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CATALOGUE 2014

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Aromatherapy

NEW

I DON'T KNOW HOW TO USE ESSENTIAL OILS FOR CHILDREN

JE NE SAIS PAS UTILISER
LES HUILES ESSENTIELLES SPECIAL ENFANTS

DANIÈLE FESTY

978-2-84899-654-7 • 16,00€ - 15 X 21 cm - 256 pages - 2014



DISCOVERING AROMATHERAPY

THE guide for taking care of your children easily and taking no risks.

In this guide intended for new enthusiasts, discover:

5 tips for choosing the right essential oil,

The 12 indispensable essential oils that you should get from the start,

How to use them: aromatic baths, massage, diffusion, in the kitchen,...

For all the everyday aches and pains, fast aroma solutions: no complex formulas that have to be prepared by a pharmacist, just a reflex that is simple to adopt!

NEW

MANAGING STRESS AND ANXIETY WITH ESSENTIAL OILS

GÉRER LE STRESS ET L'ANXIÉTÉ AVEC LES HUILES ESSENTIELLES

DANIÈLE FESTY

978-2-84899-702-5 • 15 X 21 cm - To come: May 2014



STRESS, DEPRESSION, IRRITABILITY... ALL THE AROMA SOLUTIONS FOR GETTING BACK YOUR WELL-BEING AND SERENITY

Essential oils are as good for the mind as they are for the body. Anxiety, nervous fatigue, sleep troubles... Let essential oils help you, as you discover their benefits in this book:

How they are used (diffusion, application to the skin, under the tongue, swallowed).

The 22 essential oils to expertly care for your mental well-being: garden marjoram, rose wood, exotic basil, bergamot...

For every psychological problem or mood swing, there is an aroma solution.

NEW

VISUAL GUIDE TO ESSENTIAL OILS

HUILES ESSENTIELLES LE GUIDE VISUEL

DANIÈLE FESTY

978-2-84899-679-0

18,00€ - 17 X 21,5 cm - 256 pages - 2014



THE ONLY GUIDE TO ESSENTIAL OILS YOU'LL NEED TO BEGIN USING THEM

The reference guide that is 100% visual to get started with essential oils

Diagrams that are so clear that you'll understand everything about essential oils from the first time

you look at them, and the 10 essential oils that no one should be without: botanical presentation, including their properties; how to use them; advice from the experts; general indications on when to use them.

Family and child

NEW

ZEN BABY

BÉBÉ ZEN

AURORE AIMELET

978-2-84899-687-5

10,00€ - 12,7 X 19,2 cm - 176 pages - March 2014



HOW TO KEEP BABY CRYING, UNDERSTAND BABY'S NEEDS... ALL YOU NEED TO KEEP BABY SERENE

Thanks to this book, you will possess the keys to help your baby grow up happy and "Zen"

On the program:

Learn to figure out the needs of your baby during his first days.

Know what to do to calm his emotions and encourage him to sleep.

Stand back and remain "Zen" no matter what the circumstances.

Answers and advice to keep baby—and his parents—serene!

Health and natural way

NEW

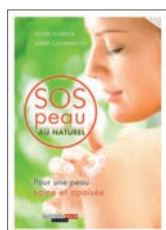
SOS NATURAL SKIN

SOS PEAU AU NATUREL

JULIEN KAIBECK & ANNIE CASAMAYOU

978-2-84899-681-3

15,00€ - 15 X 21 cm - 256 pages - March 2014



For healthy, un-irritated skin

Acne, eczema, psoriasis, cellulite... We all have skin problems for which it is hard to find lasting cures. The solution? Combine the overall naturopathy approach with natural remedies, and then choose wisely! Thanks to this book, you will:

Understand your skin so as to better care for it, soothing all common ailments (sunburn, psoriasis, pimples...) and offering for each one:

Advice on the right reflexes to develop in terms of food, sport, healthy lifestyle, etc.;

Dermo-cosmetic skincare products to make yourself.

How to make good use of your skin's natural allies: clay, essential oils, vegetable oils ...

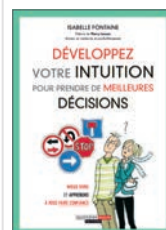
Self-help

DEVELOPING YOUR INTUITION TO MAKE THE RIGHT DECISION

DEVELOPPEZ VOTRE INTUITION POUR PRENDRE LES BONNES DECISIONS

ISABELLE FONTAINE

978-2-84899-656-1 • 15,00€ - 15 X 21 cm - 272 pages - November 2013



LIVING BETTER AND LEARNING TO TRUST YOURSELF

Intuition often speaks to us, but we don't always know how to listen to it. On the agenda in this simple, clear and very practical book:

Decoding the languages of intuition (non verbal language, dreams, happy accidents...)

Free your creativity to become more intuitive

Adopt a "slow intuitive attitude"

How to boost intuition in 10 key points

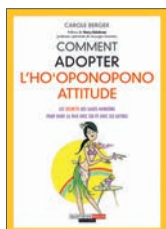
Interviews.

HOW TO GET HO'OPONOPONO ATTITUDE

COMMENT ADOPTER L'HO'OPONOPONO ATTITUDE

CAROLE BERGER

978-2-84899-655-4 • 14,00€ - 15 X 21 cm - 160 pages - October 2013



The secrets of Hawaiian sages for making peace with yourself and others

To get back to a happier and more fulfilled life, adopt a ho'oponopono attitude and learn to:

Accept fully "that which is" and not live in frustration

Observe the unexpected gifts that we get from nature
 Pardon, so that you reduce the burden of past hurts
 Develop your individual power to change your reality

Weight control and nutrition

MY GI BIBLE

MA BIBLE IG

DR PIERRE NYS

978-2-84899-671-4

23,00€ - 19 X 23 cm - 648 pages - 2014



THE REFERENCE GUIDE TO THE GLYCEMIC INDEX REVOLUTION

Discussed in this super-complete book:

The general principals of the GI diet: food rich in fibers, proteins and good fatty acids to keep hormone levels balanced and protect your heart, brain, eyes, etc.

From A to Z, the best GI foods: almonds, garlic, olive oil, spinach...

Diabetes, hypertension, cholesterol, gluten intolerance... the benefits of the GI Diet on health, with a day's GI menus tailor-made for each ailment.

200 fast and delicious low-GI recipes

MY BIBLE FOR GLUTEN-FREE FOODS

MA BIBLE DE L'ALIMENTATION SANS GLUTEN

CAROLE GARNIER

978-2-84899-692-9

23,00€ - 19 X 23 cm - pages - To come: April 2014



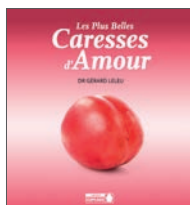
SECRETS TO MAKING SURE THAT TASTY FOOD AND PLEASURE ARE ALWAYS ON YOUR MENU.

TOUCHING YOUR PARTNER WITH LOVE

LES PLUS BELLES CARESSES D'AMOUR

GÉRARD LELEU

979-10-92251-06-7 • 10,00€ - 14 X 15 cm - 208 pages - January 2014



Whether young lovers, regular or not-so-regular lovers, a couple forever or only for a short time, this little gift-book should be on everyone's night table. Tender, sensuous or erotic, the touch exercises in this book will send your lover to 7th heaven!

Tricks with/for

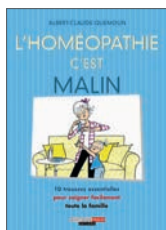
TRICKS FOR USING HOMEOPATHY

L'HOMÉOPATHIE C'EST MALIN

ALBERT-CLAUDE QUEMOUN

978-2-84899-673-8

15,00€ - 15 X 21 cm - 224 pages - January 2014



10 KITS THAT ARE ESSENTIAL FOR THE WHOLE FAMILY'S HEALTH-CARE

In this guide to smart care—accessible even to beginners—discover how this natural medicine works, and also how to make good use of it.

TRICKS FOR CLEANING OUT

LA DÉTOX C'EST MALIN

ANNE DUFOUR & CATHERINE DUPIN

978-2-84899-677-6

6,00€ - 11 X 17,8 cm - 208 pages - February 2014



HOME, BODY, MIND... WE ALL NEED A GOOD CLEAN OUT!

Discover smart tips for perfect hygiene, foods to focus on to make your diet lighter; recipes for beauty and well being, and the ABCs of housecleaning your head and your habits.

NEW

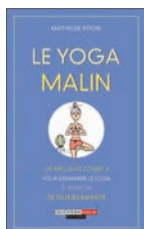
TRICKS FOR PRACTICING YOGA

LE YOGA MALIN

MATHILDE PITON

978-2-84899-676-9

6,00€ - 11 X 17,8 cm - 208 pages - February 2014



FIRST-RATE ADVICE FOR STARTING TO PRACTICE YOGA AND GET THE BEST FROM ALL ITS BENEFITS

In this guide that is accessible to everyone, even complete beginners, discover:

Illustrations of the basic positions, 15 to 30 minute sessions to do at home, and practical information to start out correctly and stay motivated.

NEW

TRICKS FOR GETTING A FLAT STOMACH

UN VENTRE PLAT C'EST MALIN

LUCILE WOODWARD

978-2-84899-675-2 • 6,00€ - 11 X 17,8 cm - 176 pages - February 2014



FOOD, POSTURE, EXERCICE... ALL KINDS OF GOOD ADVICE TO GET BACK TO A PERFECT SILHOUETTE!

In this book, discover the right food reflexes, tips for toning your muscles without tiring yourself, and a plan for a flat stomach in 4 weeks.

NEW

TRICKS TO STOP SMOKING

ARRÊTER DE FUMER C'EST MALIN

ANNE DUFOUR & CATHERINE DUPIN

978-2-84899-684-4

6,00€ - 11 X 17,8 cm - 208 pages - March 2014



NEW

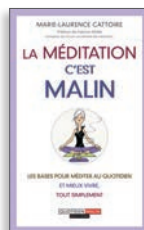
TRICKS FOR MEDITATION

LA MÉDITATION C'EST MALIN

MARIE-LAURENCE CATTOIRE

978-2-84899-703-2

6,00€ - 11 X 17,8 cm - pages - To come: May 2014



NEW

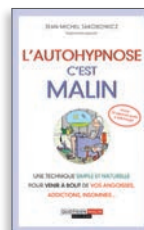
TRICKS FOR SELF-HYPNOSIS

L'AUTOHYPNOSE C'EST MALIN

JEAN-MICHEL JAKOBOWICZ

978-2-84899-686-8

6,00€ - 11 X 17,8 cm - pages - March 2014



NEW

TRICKS FOR SELF-ESTEEM

L'ESTIME DE SOI C'EST MALIN

AMÉLIA LOBBÉ

978-2-84899-685-1

6,00€ - 11 X 17,8 cm - pages - March 2014



NEW

TRICKS FOR KNITTING

LE TRICOT MALIN

ALIX LEFIEF-DELCOURT & ESTEHEL LEFIEF

978-2-84899-691-2

15,00€ - 15 X 21 cm - pages - To come: April 2014



NEW

TRICKS FOR TEACHING YOUR DOG GOOD MANNERS

ÉDUQUER SON CHIEN

C'EST MALIN

SOPHIE DE VILLENOISY

978-2-84899-696-7

6,00€ - 11 X 17,8 cm - pages - To come: April 2014



NEW

TRICKS FOR KEEPING YOUR CAT HAPPY

UN CHAT HEUREUX C'EST MALIN

SOPHIE DEVILLENOISY

978-2-84899-697-4

6,00€ - 11 X 17,8 cm - pages - To come: April 2014



NEW

DIABETIC AND SMART ABOUT IT

DIABÉTIQUE ET MALIN

ANNE DUFOUR & DR PIERRE NYS

978-2-84899-704-9

6,00 € - 11 X 17,8 cm - pages - To

come: May 2014



NEW

TRICKS FOR INTERPRETING YOUR DREAMS

INTERPRÉTER LES RÊVES C'EST MALIN

RÉGINE SAINT-ARNAULD

978-2-84899-701-8

20,00 € - 19 X 23 cm - pages - To

come: May 2014



NEW

TRICKS FOR BEING GOOD GRANDPARENTS

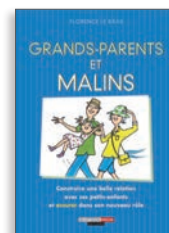
GRANDS-PARENTS ET MALINS

FLORENCE LE BRAS

978-2-84899-700-1

15,00 € - 15 X 21 cm - pages - To

come: September 2014



DANIÈLE FESTY is a pharmacist. Passionate about food and a specialist on essential oils, she ran her own large pharmacy for more than forty years. She now devotes all her time to consulting, meeting her readers and writing practical guides to health for the general public.

225 000 copies

Sold to China (simplified and complex characters), Italy

MY BIBLE OF ESSENTIAL OILS*MA BIBLE DES HUILES ESSENTIELLES*

DANIÈLE FESTY

978-2-84899-242-6

23,00 € - 19 X 23 cm - 552 pages - 2007



THE MOST COMPLETE, ACCESSIBLE GUIDE TO AROMATHERAPY AVAILABLE

In My Bible of Essential Oils, Danièle Festy—a pharmacist who is passionately interested in essential oils and homeopathy—sums up her experience, and offers the reader a complete look at the benefits of aromatherapy.

A unique guide... a complete and practical reference book.

CARE WITH ESSENTIAL OILS DURING PREGNANCY*SE SOIGNER AVEC LES HUILES ESSENTIELLES PENDANT LA GROSSESSE*

DANIÈLE FESTY

978-2-84899-445-1

18,00 € - 15 X 21 cm - 272 pages - 2011



Yes, one can use essential oils during pregnancy and breast-feeding, but not in just any way! Danièle Festy's work is the only one of its kind, a bible for all pregnant women to consult throughout their nine months of pregnancy (and breast-feeding). In this very complete guide: Pregnancy and Essential Oils, The 25 Essential Oils During Pregnancy, The ABCs of Common Aches and Pains.

MENOPAUSE AND ESSENTIAL OILS*MÉNopause ET HUILES ESSENTIELLES*

DANIÈLE FESTY

978-2-84899-512-0

18,50 € - 15 X 21 cm - 384 pages - 2012



A REFERENCE GUIDE FOR ALL WOMEN, WITH NO EXCEPTIONS, WITH OR WITHOUT HORMONE TREATMENT

How to better live through menopause thanks to essential oils, plants and homeopathy! Natural solutions to sweep aside all the ills linked to this phase in life, advice on what to eat, etc.

23000 copies

CARING FOR YOUR CHILDREN WITH ESSENTIAL OILS*SOIGNER SES ENFANTS AVEC LES HUILES ESSENTIELLES*

DANIÈLE FESTY

978-2-84899-295-2

18,00 € - 15 X 21 cm - 320 pages - 2009



Here is the first practical guide to caring for children with aromatherapy. Extremely effective, harmless if properly chosen and used, essential oils are particularly adapted to health-care for children. Danièle Festy proposes an aromatherapy solution to every problem, with clear illustrations on how to best use the oils for massages.

I DON'T KNOW HOW TO USE ESSENTIAL OILS FOR CHILDREN*JE NE SAIS PAS UTILISER LES HUILES ESSENTIELLES SPÉCIAL ENFANTS*

DANIÈLE FESTY

978-2-84899-654-7

16,00 € - 15 X 21 cm - 240 pages - 2013



To come: November 2013

NEW

13000 copies

I DON'T KNOW HOW TO USE ESSENTIAL OILS*JE NE SAIS PAS UTILISER LES HUILES ESSENTIELLES*

DANIÈLE FESTY

978-2-84899-558-8

16,00 € - 15 X 21 cm - 272 pages - 2012



REFERENCE GUIDE FOR DISCOVERING ESSENTIAL OILS

Lavender, lemon, ravintsara, ylang-ylang...essential oils have immense power to ease everyday aches and pains. But starting to use them is sometimes intimidating. What should you buy first? How should you choose it? Store it? How should you use it? This book

is aimed at those who are new to essential oils and to anyone who wants to explore aromatherapy. No complicated formulas that have to be made up by a druggist, just very simple advice on how to get started exploring the extraordinary power of essential oils.

50000 copies

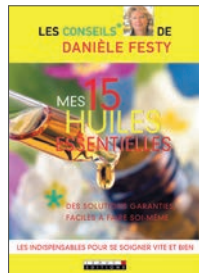
MY 15 ESSENTIAL OILS

MES 15 HUILES ESSENTIELLES

DANIÈLE FESTY

978-2-84899-097-2

18,00€ - 15 X 21 cm - 192 pages - 2006



SURE-FIRE TREATMENTS, EASY TO DO AT HOME

Tarragon, a perfect anti-allergic remedy; mint, a super anti-migraine; marjoram, wonderful at fighting stress! Each essential oil possesses powerful properties. The sole guide of its kind, this book provides through advice on quick, easy treatments for your ills, and with no risk. To each problem, it brings a solution.

30000 copies

ESSENTIAL OILS WORK!

LES HUILES ESSENTIELLES, ÇA MARCHE!

DANIÈLE FESTY

978-2-84899-316-4

7,00€ - 11 X 17,8 cm - 320 pages - 2009 - PAPERBACK



Would you like to treat your ills without taking antibiotics? Are you depressed? Have you had it with your acne or your eczema? Do you dream of good digestion? For all these problems and many others, essential oils work! Yes, the extraordinary effectiveness of essential oils is still not generally well-known.

This guide for the whole family proposes effective programs for your everyday health and well-being—with no danger:

100000 copies

Sold to Greece

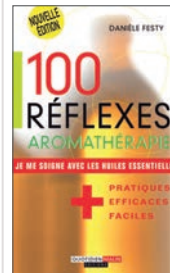
100 AROMATHERAPY REFLEXES

100 RÉFLEXES AROMATHÉRAPIE

DANIÈLE FESTY

978-2-84899-236-5

6,00€ - 11 X 17,8 cm - 160 pages - 2005 - PAPERBACK



I USE ESSENTIAL OILS TO CARE FOR MYSELF

Joint pains, tendonitis, burns? Colds, bronchitis, flu? The list of little aches and pains is as long as the list of essential oils that can put an end to them.

