit
- DAY 14 - Choosing the right bread
- DAY 15 - Real hunger or a sweet tooth?
- DAY 16 - Hunger and the seasons
- DAY 17 - The conditions for an ideal breakfast
- DAY 18 - The belly's allies: fibre
- DAY 19 - Raw or cooked?
- DAY 20 - Tips for avoiding glucose peaks
- Milestone

Cycle 3

Breathing

- DAY 21 - Acid-base balance for a

happy tummy

- DAY 22 - Limit acid-forming foods
- DAY 23 - Acid-forming behaviour
- DAY 24 - Animal or vegetable proteins?
- DAY 25 - Dairy products, our friends for life?
- DAY 26 - Good and bad fats
- DAY 27 - The importance of snacks
- DAY 28 - What's the best way to cook for your tummy?
- DAY 29 - The aperitif, the sacred moment
- DAY 30 - Dine light!
- Bonus exercise
- Breathing
- Training routine





Everest of Potential

7 Steps to Reveal your Strengths

L'Everest du Potentiel.

7 étapes pour révéler ses forces

150 x 210 - 256 p - Softcover

56 300 words approx.

21 € - October 2023

Climbing the Everest is an exploit in itself. Doing it three times and organising a collective clean-up of the over-frequented mountain is a testimony to the author's incredible strength. But most importantly, learning from that experience is what she shares in this tell of her last climb, punctuated by advice in personal development, to develop resilience and open-up potential.

The author offers exclusive new-angle techniques to progress towards the inner summit in seven initiatory steps. She starts from her experience and guides the reader/mountaineer from base camp to the descent in a reading that is as much an external as an internal journey.

Includes practical exercises in mediation, exploration of body sensations, how to accept one's weaknesses or turn one's fear into strength.

Ecology, spirituality, surpassing oneself: Marion Chaygneaud-Dupuy is in tune with the subjects that challenge our time.

Marion Chaygneaud-Dupuy is known around the world for being at the origin of the Clean Everest initiative, the first clean up brought down several tons of waste from the Everest. At 33, she became the first European to have reached the summit of Everest (8,848 m) three times in 2013, 2016 and 2017.

- A book carried by an **author with a singular experience** and a strong charisma.
- A strong analogy full of wisdom.
- **Practical exercises** to progress on self-knowledge.

Getting ready

Verticality (base camp)

Be oneself (advance base camp)

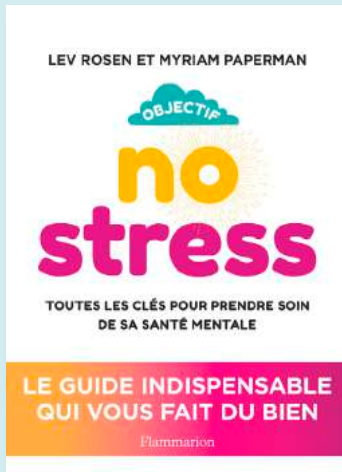
Several paths (camp 1)

Acceptation (camp 2)

Stability (camp 3)

Resilience (summit)

Interdependance (going down)



Objective: No Stress

All the Keys to Take Care of Your Mental Health

Objectif: No Stress

Toutes les clés pour prendre soin de sa santé mentale

150 x 210 - 192 p - Softcover

42 000 words approx.

19.90 € - May 2023

Rights Sold In:

Italian

Objective no stress is a practical and accessible manual of personal development, which offers simple techniques towards better mental health.

In the Head and in the Body

Taming stress

Techniques

Cultivate the positive and welcome the negative

Daily challenges

Self-care

The comfort zone

Your sensory profile

Feeling good about yourself

Gratitude

Relationships with others

Reconciling with your appearance

Lev Rosen, yoga teacher, dancer, raises awareness about wellness and neuroatypia on her networks (103K on Instagram and 112K on Tiktok). She proposes a very practical approach to sport and well-being, accessible for people who can't start with classical methods.

Myriam Paperman is a doctor in clinical psychology and a psychiatrist with private practice, a consultant and speaker in many French companies. Myriam is active on her Instagram account where she popularizes many psychological concepts to the public.

- A toolbox to ease the most common mental health problems: anxiety, depression, etc.
- A pragmatic approach to mental health combined with clinical expertise.
- Mental health: a clinical emergency around which the word is spreading, success of books on this theme (*Anti-stress*, Marabout, 25,000 copies sold).





Cooling Kids Down

Guiding them into Positive Thoughts

Ça chauffe là-haut!

150 x 210 - 176 p - Softcover

45 000 words approx.

18.90 € - March 2023

Rights Sold in:
Romanian

**BEST-SELLING
AUTHOR**

Children don't have the same capacities adult have to deal with frustrations, they need a framework and support.

In this new book, Serge Marquis observes children (from 3 up to 12 years old) as they are growing up and offers parents keys to help their offspring understand and channel their thoughts, to advance more serenely in everyday life.

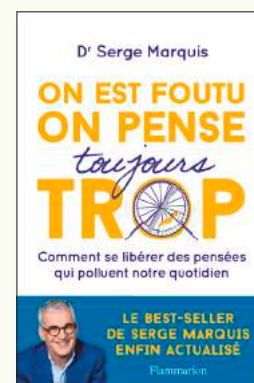
Dr. Serge Marquis

Psychiatrist with a PhD in medicine and a masters' degree in occupational medicine.

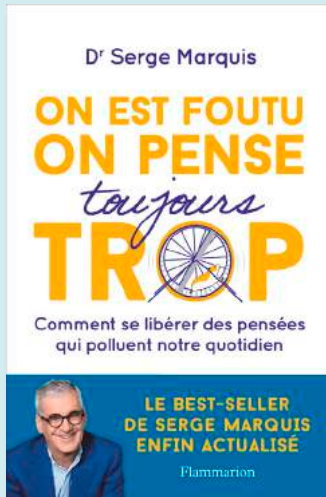
While studying stress, professional exhaustion and psychological distress in the work space, Serge Marquis is also a consultant for companies seeking to improve their employees' mental health.

