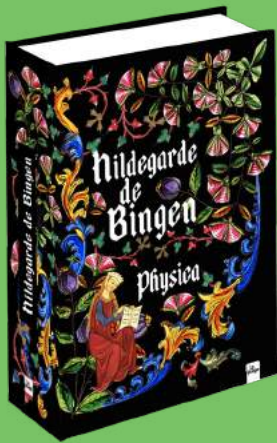


# FRANKFURT BOOKFAIR 2023



LA MAISON  
**hachette**  
PRATIQUE





**Publication Date**  
March 2024

**Trimmed Page Size**  
175 x 225 mm

**Extent**  
480 pages

**Word count**  
TBC

**Illustrations**  
Yes

**Binding**  
Hardcover

**French Cover Price**  
€30

**ISBN**  
9782383382942



[www.laplage.fr](http://www.laplage.fr)  
All information is subject to change

# Physica

New edition of the pioneering work by  
Hildegard de Bingen

## Description

Dive into the timeless wisdom of Hildegard de Bingen, a visionary 12th-century Benedictine nun. This revised edition of *Physica* unveils her holistic approach to medicine, dietetics, and the power of plants. Discover a treasure trove of herbal recipes, remedies, and recipes, forming a comprehensive natural pharmacy. Delve into the legacy of Germany's first naturalist and monastic medicine pioneer, whose wisdom still guides naturalism today.

## Author

**Hildegard de Bingen**, Germany's first naturalist, made history with her contributions to monastic medicine. A 12th century Benedictine nun, de Bingen identified almost 300 plants and herbs in her lifetime, as well as developing a specific theory known as Hildegardian nutrition, rooted in fruits, vegetables, and whole grains. Her enduring books of remedies and her legacy continue to influence contemporary naturalism.

## Key Selling Points

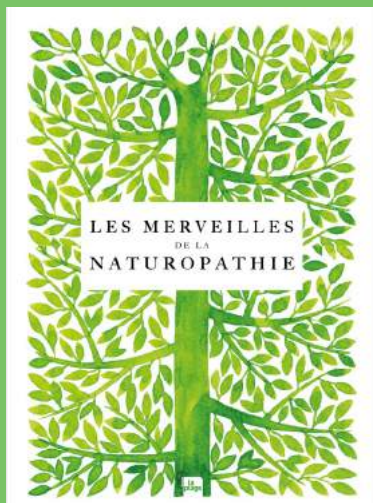
- Unlock the healing wisdom of a 12th-century pioneer.
- Rediscover the expertise of one of the influential precursors of naturalism.
- This reference book provides a holistic guide to health.
- Including Hildegard's recipes and remedies, whose practical use is still relevant today.
- An internationally renowned historical figure.
- A timeless classic, revised and updated in this brand new edition.

## Key Features

- Comprehensive guide to Hildegard de Bingen's philosophy, including herbal recipes and remedies.
- Discover the healing power of Hildegardian nutrition, rooted in the beneficial properties of fruits, vegetables, and whole grains.
- Organization: TBC
- Rediscover the natural pharmacy of an important precursor to the naturalist movement.
- With original illustrations identifying plants and herbs.
- Number of illustrations: TBC
- This comprehensive guide is packed with content.
- All recipes and remedies are vegetarian.

## Who is it For?

- Holistic health practitioners and naturalists.
- History buffs intrigued by medieval medicine.

**Publication Date**

July 2024

**Trimmed Page Size**

260x190 mm

**Extent**

252 pages

**Word count**

TBC

**Illustrations**

Yes

**Binding**

Softcover with flaps

**French Cover Price**

€25.00

9782842219604



[www.laplage.fr](http://www.laplage.fr)

All information is subject to change

# The Naturopathy Bible

## The essential guide to taking control of your health

### Description

A true bible of naturopathy, accessible to all. Learn how to look at your health differently by treating the sources of the problems rather than the symptoms (diet, intestinal flora, psyche...)

This book gives the reader all they need to become to take control of their own health through general care, lifestyle and prevention.

### Author

**Estelle Barrellon** has a PhD in Pharmacology, as well as in Naturopathic Medicine. She is also trained in micro-nutrients and aromatherapy.

### Key Selling Points

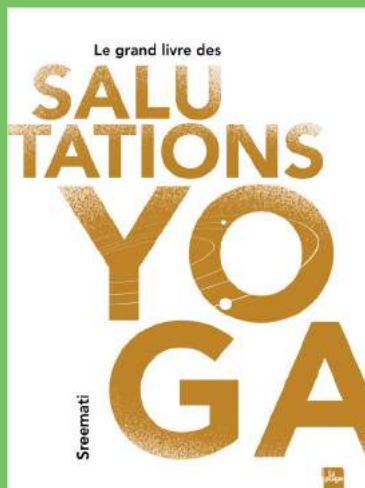
- An expert author on the subject
- A comprehensive yet accessible reference book, with clinical cases and easy-to-understand scientific explanations