Aromatherapy is an extremely precise, rapid and effective form of medicine. Written by true specialist, the object of this book is to find the most rapid solution to 100 of life's everyday problems, with the aid of an essential oil or of a mixture of them.

42000 copies

POCKET GUIDE TO AROMATHERAPY

GUIDE DE POCHE D'AROMATHÉRAPIE

DANIÈLE FESTY & ISABELLE PACCHIONI

978-2-84899-167-2

5,00€ - 11 X 17,8 cm - 128 pages - 2007 - PAPERBACK



Joint pains, tendonitis, burns? Colds, bronchitis, flu? The list of little aches and pains is as long as the list of essential oils that can put an end to them.

Written by true specialists, the object of this book is to find the most rapid solution to 100 of life's everyday problems, with the aid of an essential oil or of a mixture of them.

49000 copies

50 DO-IT-YOURSELF MASSAGES WITH ESSENTIAL OILS

50 AUTO-MASSAGES AUX HUILES ESSENTIELLES

ISABELLE PACCHIONI

978-2-84899-560-1

10,00€ - 13 X 19,3 cm - 160 pages - 2012



50 aromatic massages for yourself and others, traditional or double-quick, as a beauty routine, for everyday health and well being, with numerous illustrations to make everything clear at a glance.

26000 copies

Sold to Belgium (Dutch language)

100 MESSAGES: CARING FOR YOUR WELL BEING WITH ESSENTIAL OILS

100 MESSAGES AUX HUILES ESSENTIELLES POUR SE SOIGNER

DANIÈLE FESTY

978-2-84899-158-0

11,00€ - 13 X 19,3 cm - 144 pages - 2007



Essential oils are extraordinarily efficient for treating everyday aches and pains. Application through the skin is one of the best ways to profit from their analgesic, anti-bruising, and even antiseptic properties. The dual benefits of aromatherapy and massage as they are combined in this book will rapidly make you feel better!

10000 copies

100 REFLEXES: ESSENTIAL OILS FOR WOMEN

100 RÉFLEXES HUILES ESSENTIELLES AU FÉMININ
DANIÈLE FESTY

978-2-84899-149-8
11,00€ - 13 X 19,3 cm - 192 pages - 2007



AROMATHERAPY: TO EACH PROBLEM, A SOLUTION

An indispensable guide for all women of all ages, to help them treat efficiently and naturally everything from minor accidents to chronic illnesses.

Problems both gynecological (painful periods, sensitive breasts, etc.) and sexual (lack of libido, frigidity...), pregnancy and preparing

for delivery, but also stress, depression and other—very female—problems (digestive upset, poor circulation, cystitis, etc.) will all be rapidly solved thanks to essential oils.

23000 copies

INHALING ESSENTIAL OILS: 100 REFLEXES

100 REFLEXES HUILES ESSENTIELLES A RESPIRER
DANIÈLE FESTY

978-2-84899-267-9
14,00€ - 15 X 21 cm - 224 pages - 2008



THE SIMPLEST AND MOST EFFECTIVE WAYS TO TREAT YOURSELF WITH AROMATHERAPY, AND PURIFY YOUR HOME

Inhaling essential oils is the simplest, most accessible, and most efficient way for you to treat yourself with aromatherapy... and the one that presents the fewest risks. In particular, aromatherapy works miracles

for your psychological well being (for problems of stress, sleep, overwork...), women's health (gynecological issues), and cleaning up the air around you (home, car, office, etc.).

In the book: 12 simple ways to inhale your essential oils, the 30 best essential oils to inhale, and 100 reflexes to develop to care for yourself and your home! Aromatherapy has an answer to every problem!

7000 copies

MY RECIPES FOR COOKING WITH ESSENTIAL OILS

MES RECETTES DE CUISINE AUX HUILES ESSENTIELLES
DANIÈLE FESTY

978-2-84899-281-5
16,12€ - 15 X 21 cm - 208 pages - 2010



When essential oils make their entrance into the kitchen, combining tastes and savors becomes child's play. A practical guide that will allow you to discover how very useful the 30 best essential oils can be, the 12 best infusions and 100 delicious recipes.

SOPHIE LACOSTE is editor-in-chief of the magazine Belle-Santé and is particularly interested in natural remedies. She is the author of several books which have become works of reference in the field of natural health: *Trucs et astuces de santé* (*Tips and Tricks for Health*) and *Trucs et astuces de beauté* (*Tips and Tricks for Beauty*) (Marabout) as well as *D'ici ou d'ailleurs, les plantes qui guérissent* (*Here or There: Plants that Cure*) and *Les surprenantes vertus du jeûne* (*The Surprising Virtues of Fasting*) (Leduc.s Editions).

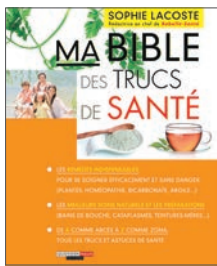
MY BIBLE OF HEALTH TIPS

MA BIBLE DES TRUCS DE SANTÉ

SOPHIE LACOSTE

978-2-84899-565-6

23,00€ - 19 X 23 cm - 504 pages - 2012



THE BIBLE OF EVERY HELPFUL TIP YOU NEED TO TAKE CARE OF YOURSELF! Did you know that you can get rid of a cold by eating honeycomb? Have you tried using cabbage leaves as a poultice to cure lumbago? And what about acid stomach: did you know that eating a dozen or so almonds a day can prevent it?

Plants, foods, essential oils, magic ingredients like bicarbonate of

soda, etc. All of these "folk" remedies have proved their worth! In this unique, truly one-of-a-kind Bible, Sophie Lacoste has gathered together all the most useful and efficient health "tips" that exist:

- Indispensable remedies for caring for yourself and your family, efficiently and safely: plants, foods (garlic, almond, cabbage...), clay, homeopathy, essential oils, all kinds of products from the beehive... along with their properties and how to use them.

- The best kinds of natural care products and the mixtures you need to know how to prepare: mouthwashes, poultices and compresses, homeopathic stocks, massages and reflexology, infusions, masks...

From A for Abscess to Z for Zit, all kinds of health tips for common ills!

11 000 copies

Sold to Algeria (French), Lebanon and Italy.

THE SURPRISING VIRTUES OF FASTING

LES SURPRENANTES VERTUS DU JEÛNE

SOPHIE LACOSTE

978-2-84899-588-5

12,00€ - 13 X 19,3 cm - 192 pages - 2013



TO GET BACK IN SHAPE AND STAY THAT WAY: NATURE'S SIMPLEST AND LEAST EXPENSIVE REMEDY

The statistics speak for themselves: to live longer and better, you must eat less, and eat better. In fact, taking time off from eating can work miracles for the human organism! High blood pressure, headaches, dermatosis... numerous health problems disap-

pear "miraculously".

So, to get back in shape and stay that way, and stay 100% active, you must let your body purify itself. And fasting is the best, the most natural, and the oldest way... and the least expensive! (You can even save money...)

88 000 copies

Sold to Algeria (in French) and Lebanon

HERE OR THERE: FOODS THAT CURE

D'ICI OU D'AILLEURS, LES ALIMENTS QUI GUÉRISSENT

SOPHIE LACOSTE

978-2-84899-218-1

7,50€ - 11 X 17,5 cm - 300 pages - 2006 - PAPERBACK



This guide gives a detailed presentation of each food with a summary of the most interesting scientific studies on it, its components, its active ingredients and medical uses, and all the advice you need on buying and storing it, and even making delicious recipes with it. Fruits, vegetables and other healthy foodstuffs: this is THE reference to turn to.

32 000 copies

Sold to Algeria (in French) and Lebanon

HERE OR THERE: PLANTS THAT CURE

D'ICI OU D'AILLEURS, LES PLANTES QUI GUÉRISSENT

SOPHIE LACOSTE

978-2-84899-262-4

8,50€ - 11 X 17,5 cm - 416 pages - 2006 - PAPERBACK



Long used for cures in traditional culture, plants are today being recognized by science for their therapeutic properties. And while the majority of medicines used today come from plants or are derived from them, why not choose the original, natural form over the chemical copy? In the form of teas, powders, capsules or liquid extracts, here—in alphabetical order—are the best plants you can use to care for your health.

NEW

POCKET GUIDE TO PHYTOTHERAPY

GUIDE DE POCHE DE PHYTOTHERAPIE

CAROLINE GAYET

978-2-84899647-9

6,00€ - 11 X 17,5 cm - 176 pages - 2013



To come: October 2013

14 000 copies

MY SECRETS AS A PHARMACIST

MES SECRETS DE PHARMACIENNE

DANIÈLE FESTY

978-2-84899-495-6

23,50€ - 19 X 23 cm - 436 pages - 2011



A REAL BIBLE OF PHYSICAL AND MENTAL WELL BEING

A unique book of its kind that is a treasure trove of practical advice to prevent or treat everyday ills, eat better, take better care of yourself, etc.

Danièle Festy proposes an alphabetical listing of the most frequent common symptoms, with their principal causes, and gives all the solutions for treating each one of them, naturally.

16000 copies

Sold to Algeria (in French)

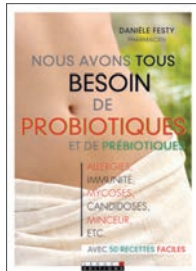
WE ALL NEED PROBIOTICS AND PREBIOTICS

NOUS AVONS TOUS BESOIN DE PROBIOTIQUES ET DE PRÉBIOTIQUES

DANIÈLE FESTY

978-2-84899-314-0

16,12€ - 15 X 21 cm - 288 pages - 2010



Inside your intestines, working away in the dark 24 hours a day, are 100 000 billion bacteria. Thanks to this intestinal flora, your body digests and produces vitamins and anti-microbial substances. An unbelievable world, organized in a perfectly balanced ecosystem. But when the system gets disturbed—because of stress, medication or poor nutrition—nothing goes well. The solution? Probiotics, the friendly bacteria that reestablish balance to the flora, bringing back health and well-being. And then there are prebiotics, those special, fabulous fibers that are the major allies of probiotics—and of our waistlines! Once you—ve read this book, you will never look at your stomach in the same way again!

20000 copies

Sold to Russia

IT'S ALL (OR ALMOST ALL) IN THE STOMACH

TOUT VIENT DU VENTRE (OU PRESQUE) (NEW EDITION)

DANIÈLE FESTY

978-2-84899-374-4

16,00€ - 15 X 21 cm - 256 pages - 2003



It's All (or Almost All) in the Stomach is the key to reestablishing your health and well-being, since most of our everyday ills come from intestinal problems. Essential oils, pro-biotics, minerals, plants, etc. For every problem, 100% practical, safe solutions—and they work! Rapid, spectacular results!

12000 copies

Sold to Poland

MY BIBLE OF NATURAL HEALTH

MA BIBLE DE LA SANTÉ NATURE

ANNE DUFOUR

978-2-84899-380-5

23,00€ - 19 X 23 cm - 608 pages - 2010 - BOOKCLUB



THE 90 BEST FRUITS, VEGETABLES AND SPICES TO BE IN BETTER HEALTH THROUGHOUT LIFE

The most common and most effective aromatic plants.

From Abscess to herpes Zoster (shingles), the all-natural responses to the little aches and pains of daily life.

Health cures, weight-loss diets, advice on natural cosmetics and lots of advice on well-being.

40000 copies

Sold to Algeria (in French)

100 % NATURAL HEALTH

LA SANTÉ 100 % NATURE

ANNE DUFOUR

978-2-84899-205-1

6,00€ - 11 X 17,8 cm - 256 pages - 2006 - PAPERBACK



ANTI-WEIGHT GAIN, ANTI-ILLNESS... 5 FRUITS AND VEGETABLES PER DAY!

This is the new credo of nutritionists, and it's justified: only plants are able to supply us with certain elements which fight weight-gain and are good for our health, fitness, morale and beauty.

In this book, the 50 fruits and vegetables that are most beneficial for your health are presented, with detailed information on each one: (properties, calories, tips for health and on preparing them) and dozens of original recipes, ready in minutes.

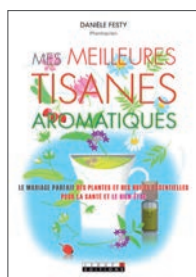
MY BEST AROMATIC TISANES

MES MEILLEURES TISANES AROMATIQUES

DANIÈLE FESTY

978-2-84899-389-8

16,12€ - 15 x 21 cm - 240 pages - 2010



Drinking an infusion is already a moment of relaxation and pleasure. But an aromatic tisane—with essential oils—also contains powerful therapeutic properties. This guide is designed for the whole family, and necessitates no particular knowledge of plants or essential oils.

Sold to Bulgaria, Korea

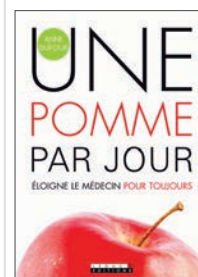
AN APPLE A DAY KEEPS THE DOCTOR AWAY—FOREVER!

UNE POMME PAR JOUR ÉLOIGNE LE MÉDECIN POUR TOUJOURS

ANNE DUFOUR

978-2-84899-329-4

16,12€ - 15 X 21 cm - 288 pages - 2010



Thanks to this book, you will soon know everything—but everything—about this mythical fruit with all of its extraordinary benefits for your health and much more!

Advice, a little about the apple's culture and history, all kinds of tricks known to our grandmothers, cures to purify your system, dozens of delicious recipes for the table—and to make your own natural beauty products!

13000 copies

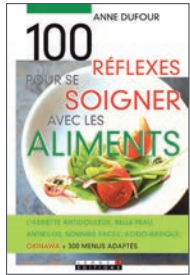
USING FOOD TO TREAT HEALTH ISSUES: 100 REFLEXES

100 RÉFLEXES POUR SE SOIGNER AVEC LES ALIMENTS

ANNE DUFOUR

978-2-84899-179-5

11,05 € - 13 X 19,3 cm - 256 pages - 2008



FOODS TO EASE PAIN, FOR BEAUTIFUL SKIN & RESTFUL SLEEP, RICH IN AMINO ACIDS, ANTI-WEIGHT GAIN, OKINAWA EFFECTS + 300 SPECIALLY ADAPTED MENUS

Above all, eating should be a pleasure. But when it comes to preventing or soothing the aches and pains that poison our existence, some foods can work miracles...while others will only make things worse. From A for Acne to W for Wrinkles (prevention of), discover in a glance what food selections will help you. For each specific need, a full day of specially adapted menus, from breakfast to dinner.

10000 copies

Sold to Romania

THE BEST ANTICANCER FOODS

LES MEILLEURS ALIMENTS ANTICANCER

ANNE DUFOUR

978-2-84899-270-9

6,00 € - 11 X 17,8 cm - 256 pages - 2008 - PAPERBACK



PREVENTING CANCER THROUGH WHAT YOU EAT IS POSSIBLE THANKS TO THESE 150 SPECIFICALLY ANTICANCER RECIPES!

The results of two important international studies show it: food can prevent between 15 and 60% (according to the organ involved) of cancers. No medicine has even half as good results. Eaten regularly, certain foods contribute to a decrease in the risk of developing a cancer, while other foods should be eaten in moderation, or even as rarely as possible!

HEALTHY EATING DURING CHEMOTHERAPY

MES RECETTES SANTÉ PENDANT UN TRAITEMENT ANTICANCER

ISABELLE DELALEU

978-2-84899-634-9

6,00 € - 11 x 17,8 cm - 208 pages - August 2013



The 20 foods you should favor above all others, tips for stimulating appetite, advice for counteracting side effects, and healthy recipes for everyday eating.

NEW

HEALTHY SUPERFOODS

LES SUPERALIMENTS SANTÉ

ANNE DUFOUR

978-2-84899-537-3

7,00 € - 11 X 17,8 cm - 224 pages - 2012 - PAPERBACK



THE BEST FOODS IN THE WORLD FOR YOU HEALTH

Discover the superpowers of 42 superfoods: garlic, pomegranate, aloe vera, apple, goji... And the best ways to associate them for maximum protection. For each kind of health problem, a solution!

And also 120 ideas for quick-to-prepare recipes.

10000 copies

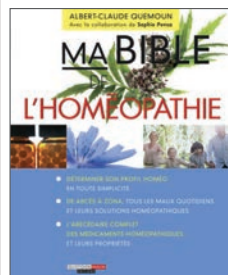
MY HOMEOPATHY BIBLE

MA BIBLE DE L'HOMÉOPATHIE

ALBERT-CLAUDE QUEMOUN

978-2-84899-605-9

23,00 € - 19 X 23 cm - 696 pages - 2013



IN THIS UNIQUE BIBLE, ALBERT-CLAUDE QUEMOUN BRINGS TOGETHER EVERYTHING YOU NEED TO KNOW ABOUT HOMEOPATHY FOR HEALTH CARE AND EVERYDAY WELL-BEING:

The general principles of homeopathy: why and how does it work? What forms does it take (granules, creams and gels, drops...)? What precautions should you take?

Advice adapted to each stage in life: pregnant women, babies, children, seniors... recommendations suitable for everyone.

Sulfur, Pulsatilla, Sepia... the most frequent homeopathic profiles are detailed: knowing what yours is can help you care for yourself more efficiently.

From Abscess to Zit, every ill and its solutions: chasing anxiety away with Argentum nitricum 9 CH, calming teething pain with Chamomilla 9 CH, getting rid of cellulite with Thuja occidentalis 5 CH... And the best hours of the day to take them according to one's homeopathic profile.

The ABCs of homeopathic medicines, from Aconite to Zincum, and instructions for use for each of them, with the precise dosage according to the problem.

27000 copies

HOMEOPATHY, A PRACTICAL GUIDE

HOMÉOPATHIE, GUIDE PRATIQUE

ALBERT-CLAUDE QUEMOUN

978-2-84899-357-7

18,00 € - 15 X 21 cm - 336 pages - 2004



UNDERSTANDING YOUR SYMPTOMS, LEARNING MORE ABOUT YOUR BODY TO BETTER CARE FOR YOURSELF. HOW TO EASILY CHOOSE YOUR HOMEOPATHIC MEDICINE

«I've dedicated my life to homeopathy and today I want to share my knowledge and experience with you. That's why I want this book to be

your guide.»