- An established author with strong sales performance.
- A parenting adaptation of the success «*On est foutu on pense trop*», released in 2015 (210,000 copies sold) and published in a new edition as «*On est foutu on pense toujours trop*» in 2022 (already 8,000 copies sold).

It all starts early
Observe your expectations
«I see, I hear, I feel»
describe your expectations
The monsters have to behave themselves
Deactivate the stress circuit
Buddha and Horace were right!
Develop and bring back your attention
Each blade of grass grows at its own pace
Calming Pansy
What could be better than showing the example? Welcoming the little ego
Big Parenthesis
Let's Take a Step Back
When Child and Hamster Play in the Sandbox Understanding Who's Doing What
The Power of Interest
The art of unplugging and replugging
Quantitative and qualitative overload
Too much information, not enough tools
Quantitative and Qualitative Overload
Soothing the Little I



Already Published in 2022



**1st edition 210,000
copies sold**

Free Yourself from Overthinking

On est foutu on pense toujours trop

152 x 210 - 160 p - Softcover
45 000 words approx.
18.90 € - September 2022

Rights Sold in:
Italian, Simplified Chinese, Croatian, Portuguese

**BEST-SELLING
AUTHOR**

Thinkster the Hamster is nibbling human mind, getting grumbly, feeding daily frustrations, hindering one's way in life.

Thanks to practical and playful exercises, Dr Serge Marquis gives clues to tame the Hamster inside one's brain, showing the way out of the wheel of negative thoughts, and back to embracing a positive mind.

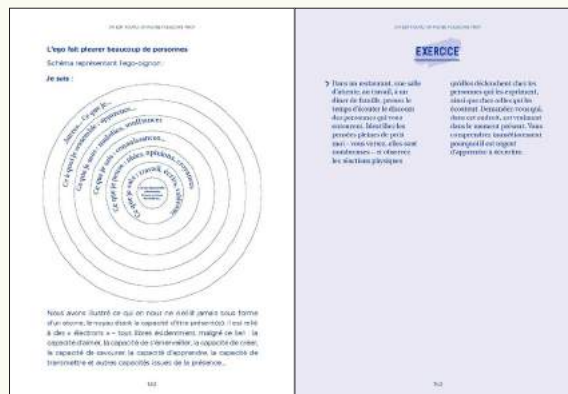
A small step closer to happiness within everyone's reach.

Dr. Serge Marquis

Psychiatrist with a PhD in medicine and a masters' degree in occupational medicine.

While studying stress, professional exhaustion and psychological distress in the work space, Serge Marquis is also consultant for companies seeking to improve their employees' mental health.

**Why suffering from banalities?
When "Thinkster the Hamster" appears on stage
A short treatise on self-degrowth
Self-degrowth: how to proceed
Learning not to project oneself
The deadly sins
Stop making a show
Sex, sex, more sex!
Engaging in meditation
Self-decreasing and keeping the nitpickers away
Using your senses to decrease
Ego or not ego?
Everlasting Being
Living in the moment and keeping the mess away
Resurrection exists**



Already Published in 2021



My Balanced Kitchen

1 ingredient = 6 recipes

Ma cuisine en équilibre

1 aliment = 6 recettes

190 x 240 - 256 p - Hardcover

40 illustrations

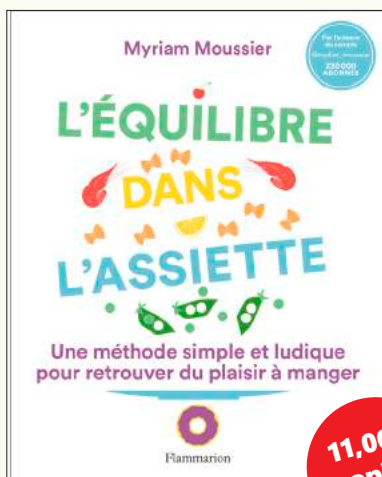
20.90 € - February 2024

For her second book, Myriam Moussier introduces a new take on her colour-coded method, using a popular format: 1 ingredient = 6 recipes. Covering 27 ingredients (fruit, vegetables, and proteins), each comes with six recipes for versatile cooking. With options for vegetarians, those with a sweet tooth, individuals, or families, the 150 recipes provide a diverse range to satisfy appetites and cravings while promoting a balanced diet.

- **An easy, fun and intuitive method.**
- **High visibility of the author** 221 K on Instagram, 121 K on Facebook, 5 K on YouTube.



Myriam Moussier has been a freelance nutritionist for 30 years. Very present on social networks, she is part of the Dr. Good team and actively participates in its networks, with the leitmotiv of sharing her tips, advice and recipes. An activist against the diet trap, passionate about dietetics and cooking, she teaches her patients during consultations and cooking workshops to acquire good eating habits, without neglecting pleasure.



The Balanced Diet

A Simple and Fun Method to Rediscover the Pleasure of Eating

L'Équilibre dans l'assiette

Une méthode simple et ludique pour retrouver du plaisir à manger

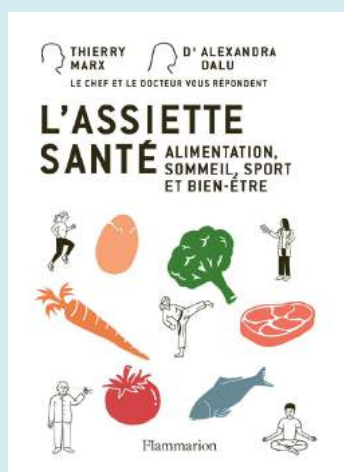
190 x 240 - 240 p - Softcover

52 000 words approx. - 154 illustrations

19.90 € - September 2022

A fun and simple method with color codes according to food groups (animal and vegetable proteins, lipids, carbohydrates, fibers, vitamins, minerals and water) for daily food balance. Menus and tasty recipes are proposed for the whole family so that everyone can find what suits them according to their habits and desires (vegetarian, vegan) and take pleasure out of it.