### Key Features

- Nearly 60 remedies, 70 recipes and 20 physical exercises
- Covers the 4 great remedies of naturopathy:
  - The sun and nature
  - Emotional well-being
  - Water nutrition
  - Physical exercise, movement

### Who is it For?

- For anyone interested in naturopathy
- Anyone wanting to try a different approach to health



**Publication Date**  
October 2023

**Trimmed Page Size**  
260x190 mm

**Extent**  
256 pages

**Word count**  
16,175 word approx.  
(excluding cover)

**Illustrations**  
Yes

**Binding**  
Hardcover

**French Cover Price**  
€30.00

9782383382096



www.laplage.fr  
All information is subject to change

# Yoga Salutations

## Innovative greetings to the stars

### Description

This book presents 10 salutations dedicated to the stars with a total of 200 postures. Completely unique and innovative, they reflect an evolution in postural practice.

Each greeting responds to current concerns (ecology, gender, belief and freedom...) and proposes a way of seeing the world that comes from the philosophy of yoga.

This book is a pedagogical tool, it allows, through its clear and precise explanations, to practice the different salutations independently, to understand the techniques which enrich the execution of the postures.

### Author

Passionate about yoga since she was a child, **Sreemati** swapped her career as an engineer for that of a yoga teacher in 2001. After her first training in the Iyengar lineage, she continued at the EFY in Paris and then at the Académie du Yoga de l'Énergie. MBSR (mindfulness-based stress reduction) and yogatherapy also enrich her practices.



@yogasreemati

### Key Selling Points

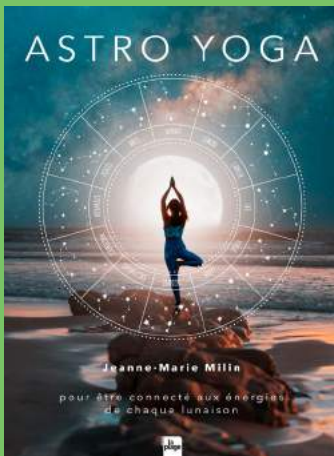
- La Plage is the market leader for yoga titles in France!
- 10 salutations dedicated to the stars with a total of 200 yoga poses.
- The first book of its kind.
- Each greeting responds to current concerns (ecology, gender, belief and freedom...).
- From a specialist in yoga and astrology.

### Key Features

- These salutations are constructed with a sequence of 12 to 20 postures.
- Each salutation celebrates the archetypal qualities necessary for the path of yoga. It provides the energy for the session that follows.
- Organized by celestial body: discover the different salutations in tune with the planets and stars, from mercury, earth and the moon to the sun, venus and mars.
- A unique and original aspect of yoga salutations.
- Step-by-step instructions on how to do the postures yourself, illustrated with photographs.
- Packed with content, including detailed explanations of the postures, their link with the celestial body, astrological information about the celestial bodies such as with which parts of the body and soul they are most associated.

### Who is it For?

- Yoga fans
- People interested in spirituality and astrology



**Publication Date**  
January 2024

**Trimmed Page Size**  
190 x 260 mm

**Extent**  
320 pages

**Word count**  
TBC

**Illustrations**  
Yes

**Binding**  
Softcover

**French Cover Price**  
€25

**ISBN**  
9782383382140



www.laplage.fr  
All information is subject to change

# Astro Yoga

Astrology meets yoga: find inner harmony through the zodiac

## Description

In this book, astrology and yoga merge to empower you on a path of authentic inner harmony. This book guides you to tailor your yoga practice to your astrological sign, mood, and temperament year-round. With 24 yoga sessions and expert guidance, it caters to both beginners and seasoned practitioners seeking a holistic approach to well-being.

## Author

**Jeanne-Marie Milin**, a dedicated astrologer and seasoned yoga instructor, brings over four decades of passion and expertise. Her unique blend of astrology and yoga has empowered countless seekers on a journey towards expanded consciousness and inner balance.



<https://www.sattva-asso.fr/intervenante>



La Plage is the No. 1 publisher of yoga titles in France!

## Key Selling Points

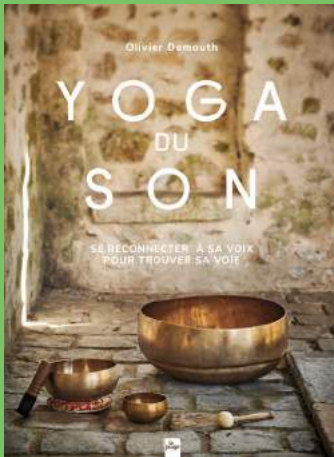
- Embark on a transformative journey of inner harmony through astrology-infused yoga.
- Expert author : Jeanne-Marie, with over 40 years of experience in astrology and yoga.
- Combining inspirational guidance and practical yoga exercises.
- Popular trend of astrology around the world.

## Key Features

- 24 yoga sessions, organized by astrological sign.
- Fusion of astrology and yoga for holistic well-being.
- How many photos/illustrations : TBC
- Specially-commissioned photos: TBC
- Heavily illustrated (less text)/thorough (more text) : TBC
- Packed with content, on a popular trend.
- Deep dive into astro yoga with personalized guidance according to your zodiac sign.