If you are looking for natural medicine, a medicine which treats your ills without harmful side-effects you, homeopathy is for you!

Discover an accessible and effective answer to how to care for yourself every day, without danger. Find out what your profile is with the help of the questionnaires provided, and discover your key remedy.

23000 copies

DIETING WITH HOMEOPATHY

MAIGRIR AVEC L'HOMÉOPATHIE

ALBERT-CLAUDE QUEMOUN

978-2-84899-173-3

5,00€ - 11 X 17,8 cm - 160 pages - 2007



AN EASY EFFECTIVE PROGRAM

Dieting—it's not throwing yourself into a starvation diet just before going on vacation. On the contrary, it is taking your individual profile into account, your way of reacting, the foods you like and dislike, and learning to manage your weaknesses: cravings, "blockages", an "allergy" to sport, nervousness, etc. A role made-to-measure for homeopathy, the ideal aid to staying slim long-term.

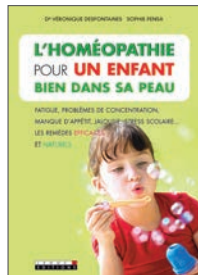
HOMEOPATHY FOR A HAPPY CHILD

L'HOMÉOPATHIE POUR UN ENFANT BIEN DANS SA PEAU

VÉRONIQUE DESFONTAINES & SOPHIE PENSA

978-2-84899-504-5

16,00€ - 15 X 21 cm - 192 pages - 2011



Discover here the major principles of homeopathy, the stages of development in children and the homeopathic solutions to psychological and behavioral problems.

DOCTOR VÉRONIQUE DESFONTAINES has been a doctor and homeopath since 1997. She also has taught at the

Center for Teaching and Development of Homeopathy (CEDH) since 2005.

SOPHIE PENSA is a journalist specializing in child health, nutrition and well being.

CARING FOR YOUR HEALTH THE NATURAL WAY WITH BACH FLOWERS

SE SOIGNER AU NATUREL AVEC LES FLEURS DE BACH

ANNE-SOPHIE LUGUET SABOULARD

978-2-84899-437-6

6,00€ - 11 X 17,8 cm - 256 pages - 2011 - PAPERBACK



ALL THE BENEFITS AND USES OF THESE 38 MIRACLE FLOWERS!

Discover in this book:

- Everything you need to know about Bach flowers: how elixirs are made, their virtues, how they work...
- How to diagnose yourself and prepare your own homemade elixirs...

• Advice on how the whole family can benefit from them: treatments for sleeping problems, phobias, exam stress... A solution for every problem!

• Other natural remedies to complement them: essential oils, homeopathy, nutrition...

Sold to: Italy

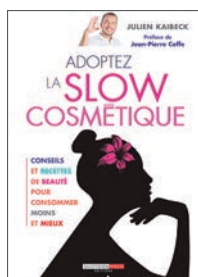
ADOPT SLOW COSMETICS

ADOPTEZ LA SLOW COSMÉTIQUE

JULIEN KAIBECK, PREFACE BY JEAN-PIERRE COFFE

978-2-84899-536-6

15,00€ - 15 X 21 cm - 240 pages - 2012



BECOME ANOTHER KIND OF BEAUTY CONSUMER, WITH PRODUCTS THAT ARE SIMPLER AND MORE RESPECTFUL OF THE ENVIRONMENT.

.A clear synthesis of what is known about conventional cosmetics.

.A progressive, pedagogical guide to improving your habits.

Recipes for easy cosmetics, 100% natural and efficient.

JULIEN KAIBECK gives classes in aromatherapy and natural cosmetics in France and Belgium. He is also a chronicler of beauty and health in various media and has a blog at www.lessentieldejulien.com.

Preface by **JEAN-PIERRE COFFE**, a TV and radio chronicler who has always defended the values of quality and responsible consumerism.

24000 copies

CLEAN AIR: 100 REFLEXES

100 RÉFLEXES AIR PUR

ISABELLE PACCHIONI

978-2-84899-235-8

5,00€ - 11 X 17,8 cm - 128 pages - 2008 - PAPERBACK



A PRACTICAL ANTI-POLLUTION GUIDE FOR HOME AND OFFICE

The news is alarming: the air inside buildings is as polluted as the air outside. Thanks to this guide, develop the right reflexes to have clean air at home and at the office. Plants that fight pollution, germ-fighting essential oils, the right kinds of materials to use in your home, and tips on what to do to have a house that "breathes" clean air!

COACHING FOR A FLAT STOMACH AND A SLIM WAISTLINE

COACHING VENTRE PLAT ET TAILLE FINE

JULIE FERREZ-IMPERIALI

978-2-84899-328-7

17,14€ - 19 X 23 cm - 216 pages - 2009



Julie Imperiali-Ferrez became well known for her work on President Nicolas Sarkozy's silhouette. In this book, Julie becomes your coach! She shares her method and tips to attain your toning goals and feel well. Thanks to her program of fun and effective exercises, liberally illustrated, you will soon attain your life's ideal equilibrium!

EFFECTIVE SPORT

SPORT, SOYEZ EFFICACE

LYDIE RAISIN

978-2-84899-366-9

15,11 € - 15X 21 cm - 240 pages - 2010



THE RIGHT KIND OF EXERCISING TO HAVE A PERFECT BODY-SAFELY

Discover the kind of exercising to do, and especially what to avoid, for each part of your body. All with simple, easy to understand explanations and illustrations.

LYDIE RAISIN holds a French National Diploma in physical training. She has a long career in teaching sports and worked for several years in the area of body sculpting. She is the author of several best sellers on fitness.

Sold to Italy

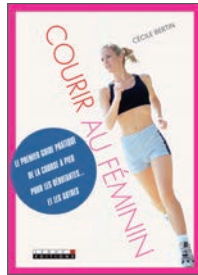
RUNNING FOR WOMEN

COURIR AU FÉMININ

CÉCILE BERTIN

978-2-84899-289-1

15,11 € - 15 x 21 cm - 208 pages - 2009



Whether you haven't put on running shoes since high school or you are training for your first marathon, Running for Women is THE book for the bedside tables (and training sessions) of all women who like to run... Beginners or not! Stuffed with advice, first-hand experience, and anecdotes, this book will help you train confidently and intelligently.

Journalist and mother of four, CÉCILE BERTIN is the first Frenchwoman to belong to the Seven Continents Club, its very exclusive membership reserved for those who have run a marathon on all seven continents. She is the founder of the site courir-au-feminin.com, the first site dedicated to women runners.

CHANGING HOW YOU LOOK BY CHANGING YOUR POSTURE

RELOOKING POSTURAL

VÉRONIQUE SCHAPIRO-CHATENAY

978-2-84899-590-8

6,00 € - 11 x 17,8 cm - 176 pages - January 2013



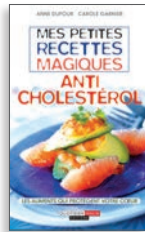
Developed by a professional dancer turned dance and fitness instructor, the program is more accessible than all those trendy methods. The exercises, abundantly illustrated, explain how to keep—or get back—in shape, and maintain suppleness, posture and allure. Exercises for every day and for all ages.

VÉRONIQUE SCHAPIRO-CHATENAY has been a dance and fitness instructor for twenty years. As a dancer, she developed her know-how; as a teacher, she makes it accessible to everyone.

11000 copies

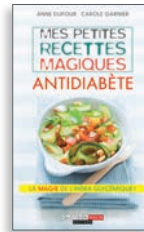
**MY MAGIC
ANTICHOLESTEROL
RECIPES***MES PETITES RECETTES MAGIQUES
ANTICHOLESTÉROL***ANNE DUFOUR & CAROLE
GARNIER**978-2-84899-463-5
6,00€ - 11 X 17,8 cm - 208 pages -
2011

All the magic ingredients and their virtues.



26000 copies

Sold to Romania

**MY MAGIC
ANTI-DIABETES RECIPES***MES PETITES RECETTES MAGIQUES
ANTIDIABÈTE***ANNE DUFOUR & CAROLE
GARNIER**978-2-84899-484-0
6,00€ - 11 X 17,8 cm - 192 pages -
2011"Delicious" and "diabetic": the two are not incompatible!
100 quite simply magic recipes and 30 anti-diabetes menus
for morning, noon and night.**MY MAGIC ANTI-AGE
RECIPES***MES PETITES RECETTES MAGIQUES
ANTI-ÂGE***ANNICK CHAMPETIER DE RIBES &
SYLVIE JOUFFA**978-2-84899-464-2
6,00€ - 11 X 17,8 cm - 208 pages -
2011

Choosing the proper foods: a way of staying young!

**MY MAGIC LITTLE
SALT-FREE RECIPES***MES PETITES RECETTES MAGIQUES
SANS SEL***ANNE DUFOUR & CAROLE
GARNIER**978-2-84899-554-0
6,00€ - 11 X 17,8 cm - 224 pages -
2012**MY MAGIC OMEGA 3
RECIPES***MES PETITES RECETTES
MAGIQUES AUX OMÉGA 3***ANNE DUFOUR & CAROLE
GARNIER**978-2-8489-472-7
6,00€ - 11 X 17,8 cm - 208 pages -
2011

Really Fantastic Fatty Acids.



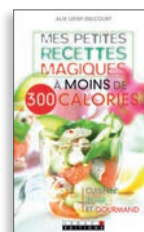
22000 copies

**MY MAGIC ESSENTIAL
OILS RECIPES***MES PETITES RECETTES MAGIQUES
AUX HUILES ESSENTIELLES***DANIÈLE FESTY & CATHERINE
DUPIN**978-2-84899-439-0
6,00€ - 11 X 17,8 cm - 208 pages -
2011

All the benefits of aromatherapy in your plate.

**MY MAGIC PROBIOTIC
AND PREBIOTIC RECIPES***MES PETITES RECETTES MAGIQUES
AUX PROBIOTIQUES ET AUX
PRÉBIOTIQUES***DANIÈLE FESTY**978-2-84899-430-7
6,00€ - 11 X 17,8 cm - 208 pages -
2010

Bringing youth back to your intestinal flora...

**MY MAGIC LITTLE
300-CALORIE RECIPES***MES PETITES RECETTES MAGIQUES
À MOINS DE 300 CALORIES***ALIX LEFIEF-DELCOURT**978-2-84899-563-2
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2012

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HYPERPROTEIN RECIPES***MES PETITES RECETTES MAGIQUES
HYPERPROTÉINÉES***ANNE DUFOUR & CAROLE
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2011Natural proteins (no packets) to loose weight and make
you feel good.

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MY MAGIC RECIPES TO PURIFY THE SYSTEM

MES PETITES RECETTES MAGIQUES DÉTOX

ANNE DUFOUR & CATHERINE DUPIN

978-2-84899-501-4
6,00€ - 11 X 17,8 cm - 256 pages - 2011



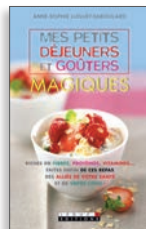
Riding your body of toxins to get back in shape and for your well being—is easy!

MY MAGIC BREAKFASTS AND AFTERNOON SNACKS

MES PETITS DÉJEUNERS ET GOÛTERS MAGIQUES

ANNE-SOPHIE LUGUET-SABOULARD

978-2-84899-525-0
6,00€ - 11 X 17,8 cm - 192 pages - 2012



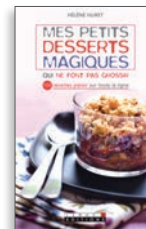
Two essential meals that combine slimming and pleasure!

MAGIC DESSERTS THAT WON'T CAUSE YOU TO GAIN WEIGHT

MES PETITS DESSERTS MAGIQUES QUI NE FONT PAS GROSSIR

HÉLÈNE HURET

978-2-84899-423-9
6,00€ - 11 X 17,8 cm - 192 pages - 2010



100 recipes that make weight control a pleasure.

27000 copies

MY OWN LITTLE MAGIC SOUPS

MES PETITES SOUPES MAGIQUES

ALIX LEFIEF-DEL COURT

978-2-84899-412-3
6,00€ - 11 X 17,8 cm - 224 pages - 2010



100 healthy and delicious recipes to help you watch your weight.

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MY MAGIC SALADS

MES PETITES SALADES MAGIQUES

CATHY SELENA

978-2-84899-315-7
6,00€ - 11 X 17,8 cm - 192 pages - 2009



Light yet satisfying salads to help you stay in shape.

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DR MARTINE ANDRÉ

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100 easy and delicious recipes to please every palate.

14000 copies

MY MAGIC RECIPES A LA PLANCHA

MES PETITES RECETTES MAGIQUES À LA PLANCHA

ALIX LEFIEF-DEL COURT

978-2-84899-471-0
6,00€ - 11 X 17,8 cm - 176 pages - 2011



Healthy, fast and low-calorie... the cooking method that will change everything.

18000 copies

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MES PETITES PAPILOTES MAGIQUES

ALIX LEFIEF-DEL COURT

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100 healthy and delicious recipes to help you watch your weight.

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MY MAGIC GLUTEN-FREE (AND LACTOSE-FREE) RECIPES

MES PETITES RECETTES MAGIQUES SANS GLUTEN (ET SANS LACTOSE)

CAROLE GARNIER

978-2-84899-376-8
6,00€ - 11 X 17,8 cm - 256 pages - 2010



How to eat well with no gluten and no lactose!

MY MAGIC LITTLE GLUTEN-FREE DESSERTS

MES PETITS DESSERTS MAGIQUES SANS GLUTEN

CAROLE GARNIER

978-2-84899-561-8
6,00€ - 11 X 17,8 cm - 208 pages - 2012



MY MAGIC RECIPES FOR FOOD ALLERGIES AND INTOLERANCES

MES PETITES RECETTES MAGIQUES POUR ALLERGIQUES ET INTOLÉRANTS

PATRICIA COIGNARD

978-2-84899-499-4
6,00€ - 11 X 17,8 cm - 224 pages - 2011

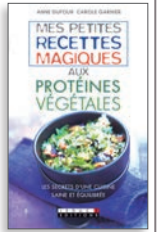


MY MAGIC RECIPES WITH VEGETABLE PROTEINS

MES PETITES RECETTES MAGIQUES AUX PROTÉINES VÉGÉTALES

ANNE DUFOUR & CAROLE GARNIER

978-2-84899-507-6
6,00€ - 11 X 17,8 cm - 224 pages - 2011



An initiation for super-beginners, your first 100% vegetarian meal, the 13 champions of the vegetable protein world, 100 recipes not at all "bizarre"! Take advantage of everything that vegetarian cooking can do for your health and thoroughly enjoy it!

MY MAGIC RECIPES WITH SUPER SPICES

MES PETITES RECETTES MAGIQUES AUX SUPERÉPICES

CAROLE GARNIER

978-2-84899-516-8
6,00€ - 11 X 17,8 cm - 208 pages - 2012



Everything about spices in 10 questions-and-answers, the 40 super spices (and spice mixtures),

and recipes. You'll know all there is to know about these magic ingredients!

MY MAGIC RECIPES WITH AROMATIC HERBS

MES PETITES RECETTES MAGIQUES AUX HERBES AROMATIQUES

CAROLE GARNIER

978-2-84899-545-8
6,00€ - 11 X 17,8 cm - 224 pages - 2012

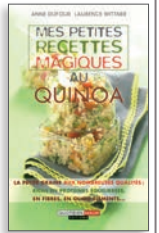


MAGIC LITTLE RECIPES FOR QUINOA

MES PETITES RECETTES MAGIQUES AU QUINOA

ANNE DUFOUR & LAURENCE WITTMER

978-2-84899-633-2
6,00€ - 11 x 17,8 cm - 176 pages - June 2013



Fifteen excellent reasons to eat quinoa, how to prepare it, simple, delicious recipes, plus ideas for vegetarian menus, as well as ones that suppress your appetite or are super-slimming....

MAGIC LITTLE RECIPES FOR APPLES

MES PETITES RECETTES MAGIQUES AUX POMMES

ANNE DUFOUR & CATHERINE DUPIN

978-2-84899-644-8
6,00€ - 11 x 17,8 cm - 224 pages - September 2013



Apples from every angle: their virtues, their place in your diet, uses in cooking and your beauty regime, and 100 original recipes.

16000 copies

MY MAGIC TURMERIC RECIPES

MES PETITES RECETTES MAGIQUES AU CURCUMA

PASCALE DE LOMAS

978-2-84899-449-9
6,00€ - 11 X 17,8 cm - 224 pages - 2011



Unique digestive aid, anti-cholesterol, anti-cancer... the spice with a thousand virtues!

MY MAGIC OLIVE OIL RECIPES

MES PETITES RECETTES MAGIQUES À L'HUILE D'OLIVE


JULIE FRÉDÉRIQUE & DELPHINE LABBAY

978-2-84899-530-4
6,00€ - 11 X 17,8 cm - 192 pages - 2012




The 1001 virtues of olive oil, the 20 best allies of olive oil and delicious, magic recipes, fast and easy.

MY MAGIC LEMON RECIPES
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JULIE FRÉDÉRIQUE & CAROLE GARNIER
 978-2-84899-457-4
 6,00€ - 11 X 17,8 cm - 176 pages - 2011



Your secret ally for weight control and health.

MY MAGIC RECIPES WITH SUPERFRUITS
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ANNE DUFOUR & CAROLE GARNIER
 978-2-84899-552-6
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MY MAGIC LITTLE GINGER RECIPES
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17000 copies

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MES PETITES RECETTES MAGIQUES AU SON D'AVOINE
CLAIRE PINSON
 978-2-84899-431-4
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All the slimming secrets of this largely unknown food.

MY MAGIC RECIPES FOR DRINKS PARTIES
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ALIX LEFIEF-DELCOURT
 978-2-84899-538-0
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All the secrets for successful get-togethers, and in particular, a non-fattening, original and healthy menu. Lots of simple, delicious recipes to regale your guests.

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SERVANEVERGY & CLAIRE PINSON
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Ginger, coriander, saffron... The best ingredients to perk up all of your senses!