The Healthy Plate

Nourishment, Sports and Well-Being

L'Assiette Santé

Alimentation, sport et bien-être

154 x 210 - 240 p - Softcover

20 000 words approx.

19.90 € - May 2022

Over 19,000 copies sold

Thierry Marx and Dr. Alexandra Dalu join forces to share practical keys to get or maintain oneself in good health.

Avoiding the trending diets, they invite everyone to follow their common sense to prepare their meal and practice physical activity in their daily life.

Michelin-starred Chef and martial art amateur, Thierry Marx shares twenty-six everyday recipes, healthy, tasty, fast and at an affordable cost, as well as simple and effective exercises to practice ten minutes a day.

Dr. Alexandra Dalu presents all the benefits from a balanced diet, and the basic rules for a good sleep.

The authors also transcript interviews with multidisciplinary experts in food engineering and ecology, neuroscience, sports sociology and the media, giving a holistic approach to health.

Chef Thierry Marx

One of the most talented and popular Michelin starred Chef, he is running "Madame Brasserie", a restaurant on the first floor of the Eiffel Tower, and a new sustainable gastronomy restaurant Onor, in Paris. Thierry Marx is also a martial arts amateur, having a black belt in judo. A celebrity chef, he appears as a judge on the French version of the popular TV show Top Chef.

Dr. Alexandra Dalu

Physician, specializing in anti-aging, aesthetics, mesotherapy and nutrition. She is a member of the French Society of Endocrinology in Paris. Dr. Dalu is an internationally renowned specialist, quoted by Italian, American, Spanish, Canadian medias.

Food

Trending Diets
The Healthy Meal
The Principles
Thierry Marx's Recipes
A Simple Way of Dietary

Lifestyle: Sport And Sleep

About Sport
Training Everyday
Tips for Optimal Sports Practice
Medical and Paramedical
Check-Ups For Athletes
Sleep
Discipline Is Freedom

Health And Weight

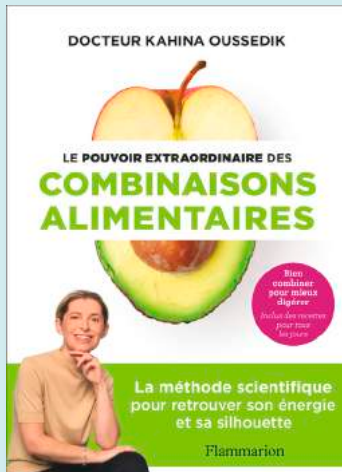
What Is The Ideal Weight Ideal?
Diseases

Interviews



• **Two successful authors.** Thierry Marx, *Celui qui ne combat pas a déjà perdu* (Flammarion, 2021): over 8,500 copies sold. Alexandra Dalu, *Vive l'alimentation cétogène* (Leduc, 2016): over 12,500 copies sold.





The Extraordinary Power of Food Combinations

Le Pouvoir Extraordinaire des Combinaisons Alimentaires

250 x 210 - 176 p - Softcover
19 000 words approx.
19.90 € - January 2023

Over 12,000 copies sold

The integration of food combinations in our daily life is a question of biochemistry that will help especially over 40 years old. When food is well combined, digestion gets easier, intestinal absorption of nutrients is better and fat storage is reduced.

Well-combined food can also help prevent certain diseases (obesity, cancer, diabetes, etc.) and regain energy.

An effective method: how to combine 4 main food groups for a better digestion:

- Animal proteins
- Starches
- Acids
- Neutrals

Dr. Kahina Oussedik is a doctor in molecular biochemistry, a nutritionist and a specialist in nutritional balance. While working on her thesis on the effects of cancer treatment thanks to food combinations, she discovered that they also improve the patients' digestion system. The convincing effects of her research are now available to the greater public in this book.

Food biochemistry, the middle way between medicine and nutrition

A modern diet in an ancestral digestive system

The main families of products according to their chemical reactions

The main stages of digestion: a little mechanics and chemistry

Combining for better digestion

What is the ideal time to eat each food family

The benefits of food combinations on our microbiota

Let's eat! Ideas for every day

Savory recipes

Starchy salad dressings

Sweet recipes




20,000 copies sold of the previous title
La Magie de la Digestion (ed. Le Livre de Poche).



Over 7,500 copies sold

Be Aware of Food Poisoning

Manger Sans S'empoisonner

150 x 210 - 256 p - Softcover
60 000 words approx.
19.90 € - March 2023

A journalist and a gastroenterologist specializing in the subject of food poisoning join forces to shed light on the issue.

The authors develop and review the main risks related to our highly processed food, and develop for each case specific and simple reflexes to eat safely.

Choice of food, cooking, conservation: practical solutions to eat without risk.

Laurent Beaugerie is a medical doctor (since 1986), gastroenterologist and hepatologist. He is a specialist in diseases of the digestive system and is head of the gastroenterology and nutrition department at the Hôpital Saint-Antoine, Paris.

Margaux de Frouville is a French journalist in charge of the health department working at BFM TV since October 2010.

FOOD

Shellfish and seafood
Raw fish
Eggs and salmonella
Poultry (Campylobacter)
Meat
Ready-made meals and toxins
What about water?

PATHOGENES

Anisakidosis in all its forms
The world of E. coli
Bacteria that like the cold

PREVENTION OF GASTROENTERITIS

At home
At the restaurant, on vacation, and while traveling

AND IF THE STOMACH FLU OCCURS?

Epidemiology of gastroenteritis in France
Is it really gastroenteritis?
How to take care of it
How to get better and protect others

Topical subject:

- The Buitoni and Kinder scandals;
- Various food poisoning;
- How to protect yourself?