## Who is it For?

- Anyone interested in finding inner harmony
- Fans of yoga and or astrology
- For both beginners and more experienced yogis



**Publication Date**  
February 2024

**Trimmed Page Size**  
190 x 260 mm

**Extent**  
224 pages

**Word count**  
TBC

**Illustrations**  
Yes

**Binding**  
Softcover

**French Cover Price**  
€30

**ISBN**  
9782383382119



www.laplage.fr  
All information is subject to change

# Sound Yoga

Discover your inner harmony through the healing resonance of sound

## Description

Discover the alchemical power of sound, heal your inner child, and find inner harmony through the transformative practice of Sound Yoga. Liberate yourself from emotional blockages through singing and musical instruments. Olivier Demouth guides you on this path, to refine your vocal expression and awaken your boundless creative and emotional potential.

## Author

Meet **Olivier Demouth**, your guide to Sound Yoga. After a decade-long struggle with his own voice and identity, Olivier had a transformative awakening through Sound Yoga. He founded Terre Étoilée, a company dedicated to guiding individuals on journeys of self-discovery. Through Sound Yoga training programs, Olivier shares the wisdom of attuning to one's deepest vibrations and reconnecting with the essential self, linking us to the Greater Whole.

 <https://terre-etoilee.fr/>



La Plage is the No. 1 publisher of yoga titles in France!

## Key Selling Points

- An expert author who also brings authenticity through his personal experiences.
- A growing trend around the globe.
- Balancing inspiration with practical exercises, this book provides a holistic approach to personal growth through sound.
- A new approach to yoga which can appeal to experienced yogis, while remaining accessible for beginners.

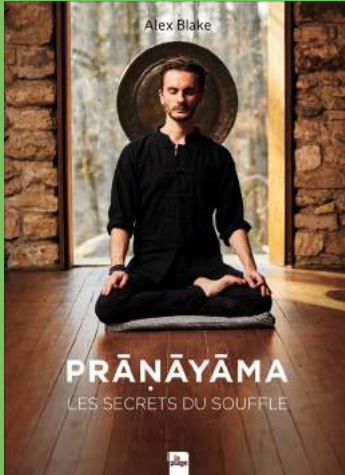
## Key Features

- An introduction to Sound Yoga and its healing benefits.
- Practical exercises for self-discovery.
- Guidance from an expert author.
- A new trend, gaining in popularity.
- Specially-commissioned photography.
- Number of photos: TBC
- Deep dive into a fascinating subject trending recently.

## Who is it For?

- Yoga fans
- Anyone seeking emotional healing and self-discovery.





**Publication Date**  
October 2023

**Trimmed Page Size**  
260 x 190 mm

**Extent**  
256 pages

**Word count**  
51,089 words approx.  
(excluding cover)

**Illustrations**  
Yes

**Binding**  
Hardcover

**French Cover Price**  
€35.00

**9782383382126**



www.laplage.fr  
All information is subject to change

# Pranayama

## Learn how to master your life energy

### Description

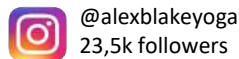
One of the 8 foundations of yoga, Pranayama has been elevated to the status of an art form, due to its influence on the breath. The practice (and teaching) of pranayama must be approached with seriousness and care.

In this book, you'll find both theory and practical exercises for mastering your Prana. Prana means "vital breath" and ayama, "control", "expanding". It's the art of controlling vital energy, self-mastery through the practice of controlled breathing.

### Author

**Alex Blake** is a yoga and meditation teacher in Paris, and founder of the Mala Brahma brand. He decided to dedicate his life to sharing yoga and meditation and masters different types of yoga. He has co-written a book on Vinyasa yoga, published by La Plage in 2022. He did a 50-hour training on Pranayama in April 2023.

Learn more about him on his [website](#).



### Key Selling Points

- La Plage is the No. 1 publisher of yoga titles in France!
- An expert yoga teacher who has a nice community
- The perfect guide to master one's breathing, in a fast-speed world where people want to take the time to live better and live well
- A strong book you can carry with you to practice yoga outside

### Key Features

- The pranayama theory
- Technical explanation of breathing
- 23 pranayama exercises
- 6 meditation exercises
- 26 complete pranayama sequences
- Photos of posture to adopt

### Who is it For?

- Anyone interested in yoga, especially Pranayama
- Anyone who'd like to improve health and gain life energy through breathing exercises

# PHILOSOPHICAL YOGA

## The history of yoga explained through philosophy

### Description

Through 32 short philosophical "lessons" on yoga, based on themes, currents, types of yoga or concepts, learn the whole philosophy of yoga, the heart of this ancestral discipline that has endured over the centuries and has imposed itself in our modern era.

With beautiful illustrations, discover the art of living yoga and its ways. Travel through philosophical concepts such as the five envelopes to learn more about this philosophy of life.