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 978-2-84899-611-0
 6,00€ - 11 X 17,8 cm - 224 pages - 2013




The very best tips for preparing fast meals that are also healthy and delicious!

MAGIC TARTS AND QUICHES
MES TARTES ET QUICHES MAGIQUES
CAROLE GARNIER
 978-2-84899-396-6
 6,00€ - 11 X 17,8 cm - 224 pages - 2010



100 recipes for making easy, fast savory or sweet tarts, quiches, and pizzas.

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MES PETITES RECETTES MAGIQUES RÉGRESSIVES
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 6,00€ - 11 X 17,8 cm - 192 pages - 2012



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4 INGRÉDIENTS

MARIE BORREL

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2012



MY MAGIC LITTLE RECIPES IN 10 MINUTES AN HOUR

MES PETITES RECETTES MAGIQUES
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978-2-84899-659-2

6,00€ - 11 X 17,8 cm - 192 pages -
2013



To come: November 2013

MY MAGIC LITTLE ASIAN RECIPES

MES PETITES RECETTES MAGIQUES
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KREUTZER

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2012



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ANNE DUFOUR & CAROLE
GARNIER PREFACE BY PIERRE
DUKAN

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Everything about low calorie japanese noodles and hyper-protein recipes.



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MES PETITES RECETTES MAGIQUES
À L'AGAR-AGAR

ANNE DUFOUR & CAROLE
GARNIER

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2010

Here is a guide that will tell you everything about agar-agar and its best uses in cooking.



MY MAGIC RECIPES FROM NORTH AFRICA

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NEVER-FAIL RECIPES FOR CHOCOLATE

RECETTES INRATABLES AU
CHOCOLAT

ANNE DUFOUR & CAROLE
GARNIER

978-2-84899-651-6

6,00€ - 11 X 17,8 cm - 208 pages -
2013

To come: October 2013



NEVER-FAIL MUFFINS AND SAVORY MINI-LOAVES

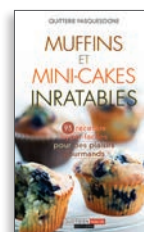
MUFFINS ET MINI-CAKES
INRATABLES

QUITTERIE PASQUESOONE

978-2-84899-632-5

6,00€ - 11 x 17,8 cm - 160 pages -
June 2013

The basic ingredients and utensils you'll need, 6 tips for success—every problem has a solution! 93 recipes for sweet or savory treats for muffin lovers.



NEVER-FAIL COOKIES AND CRACKERS

COOKIES ET SABLÉS INRATABLES

QUITTERIE PASQUESOONE

978-2-84899-621-9

6,00€ - 11 x 17,8 cm - 160 pages - May
2013

Everything you need in the way of material, and advice on having your baked goods turn out perfectly each time—every problem has a solution! 90 recipes for sweet or savory treats.



NEW

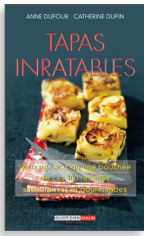
NEVER-FAIL BREADS AND BRIOCHES
PAINS ET BRIOCHES INRATABLES
ALIX LEFIEF-DELCOURT & ESTELLE LEFIEF
 978-2-84899-643-1
 6,00€ - 11 x 17,8 cm - 192 pages - September 2013



The basic ingredients and baking techniques, the best ways to keep bread fresh—every problem has a solution! 80 easy, delicious recipes, to make with or without a bread machine.

NEW

NEVER-FAIL TAPAS
TAPAS INRATABLES
ANNE DUFOUR & CATHERINE DUPIN
 978-2-84899-622-6
 6,00€ - 11 x 17,8 cm - 192 pages - May 2013



How to throw a successful tapas party, the 27 star ingredients for making your tapas, 24 menus and 100 delicious recipes.

NEW

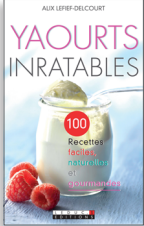
NEVER-FAIL SOUPS
SOUPES INRATABLES
QUITTERIE PASQUESOONE
 978-2-84899-650-9
 6,00€ - 11 x 17,8 cm - 176 pages - 2013



To come: October 2013


28000 copies

FOOLPROOF YOGURT
100 EASY, NATURAL, AND DELICIOUS RECIPES
YAOURTS INRATABLES - 100 RECETTES FACILES, NATURELLES ET GOURMANDES
ALIX LEFIEF-DELCOURT
 978-284899-362-1
 6,00€ - 11 X 17,8 cm - 192 pages - 2010



With or without a yogurt-making machine, all the techniques and tips for making perfect yogurt from day one! Yogurt in all its glory: classic, fruit, for pastries, flavored with alcohol, or savory—the pleasures are endless!

HOMEMADE JAMS THAT NEVER FAIL
CONFITURES INRATABLES
ANNE-SOPHIE LUGUET-SABOU-LARD
 978-2-84899-546-5
 6,00€ - 11 X 17,8 cm - 176 pages - 2012 - PAPERBACK



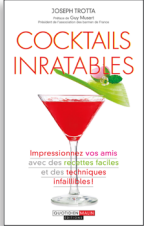
Jams, jellies, marmalades... make them yourself, and have them turn out every time!

NEVER-FAIL ICE CREAMS AND SORBETS
GLACES ET SORBETS INRATABLES
ANNE-SOPHIE LUGUET-SABOU-LARD
 978-2-84899-616-5
 6,00€ - 11 X 17,8 cm - 192 pages - 2013



Truly simple and delicious recipes, with or without an ice cream maker.


NEVER-FAIL COCKTAILS
COCKTAILS INRATABLES
JOSEPH TROTTA
 978-2-84899-603-5
 6,00€ - 11 X 17,8 cm - 192 pages - 2013



Impress your friends with recipes that are easy and techniques that will never let you down!


NEW

NEVER-FAIL CLASSICS LIKE GRANDMA USED TO MAKE
CLASSIQUES INRATABLES DE NOS GRANDS-MÈRES
QUITTERIE PASQUESOONE
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To come: November 2013

NEVER-FAIL NEW YORK RECIPES
RECETTES NEW-YORKAISES INRATABLES
CAROLE GARNIER & ANNE DUFOUR
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 6,00€ - 11 X 17,8 cm - 176 pages - 2013



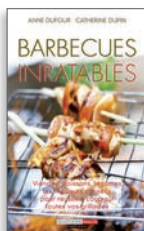
Burgers, bagels, cheesecakes... the great classics—as if you were there!

NEVER-FAIL BARBECUES*BARBECUES INRATABLES***CATHERINE DUPIN & ANNE
DUFOUR**

978-2-84899-617-2

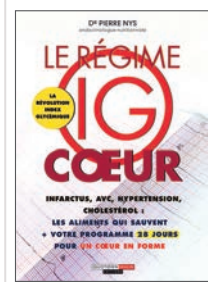
6,00 € - 11 X 17,8 cm - 208 pages -
2013

How to pick out your barbecue, great advice for giving a barbecue party, the ingredients you'll need most, 25 menus and 100 never-fail recipes.





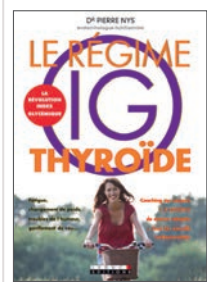
THE GLYCERIN INDEX HEART DIET
 LE RÉGIME IG CŒUR
 DR PIERRE NYS
 978-2-84899-645-5
 18,00€ - 15 x 21 cm - 336 pages - September 2013



To come: october 2013



THE GLYCERIN INDEX THYROÏDE DIET
 LE RÉGIME IG THYROÏDE
 DR PIERRE NYS
 978-2-84899-556-4
 16,00€ - 15 X 21 cm - 256 pages - 2012



FATIGUE, WEIGHT CHANGE, MOOD CHANGES, SWELLING OF THE NECK: START PRACTICING THE IG THYROID DIET!

The thyroid is a tiny gland situated at the base of the neck. It orchestrates the workings of our bodies, controlling everything from silhouette to mood, and everything in between from nail growth to liver function. It only needs to throw a little tantrum, and life goes off track. When the thyroid speeds up (hyperthyroid) or slows down (hypothyroid), medication is prescribed to regulate the imbalance. But often some disagreeable symptoms persist, like fatigue, weight gain or constipation. The IG thyroid diet will help to overcome them.

DR PIERRE NYS is an endocrinologist-nutritionist, working in the Hôpitaux de Paris public health system. He is also the author of several books: DHEA mode d'emploi (DHEA Manual) (Marabout), Et si c'était la thyroïde? (What if It Were Your Thyroid?) (Presses du Châtelet) and Prévenir et soigner son diabète (Preventing and Treating Diabetes) (Le Rocher).



THE GLYCERIN INDEX METABOLIC DIET
 LE RÉGIME IG MÉTABOLIQUE
 PIERRE NYS
 978-2-84899-446-8
 18,00€ - 15 X 21 cm - 320 pages - 2011



ABDOMINAL WEIGHT GAIN + HYPERTENSION + CHOLESTEROL + DIABETES, ETC. = METABOLIC SYNDROME

This book concerns us all, for everyone has a metabolism! It determines our silhouettes, our cerebral aptitudes, our well being, and our longevity.

The GI Metabolic Diet was designed by an expert to help you control your hormones, your weight and your cholesterol, to get you in shape and bring back your zest for life.



THE GLYCERIN INDEX DIET
 LE RÉGIME IG
 ANNE DUFOUR & CAROLE GARNIER
 978-2-84899-122-1
 15,11€ - 15 X 21 cm - 240 pages - 2006



THE GLUCOSE INDEX: THE GREATEST NUTRITIONAL DISCOVERY SINCE CALORIES!

We could even talk of the "GI revolution", since the Glucose Index is undoubtedly the greatest food/health discovery in the last 20 years. The GI is the new measure, THE reference for weight-loss diets, but also to prevent diabetes and cardio-vascular diseases.

Includes 80 easy-to-prepare recipes and menus—and with the right GI!



THE GLYCERIN INDEX ANTI-DIABETES DIET
 LE RÉGIME IG ANTIDIABÈTE
 ANNE DUFOUR & HÉLÈNE HURET
 978-2-84899-170-2
 16,00€ - 15 X 21 cm - 288 pages - 2007



GI, THE GREATEST EVER NUTRITIONAL DISCOVERY FOR DIABETICS

There's a lot of talk about the Glycemic Index because it makes you lose weight. But at the beginning, it was a measurement tool to allow people to distinguish between good and bad sugars, and was devised for diabetics. For the first time, this book proposes a GI diet that is

perfectly adapted to their needs: advice on how to shop quickly and efficiently, and how to acquire the right eating habits, the ones that are so indispensable for diabetics. Also includes low GI menus and 80 simple, mouth-watering recipes!

34000 copies

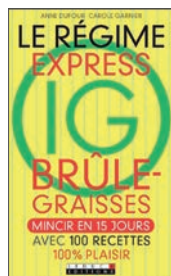
THE RAPID GLYCERIN INDEX FAT BURNING DIET

LE RÉGIME EXPRESS IG BRÛLE-GRAISSES

ANNE DUFOUR & CAROLE GARNIER

978-2-84899-151-1

6,00€ - 11 X 17,8 cm - 160 pages - 2007 - PAPERBACK



After THE RAPID GLYCERIN INDEX DIET, here's THE RAPID GLYCERIN INDEX FAT-BURNING DIET: the first book to combine both low glycerin index (THE new reference, replacing the outmoded notions "calories" or "light") and foods that actually burn fat.

In this 100% practical book, you'll find 100 super-simple, super-fast (15 minutes maxi), delicious, healthy recipes that are made with a few ultra-simples products that you find in any supermarket (fresh, but also canned or frozen).

Includes: TV dinners, "ultra light" recipes, and special "solo" meals...

21000 copies

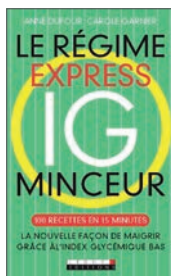
THE RAPID GLYCERIN INDEX DIET

LE RÉGIME EXPRESS IG MINCEUR

ANNE DUFOUR & CAROLE GARNIER

978-2-84899-137-5

6,00€ - 11 X 17,8 cm - 192 pages - 2007 - PAPERBACK



Want to diet painlessly? Lose weight but no your good humor? Follow easy, reliable, scientific advice? Eat health without having to devote much time to it? In this little booklet, you'll find all the major principles of the rapid glycerin index diet and 100 fast recipes with a low glycerin index—speedily prepared, very good and economical.

In 4 weeks, day by day, you'll learn the automatic reflexes, the right menus to follow and little "pluses" and tips on how to change your measurements!

10000 copies

GL SLIMMING DIET

LE RÉGIME CG MINCEUR

ANNE DUFOUR & PASCALE DE LOMAS

978-2-84899-203-7

6,00€ - 11 X 17,8 cm - 224 pages - 2008 - PAPERBACK



SLIM IN 4 WEEKS WITH 100 RECIPES FOR 100% PLEASURE

Glycemic Load is THE new reference term, henceforth replacing all the old ones like "calories" or "light" (like the GI), but even easier than the Glycemic Index!

IG? GL? The Glycemic Index indicates the quality of a sugar from a glyceimic point of view. The Glycemic Load concerns the quantity of the same sugar as it arrives in the bloodstream.

The Glycemic Load (GL) is the best way to escape the never-ending diet trap. It allows you slim effortlessly, getting back to your proper weight without getting frustrated. All you have to do is replace the "bad" sugars with the "good"! And it works!

NEW

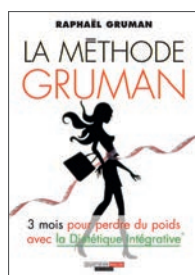
THE GRUMAN METHOD

LA MÉTHODE GRUMAN

RAPHAËL GRUMAN

978-2-84899-639-4

18,00€ - 16 x 22,5 cm - 336 pages - September 2013



3 months to lose weight with Diététique Intégrative®. A 90-day program to lose weight, get back in shape and feel well. A unique, tailor-made system of coaching from morning to night. The top 30 foods to help you diet, a complete program including a weekly shopping list, daily menus, simple recipes and "Move Your Body" exercise sheets.

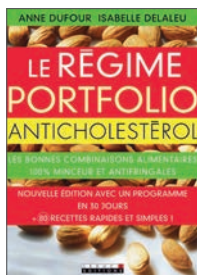
THE ANTICHOLESTEROL PORTFOLIO DIET

LE RÉGIME PORTFOLIO ANTICHOLESTÉROL

ANNE DUFOUR & ISABELLE DELALEU

978-2-84899-542-7

18,00€ - 15 X 21 cm - 352 pages - 2012



THE RIGHT FOOD COMBINATIONS: 100% EFFICIENT FOR SLIMMING AND CURBING CRAVINGS

Would you like to spectacularly lower your cholesterol? Lose weight without suffering from cravings? Stay slim forever while adopting good food habits? Discover all the benefits of the Portfolio Diet, a fantastically intelligent, one-of-a-kind diet!

Includes: 90 recipes and menus for a healthy heart.

THE NORDIC DIET

LE RÉGIME NORDIQUE

ANNE DUFOUR & CAROLE GARNIER

978-2-84899-406-2

17,20€ - 15 X 21 cm - 336 pages - 2011



PREVENTIVE, ANTI-AGING, SLIMMING... THE OMEGA 3 AND ANTI-OXIDANT DIET!

Life expectancy—in good health—for natives of countries in the North like Iceland, Norway and others is well above the average. Their secret? Living close to nature and consuming unrefined foods, rich in Omega 3, vitamin D, antioxidants and fiber. On the program in this

work, everything you need to know about the diet that "came in from the cold": the star ingredients you'll be using, 2 weeks of menus to start you off right and lots of healthy, digestible recipes. Crab Spread with Dill, Lamb with Mashed Carrots, Blueberry Sorbet—eating well has never been such a pleasure!

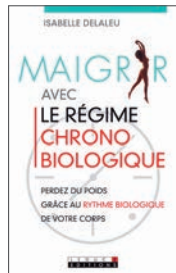
14000 copies

LOSING WEIGHT WITH THE CHRONOBIOLOGICAL DIET*MAIGRIR AVEC LE RÉGIME CHRONOBIOLOGIQUE*

ISABELLE DELALEU

978-2-84899-285-3

6,00 € - 11 X 17,8 cm - 224 pages - 2009



A two-week program that allows you to lose weight without starving yourself, and then maintain your weight loss over time. The method is simple: furnish your body with the right food and the right activities at the right time of day.

15000 copies

DIET ACCORDING TO YOUR BODY TYPE*MAIGRIR SELON VOTRE SILHOUETTE*

RAPHAËL BLAIRVACQ

978-2-84899-364-5

6,00 € - 11 X 17,8 cm - 256 pages - 2011 - PAPERBACK



There are 7 major types of overweight body types. By determining your "problem-area profile" using the questionnaires and visual reference points, it takes only a few minutes to identify what you specifically need to combat most: stress, hormones, poor circulation, a sedentary life-style, over-eating, etc.

For each profile, you'll find solutions that are 100 % practical for everyday life: nutrition, exercises, advice on beauty and life-style choices...

14000 copies

Sold to Lebanon

LOSE WEIGHT AND STAY SLIM WITH EFT (EMOTIONAL FREEDOM TECHNIQUES)*MAIGRIR ET RESTER MINCE AVEC L'EFT*

JEAN-MICHEL GURRET

978-2-84899351-5

16,00 € - 15 X 21 cm - 224 pages - 2010 - BOOKCLUB



Learn to use your emotions to feel better! A veritable coaching process, EFT will help you concretize your weight-loss objectives by eliminating your emotional blocks. Specialized in weight-loss management, Jean-Michel Gurret is THE practitioner of the technique in France. Using his site aujourd'hui.com, he has coached more than 20 000 people using his MentalSlim program.