Keep an Eye on Your Mouth

The Inside Story of a Key Organ for Medical Check-up

La Bouche

Miroir de votre santé

150 x 210 - 192 p - Softcover

36 000 words approx.

19.90 € - June 2022

Since the intestine microbiota is having no more secrets to the readership, Dr Donatini takes here a closer look at the oral microbiota, presenting the mouth, the tongue, the mucous membranes, the walls, the gums, the nodes as a crystal ball faithfully reflecting one's health condition, and helping to diagnosis disorders and diseases.

Dr. Donatini shows how everything is connected to the mouth, from the intestine to the nervous system, and that disorders such as obesity, chronic fatigue, inflammation, alzeihmer, osteoarthritis, cerebral degeneration, etc, can be identified through the aspect of the tongue, the odor of the breath, etc.

He invites the readers to take concrete and simple actions to preserve their mouth, its ecosystem and therefore their health in general.

Dr. Bruno Donatini

Gastroenterologist and hepatologist in oncology, immunology, osteopathy and anti-aging medicine. He founded the "microbiota project": an approach that revolutionizes the vision of the intestinal microbiota and its interactions with contemporary diseases. For the past 25 years he has been involved in mycotherapy to improve immunity, the flora and the digestive mucosa, or the preservation of the autonomic nervous system.

- An innovative medical topic.
- Solid demonstration by an expert.
- Big success of titles on microbotia.

Discovering The Oral Microbiota

A permanent battlefield
The mouth: a (super) organized nest of bacteria, viruses and phages
Family portraits of oral bacteria
How is the oral flora formed in newborns?
Complexification of the oral flora when the child grows
Oral flora at puberty
A balance to preserve
The doorstep to the intestine...

Diseases That Begin in

The Mouth

The mouth, the first organ to be inspected for chronic inflammation
Hemorrhagic recto colitis
Type 1 diabetes
Rheumatoid arthritis
Stomach cancer
Cardiac pathologies
Lung diseases
Parkinson's disease

Diagnosis: Tests to Be Performed and Signs to Watch Out for

Examining the mouth
Testing the oral microbiota
Oral signs to watch out for

The Mouth: a Global

Ecosystem to Preserve

The role of nitric oxide in the oral flora, a guarantor of the proper functioning of all organs
The quality of saliva and chewing are secrets of longevity
The good health of the mouth, a guarantee of our mental balance

The Main Enemies of Your Mouth

Sugar in all its forms
Antibiotics, oral essential oils and colloidal silver
Medicines
Commercial mouthwashes

Bathing in a swimming pool

Smoking and dust
Bad habits and lack of cleaning
Viral infections

The Good Habits

A clean mouth: the importance of hygiene and a proper diet
A healthy mouth: the war against viruses and reducing unwanted bacteria
A well-functioning mouth
Maintaining or repairing function
Specific treatments for each age group



12 Magic Pressure Points

For a Healthy Life

Les 12 Points de Pression Merveilleux
Pour prendre soin de soi

150 x 210 - 192 p - Softcover
 19 000 words approx. - 80 illustrations
 22 € - January 2023

Rights Sold In:
 Italian

A toolbox presenting 12 essential pressure points and over 20 declinaisons in acupressure in order to boost health, soothe the soul, manage small temporary problems.

The Origins Of The 12 Pressure Points In Practice

Knowing and Stimulating Pressure Points
 28 Acupressure Protocols to Boost Your Health!
 Two Wonderful Points to Soothe The Soul

Acupressure Tested By Science

Proven Effectiveness
 Health Applications
 Healing Through Transformation

Dr. Nadia Volf

Doctor, associate professor in neuropharmacology and a renowned acupuncturist, she is a member of the Scientific Association of Medical Acupuncture in France, as well as the American Academy of Medical Acupuncture. Apart from being an international lecturer, she has authored numerous works about her research, practice and fascinating life, such as *The Power of Pressure Points for The Future Mother and her Baby* (Flammarion, 2022); *Mysteries of the Ear: Secrets of Well-being* (Assouline, 2016) and *We Chose Freedom* (XO Editions, 2006).

- Nadia Volf is a prolific and **best-selling author**.
- Her books have been **translated in over 12 languages**.
- Easy-to-do exercises.
- Covering both **physical and mental health**.



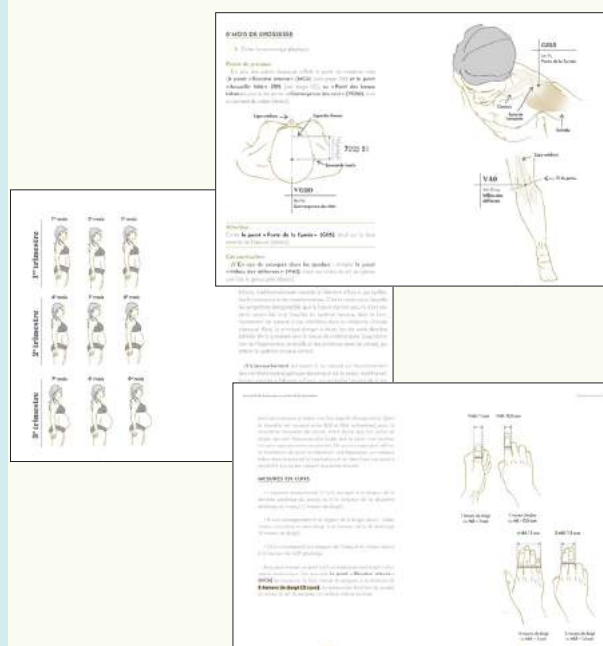
The Power of Pressure Points

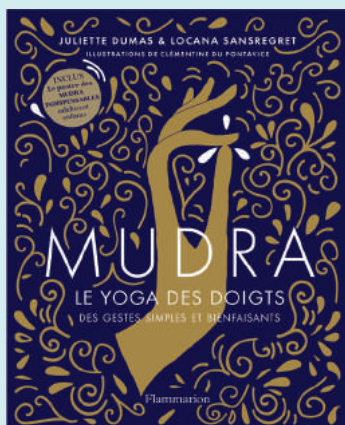
For the Future Mother and her Baby

Le Pouvoir des Points de Pression pour Prendre Soins de Soi

An overview of all the pressure points a woman needs to know while planning to give birth. From increasing fertility and relieving pregnancy's nausea and fatigue, to reducing pain during labor and caring for the newborn, observing their conducts and understand their true meaning, in order to calm hyperactive or conflictual behaviors in everyday life.