### Author

**Yael Boch** swapped her career as an engineer for that of a yoga teacher in 2001. Trained in the Iyengar lineage, she enriches her practices through MBSR (mindfulness-based stress reduction) and yoga-therapy.

### Key Selling Points

- Learn the whole philosophy of yoga, the heart of this ancestral discipline that has endured over the centuries
- Beautiful illustrations make this a perfect gift item
- A great way for yoga enthusiasts to dive further into the history and philosophy of yoga
- Written by an expert yogi

La Plage is the No. 1 publisher of yoga titles in France!

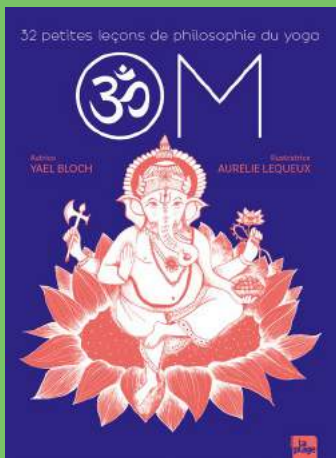


### Key Features

- Explores a range of topics, including: Yoga, The Dharma, Pranayama, The place of the divine, The OM
- 32 short philosophical "lessons" on yoga, including Pranayama, the Dharma, the OM...
- Beautiful illustrated throughout

### Who is it For?

- Yoga fans
- Anyone interested in the philosophy of yoga



**Publication Date**  
August 2023

**Trimmed Page Size**  
200x150 mm

**Extent**  
128 pages

**Word count**  
29,284 words approx.  
(excluding cover)

**Illustrations**  
Yes

**Binding**  
Softcover

**French Cover Price**  
€17.50

9782383381792





# YOGA FOR EVERYONE

For anyone who thinks that yoga is not for them

## Description

This book proves that yoga can be accessible and effective for everyone, guiding the reader through simple and effective adaptations for 25 great yoga postures. The progressive and adapted method allows everyone and anyone to master these postures and improve their physical and mental well-being.

## Author

**Marie and Philippe Amar**

The authors trained for 3 years with B.K.S. Iyengar and graduated from the Ramani Iyengar Memorial Yoga Institute in Pune, India.

They travel all over France to teach Iyengar Yoga, as well as on their YouTube channel. They have also authored two successful yoga titles with La Plage.



@yogastudiolille  
4k followers



@yogastudiolille  
52.6k followers



La Plage is the No. 1 publisher of yoga titles in France!

## Key Selling Points

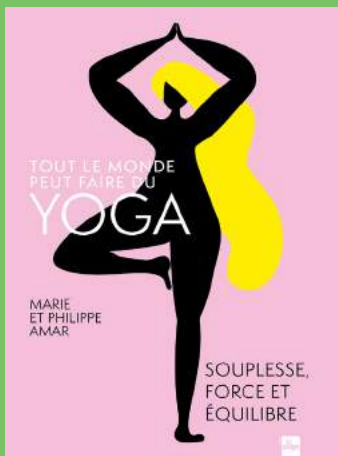
- Accessible introduction to Yoga, perfect for beginners
- The health benefits of yoga are well known
- Expert authors guide the reader through simple and effective adaptations
- 25 yoga poses for all levels with practical advice

## Key Features

- Practical beginners guide with clear instructions and advice
- 15 minutes of joint warm-up
- 25 adapted postures with supports (bricks, wall, strap, chair...)
- 10 breathing, concentration and meditation exercises
- 10 targeted health sequences (balance, joint stiffness, sleep...)

## Who is it For?

- Anyone who would like to get into yoga and be more active but doesn't know how
- Complete beginners



**Publication Date**  
September 2023

**Trimmed Page Size**  
260x190 mm

**Extent**  
160 pages

**Word count**  
35,323 words approx.  
(excluding cover)

**Illustrations**  
Yes

**Binding**  
Softcover

**French Cover Price**  
€19.95

9782383382102





### Publication Date

August 2023

### Trimmed Page Size

225 x 175 mm

### Extent

160 Pages

### Word count

Approx. 10,000 words

### Illustrations

Yes

### Binding

Softcover

### French Cover Price

€12.90

9782019468071

LA MAISON  
hachette  
PRATIQUE

# Exercise without getting out of bed

## The lazy way to stay in shape

### Description

This book is the ultimate solution for those who love their bed and have little motivation for exercise but still want to stay in shape. Created by a professional fitness coach, it offers a selection of exercises to be performed solely on/with/in your bed. Whether you're scrolling or binge-watching, these exercises will make a noticeable difference in no time at all.

### Author

**Bakary Sissako**, a certified fitness coach with a Master's degree in Sports Science, is an expert in physical education and sports training. With experience as a trainer for high-level athletes in various sports, he has sold over 70,000 copies of his books in France, published by Hachette Pratique.