THE GREAT BIG BOOK OF ACID-BASIC BALANCE*LE GRAND LIVRE DE L'ÉQUILIBRE ACIDO-BASIQUE*

ANNE DUFOUR & CATHERINE DUPIN

978-2-84899-486-4

18,00 € - 15 X 21 cm - 384 pages - 2011



"Let's imagine that you are trying to grow a plant in acid soil, when what it needs is the opposite... That's exactly the same problem when our internal milieu interne isn't adapted to our needs. What we eat changes our physiological balance. It's a question of chemistry! And when you consider that what we eat today—too much protein and too much sugar—is too acid for the body, upsetting the acid-basic balance, vital to our health.

A large first section is devoted to the principles and importance of acid-basic balance, and then it's time for action: 8 one-week programs each with its menus, recipes (140 recipes in all!), a shopping list, breathing exercises, the right reflexology spots for you to stimulate yourself, easily and discreetly, baths, etc.

CALORIE-BURNERS*BRÛLE-GRAISSES*

ANNE DUFOUR & CAROLE GARNIER

978-2-84899-521-2

16,50 € - 16 X 22,5 cm - 256 pages - 2012



A 30-DAY PROGRAM TO BOOST YOUR METABOLISM AND SCULPT YOUR BODY

With this guide and "coach", you are looked after from morning to night, with simple, easy-to-prepare menus and lots of advice on how to burn calories.

Your complete, 30-day program with all the menus

Lists to help you shop + Advice on slimming

100 calorie-burning recipes + an evaluation sheet to complete every day

20000 copies

THE GREAT BIG BOOK OF OKINAWA DIET

LE GRAND LIVRE DU RÉGIME OKINAWA
ANNE DUFOUR & LAURENCE WITTNER
978-2-84899-587-8
17,00€ - 15 X 21 cm - 224 pages - 2013

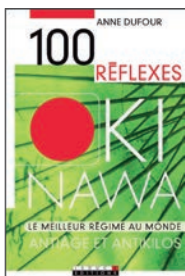


A 30-DAY-PROGRAM WITH ALL THE MENUS

16000 copies

THE 100 OKINAWA REFLEXES

100 RÉFLEXES OKINAWA
ANNE DUFOUR
978-2-84899-111-5
11,05€ - 13 X 19,3 cm - 160 pages - 2006



THE BEST DIET IN THE WORLD, ANTI-AGE AND ANTI-KILOS

On the island of Okinawa, the inhabitants are all slim and smiling. They are also in better health, live longer than any other population in the world, and suffer from 80% less cancer and heart disease than in our countries! A dream—and yet, perfectly real. Their secret? There is not just 1, but 100, all of which you will discover in this practical guide, a veritable open sesame for health, well-being and long life.

10000 copies

15-DAY AGAR-AGAR PROGRAM

PROGRAMME MINCEUR AGAR-AGAR EN 15 JOURS
ANNE DUFOUR & CAROLE GARNIER
978-2-84899-221-1
11,05€ - 13 X 19,3 cm - 256 pages - 2008



36 NEVER-BEFORE-PUBLISHED RECIPES

After the success of Agar-agar, the new anti-kilo weapon, the 15 Day Agar-agar Program: three programs to choose from to lose weight while eating well, thanks to the secrets of the natural anti-kilo, vegetal gelling agent: agar-agar.

60000 copies

Sold to Italy

AGAR-AGAR: THE NEW ANTI-KILO WEAPON

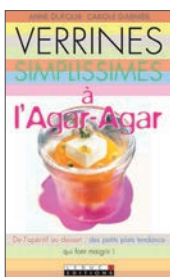
AGAR-AGAR LA NOUVELLE ARME ANTIKILOS
ANNE DUFOUR & CAROLE GARNIER
978-2-84899-168-9
6,00€ - 11 X 17,8 cm - 192 pages - 2007 - PAPERBACK



Agar-agar is a tiny, red algae found in Japan. What does it have to do with losing weight? Agar-agar also has some astonishing virtues: it suppresses appetite, traps fats, sugars and other calories and decreases rates of cholesterol and triglycerides. In short, it's an excellent way to lose three kilos without much effort... and while eating well! This book proposes 40 delicious French recipes, along with variants from Okinawa, all based on agar-agar. Easy and fast, they are all pleasure and have already proved popular in Japan!

SUPER SIMPLE VERRINES MADE WITH AGAR-AGAR

VERRINES SIMPLISSIMES À L'AGAR-AGAR
ANNE DUFOUR & CAROLE GARNIER
978-2-84899-247-1
6,00€ - 11 X 17,8 cm - 160 pages - 2008 - PAPERBACK



FROM APPETIZERS TO DESSERT: A TASTY TREND TO HELP YOU SLIM!

Agar-agar, verrines and spoons? They were made for one another! Light, refined, in small portions and served in small glasses (verrines) or in spoons, these dishes are excellent allies as you fight to stay slim...and made with agar-agar; their appeal is not only to your good sense, but also to your imagination! Agar-agar allows you to play with different colors and flavor contrasts—a veritable rainbow of tastes in your glass or spoon! 50 complete meals served in verrines or spoons and 40 fast, super-easy recipes to make.

100 FAST OKINAWA RECIPES

100 RECETTES EXPRESS OKINAWA
ANNE DUFOUR
978-2-84899-257-0
6,00€ - 11 X 17,8 cm - 192 pages - 2008 - PAPERBACK



EATING LIKE THEY DO IN OKINAWA IS EASY!

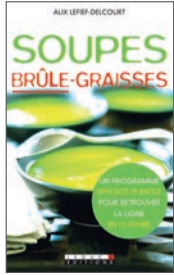
After the success of Okinawa Diet and 100 Okinawa Reflexes, here is a book of 100% Okinawa recipes! In it, you'll discover: the guiding principles of Okinawa and its 28 most important foods (agar-agar, garlic, chicken, miso soup, tea, vinegar, etc.), dozens of Okinawa menus Okinawa, 100 Okinawa recipes, easy to make—10 minutes start-to-finish—with everyday foods, adapted to the way we live.

12000 copies

CALORIE-BURNING SOUPS*SOUPES BRÛLE-GRAISSES***ALIX LEFIEF-DEL COURT**

978-2-84899-391-1

6,00 € - 11 X 17,8 cm - 224 pages - 2010



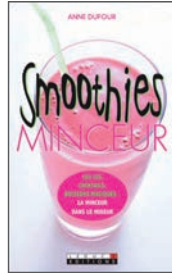
A super concentrate of fiber and vitamins, soup is the best possible aide for weight loss! Discover a complete 2-week program (without neglecting protein), advice on how to choose vegetables, herbs and spices, and 100 creative recipes for varying your pleasures.

12000 copies

SLIMMING SMOOTHIES*SMOOTHIES MINCEUR***ANNE DUFOUR**

978-2-84899-233-4

6,00 € - 11 X 17,8 cm - 224 pages - 2008 - PAPERBACK



100 JUICES, COCKTAILS, MAGIC BEVERAGES: BEAUTY IN THE BLENDER!

What could be better than a slimming smoothie? All you have to do is to blend the right foods together: 5 fruits and vegetables a day—that's easy! As an aperitif, to quench your thirst, to replace a meal or as a snack—treat yourself to the 100 delicious recipes in this book. With special focus on the 50

best diet foods for the blender and all kinds of practical advice! Indulge yourself!

15000 copies

THE BEST FOODS FOR SLIMMING*LES MEILLEURS ALIMENTS MINCEUR***ANNE DUFOUR**

978-2-84899-212-9

6,00 € - 11 X 17,8 cm - 256 pages - 2008 - PAPERBACK



LOSE WEIGHT AND STAY SLIM BY CHOOSING THE RIGHT FOODS

Fruits, vegetables, spices, meats, legumes, etc. Discover the top 75 foods in every category to help you diet! With everything you need to know about them (calories, GI, GC) and tips for eating more of them!

THE “TRICKS WITH” COLLECTION

Helping you every day: to spend less, to go organic, to discover the qualities of each ingredient and tips for using it, with applications to health, cooking, housekeeping and beauty.

TRICKS FOR BREAST-FEEDING

L'ALLAITEMENT MALIN
VÉRONIQUE DARMANGEAT

978-2-84899-606-6
20,00€ - 19 X 23 cm - 408 pages
- 2013



An exhaustive approach to breast-feeding, with personalized, sensible advice and practical information. Unlike other books treating the same subject, the author considers all types of feeding for newborns impartially: breast milk, bottle feeding, or a mix of both.

TRICKS FOR WEDDINGS

LE MARIAGE MALIN
CAMILLE ANSEAUME

978-2-84899-618-9
20,00€ - 19 X 23 cm - 384 pages
- 2013

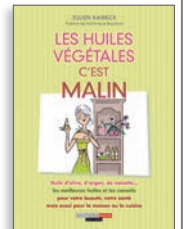


So that you don't get lost in the details, and can keep on track for both the budget and the deadlines, there's nothing better than a complete guide to all the tricks.

TRICKS FOR USING VEGETABLE OILS

LES HUILES VÉGÉTALES C'EST MALIN
JULIEN KAIBECK

978-2-84899-637-0
15,00€ - 15 x 21 cm - 256 pages -
August 2013



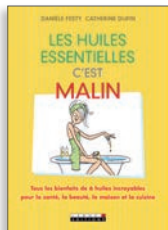
Olive, argan, hazelnut... all the oils that are best for you and advice on using them as a beauty aid, but also in your home and for cooking.

NEW

TRICKS FOR USING ESSENTIAL OILS

LES HUILES ESSENTIELLES C'EST MALIN
CATHERINE DUPIN & DANIELLE FESTY

978-2-84899-576-2
15,00€ - 15 X 21 cm - 224 pages
- 2012



All the benefits of 6 incredible oils—for health and beauty needs, or household and kitchen use!

110 000 copies

Sold to China (complex & simplified characters)

TRICKS WITH VINEGAR

LE VINAIGRE MALIN
MICHEL DROULHIOLE

978-2-84899-291-4
6,00€ - 11 X 17,8 cm - 192 pages -
2009 - PAPERBACK



From A to Z, all the great things you can do with vinegars—white, cider, made from beer or wine, and lots of others—all tried and true.

130 000 copies

Sold to China (complex & simplified characters)

TRICKS WITH BICARBONATE

LE BICARBONATE MALIN
MICHEL DROULHIOLE

978-2-84899-354-6
6,00€ - 11 X 17,8 cm - 192 pages -
2010 - PAPERBACK



Give in to the charm of this magic powder! Bicarbonate cleans, removes scale, deodorizes, removes spots from textiles, eases stomach pain, makes your hair shine, and adds a note of perfection to your favorite recipes... What more could you ask?!

52000 copies

TRICKS WITH MAGNESIUM CHLORIDE

LE CHLORURE DE MAGNÉSIUM MALIN
ALIX LEFIEF-DELICOURT

978-2-84899-422-2
6,00€ - 11 X 17,8 cm - 160 pages -
2010 - PAPERBACK



Be among the first to discover the innumerable benefits of magnesium chloride! This mineral salt is both practical to use and economical. When used as part of an on-going treatment, or even occasionally, it will do you a power of good—for your health, in your beauty routines, in your recipes and even for your houseplants!

145 000 copies

Sold to China (complex & simplified characters), Italy, Spain

TRICKS WITH LEMON

LE CITRON MALIN
JULIE FRÉDÉRIQUE

978-2-84899-332-4
6,00€ - 11 X 17,8 cm - 224 pages -
2009 - PAPERBACK



Zest, juice, pulp... everything in the lemon is good! In cooking, as a beauty secret, for household tasks, and to stay in fine form all year round.

36000 copies

Sold to China (complex & simplified characters)

TRICKS WITH OLIVE OIL

L'HUILE D'OLIVE C'EST MALIN
JULIE FRÉDÉRIQUE

978-2-84899-429-1
6,00€ - 11 X 17,8 cm - 160 pages -
2010 - PAPERBACK



And what if a little drizzle of olive oil could change your life? The Perfume of Provence, Mediterranean Medicine... Olive oil is an invitation to the pleasures of the senses... but it is not limited to that. Even in Antiquity, the Egyptians and Greeks understood its incredible power in cooking, beauty, health and the home.

Sold to China (complex & simplified characters)

TRICKS FOR USING SPICES

LES ÉPICES, C'EST MALIN
ALIX LEFIEF-DEL COURT

978-2-84899-524-3
6,00€ - 11 X 17,8 cm - 192 pages -
2012 - PAPERBACK

Cinnamon, cloves, pepper... the benefits of spices and all their uses for health, beauty and home.



NEW

TRICKS FOR USING AROMATIC HERBS

LES HERBES AROMATIQUES C'EST MALIN
ALIX LEFIEF-DEL COURT

978-2-84899-602-8
6,00€ - 11 X 17,8 cm - 176 pages -
2013 - PAPERBACK

Basil, parsley, chives... should always be part of your life, given the good they do for your health, beauty and home.



19000 copies

Sold to China (complex & simplified characters)

TRICKS WITH SEA SALT

LE SEL MALIN
ALIX LEFIEF-DEL COURT

978-2-84899-428-4
6,00€ - 11 X 17,8 cm - 192 pages -
2010 - PAPERBACK

Discover the incredible diversity of this mineral, tricks for your health that are 100 % natural and efficacious, beauty products that you can make yourself, 20 original and delicious recipes, and lots of other practical information on other salts, like Schüssler salts, alum and many others.



10000 copies

Sold to China (complex & simplified characters)

TRICKS WITH LAVANDER

LA LAVANDE, C'EST MALIN
CATHERINE DUPIN & DANIELLE FESTY

978-2-84899-543-4
6,00€ - 11 X 17,8 cm - 192 pages -
2012 - PAPERBACK

In the form of essential oil, fresh or dried, etc. Discover the incredible virtues of this flower.



Sold to China (complex & simplified characters)

TRICKS WITH GRAPES

LE RAISIN MALIN
ALIX LEFIEF-DEL COURT

978-2-84899-403-1
6,00€ - 11 X 17,8 cm - 224 pages -
2010 - PAPERBACK

Thanks to this book, you will discover numerous ways to increase your appreciation of this magic fruit. Once you know all the good things about grapes, you won't be able to live without them. Vine shoots, grape seeds or leaves... everything in the grape is good.



14000 copies

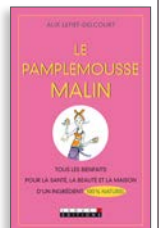
Sold to China (complex & simplified characters)

TRICKS WITH GRAPEFRUIT

LE PAMPLEMOUSSE MALIN
ALIX LEFIEF-DEL COURT

978-2-84899-339-3
6,00€ - 11 X 17,8 cm - 192 pages -
2009 - PAPERBACK

A practical guide to discovering all the good things about grapefruit and its by-products (essential oil and extract of grapefruit seed!)



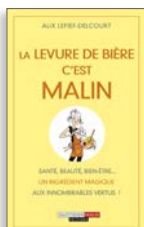
11000 copies

TRICKS WITH BREWER'S YEAST

LA LEVURE DE BIÈRE, C'EST MALIN
ALIX LEFIEF-DEL COURT

978-2-84899-458-1
6,00€ - 11 X 17,8 cm - 160 pages -
2010 - PAPERBACK

Discover the virtues of the microorganism that can do you so much good!



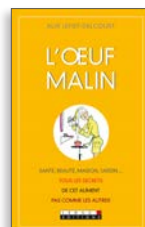
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TRICKS WITH EGG

L'ŒUF MALIN
ALIX LEFIEF-DEL COURT

978-2-84899-555-7
6,00€ - 11 X 17,8 cm - 192 pages -
2012 - PAPERBACK

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10000 copies

Sold to Italy

TRICKS FOR USING NETTLES

L'ORTIE, C'EST MALIN
ALIX LEFIEF-DEL COURT

978-2-84899-539-7
6,00€ - 11 X 17,8 cm - 192 pages -
2012 - PAPERBACK

All the virtues and practical advice on this magic plant.



16000 copies

TRICKS WITH CLAY

L'ARGILE, C'EST MALIN

ALIX LEFIEF-DEL COURT

978-2-84899-448-2
6,00€ - 11 X 17,8 cm - 160 pages -
2010 - PAPERBACK



In this book, you will discover: everything you need to know about clay, all types of clay, their benefits, their beauty applications and economical hints for household use.

29000 copies

Sold to China (complex & simplified)

TRICKS WITH HONEY

LE MIEL MALIN

ALIX LEFIEF-DEL COURT

978-2-84899-384-3
6,00€ - 11 X 17,8 cm - 224 pages -
2010 - PAPERBACK



Symbol of life, abundance, purity and wisdom, honey is a veritable gift from nature, and possesses multiple, often ignored, uses. Pure honey, or its by-products (pollen, wax, propolis, royal jelly...) works miracles for beauty and health, around the house or in cooking. Contains delicious recipes and everything you need to know in order to choose and store honey, and the best ways to consume it...

10000 copies

Sold to China (complex & simplified), Italy

TRICKS WITH GARLIC

L'AIL MALIN

ALIX LEFIEF-DEL COURT

978-2-84899-473-4
6,00€ - 11 X 17,8 cm - 192 pages -
2011 - PAPERBACK



Discover the virtues of this 100% practical ingredient.

TRICKS FOR COOKING

CUISINER MALIN

MARIE BORREL

978-2-84899-620-2
6,00€ - 11 x 17,8 cm - 256 pages - May
2013 - PAPERBACK



Easy cooking, fast cooking, economical cooking, healthy cooking - lots of smart ideas!

TRICKS FOR THE SMART STUDENT

LA CUISINE DE L'ÉTUDIANT MALIN

ALIX LEFIEF-DEL COURT

978-2-84899-641-7
6,00€ - 11 x 17,8 cm - 208 pages -
September 2013 - PAPERBACK



How to make the most of your kitchenette, keys for mastering your food budget, and 86 simple, fast and inexpensive recipes!

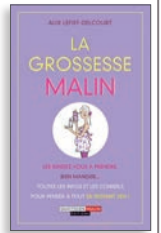
NEW

TRICKS FOR PREGNANCY

LA GROSSESSE MALIN

ALIX LEFIEF-DEL COURT

978-2-84899-592-2
6,00€ - 11 X 17,8 cm - 192 pages -
2013 - PAPERBACK



What appointments you need to make, eating well... All the information and advice you need in order to think of everything while remaining Zen!