276 p - Softcover
 31 000 words approx.
 19.90 € - April 2022





Mudra

Finger Yoga

Mudra
Le Yoga des doigts

170 x 210 - 224 p - Flexibound
34 000 words approx. - 150 illustrations
23 € - February 2023

Rights Sold in:
Italian, Complex Chinese

Augmented and Revised

Symbolic and codified hand gesture adopted during asana, pranayama and meditation.

Each mudra will provide an optimal circulation of the vital energy in the whole body and towards specific organs, with effects just as beneficial for the mind. Mudra practice quickly becomes a ritual, something obvious to include in the program of the day.

Following an introduction presenting the theoretical basis (definition and origin, the five elements at our fingertips, energizing movements, etc.), the authors provide solutions for a practice adapted to each emotional state: stress, fear, lack of confidence, etc., and each physical condition: constipation, headaches, insomnia, motion sickness, etc.

The book features 150 mudras in delicately illustrated picture sheets including gesture description, their physical and emotional effects and the associated intention (Sankalpa).

Juliette Dumas

Having worked for about twenty years in corporate communication, she now provides customized personal development workshops to private individuals and companies in France and abroad.

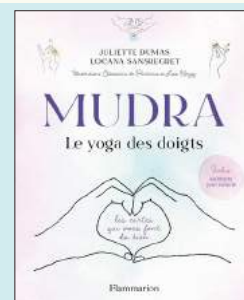
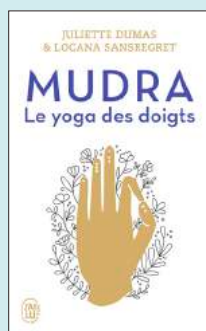
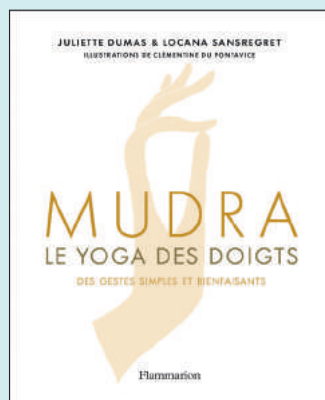
Locana Sansregret

Yoga coach, particularly teaching "fingers yoga" (mudra) for more than 40 year, she founded the Padma Yoga training school in Quebec.

Clémentine du Pontavice

Illustrator for the press and the publishing industry, she also collaborated with institutions such as Le Bon Marché, and clothing brands such as Des Petits Hauts, IKKS, Eric Bompard, etc.

- Revised edition of this best-seller augmented with a new chapter and accompanied with a poster presenting mudras postures.
- The topic of yoga flourishing in a field barely dealt with: yoga hand gestures.



Box set
with 70 cards and a booklet:
for adults and kids

Over 25,000 copies sold in 3 years

Previous edition: 8,000 boxes sold



Kundalini Yoga

Season by Season

Kundalini des Saisons

Le yoga des origines

170 x 210 - 192 p - Flexibound

50 000 words approx. - 55 illustrations

18 € - February 2021

Rights Sold in:

Korean

In Indian yoga, Kundalini is the vital energy which entwines the spine like a snake. It brings balance to the nervous system, strengthens the immune system and helps melt away the stress in our minds.

Repeated chanting, powerful breathing and intense body movements untangle the knots blocking the circulation of energy and allow us to better connect with our essential nature.

Based on Kundalini yoga, Marion Sebih's teaching is accessible to all. Following the natural rhythm of the seasons, she shares her practice, leading the way through yogic rituals: Spring is the time for inspiring and rebirth, when the author invites us to re-establish our yin/yang balance, stimulate the digestive organs and get rid of our anger; Summer is the time for filling our lungs and letting ourselves shine, teaching us to free our hearts and have confidence in ourselves; Fall is the time of maturity, and learning to let go and say good-bye; Winter, the time of emptiness and of the yogic ritual of the little death.

For every season, the author shares 5 practical exercises to help achieve a good energy balance.

Aurélia Fronty's poetic, colorful illustrations create a peaceful space, ideal for a gentle experience of learning Kundalini Yoga.