### Key Selling Points

- A unique and convenient approach to fitness by offering exercises that can be done exclusively in or on your bed
- Written by a professional fitness coach with expertise in physical education and training for high-level athletes
- Offers a promising concept of getting fit without leaving your bed, appealing to those who want to be in shape without the hassle of traditional workouts

### Key Features

- 40 exercise routines designed specifically for performing in or on your bed
- Programs to target different muscle groups based on your preferences
- Warm-up and stretching exercises for a comprehensive workout experience
- Nutritional advice and health tips to complement your fitness journey
- Illustrated with a mix of photos and specially commissioned illustrations
- Includes notes sections to personalize your sessions and note your progress

### Who is it For?

- People with limited time, resources, or motivation for going to a gym or engaging in traditional workouts
- Anyone trying to incorporate fitness in their routine in a convenient and hassle-free way



**Publication Date**  
January 2024

**Trimmed Page Size**  
225x175 mm

**Extent**  
128 pages

**Word count**  
TBC

**Illustrations**  
Yes

**Binding**  
Softcover

**French Cover Price**  
€14.95

**9782016293485**

LA MAISON  
**hachette**  
PRATIQUE

www.hachettepratique.com  
All information is subject to change

# Wall Pilates

Reinvent Your Body in 30 Days with the latest trending sport

## Description

Experience the remarkable transformation of your body in just 30 days with Marine Pelligrini's innovative method. This book introduces a comprehensive home pilates program, requiring only a wall. Rediscover the benefits of pilates using minimal equipment while achieving a more toned figure, improved posture, and increased strength. With a 30-day plan, expert guidance, and illustrated movements, you'll feel more energetic, fitter, and prouder of your body than ever before.

## Author

**Marine Pelligrini**, an author-influencer, achieved a remarkable 43 kg weight loss through pilates and diet reprogramming. With over 150,000 followers on social media, she shares her motivation and expertise. Her journey from weight loss to becoming an influencer is an inspiration, making her a trusted guide in the world of Pilates.



@marine\_cocofit  
135k followers



@marinecocofit  
21k subscribers

## Key Selling Points

- Transformative Program: Achieve a toned, healthier body in just 30 days.
- Expert Guidance: Follow Pelligrini's program with professional insights.
- Inspirational Author: Marine's incredible weight loss journey is motivating.
- Perfect January Purchase: Start the year with a fitness transformation.

## Key Features

- 30-day Pilates program designed for home practice.
- Step-by-step instructions with accompanying photographs.
- No equipment required – all you need is a wall.
- Marine Pelligrini's personal experience adds a relatable touch.

## Who is it For?

- Individuals seeking a convenient and effective fitness program at home.
- Those interested in pilates for body toning and improved posture.
- Ideal for a January health and wellness boost.

# NO STRESS TOOLKIT

All you need to learn to cope with stress

## Description

Fear of the phone ringing, panic when you have to speak in public, the feeling that you are not as good as other people... We have all felt one or more of these paralyzing emotions. And we would like to get rid of them... Yes, but how?

Psychiatrist Professor Florian Ferreri provides his analysis of feelings that are widely shared in our society in an anti-stress and optimistic box to help you regain self-confidence.

## Author

**Professor Florian Ferreri** is a psychiatrist and university professor. He is responsible for a unit specialising in the treatment of anxiety and depressive disorders at Saint-Antoine Hospital and runs a large consultation. He is the author of numerous articles and books on anxiety and depression and is a regular contributor to the media on these topics.

**Anne-Isabelle Lucas** is an illustrator who suffers from anxiety herself. She wishes to share her experience through her lighthearted and humorous drawings.

## Key Selling Points

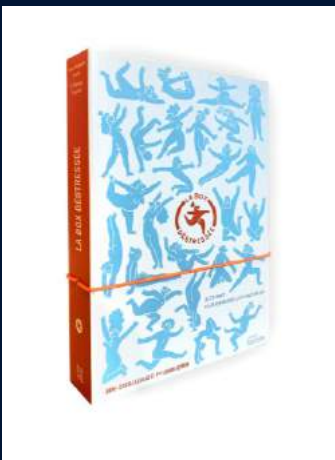
- More than 1 in 2 young people say they are affected by regular stress
- Combines a psychiatrist's analysis with stylish illustrations
- Includes a booklet with explanations of each stressful situation, plus memo cards with tips and solutions for everyday life

## Key Features

- Includes a large poster to keep in view all the things we can act on
- 12 memo cards to remember anti-stress reflexes on a daily basis
- A booklet to understand the 12 emotions that hold us back and how to get rid of them
- A *Gratitude Notebook* to gain more self confidence and self love

## Who is it For?

- Anyone who suffers from stress or anxiety



**Publication Date**  
September 2023

**Trimmed Page Size**  
215x150 mm

**Extent**  
76-page booklet + 76-page notebook + 12 cards + 1 poster

**Word count**  
Approx. 12,735 words

**Illustrations**  
Yes

**Binding**  
Softcover for booklet and notebook  
Box Format

**French Cover Price**  
€19.95

9782017165408

LA MAISON  
hachette  
PRATIQUE



**Publication Date**  
January 2024

**Trimmed Page Size**  
175x255 mm

**Extent**  
128 pages

**Word count**  
TBC

**Illustrations**  
Yes

**Binding**  
Softcover

**French Cover Price**  
€14.95

**ISBN**  
9782017250845

LA MAISON  
**hachette**  
PRATIQUE

[www.hachettepratique.com](http://www.hachettepratique.com)  
All information is subject to change