TRICKS FOR FEEDING BABY

BIEN NOURRIR BÉBÉ C'EST MALIN

ALIX LEFIEF-DEL COURT

978-2-84899-636-3
6,00€ - 11 x 17,8 cm - 208 pages -
August 2013 - PAPERBACK



From 0 to age 3: all the advice you need for calm decision-making on breast-feeding, bottle-feeding and your baby's first meals of solid food.

TRICKS FOR BECOMING A SUPER-DAD

DEVENIR UN SUPER PAPA C'EST MALIN

XAVIER KREUTZER

978-2-84899-658-5
6,00€ - 11 x 17,8 cm - 192 pages -
2013 - PAPERBACK



To come: November 2013

NEW

TRICKS FOR DIETING

MAIGRIR MALIN

ISABELLE LAURAS

978-2-84899-593-9
6,00€ - 11 x 17,8 cm - 208 pages -
January 2013 - PAPERBACK



Sound advice, full of good sense, from a dietician: eat everything, balance your diet, and eat reasonable portions!

20000 copies

BEAUTY TRICKS
LA BEAUTÉ, C'EST MALIN

JULIE FRÉDÉRIQUE

978-2-84899-517-5
6,00€ - 11 X 17,8 cm - 192 pages -
2012 - PAPERBACK



Lemon, olive oil, oat bran... Tricks for staying beautiful and slim throughout the year!

TRICKS FOR THE BODY OF YOUR DREAMS
UNE SILHOUETTE DE RÊVE C'EST MALIN

LUCILE WOODWARD

978-2-84899-610-3
6,00€ - 11 X 17,8 cm - 208 pages -
2013 - PAPERBACK

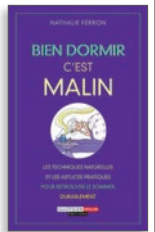


In this book in the Tricks series, you'll discover the right reflexes to have when choosing food, all kinds of ways of improving your muscle tone in everyday activities, specific programs, information, and advice for getting back to practicing a sport, no matter what your situation (whether you are a young mother, have back problems, are over 60, etc.). **LUCILE WOODWARD** is a journalist, professor of fitness, athletic coach and... a young mother! She also contributes to "Forme" column in the well known blog Doctissimo.

TRICKS FOR SLEEPING WELL
BIEN DORMIR C'EST MALIN

NATHALIE FERRON

978-2-84899-623-3
6,00€ - 11 x 17,8 cm - 202 pages - May
2013 - PAPERBACK



Natural techniques and practical tips for getting back to sleep and developing good long-term sleep habits.

TRICKS FOR A WELL THOUGHT OUT KITCHEN
BIEN PENSER SA CUISINE, C'EST MALIN

CATHERINE DUPIN

978-2-84899-544-1
6,00€ - 11 X 17,8 cm - 192 pages -
2012 - PAPERBACK



Planning it, equipping it, taking care of it: all those little tricks that make your kitchen really practical!

TRICKS FOR BABY'S ROOM
AMÉNAGER LA CHAMBRE DE BÉBÉ, C'EST MALIN

ALIX LEFIEF-DELCOURT

9788-2-84899-571-7
6,00€ - 11 x 17,8 cm - 160 pages -
October 2012 - PAPERBACK



Super practical advice for error-free organization and decoration of your baby's room.

TRICKS FOR ORGANIZING YOUR WORKSHOP
L'ATELIER DE BRICOLAGE MALIN

MICHEL BEAUVAIS

978-2-84899-630-1
6,00€ - 11 x 17,8 cm - 224 pages -
June 2013 - PAPERBACK

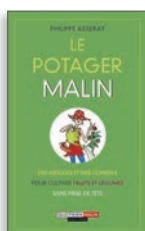


Whether it's in the basement, the garage or in a closet, all the tricks you need to set up a workshop for the perfect handyman.

TRICKS FOR VEGETABLE GARDENING
LE POTAGER MALIN

PHILIPPE ASSERAY

978-2-84899-609-7
6,00€ - 11 X 17,8 cm - 192 pages -
2013 - PAPERBACK



A small practical guide intended for beginners. Tips on saving money and being good to the environment, accessible to everyone. A list of 25 fruits and vegetables that give good yield and are easy to grow.

TRICKS FOR ORGANIZING YOUR HOME
LE RANGEMENT MALIN

CAMILLE ANSEAUME

978-2-84899-642-4
6,00€ - 11 x 17,8 cm - 192 pages -
September 2013 - PAPERBACK



The 12 commandments for putting order into your home, numerous tricks and tips, the rules to respect for organizing each room in your house, a program to keep things in order on a day-to-day basis.

HOUSEKEEPING TRICKS
LE MÉNAGE MALIN

JULIE FRÉDÉRIQUE

978-2-84899-509-0
6,00€ - 11 X 17,8 cm - 192 pages -
2011 - PAPERBACK



Vinegar, lemon, bicarbonate.... All the best hints for making everything shine thanks to all natural products!

27000 copies

TRICKS FOR PRESERVING FOODS

BIEN CONSERVER SES ALIMENTS, C'EST MALIN

ALIX LEFIEF DELCOURT

978-2-84899580-9
6,00€ - 11 x 17,8 cm - 192 pages - 2012 - PAPERBACK

Canning, freezing, smoking—for each kind of food, a specific solution!



TRICKS TO MAKE YOUR CLOTHES LAST

DES VÊTEMENTS POUR LONGTEMPS C'EST MALIN

LAURENCE DUPIN

978-2-84899-631-8
6,00€ - 11 x 17,8 cm - 192 pages - June 2013 - PAPERBACK

All the advice you need to make your clothes last for a very long time: sorting, cleaning, and organizing your dressing-room....



TRICKS FOR RAISING CHICKENS

ÉLEVER DES POULES C'EST MALIN

CATHERINE DUPIN

978-2-84899-572-4
6,00€ - 11 x 17,8 cm - 202 pages - October 2012 - PAPERBACK

Tips, advice and recipes - plus: every reason imaginable for adopting a chicken!



TRICKS FOR MANAGERS

MANAGER MALIN

CÉLINE CHAUDEAU

978-2-84899-638-7
6,00€ - 11 x 17,8 cm - 176 pages - August 2013 - PAPERBACK

Advice from experts on how to simultaneously motivate, listen to, and be respected by your team.



TRICKS FOR GAMES BETWEEN LOVERS

LES JEUX ENTRE AMOUREUX C'EST MALIN

MARION DUMAS

978-2-84899-594-6
6,00€ - 11 x 17,8 cm - 176 pages - 2013 - PAPERBACK

Teases, cuddles, libertinage... romantic, erotic little games to spice up the everyday!



HOW TO HAVE A HAPPY CAT

LE GUIDE DU CHAT HEUREUX

SOPHIE DEVILLENOSY

978-2-84899-506-9

13,50€ - 13 X 19,3 cm - 208 pages - 2011 - PAPERBACK



HOW TO HAVE A HAPPY DOG

LE GUIDE DU CHIEN HEUREUX

SOPHIE DEVILLENOSY

978-2-84899-505-2

13,50€ - 13 X 19,3 cm - 224 pages - 2011



GET RID OF POLLUTANTS IN YOUR INTERIOR

DÉPOLLUER SON INTÉRIEUR

MICHEL DROULHIOLE

978-2-84899-450-5

6,00€ - 11 X 17,8 cm - 224 pages - 2011 - PAPERBACK



From A to Z, this book gives you all the keys to resolve problems of pollution inside the home: Identifying the most common sources of pollution, eradicating them with natural anti-pollutants that are ecologically safe and economical (lemon, bicarbonate—but most of all anti-polluting plants!) and very simple tricks to make the inside of your home pure and healthy (what plants should be used in which rooms, the basics of ventilation, etc.)

GARDENING WITHOUT A GARDEN

UN JARDIN SANS JARDIN

MICHEL DROULHIOLE

978-2-84899-363-8

6,00€ - 11 X 17,8 cm - 176 pages - 2010 - PAPERBACK



BALCONIES, WINDOWSILLS, LIVING ROOMS...

All kinds of tips on designing, planting, and taking care of your very own patch of green at home.

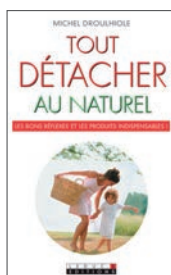
NATURAL SPOT REMOVAL

TOUT DÉTACHER AU NATUREL

MICHEL DROULHIOLE

978-2-84899-385-0

6,00€ - 11 X 17,8 cm - 224 pages - 2010 - PAPERBACK



Everything you need to know to have your house and your laundry impeccably clean, using products and household hints that are safe and efficient!

NEW

SURVIVAL GUIDE FOR YOUNG FATHERS

GUIDE DE SURVIE DU JEUNE PAPA
LAURENT MOREAU

978-2-36704-003-5
9,90€ - 12,7 x 19,2 cm - 192 pages - January 2013



(Because, guys, you'll have to work at it!). 80 Lists that are not all really useful, but a little bit anyway 30/09/2013

LAURENT MOREAU is the father of around 6,000 lists, and one of the founders of Topito.com, an absolutely indispensable French Web site that sorts, lists and classifies all the subjects that have gone through his head in the last six years. A book that

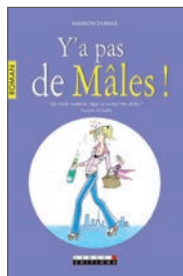
is full of humor and a little crazy on the subject of fatherhood.

THERE ARE NO MEN!

Y'A PAS DE MÂLES !

MARION DUMAS

978-2-84899-436-9
12,10€ - 13 X 19,3 cm - 224 pages - 2011



THE TERRIBLY DELIGHTFUL AND AMUSING ADVENTURES OF A BEAUTIFUL YOUNG SINGLEWOMAN

"My name is Mélanie Moreau... Mind you, I'm not looking to find someone at any price, I'm looking for the 'man of the century'! Too quick to fall into the classic traps—the short-term-meant-to-be-long-term relationship, the future-ex, re-future-ex, the American, Mister

World, etc.—they all lead to the same conclusion: Prince Charmings are as rare as hens' teeth! ARRGH!

"A modern fairy tale, light reading that is above all very funny!" Femme Actuelle

SCATTERBRAINED? THAT'S ME!

TÊTE EN L'AIR, MOI ? J'ASSUME !

COLETTE BECQUART

978-2-84899-409-3
13,10€ - 13 X 19,3 cm - 288 pages - 2010



"When you're absent-minded, you need to know how to laugh at yourself, or you hit rock bottom. But all the blunders and preposterous situations lead to moments when you simply transcend yourself, and laughter helps you to keep your head above water, because, well... Some malicious persons of limited intellect looking at my track record, have resorted to calling me names. I thank them

very much. Okay, so looks can be deceiving. (...)

I decided to put my mini-stories on paper; a kind of self exorcism... If I can make you smile, or—supreme compliment for me—laugh, then I'll have won my bet."

HOW (NOT) TO BECOME PARISIAN (?)

COMMENT (NE PAS) DEVENIR PARISIEN

CAROLINE ROCHET

978-2-84899-522-9
15,00€ - 13 X 19,3 cm - 288 pages - 2012



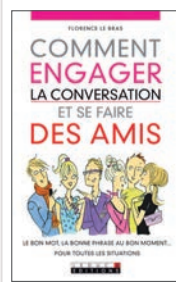
THE ULTIMATE GUIDE TO BEING THE CAPITAL'S PERFECT NATIVE

Do you want a different vision of Paris from those on offer in tourist guidebooks? Then dive into the description of the Paris observed and lived in by a journalist full of humor and love for the capital.

Caroline Rochet is a journalist at Marie Claire magazine. A specialist on social questions and chronicler of culture, she has a column in Saywho, the site specializing in Paris nightlife, and a blog: www.lesparisiens.net

26000 copies
Sold to Romania, Bulgaria

HOW TO START A CONVERSATION AND MAKE FRIENDS
COMMENT ENGAGER LA CONVERSATION ET SE FAIRE DES AMIS
FLORENCE LE BRAS
978-2-84899-480-2
6,00€ - 11 X 17,8 cm - 224 pages - 2011 - PAPERBACK



WHAT YOU SHOULD... OR SHOULDN'T SAY: THE RIGHT WORD, THE RIGHT PHRASE, AT THE RIGHT MOMENT... FOR ALL SITUATIONS

15000 copies
Sold to Lebanon, Bulgaria

HOW TO PLEASE IN 3 MINUTES
COMMENT PLAIRE EN 3 MINUTES
PATRICIA DELAHAIE
978-2-84899-417-8
6,00€ - 11 X 17,8 cm - 192 pages - 2010 - PAPERBACK



YES, FIRST IMPRESSIONS DECIDE EVERYTHING!

The first words you speak, your voice, your handshake, the way you look at people and how you carry yourself... Thanks to the latest discoveries about the secrets of good communication (transactional analysis, Neuro-linguistic Programming) it is possible to "automatically" have people like you, whether in personal or professional situations.

This book could change your life!

13000 copies

HOW TO LOVE EACH OTHER FOREVER
COMMENT S'AIMER TOUJOURS
PATRICIA DELAHAIE
978-2-84899-465-9
6,00€ - 11 X 17,8 cm - 192 pages - 2011 - PAPERBACK



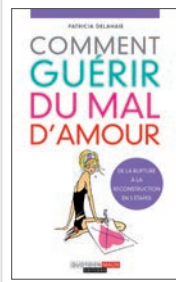
THE SEVEN PILLARS OF HAPPINESS FOR A COUPLE

How is it that certain couples continue to love each other ten, twenty and thirty years later as deeply and intensely as the first time they met? What are their particular qualities, their virtues?

Written for all couples, the book demonstrates how to take the road to happiness, based on the experience and the benefits of hindsight from dozens of happy—and unhappy—couples. Their conclusion? Conflicts can be sorted out, love become stronger, intimacy greater and desire continue...

World rights free, except for Japan, Korea and Brazil.

HOW TO GET OVER BEING LOVESICK
COMMENT GUÉRIR DU MAL D'AMOUR
PATRICIA DELAHAIE
978-2-84899-402-4
6,00€ - 11 X 17,8 cm - 256 pages - 2010 - PAPERBACK



FROM BREAK-UP TO MOVING ON IN 5 STEPS

To accompany you through those difficult moments, this is a book for all those men and women who must face the break-up of a love story to move on. Based on numerous accounts, it gives concrete advice on how to avoid falling into the same traps, assess what went on in the relationship and accept the break-up.

NEW

HAPPINESS AT WORK
LE BONHEUR AU TRAVAIL
DOMINIQUE GLOCHEUX
979-10-92251-03-6
9,90€ - 14 x 15 cm - 216 pages - August 2013



411 maxims to put Happiness on your side ; A gift for all those you love ; For instance 38th maxim: "Learn to make magic, not to overpower. Work less, but work better."

Mister Happiness, a.k.a. DOMINIQUE GLOCHEUX, is a speaker, publisher and the famous author of La vie en rose Mode d'emploi (The Little Book of Joy) (Albin Michel) and C'est beau la vie (Flammarion). His books have been translated into 17 languages and have sold more than 6 million copies.

NEW

SMALL PLEASURES THAT CHANGE YOUR LIFE
CES PETITS BONHEURS QUI CHANGENT LA VIE
CAROLINE ROCHET
979-10-92251-04-03
15,00€ - 12,4 x 18,6 cm - 207 pages - September 2013



Slipping into clean sheets, biting into a crisp baguette still warm from the oven, singing at the top of your voice when no one can hear you, listening to the rain falling (when you're nice and warm indoors)... All of these are small pleasures that are simple and accessible, and bring optimism, joy and flavor to our lives!

A book that is at once tender and humorous, written by the author of "How (Not) to Become a Parisian".

NEW

THE SECRET OF PERMANENT HAPPINESS

LE SECRET DU BONHEUR PERMANENT

CÉCILE NEUVILLE

978-2-84899-619-6

10,00 € - 12,7 x 19,2 cm - 256 pages - May 2013



In this book you will discover easy, efficient coaching on how to be happy. Learn to take another look at your dreams and desires and listen to that small, still inner voice: love life, family life, social or professional life... With the 9 pillars of happiness, at last discover a well-balanced life!

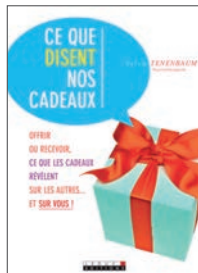
WHAT OUR GIFTS SAY ABOUT US

CE QUE DISENT NOS CADEAUX

SYLVIE TENENBAUM

978-2-84899-420-8

13,10 € - 15 X 21 cm - 192 pages - 2010



GIVING AND RECEIVING... WHAT GIFTS REVEAL ABOUT OTHERS... AND US!

Sylvie Tenenbaum, psychotherapist for the last 25 years, unravels the hidden meaning of gifts and illustrates her theories with numerous real-life examples.

24000 copies

Sold to Spain

A GUIDE TO PREGNANCY

MON AGENDA GROSSESSE

HÉLÈNE KOSMADAKIS

978-2-84899-095-8

7,00€ - 111 X 17,8 cm - 236 pages - 2006



WEEK BY WEEK, ALL YOU NEED TO KNOW (AND ESPECIALLY DO) FOR 9 MONTHS

Every future mother lives the 9 months of pregnancy as an exceptional time in life! And asks herself a million questions: what should she do or not do...what she should eat, or avoid! When exactly is the 7th week of amenorrhoea? And when should she have her first scan? A little book that the future mother

can take everywhere with helpful information on everyday questions. No long sermons, just real information—concrete, simple and easy-to-follow!

HÉLÈNE KOSMADAKIS, mid-wife, had a long career in a large Paris maternity hospital—25 years in the delivery room. During that time, she served as a mid-wife/anesthetist and did prenatal consultations. At present, she participates in humanitarian missions in Africa and Asia, both practicing and training future mid-wives.

THE LITTLE GUIDE TO NO-RISK PREGNANCY

LE PETIT GUIDE DE LA GROSSESSE SANS RISQUE

CATHERINE DUPIN & ALIX LEDUC

978-2-84899-494-9

6,00€ - 111 X 17,8 cm - 192 pages - 2011 - PAPERBACK



All that you need to know (or avoid at all costs) during pregnancy and nursing.