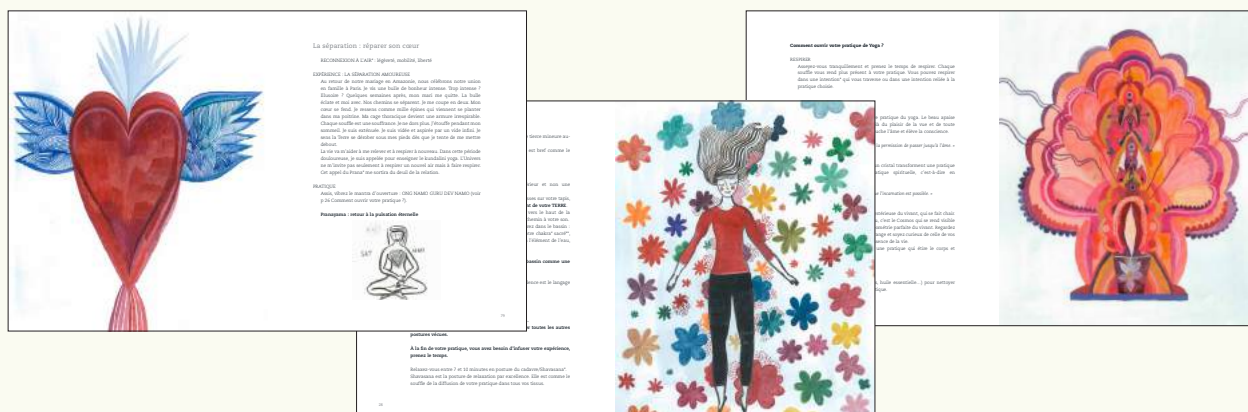
Marion Sebih

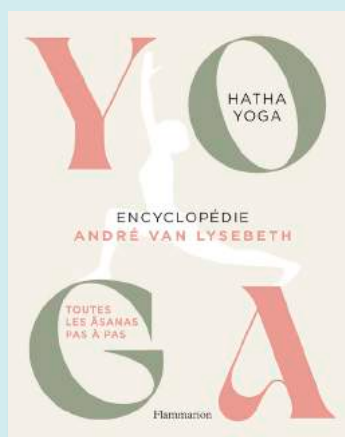
Yoga instructor at Le Tigre Yoga Club and the Jaya Center in Paris, she is a regular contributor to the well-being section of Women's magazines such as Marie-Claire and Elle, and to one of the most popular French National radio program dedicated to well-being, Grand bien vous fasse (France Inter).

Aurélia Fronty

Graduate in textile design from the École Supérieure des Arts Appliqués Duperré, she began her career at Christian Lacroix Maison and at the Fragonard perfume house, before moving into printed media and publishing, where she specialised in illustration for children.

- A specific yoga for an amateur audience, aiming at developing their practice.
- Aurélia Fronty's poetic, colorful illustrations create a peaceful space, ideal for a gentle experience of learning Kundalini Yoga.





Over 50,000 copies sold
New Layout

Encyclopedia of Yoga

Hatha Yoga - All the Asanas Step by Step

Encyclopédie Van Lysebeth du Yoga

Hatha Yoga - Toutes les âsanas pas à pas

190 x 240 - 416 p - Flexibound

150 000 words approx. - 500 illustrations

28.90 € - October 2016

Rights Sold in:

Romanian, Italian

**BEST-SELLING
AUTHOR**

A bible for all yoga lovers, and particularly for André Van Lysebeth's followers!

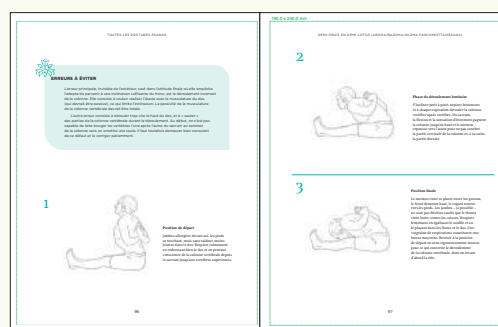
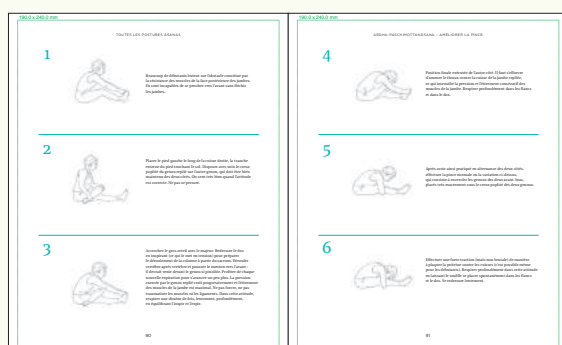
This encyclopedia brings together the Master's key texts, thus providing a broad overview of yoga and its uses. This is a practical, comprehensive book, intended for a wide audience, from beginners to well-trained yogis: it offers a hands-on detailed description of postures, of how to achieve them, of their psychological and physiological effects, of their benefits and the hazards one should avoid. In this book, readers will discover all the blessings of hatha yoga, the various postures (âsanas), meditation methods and breathing techniques (pranayâma), as well as sequences of movements and postures.

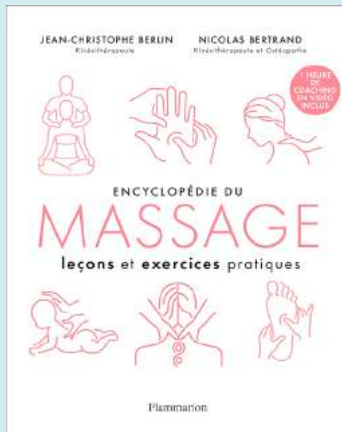
André Van Lysebeth

Undisputed master of yoga, André van Lysebeth discovered the practise of Hatha Yoga in the 1950's, started teaching it in Western countries in the 1960's, and he wrote reference books in the 1970's which have been best-sellers since. One hundred Van Lysebeth yoga schools opened across Europe, basing their teaching on his method.

Lise Herzog

Graduate from the Arts Décoratifs in Paris, she has illustrated a great number of how-to books and children's titles.





Encyclopedia of Massages

Theory and Practice

Encyclopédie du Massage

Leçons et exercices pratiques

190 x 240 - 256 p - Flexibound

150 000 words approx. - 500 illustrations

24.90 € - October 2016

Rights Sold in:

Romanian, German

This illustrated bible of more than 40 massage techniques is suitable for beginners and long-time enthusiasts alike.

Two professionals share their know-how, backed up by step-by-step illustrated guides and lots of practical advice.

Once they have explained the basic techniques, (effleurage, sliding massage, body massage (modelage) and thumb pressure massage, etc.) the authors introduce massage's different techniques in 6 main thematic chapters.

The level of difficulty is clearly indicated for each technique. This practical bible is an ideal way to get started or to perfect your technique.

Jean-Christophe Berlin

Physiotherapist specializing in back care, he is the director of the Stade Français club medical centre and has written a dozen books on massage, exercise and good posture, published by Flammarion.