# Zero Stress

## A 40-Day Anti-Stress Program

### Description

Stress, the modern-day nemesis, affects us all differently, but its impact is undeniable. "Zero Stress" is your passport to a serene life. Hélène Jamesse, a Paris-based yoga instructor, invites you on a 40-day journey of self-discovery and inner calm. This program seamlessly weaves together yoga, meditation, and breathing techniques, offering daily exercises and visual aids that empower you to conquer stress in all its forms.

### Author

**Hélène Jamesse**, a certified Hatha Yoga, Yoga Nidra, and Kundalini Yoga instructor, redefines yoga as a holistic tool for all. With a warm and inclusive approach, she integrates free dance and Chi Nei Tsang massage therapy into her practice, forging a path towards body-mind connection. Hélène's mission is to guide individuals to a life of fluidity, creativity, and mindfulness, focusing on both physical and emotional well-being.

### Key Selling Points

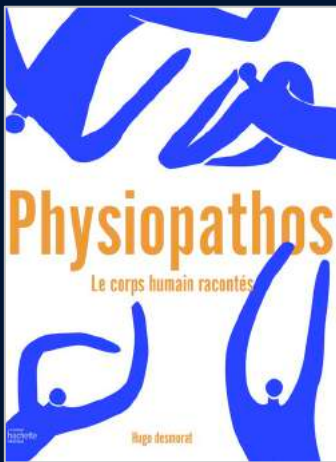
- A comprehensive anti-stress program by an experienced yoga instructor.
- Accessible and affordable, making stress relief available to everyone.
- Stress is a growing phenomenon today.

### Key Features

- A comprehensive 40-Day Anti-Stress Program designed to combat stress through daily exercises, meditation, and breathing techniques.
- A holistic approach that uses a variety of techniques and methods.
- Each exercise is illustrated, to make them easier to follow.
- Organized as a structured program over 40 days, with one exercise per day.
- Accessible and affordable: a simple, practical solution that anyone can use to help reduce stress in their life.

### Who is it For?

- Yoga enthusiasts and beginners.
- Anyone looking to enhance physical and emotional well-being.
- Anyone looking for a simple way to reduce stress.



**Publication Date**  
March 2024

**Trimmed Page Size**  
175x225 mm

**Extent**  
192 pages

**Word count**  
TBC

**Illustrations**  
Yes

**Binding**  
Softcover

**French Cover Price**  
€19.95

**ISBN**  
9782017165484

LA MAISON  
**hachette**  
PRATIQUE

www.hachettepratique.com  
All information is subject to change

# Etiopathology

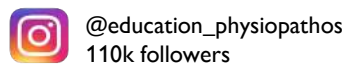
## A New Approach to Well-Being

### Description

Discover the path to holistic health with etiopathologist Hugo Desmorat. This groundbreaking book offers fresh insights into the human body, focusing on symptoms and their origins to enhance well-being. Organized by bodily systems, enriched with illustrations and anecdotes, and following the success of "Thérapie du corps," this book continues the legacy of demystifying your body and promoting a healthier you.

### Author

**Hugo Desmorat**, a renowned health influencer with 110,000 followers, is your trusted guide on this journey to wellness. His expertise in etiopathology and holistic health has made him a leading voice in understanding the body's intricate workings.



### Key Selling Points

- Embark on a novel journey to wellness, unraveling the intricate workings of your body.
- Meet our seasoned etiopath, a trusted guide to thousands.
- Continuing the legacy of "Thérapie du corps" a 20,000-copy bestseller with a remarkable 95% satisfaction rate.
- Comprehensive Insights: Explore bodily systems, organ interactions, and symptom origins.

### Key Features

- Wellness Journey: Unravel the intricacies of your body for a novel path to wellness.
- Anecdotes and Illustrations: Engaging content that simplifies complex concepts.
- An overview of the concept of etiopathology, plus how you can use it practically to improve your healthy.
- Insights organized by bodily systems (respiratory, digestive...), for a clearer picture of organ interactions.
- An accessible, engaging tone enriched with illustrations and anecdotes, making learning a breeze.
- What features set this book apart from others on the market?
- Packed with content.

### Who is it For?

- Individuals seeking holistic health insights and a deeper understanding of their bodies.