AN EATING GUIDE FOR THE FUTURE MOTHER

LE GUIDE DE L'ALIMENTATION DE LA FUTURE MAMAN

CATHERINE CHEGRANI-CONAN

978-2-84899-432-1

15,11€ - 15 X 21 cm - 256 pages - 2011



PREGNANCY, BREAST-FEEDING, GETTING BACK YOUR FIGURE... HOW TO BE IN GREAT SHAPE BEFORE AND AFTER BABY'S ARRIVAL!

A complete, practical guide to accompany you all through your pregnancy and breast-feeding. Here you will find information on what to eat and what to avoid, foods to eat a lot of, advice for getting back your figure after

you've had the baby and lots of recipes and ideas for healthy, well-balanced menus.

All the answers for staying in top form for all 9 months and to provide the best for your baby.

THE INDISPENSABLE GUIDE TO MOTHERHOOD WITHOUT FEAR

LE GUIDE INDISPENSABLE POUR DEVENIR MAMAN

SANS AVOIR PEUR

SANDRINE DURY

978-2-84899-476-5

15,50€ - 15 X 21 cm - 192 pages - 2011



YOUR LIFE AS A COUPLE AND OTHER ANXIETIES... LIVING THROUGH PREGNANCY IN COMPLETE SERENITY

Pregnant women are often tormented by numerous anxieties: fear of the changes in their bodies, apprehension about delivery, fear of not being equal to the situation... Everyday worries that can spoil the pleasure of awaiting the arrival of Baby.

This book, written by a psychoanalyst specializing in the mother-child relationship, is designed to be a veritable practical guide. It de-dramatizes and reassures future mommas so that the whole period of pregnancy goes smoothly.

100 REFLEXES FOR FUTURE MAMAS

100 RÉFLEXES FUTURE MAMAN

PATRCIA RÉVEILLAUD

978-2-84899-283-9

15,11€ - 15 X 21 cm - 256 pages - 2009



MONTH BY MONTH, A NO-STRESS PREGNANCY

From the first days of pregnancy until returning home with baby, ideas, advices and tricks 100% easy to adopt.

CHECK-LIST FOR THE MOTHER-TO-BE

LA CHECK-LIST DE LA FUTURE MAMAN

VIOLAINE CHATAL & SOPHIE MILLOT

978-2-84899-217-4

6,00€ - 11 X 17,8 cm - 256 pages - 2008 - PAPERBACK



MONTH BY MONTH, WHAT YOU NEED TO KNOW FOR A HAPPY PREGNANCY

With this book at your fingertips, you'll have at a glance, all the information you'll need to know, to anticipate your needs, and do everything "right"... to make sure that you haven't forgotten anything. Health, administration, psychology, medical—from the first day you're pregnant to your first days with Baby, all you'll need to do is check off the items on the list.

HELP! SHE WANTS STRAWBERRIES

AU SECOURS ! ELLE VEUT DES FRAISES...

GAËLLE RENARD

978-2-84899-532-8

8,50 € - 11 X 17,8 cm - 256 pages - 2012 - PAPERBACK



PREGNANCY EXPLAINED TO GUYS

This book is intended for men...

For men, "making" a child is an act which lasts a few minutes and ends in intense pleasure. For a woman, the act lasts for months, and ends in intense pain (despite the epidural). Hoping to make things easier for everyone (especially women), we decided to focus on helping you

understand what WOMEN go through, and what YOUR partner will experience before, during and after she has made you a FATHER.

1200 copies

HELP! I'M A MOTHER!

AU SECOURS, JE SUIS MAMAN !

GAËLLE RENARD

978-2-84899-438-3

7,00 € - 11 X 17,8 cm - 272 pages - 2011 - PAPERBACK



DIAPERS, WORK, SLEEP, SEX AND OTHER INCOMPATIBILITIES

For many years, psychologists, sociologists and "diaperologists" have studied the well being and equilibrium of the child. And where does the mother figure in all of this? When does she get some of the attention? Her life, her relationships with others—her partner of course, but also her mother and mother-in-law... All young mothers will recognize themselves here!

50 LISTS FOR OVERWROUGHT MOTHERS

50 LISTES POUR MAMANS DEBORDEES

ISABELLE CANTARERO

978-2-84899-562-5

6,00 € - 11 X 17,8 cm - 160 pages - 2012 - PAPERBACK



REMEMBERING EVERYTHING IS EASY, WHEN YOU HAVE THE RIGHT LIST!

Diaper bags, gym bags, school bags ... For every situation, a thorough list, with space left to complete as necessary. You'll be an organizational pro!

Also, advice and tried and tested tips, approved by mothers.

ISABELLE CANTARERO is a web editor, blogger and mother of two children.

HOW TO BECOME A MOTHER AND STILL SUCCEED IN PROFESSIONAL LIFE

DEVENIR MÈRE ET RÉUSSIR SA VIE PROFESSIONNELLE

ISABELLE FONTAINE

978-2-84899-514-4

18,00 € - 15 X 21 cm - 256 pages - 2012



Becoming a mother without putting your career in parenthesis is possible—women from all different horizons manage to do it. Thanks to this book, you, too, can affront this new stage in your life like a pro...

200 TIPS FOR THE WORKING MOTHER

LES 200 ASTUCES DE MAMAN TRAVAILLE

MARLÈNE SCHIAPPA

978-2-84899-614-1

10,00 € - 12,7 X 19,2 cm - 224 pages - 2013



This guide proposes 200 original, new tips, tested and approved by working mothers, suggestions on topics like these: juggling school outings and work meetings, breast-feeding and going back to work, expatriation and happy children—and more!

MARLÈNE SCHIAPPA is a young mother, President of the association Maman Travaille "the Number 1 network for working mothers" which she founded in 2008. She organizes a yearly day-long conference that attracts more than 200 women from large enterprises, the media and private and public institutions.

100 REFLEXES FOR YOUNG MOTHERS

100 RÉFLEXES JEUNE MAMAN

MÉLANIE SCHMIDT-ULMANN

978-2-84899-382-9

13,50 € - 15 X 21 cm - 256 pages - 2010



Finding your marks with baby, organizing daily life, going back to work, making sure that papa feels a part of things... all without losing your sense of yourself as a woman!

BREASTFEEDING: 100 REFLEXES

100 RÉFLEXES ALLAITEMENT

MÉLANIE SCHMIDT-ULMANN

978-2-84899-231-0

11,50€ - 13 X 19,3 cm - 224 pages - 2008



100 REFLEXES FOR SUCCESSFUL BREASTFEEDING

Simple steps to take to prepare for breastfeeding during pregnancy, help you through the first days and accompany you right up to weaning, by developing the right reflexes! There is a solution to all of a mother's little problems: from A for Abscess to S for Stress. Solutions to all of Baby's problems, from a baby "too sleepy to nurse", to preparing for weaning.

HOW TO STAY LOVERS ONCE YOU'VE BECOME PARENTS

COMMENT RESTER AMANTS QUAND ON DEVIENT PARENTS

MÉLANIE SCHMIDT-ULMANN

978-2-84899-408-6

15,11€ - 15 X 21 cm - 240 pages - 2010



WHAT YOU NEED TO KNOW (AND/OR AVOID) TO HAVE A FULFILLING SEX LIFE AFTER THE ARRIVAL OF BABY!

In this book, young future parents will find a mine of information to help them preserve their sexuality before and after the arrival of Baby: advice, explanations, real-life illustrations, cuddly ideas and the illustrated Kama Sutra for pregnancy.

HAVING AN ECO BABY: 100 REFLEXES

100 RÉFLEXES BÉBÉ BIO

ALIX LEFIEF-DELCOURT & ELISA DE CASTRO GUERRA

978-2-84899-271-6

13,09€ - 15 X 21 cm - 256 pages - 2008



FOOD, CARE, CLOTHES... HAVING AN ECO BABY IS EASY!

Young parents want the best for their newborns, and that means no toxic residues in toiletries or common household products used for decoration or cleaning, as well as no pesticides, nitrates or artificial coloring in food. These are no longer the preoccupation of just a few parents, but a worry for all young parents.

This is all the more true now that ecologically safe also means savings—not just in terms of money, but also the environment! Food, toiletries, cleaning products, clothes... From the first days of pregnancy to Baby's.

100 REFLEXES FOR FUTURE PAPAS

100 RÉFLEXES FUTUR PAPA

EMMANUEL PINON

978-2-84899-373-7

13,50€ - 15 X 21 cm - 256 pages - 2010



For future papas, a book that deals with the pregnancy of your spouse with good humor; looking at each problem from three points of view: What is happening? What attitude should I adopt? And what attitudes should I avoid at all cost?

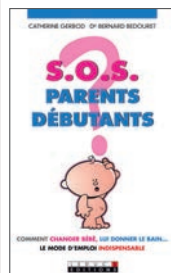
S.O.S. FIRST-TIME PARENTS

S.O.S. PARENTS DÉBUTANTS

CATHERINE GERBOD & DR BERNARD BEDOURET

978-2-84899-413-0

6,00€ - 11 X 17,8 cm - 256 pages - 2010 - PAPERBACK



Written by a mother and her pediatrician, this 100% practical book answers all of your questions about pregnancy and every other aspect of life with Baby in a very concrete fashion. Discover advice about what to do... and moreover, what not to do.

AFTER-SALES SERVICE FOR SUPER MOMS

LE SERVICE APRÈS-VENTE DES SUPER MAMANS

NICOLE KORCHIA & VIRGINIE COHEN-SCALI

978-2-84899-399-7

15,50€ - 15 X 21 cm - 240 pages - 2010



OVER 100 COUNSELS FROM DOCTORS AND TIPS FROM MOTHERS!

Do you have children between the ages of 3 and 5? Here is a book full of humor and tenderness, co-written by two super moms. In answer to each of their questions, a doctor, a pediatrician and a psychologist provide clear, non-guilt-producing advice.

HOW TO RAISE A HYPERACTIVE CHILD

COMMENT ÉLEVER UN ENFANT HYPERACTIF

SOPHIE PENSA

978-2-84899-452-9

13,50€ - 13 X 19,3 cm - 208 pages - 2011



100 REFLEXES FOR MANAGING EVERY SITUATION CALMLY AND WITHOUT DRAMA

Children are sometimes turbulent, but how does one manage with those who are it a little too often? With her 100 good reflexes to develop the author takes on all aspects of the child's life with concrete, practical solutions for every day of the week: nutritional advice for balanced meals, ideas

to encourage restful sleep, the most appropriate physical activities and much other information on aid available and the best people to listen to.

HELPING YOUR TEEN TO THRIVE

AIDER SON ADO À BIEN GRANDIR

ODILE BRANDT

978-2-84899-629-5

10,00€ - 12,7 x 19,2 cm - 160 pages - June 2013

NEW



Better understanding teens to promote self-confident adults. Included in this very practical guide: The 10 Commandments parents need to respect ;The attitude you need to take with your teen when dealing with specific issues ;How to recognize problem situations so as to better resolve them ;The questions your should be asking yourself.

GUIDE FOR NEW GRAND-PARENTS

LE GUIDE DES NOUVEAUX GRANDS-PARENTS

PIERRE LECARME

978-2-84899-333-1

20,00€ - 21 X 27 cm - 256 pages - 2010



Becoming a grandfather or grandmother for the first time is a special moment in your life. In this book, you will find the answers to all your questions and lots of ideas for spending quality time with your family. An indispensable guide to brilliant grand-parenting!

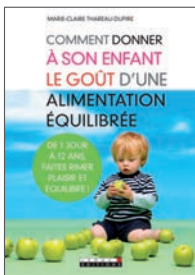
HOW TO ENCOURAGE A TASTE FOR A BALANCED DIET IN YOUR CHILD

COMMENT DONNER À SON ENFANT LE GOÛT D'UNE ALIMENTATION ÉQUILIBRÉE

MARIE-CLAIRE THAREAU-DUPIRE

978-2-84899-386-7

15,11€ - 15 X 21 cm - 256 pages - 2010



Thanks to this book and its wealth of advice and real-life experience, you will understand how to transmit the taste for a healthy diet to your child, from birth to adolescence. Eating well is learned behavior!

HOMEMADE FOOD FOR BABY

PETITS POTS MAISON POUR BÉBÉ

ISABELLE LAURAS

978-2-84899-261-7

6,00€ - 11 X 17,8 cm - 224 pages - 2009 - PAPERBACK

46000 copies



AND OTHER FAST, SUPER-SIMPLE RECIPES, FROM 4 MONTHS TO AGE 3!

How can I make sure that my Baby is well nourished? How can I give her or him good eating habits, and make sure that the food s(he) eats has neither too much salt, sugar or fat? And how can I do all this without stress, irritation or spending hours cooking?

This is the book for you: 100 "express" recipes (less than 10 minutes start to finish), all super simple and healthy—soups, purées, flans, and complete meals, including delicious desserts—with recipes for 4-8 months, 8-18 months and 18 months to age 3... and notes from the author (a dietician's advice)!

ISABELLE LAURAS is a dietician, and the mother of two young children. She works with Jean-Paul Blanc, best-selling author of works on food.

SIMPLE HOME-COOKED MEALS FOR SMALL CHILDREN

PETITS PLATS MAISON POUR JEUNES ENFANTS

PASCALE DE LOMAS & ISABELLE DELALEU

978-2-84899-400-0

6,00€ - 11 X 17,8 cm - 224 pages - 2010 - PAPERBACK



AGES 2 TO 6... OR MORE

100 easy, fun recipes, grouped by age, for making healthy, happy meals that children will love. And for each recipe, indications on portions, preparation time and how children can participate in the cooking process.

DR GÉRARD LELEU is a practicing sexologist. He is the author of numerous successful works on sexuality, among them *Le Traité du désir* and the best-seller *Le Traité des caresses* (Éditions J'ai lu), which sold more than 1 million copies.

THE ART OF MAKING LOVE

L'ART DE BIEN FAIRE L'AMOUR

DR GÉRARD LELEU

978-2-84899-381-2

18,50€ - 14 X 21,5 cm - 368 pages - 2010



A GUIDE FOR YOUNG LOVERS, OR THOSE WHO WANT TO STAY YOUNG AND IN LOVE

Using questions about sexuality asked by high-school students and by listeners to his radio programs, Dr Gérard Leleu has put together a veritable erotic guide for both the young and the not so young. With no taboos and no vulgarity, the author reveals secrets about beauty, love and the art of exquisite

touching, as well as giving you all the keys to getting and giving pleasure.

THE GUIDE TO HAPPY COUPLES

LE GUIDE DES COUPLES HEUREUX

DR GÉRARD LELEU

978-2-84899-425-3

18,50€ - 14 X 21,5 cm - 224 pages - 2010



YOU ARE THE ONLY ONE WHO CAN INSURE THAT LOVE TRIUMPHS!

"If I had known at age 20, 30, 50, etc., what I know today about living in a couple,

I would have saved myself—and the women I met along the way—much suffering."

THE SECRETS OF FEMALE SEXUAL ENJOYMENT

LES SECRETS DE LA JOUISSANCE AU FEMININ

DR GÉRARD LELEU

978-2-84899-455-0

18,50€ - 14 X 21,5 cm - 320 pages - 2011



All women can reach orgasm, or rather MULTIPLE orgasms, and so can you! This treatise on orgasm tells you everything you need to know to find yourself in 7th heaven, alone or with your partner! From a male perspective, men will finally learn more about the mysteries of female orgasm. Without shocking or offending, Dr Gérard Leleu—who is also a poet—addresses a veritable hymn to love and pleasure

to his readers, with great delicacy.

OPTIMIZING ORGASM FOR HIM AND YOU

COMMENT LE FAIRE JOUIR DE PLAISIR ET VICE VERSA

DR GÉRARD LELEU

978-284899-353-9

7,00€ - 11 X 17,8 cm - 320 pages - 2010



Men / Women, an erotic users manual

A head-to-foot work to be read as a couple (or one at a time!) to know everything about the body of your partner; its pleasures... and how you can send each other to 7th heaven.

15000 copies

Sold to Romania

A (NEW) MAN TALKS TO WOMEN

L'HOMME (NOUVEAU) EXPLIQUÉ AUX FEMMES

DR GÉRARD LELEU

978-2-84899-528-1

18,50€ - 14 X 21,5 cm - 336 pages - 2012



EVERYTHING YOU EVER WANTED TO KNOW ABOUT THE FIRST SEX, BUT WERE AFRAID TO ASK

What if, for once, someone told us the whole truth about men: what they really have on their minds, what they think of their sexual equipment, what a woman's breasts, skin, or belly represents for them...

This book is a voyage to the very heart of masculine sensibility. He explains what the first sex of today is really like, their fears and doubts. And explains to us how to react to the weaknesses and failings of the stronger sex, whether sexual (impotence) or sentimental (that oh-so-impossible-to-say, "I love you").

12000 copies

Sold to Poland

HOW TO MAKE HIM CRAZY (ABOUT YOU)

COMMENT LE RENDRE FOU (DE VOUS)

DR GÉRARD LELEU

978-2-84899-145-0

6,00€ - 11 X 17,8 cm - 224 pages - 2007 - PAPERBACK



MAGIC TECHNIQUE THAT EVERY WOMAN SHOULD KNOW

Often, men do not tell their partners what they like or expect where, or how, they like to be touched...

There's a lot of talk about the mystery of female pleasure. But men's sexuality is complex as well. Gérard Leleu tells women how things work with guys—how they

like to be kissed and touched, the erotic hot-spots that turn them on, the positions and movements that drive them crazy... here's a magic guide to touching; what every woman should know to send her man to 7th heaven!

15000 copies

HOW TO MAKE HER CRAZY (ABOUT YOU)

COMMENT LA RENDRE FOLLE (DE VOUS)

DR GÉRARD LELEU

978-2-84899-207-5

6,00€ - 11 X 17,8 cm - 224 pages - 2008 - PAPERBACK



THE EROTIC WOMAN: AN INSTRUCTION MANUAL

After How to Make Him Crazy (about You), Gérard Leleu addresses himself to men who (finally!) want to know how female eroticism really works. He reveals all of the magic caresses that a man needs to master to drive a woman (all women!) crazy!