Nicolas Bertrand

Physiotherapist and osteopath. He is the founder of Macadam Tonic, an organisation which aims to prevent and tackle the physical consequences of our increasingly sedentary modern society. He has written several books on the subject and on massage, published by Flammarion.

Parts of The Body

Back, belly, thighs, legs, shoulder and arm, hand, neck and chest, face

Intended Effects

Circulation, aesthetics, therapy before and after sports, anti-stress, family.

Self-Massage

Muscle relaxation, stress and fatigue, pain, at the office.

Reflex Massage

Knap points, Trigger points, Dicke massage, plan-tar reflexology, Ear massage.

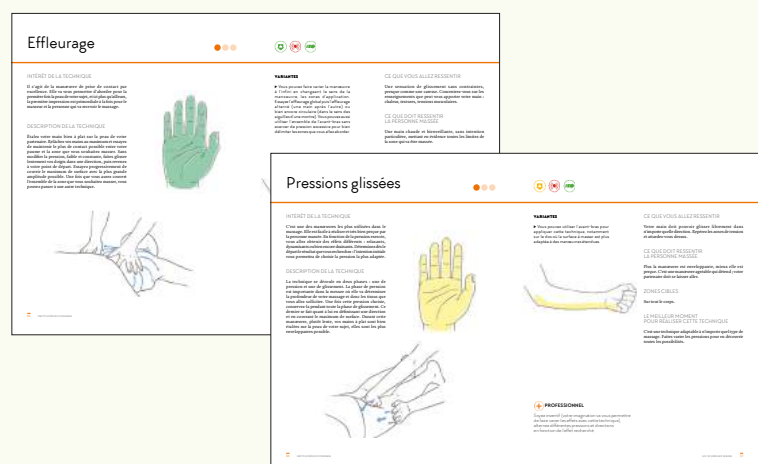
World Massages

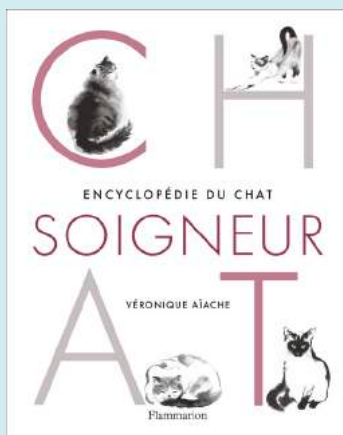
Reiki, Ayurveda, Shiatsu, Thai, Oriental, Chinese, Amma, etc.

Specific Techniques

Fascias, deep transverse friction, Pelvic massage.

- The authors are both health professionals who guarantee the safety of the techniques.
- Each one of the 40 techniques has a step-by-step guide and practical advice.
- The volume includes QR codes for 5 videos which explain several of the techniques.





Encyclopedia of the Healer Cat

Encyclopédie du Chat Soigneur

190 x 240 - 256 p - Flexibound
60 000 words approx. - 90 illustrations
24.90 € - November 2021

Rights Sold in:
Italian

**BEST-SELLING
AUTHOR**

Living among cats, Veronique Aïache has a real passion about these Zen masters from which she develops a life philosophy.

This Encyclopedia is an ode to these cherished animals, an occasion for the author to present their history, their mysteries, their representations, but also all the benefits they can bring to humans' well-being.

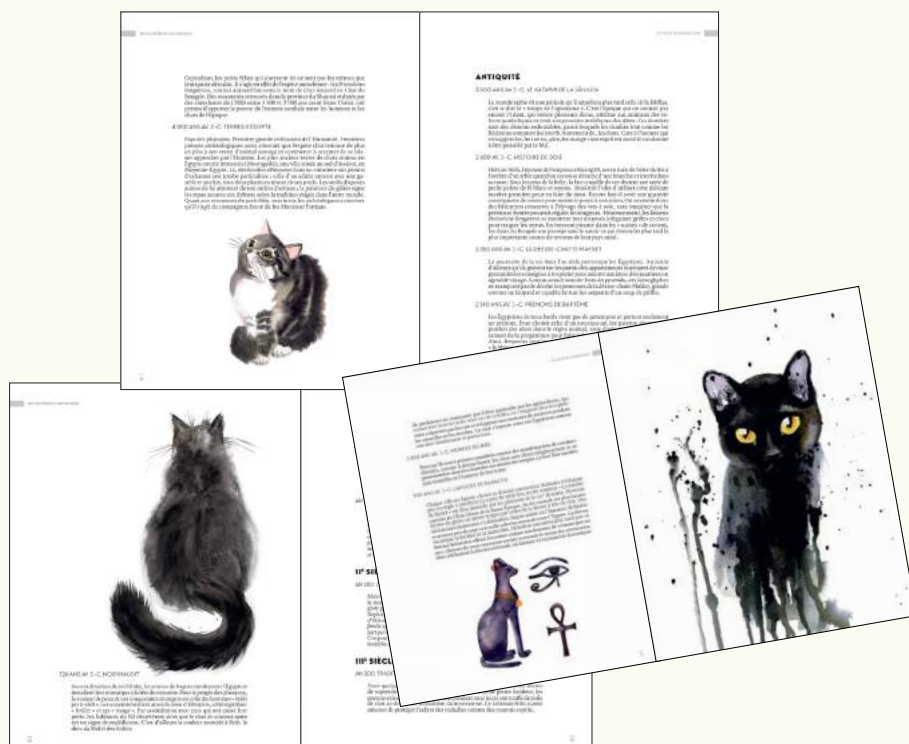
This book is an invitation to see cats as inspirational healers showing the way to yoga practice, sharing self-development tips to maintain our body and mind in good health, and teaching wisdom such as living in the present, being patient, listening to one's instincts, etc.

Véronique Aïache

Wellbeing journalist in women's magazines and author of numerous books. She has become specialist of cat therapy.

- Best-selling author, her previous titles *L'art de la quiétude* and *L'art de ralentir* sold respectively over 30,000 copies.
- A complete book on a popular topic.