**Publication Date**  
March 2024

**Trimmed Page Size**  
175x255 mm

**Extent**  
128 pages

**Word count**  
TBC

**Illustrations**  
Yes

**Binding**  
Softcover with flaps

**French Cover Price**  
€10.95

**ISBN**  
9782017165439

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PRATIQUE

www.hachettepratique.com  
All information is subject to change

# Face Yoga

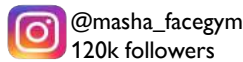
## Rediscover Youth Naturally with Face Yoga

### Description

Unlock the age-defying power of Face Yoga, the go-to beauty secret of celebrities like Kate Moss and Meghan Markle. In just 7 minutes a day, Masha Marques, the facial yoga expert with 115,000 social media followers, guides you through simple yet potent exercises and massages. No need for expensive injections or surgery – this holistic approach naturally lifts, tones, and revitalizes your face. Discover step-by-step routines tailored to every facial area, bringing out your timeless beauty with ease.

### Author

**Masha Marques**, a certified facial gymnastics coach in Paris, stumbled upon the transformative potential of facial yoga at 31. Determined to share this natural beauty method with the world, she became an advocate for ageless beauty accessible to all. With a growing Instagram following of 120,000, Masha's concise exercises and invaluable tips have empowered women worldwide.



### Key Selling Points

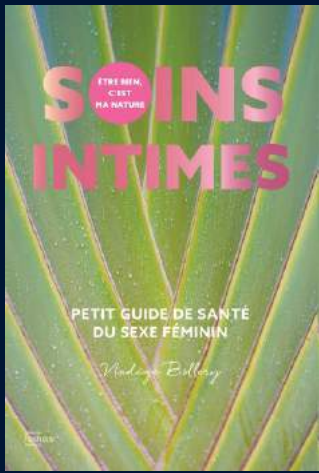
- Expert author in facial yoga with a substantial social media following.
- No costly injections or surgery needed – achieve a natural face lift.
- Celebrity-endorsed trend that's practical and accessible.
- Concise, step-by-step exercises tailored to individual needs.
- Holistic approach for timeless beauty.

### Key Features

- 7-minute-a-day routines for a complete face lift.
- Step-by-step exercises with illustrations, targeting all facial areas.
- Celebrity testimonials and endorsements.
- Holistic approach to anti-aging.
- Organized thematically: from an introduction, to the basic principles, the essential oils to use, the advantages, and practical exercises.
- Practical and achievable natural beauty.
- Deep dive into the subject of face yoga, with practical advice.

### Who is it For?

- Busy people desiring a quick, effective daily beauty routine.
- Men and women of all ages aiming to preserve youthful, radiant skin.



**Publication Date**  
April 2023

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**Illustrations**  
Yes

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# CARE FOR WOMEN

## Learn to care for yourself naturally

### Description

Discover this practical book to take care of your body with a naturopathic expert, accompanied by a gynecologist.

This clear and helpful guide will show you how to identify the 4 feminine archetypes that occur throughout life, as well as the 4 pillars of intimate health. Once identified, discover how to prevent and relieve the most common ailments naturally: vaginal dryness, bacterial vaginosis, cystitis, mycosis, sexually transmitted infections such as HPV, herpes, but also the more complex disorders of endometriosis, menstruation, fibroids, polycystic ovarian syndrome, and low libido.

### Author

**Nadège Billery** is a naturopath and has been a trainer in food supplements for pharmacists and organic shops for the past fifteen years. Her professional career has also led her to accompany many people through several psychocorporal disciplines designed to preserve and promote a return to health (work through singing, breathing, voice). On her popular Youtube channel "Happiness and Health", she shares her know-how for a better quality of life.

### Key Selling Points

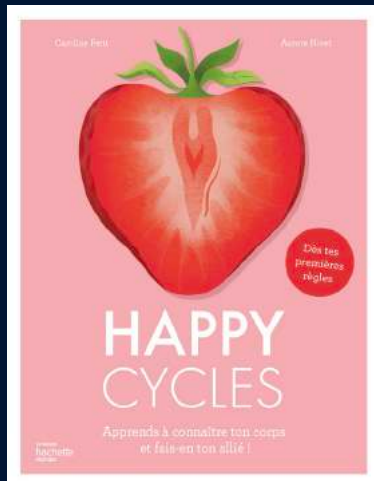
- After *Thérapie du corps (Body Therapy)* and *Manuel pour une fertilité émancipée (Manual for an emancipated fertility)*, natural health is a strong development axis at Hachette Pratique
- Nadège Billery: naturopath, specialist in intimate health issue
- Timely subject with strong appeal

### Key Features

- Clearly organized guide full of expert advice
- Includes advice on :
  - Discovering how other organs affect vaginal health
  - Finding out about the anatomy and function of our sex, which is often overlooked in textbooks
  - Adopting a natural approach to hygiene, that is respectful of the body's ecosystem

### Who is it For?

- Women of all ages looking for a more natural approach to their sexual health
- Particularly women who are approaching menopause



**Publication Date**  
February 2024

**Trimmed Page Size**  
175 x 225 mm

**Extent**  
128 pages

**Word count**  
TBC

**Illustrations**  
Yes

**Binding**  
Softcover

**French Cover Price**  
€14.95

**9782017165453**

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# Happy Cycles

## A Friendly Guide to Your First Period

### Description

Your first period is a significant moment, and "Happy Cycles" is here to guide you through it. This comprehensive book offers a clear overview of the menstrual phases, providing essential tips for regulating your cycle naturally. Packed with insights and practical tools, including a Happy Cycle kit with calendars, meal plans, and DIY tips, this engaging guide is a must-have for young girls embarking on this journey of self-discovery.

### Author

**Caroline Petit** is a naturopath-phytotherapist and expert in preventive nutrition, Traditional Chinese Medicine, and integrative sophrology. She educates on health, inflammation, hormonal regulation, and stress management. As a freelance illustrator, she brings creativity to her work, inspired by the natural beauty of Reunion Island.

### Key Selling Points

- This book is the ideal companion for those experiencing their first period.
- The author's expertise in preventive health and nutrition ensures credible guidance.
- The Happy Cycle kit includes everything you need for a confident journey.
- Body positivity and the journey from girl to woman is a universally important theme

### Key Features

- Understand the different menstrual phases with a comprehensive guide.
- Practical Toolkit: The Happy Cycle kit includes calendars, meal plans, DIY tips, and more.
- Vibrant and engaging illustrations tailored for young readers.
- A young and accessible tone, easily understandable for young adolescents
- Organized thematically, from an introduction to the biology of menstruation, to practical advice for young girls
- Common questions answered in a straightforward and clear way

### Who is it For?

- Young girls experiencing their first period.
- Parents and guardians looking for a supportive guide for their daughters.



**Publication Date**  
February 2024

**Trimmed Page Size**  
210x150 mm

**Extent**  
256 pages

**Word count**  
TBC

**Illustrations**  
Yes

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€17.95

**9782017234388**

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# How to love yourself

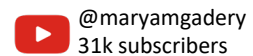
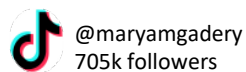
Discover the Transformative Power of Self-Love with TikTok star Maryam Gadery

## Description

Embark on an introspective odyssey with Maryam Gadery, a renowned well-being and personal development influencer who has captured the hearts of over 700,000 TikTok enthusiasts. In this inspiring book, you'll embark on a profound journey to the core of self-love, setting the stage for a liberating transformation. With Maryam's profound insights, compassionate guidance, and universal examples, you'll not only meet yourself but also heal and love yourself in ways you never thought possible. This book equips you with tangible tools and practices for your self-love journey, inviting you to accept and celebrate your authentic self.

## Author

**Maryam Gadery**, a life coach with a dedicated following for her empowering personal development wisdom, is the creator of the podcast *The school of life*, where she engages in enlightening conversations with celebrities and experts. Maryam's mission is to inspire self-confidence, self-love, productivity, and emotional resilience.



## Key Selling Points

- **Expert Life Coach:** Maryam Gadery offers profound insights for personal growth and self-love.
- **Influencer Following:** With over 705,000 TikTok followers and a strong presence on Instagram, Maryam has an engaged audience.
- **Self-Love and Well-Being:** Tap into the ever-popular self-care trend with a book that guides readers toward self-acceptance and self-celebration.
- **Transformative Journey:** Maryam's book provides concrete tools and practices for genuine self-discovery and healing.

## Key Features

- A practical guide to self-love with actionable steps.
- Universal examples and compassionate advice for all readers.
- Tangible tools for self-improvement and personal growth.
- Accessible content that aligns with the current trend of self-care and personal development.
- Book organisation TBC
- Illustrations TBC

## Who is it For?

- Individuals seeking self-love, personal growth, and inner transformation.
- Readers interested in personal development, self-help, and well-being.
- Those looking for practical tools and advice to embrace their authentic selves and foster self-love.



# GRIEVING YOUR DOG

All the advice of an animal behaviorist to help overcome the loss of a beloved pet

## Description

The loss of a pet is far from trivial because a dog or cat is part of the family. The grief felt is often hidden for fear of appearing too sensitive, even childish. However, it is deep and requires a real mourning.

**Sandrine Nataf-Otsmane**, animal behaviourist, proposes an empathetic approach to mourning:

- How to make room for and share your grief
- Coping with the departure of your friend
- Helping children get through it
- Making a will
- Prepare the funeral of your pet (cremation or burial)
- Finding a Resilience Tutor
- Welcoming a new companion

So many serious and deeply sensitive issues are finally brought to light.

## Author

**Sandrine Nataf-Otsmane** is a certified dog and cat behaviorist, who specializes in human/animal relationships.

## Key Selling Points

- France alone has nearly 80 million pets, very often considered as full members of a family
- Truly international subject with broad appeal

## Key Features

- All the advice of an animal behaviour specialist to accompany the reader and help them overcome this difficult ordeal
- Written in a kind and compassionate tone
- Illustrated with charming illustrations

## Who is it For?

- Anyone who has lost a pet, or whose dog is nearing the end of their life

### Publication Date

June 2023

### Trimmed Page Size

210 x 150 mm

### Extent

180 Pages

### Word count

18,736 words

### Illustrations

Yes

### Binding

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