Cat's History
Cat's Benefits
Cat's Wisdom
The Representations of Cats
The Mysteries of Cats
Cats: from A to Z
100 most Beautiful Quotes on Cats



Astrid di Crollanza © Flammarion

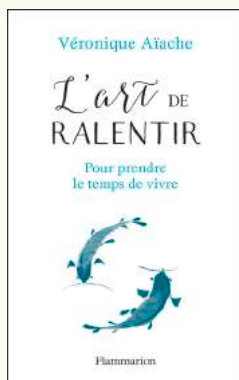


Véronique Aïache

Wellbeing journalist in women's magazines and author of numerous books, she has become a specialist of cat therapy.

**BEST-SELLING
AUTHOR**

*The Art of
Slowing Down*



Rights sold:
Italian, Romanian

30,000 copies sold

*The Art of
Tranquility*



Rights sold:
Italian, Romanian

30,000 copies sold

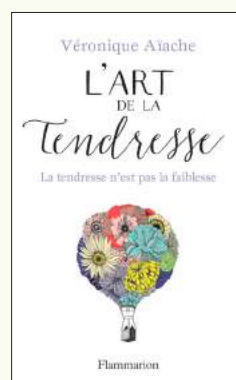
*The Art of
Freedom*



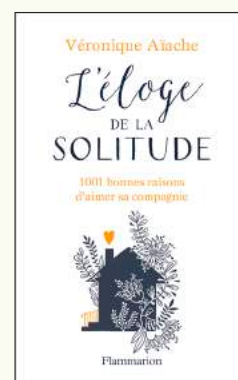
Rights sold:
Romanian

10,000 copies sold

*The Art of
Tenderness*



*In Praise of
Solitude*



Hardcover • 120 x 188 • 9.90 €



Over 15,000 copies sold

The Art of Staying Slim

The Spare Diet

L'Art de Manger Peu

Changer pour mincir

145 x 220 - 392 p - Flexibound

60 000 words approx.

18 € - November 2021

Rights Sold in:

Japanese, Romanian, Italian, Latvian

**BEST-SELLING
AUTHOR**

Standing up for everyone who – like herself – has always wanted to lose weight, Dominique Loreau sets out to make sense of all the known (and lesser-known) techniques available to the general public.

Weight-related problems are, of course, dietary, but they are also psychological, behavioral and cultural. Having lived in Japan for forty years, the country with the lowest rate of obesity in the world, she has had time to observe, with amazement, that nation's skill at promoting slimness.

Dominique Loreau describes herself as an expert patient who wants to share her new art of living. Eat little, eat beautifully, in good company. Change your habits to get and stay slim!

Dominique Loreau

Living in Japan for more than 40 years and strongly inspired by Zen Buddhism, she is the author of practical philosophy essays on decluttering everyday life.

- **An author who specialises in the *Art of living* (380,000 copies sold) and turns her attention to nutrition.**
- **An expert patient takes a new approach to slimming.**

Regaining An Awareness Of Nutrition

Being Overweight, a Double Suffering
Which Doctors to Turn To
Why Do All our Diets Fail
Thin People Are Not Thin by Chance!
The Importance of Finding Your Own Way to Lose Weight

Diary Of Nutrition And Habits

Diary Of Nutrition
Habits

The Right Ingredients for Health and a Slim Body

Fast And Slow Sugars
Fats And Satiety
Protein And Vegetables
Essential Foods For Health
Calories

Small Portions and The Myth Of The Balanced Meal

Small Portions, The Secret Of Slimness

Hunger, Chrono-Dieting, Snacking and Fasting

Hunger is Natural and Can Be Educated
Respecting your own Chrono-Diet
Smart Snacking
A Little Fasting to Get Back on Track

Home Cooking: The Right Ingredients And Enjoyable Cooking

Industrial Food And Homemade Food
A Smartly Stocked Fridge and Cupboards
A Kitchen that Makes You Want to Cook

Tastes, Emotions and Beauty... No Slimming Without Pleasure

The Importance of Emotions
Beautiful Eating to Eat Little
Mamezara, Wonders of Japanese Culture

Temptations, Deviation, Trays, Sabotaging Thoughts and Surroundings

Temptations, Deviations
Trays
Excuses and Sabotaging Thoughts
Food and Environment

Reflexes, Behaviors, Slimming Rituals and After a Weight Loss

Automatisms to Acquire
Behaviors to Become and Stay Slim
Slimming Beauty Rituals
After a Weight Loss
More Than Diet, The Joy Of Living



Dominique Loreau

She has been living in Japan for more than 40 years.

Strongly inspired by Zen Buddhism, she is the author of practical philosophy essays on decluttering everyday life.

Over 400,000 copies sold

**BEST-SELLING
AUTHOR**

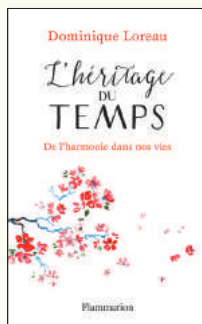


The art of the essential

272,000 copies sold worldwide

Loreau outlines the Feng Shui principles of space clearing that bring freedom peace into our lives. Living with only the essential is a great way to avoid negative effect on one's energy.

***The Art of
Living in
Harmony***



Rights sold:
Japanese,
Romanian

***In Praise of
Tying up***



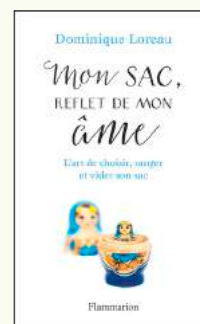
Rights sold:
Japanese,
Romanian

***The Art of
Delicacy***



Rights sold:
Japanese,
Romanian

***My Purse,
my Soul***



Rights sold:
Japanese,
Romanian

***Happy Life
in a Small Place***



Rights sold:
Korean, Italian,
Japanese, Romanian
Simplified Chinese