16000 copies

Sold to Spain

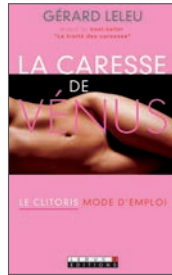
VENUS CARESSED

LA CARESSE DE VÉNUS

DR GÉRARD LELEU

978-2-84899-279-2

7,00€ - 11 X 17,8 cm - 224 pages - 2009 - PAPERBACK



THE SECRET DREAMS OF THE CLITORIS

Its small size doesn't prevent the clitoris from playing a prime role in women's sexuality and psychological equilibrium. The pleasures that it causes take every sort of intensity and form, right up to ecstasy. The author's recommendations call for caresses likely to put an end to so-called vaginal frigidity. As for men, here they will learn the art of stroking the clitoris, and, moreover, find themselves initiated into the mysteries of female sexuality.

16000 copies

THE ART OF FELLATIO / THE ART OF CUNNILINGUS (NEW EDITION)

L'ART DE LA FELLATION / L'ART DU CUNNILINGUS

DR GÉRARD LELEU

978-2-84899-392-8

6,00€ - 11 X 17,8 cm - 256 pages - 2010 - PAPERBACK



RECTO, FELLATIO; VERSO, CUNNILINGUS: TWO BOOKS IN ONE!

When Gérard Leleu writes about fellatio and cunnilingus, it is never vulgar—far from it! In his book he reveals all the beauty, love and meaning of these exquisite caresses. Recto, fellatio; verso, cunnilingus! With all kinds of advice, from the preliminaries... to orgasm! What men like most... what women like most!

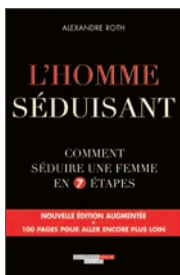
THE SEDUCTIVE MAN

L'HOMME SÉDUISANT

ALEXANDRE ROTH

978-2-84899-607-3

20,00€ - 14 X 21,5 cm - 368 pages - 2013



It's not by learning techniques and memorizing banter that one becomes a man who is irresistible to women. But there are clichés you should forget, errors to avoid and concrete exercises to develop the right mental attitude, combat your shyness, improve the way you look, boost your sexual confidence, etc.

21000 copies

Sold to Portugal

WHAT MEN NEVER TELL WOMEN AND VICE VERSA

CE QUE LES HOMMES NE DISENT JAMAIS AUX FEMMES ET VICE VERSA

ANNE DUFOUR

978-2-84899-144-3

6,00€ - 11 X 17,8 cm - 256 pages - 2007 - PAPERBACK



What guy has never dreamed of being present (but invisible) at an all-girls dinner just to hear what they say about men? What girl has never wanted to be a fly on the wall at an all-guys evening?

This book is 100% sex, based on real accounts by men and women between the ages of 25 and 35. Without taboos, but with no false modesty either; you will learn surprising things about the sexuality of the opposite sex, about what he (or she) likes (or doesn't like.) You're in for some major surprises!

WHAT MEN/WOMEN REALLY WANT IN BED (AND WHAT THEY DETEST)

CE QUE LES HOMMES AIMENT VRAIMENT AU LIT ET CE QUE LES FEMMES...

ANNE DUFOUR

978-2-84899-398-0

6,00€ - 11 X 17,8 cm - 192 pages - 2010 - PAPERBACK



Real-life experiences from men and women, juicy anecdotes, pet peeves, whispered confidences, helpful hints shared between girlfriends, crazy schemes that can't help but go wrong...it's all sex: for better or worse!

THE BEST-KEPT SECRETS OF APHRODISIACS

LES MEILLEURS SECRETS APHRODISIAQUES
ANNE DUFOUR

978-2-84899-347-8
6,00 € - 11 X 17,8 cm - 192 pages - 2010 - PAPERBACK



150 IDEAS TO MAKE YOU WANT TO DROP YOUR CLOTHES ON THE SPOT!

A book that is 100% first-hand experiences and 41 tried and tested recipes!

World rights free, except for English and German speaking countries - Sold to Taiwan (Complex Chinese characters)

THE SECRET OF LOVE ACCORDING TO AFRICAN WOMEN

LE SECRET DE L'AMOUR À L'AFRICAINNE
NSEKUYE BIZIMANA

978-2-84899-228-0
15,11 € - 15 X 21 cm - 192 pages - 2008



THE SECRET OF FEMALE PLEASURE UNVEILED

70% of women do not reach orgasm through vaginal penetration. The author reveals to all the secret of giving pleasure to a woman, an art passed on from generation to generation in central Africa. In this generously illustrated book, discover the best position in the African Kama Sutra, and everything you need to know about female ejaculation!

HOW TO SEDUCE A MAN EFFORTLESSLY... AND KEEP HIM, EFFORTLESSLY, FOR A LONG TIME

COMMENT SÉDUIRE UN HOMME SANS SE FATIGUER
MARTINE LAGARDETTE

978-2-84899-340-9
7,00 € - 11 X 17,8 cm - 256 pages - 2010 - PAPERBACK



Everyone says that 21st century man has really changed, that he has become a mere shadow of his Cro-Magnon great-grandfathers. In fact, the real question for today's Amazons, is simple: how in the world should this diabolical prince charming be approached?

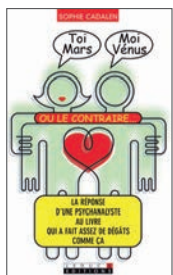
Here at last is a real instruction booklet on feminine seduction, based on what men will never admit. Valuable confidences, unmentionable secrets and all the little tricks—today's and yesteryear's—that work every time.

Sold to Greece

MEN, WOMEN: NOT MARS, NOT VENUS

TOI MARS, MOI VÉNUS OU LE CONTRAIRE
SOPHIE CADALEN

978-2-84899-284-6
6,00 € - 11 X 17,8 cm - 192 pages - 2009 - PAPERBACK



"Men are from Mars, women are from Venus..." And yet, to be a man or to be a woman is more complex than what is written in John Gray's best seller. It is our subconscious that defines us, with our desires, our sexuality...and love! Thank goodness!

FRAGILE DESIRE

UN DÉSIR SI FRAGILE
GHISLAINE PARIS

978-2-84899-292-1
7,00 € - 11 X 17,8 cm - 288 pages - 2009 - PAPERBACK



THE HIDDEN UNDERCURRENTS OFFEMALE SEXUALITY

«No time... the children... the house... always something better to do...» Once passion has faded, many women no longer have any desire to make love. Despite the pleasure they get from it. Despite the love they feel for their partner:

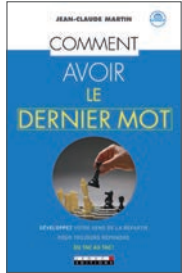
In this book, Dr. Ghislaine Paris analyzes the psychological, social, moral and religious causes which can put desire to sleep, or extinguish it completely.

DR. GHISLAINE PARIS is a practicing sexologist in Antony, in the Paris suburbs. In this book, she analyzes the mysteries of female desire and describes it in all its complexity.

HOW TO HAVE THE LAST WORD*COMMENT AVOIR LE DERNIER MOT***JEAN-CLAUDE MARTIN**

978-2-84899-433-8

19,00€ - 14,5 X 22,5 cm - 352 pages - 2011



Thanks to this book, taking control of the conversation, leading the other person by the nose, or simply bogging him down in his own arguments becomes child's play!

Practical tests, concrete cases, stylistic devices to master... all will help you to acquire a winning attitude when facing verbal attacks from your interlocutors.

Sold to Poland

THE BIBLE OF NON-VERBAL COMMUNICATION*LA BIBLE DE LA COMMUNICATION NON VERBALE***JEAN-CLAUDE MARTIN**

978-2-84899-388-1

23,00€ - 19 X 23 cm - 352 pages - 2010



Decode the non-verbal communication of your interlocutors and improve your personal and professional relations by mastering your own image. Gestures, body position, clothes, attitudes... everything that you need to know to interpret them correctly. This book with many illustrations will bring you all you need to know to

better communicate. Creator of the company Résonance 4, which trains company executives in communication techniques, Jean-Claude Martin pools his experience as a former actor with the scientific rigor of a researcher in his books.

12000 copies

Sold to Belgium (Dutch language)

YOU DON'T GET A SECOND CHANCE TO MAKE A GOOD IMPRESSION*5 MINUTES POUR CONVAINCRE***JEAN-CLAUDE MARTIN**

978-2-84899-348-5

7,00€ - 11 X 17,8 cm - 256 pages - 2006 - PAPERBACK



The ability to convince people is a powerful tool. Whether you are in an interview or in a discussion with just about anybody, it's not the whole of what you say that brings people around to your point of view, but rather that special moment when you make an excellent comeback, when your argument strikes the right note, or your humor creates a special bond, or your verbal arrow hits home and has your opponent knocked down and out for the count.

With great humor, this book proposes the secrets of the dialectics of battle... how to convince people under any circumstances.

NEW

DEVELOPING YOUR INTUITION TO MAKE THE RIGHT DECISION*DÉVELOPPEZ VOTRE INTUITION POUR PRENDRE LES MEILLEURES DÉCISIONS***ISABELLE FONTAINE**

978-2-84899-656-1

15,00€ - 15 X 21 cm - 288 pages - 2013

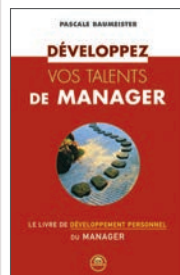


To come: November 2013

IMPROVING YOUR MANAGEMENT TALENTS*DÉVELOPPEZ VOS TALENTS DE MANAGER***PASCALE BAUMEISTER**

979-10-92184-04-4

20,00€ - 14,5 x 22,5 cm - 288 pages - June 2013



A guide to improving personal development for managers. Good management is above all a question of people management and not of technical competencies. And to motivate a team, you must begin by knowing and motivating yourself. This guide will allow you to assess your management skills, discover the 5 Elements Profiling Tool®, manage your fellow workers according to their personalities, better

handle your stress and energy levels, and know how best to get your messages across to your team and maintain good group morale.

REVEAL YOUR TRUE PERSONALITY WITH PERSONAL BRANDING*RÉVÉLER SA VÉRITABLE PERSONNALITÉ AVEC LE PERSONAL BRANDING***PASCALE BAUMEISTER**

978-2-84899-451-2

23,00€ - 19 X 23 cm - 448 pages - 2011



HAVE THE COURAGE TO BE YOURSELF AND ASSERT YOUR PERSONALITY!

Personal branding brings together the whole of the techniques that allow one to identify and promote one's personal brand. Just like the company that cultivates its identity, workers, executives and entrepreneurs need to do the same thing: build

projects that match their values and goals and increase their visibility thanks to new Internet communications techniques, in particular:

PASCALE BAUMEISTER, a consultant in personal branding, coach, facilitator and trainer, accompanies students from prestigious universities, executives and developmental directors in the development of their "personal brand". She helps them clarify and develop professional projects to match their personalities and their talents.

Sold to Belgium (Dutch language)

DARE TO BE THE BOSS*OSER ÊTRE LA CHEF***VALÉRIE ROCOPLAN**

978-2-84899-335-5

18,00 € - 14,5 X 22,5 cm - 256 pages - 2011



This is for the woman who is proud of her professional ambition and wants to have a successful career. Whether you are about to graduate or have several years experience behind you, Dare to Be the Boss will accompany you throughout your career. Thanks to numerous tests to help you know how you rate and to lots of easily applied advice, becoming successful becomes (almost!) child's play...

HOW TO SPOT A LIE*COMMENT DÉTECTER LES MENSONGES***ERIC GOULARD**

978-2-84899-596-0

20,00 € - 14,5 X 22,5 cm - 256 pages - 2013



More than a communication manual, this book will teach you how to:

Spotting the gestures and expressions that betray what someone is thinking—the very base of non-verbal communication;

Identify the inconsistencies between what your interlocutor is saying and what his body is expressing;

Recognize facial emotions;

Detect lies;

Seeing through your interlocutors.

ERIC GOULARD, an expert in communication behaviors, is a consultant and coach in communication, client relations and management. He was the first person in France to have received a master's certificate in recognizing facial micro-expressions and subtle expressions (MiX™ Elite et SubX™ Elite).

Preface by JOE NAVARRO, ex-FBI Special Agent and author of the international best-seller *What Every Body is Saying* (Ces gestes qui parlent à votre place (Ixelles Éditions)).

HOW TO ENCHANT YOUR CLIENTS*L'ENCHANTEMENT DU CLIENT***ALEXANDRE DUBARRY**

979-10-92184-07-5

20,00 € - 14,5 X 22,5 cm - 304 pages - September 2013

**HOW TO TELL A COLLEAGUE THAT HE SMELLS BAD***COMMENT DIRE À UN COLLÈGUE QU'IL SENT MAUVAIS SOUS LES BRAS***ALEXANDRE DUBARRY**

978-2-84899-520-5

18,50 € - 14,5 X 22,5 cm - 256 pages - 2012



THE KEYS FOR RESOLVING ALL THOSE EMOTIONAL CONFLICTS AT WORK (FRUSTRATION, ANGER, EXASPERATION...)

Your colleague is busy text messaging while you're trying to talk to him? He "tells all" about his private life, and it makes you uncomfortable? Worse, his breath or body odor is so bad it makes you feel sick?

Thanks to this book, you'll learn to overcome your emotions and communicate without hurting his feelings.

35 REFERENCE POINTS FOR WORKING AT HOME*35 REPÈRES POUR MIEUX TRAVAILLER DE CHEZ SOI***CHRISTIE VANBREMEERSCH & MARIE BOUSQUET**

978-2-84899-527-4

18,50 € - 14,5 X 22,5 cm - 224 pages - 2012



SECRETS FOR IMPROVING YOUR PROFESSIONAL EFFICIENCY AND COMING INTO YOUR OWN.

Working at home is a more and more common practice: auto-entrepreneurs, salaried employees working by telephone, etc. However, when you work at home, you are in an environment that is at once professional and familial, and the organizational problems

are much more numerous! In this book, discover the 35 reference points for improving your efficiency.

13000 copies

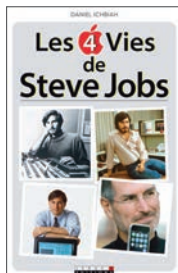
Sold in China (Complex and simplified characters), Korea, Turkey,
Spain**THE 4 LIVES OF STEVE JOBS**

LES 4 VIES DE STEVE JOBS

DANIEL ICHBIAH

978-2-84899-467-3

17,50€ - 14,5 X 22,5 cm - 316 pages - 2011

THE STORY OF THE VISIONARY
BEHIND APPLE'S FORTUNE

Steve Jobs could be a character out of a novel. Insufferable, secretive, brilliant and super wealthy, he embodies the kind of perfection that intrigues us as much as it annoys. But all the glory and success has a flip side. Steve Jobs has had 4 lives that are as different as they are fascinating, recounted here without a word of fiction.

- His childhood
- The founding of Apple, the triumph of Macintosh... and his being fired in 1985
- His attempted revenge with the creation of two new companies
- His return, stronger than ever; in 1996 and his incredible successes (Ipod, Iphone, etc.)

The life of an exceptional man who changed our relationship with computers, cell phones, and music forever.

LADY GAGA, BIRTH OF AN ICON

LADY GAGA, NAISSANCE D'UNE ICÔNE

MARIELLE CRO

978-2-84899-444-4

17,50€ - 14,5 X 22,5 cm - 256 pages - 2011

THE METEORIC ASCENSION
OF THE STAR WHO LEFT
MADONNA FAR BEHIND WITH
A FEW WORDS...

A powerful voice, author-composer, musician, fabulous performer... Lady Gaga has become in just a few years a planetary phenomenon reaching out across the generations. The numbers speak for themselves: Her albums sell by tens of millions and she is the sole artist in the

world whose videos have been seen more than a billion times on YouTube.

In this book, discover the journey of this extraordinary star; with close-ups on her excesses, her missteps, her joys, her passions, her battles... Photo booklet included

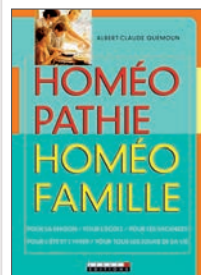
HOMEOPATHY-HOMEOFAMILY

HOMÉOPATHIE, HOMÉOFAMILLE

ALBERT-CLAUDE QUEMOUN

978-2-84899-087-3

14,90€ - 15 X 21 cm - 253 pages - 2006



ALTERNATIVE, NON-TOXIC MEDICINE FOR THE WHOLE FAMILY

An indispensable guide, easy to understand, and useful for the whole family.

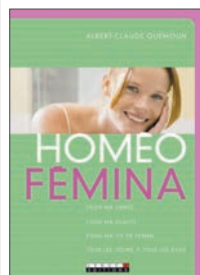
HOMEO FEMINA

HOMEO FEMINA

ALBERT-CLAUDE QUEMOUN

978-2-84899-106-1

14,90€ - 15 X 21 cm - 238 pages - 2006



FOR MY HEALTH, MY LOOKS, MY LIFE AS A WOMAN... EVERY DAY, AT ANY AGE

Women's lives are also made up of little aches and pains, whether specific to different stages in life, or coped with daily. Long live homeopathy!

37000 copies

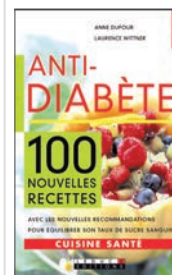
ANTI-DIABETES: 100 NEW RECIPES

ANTI-DIABÈTE : 100 NOUVELLES RECETTES

ANNE DUFOUR & LAURENCE WITTNER

978-2-84899-071-2

4,90€ - 11 X 17,8 cm - 128 pages - 2005 - PAPERBACK



WITH UP-TO-DATE RECOMMENDATIONS ON BALANCING SUGAR LEVELS

Diabetics are constantly on the look out for new recipes that won't upset their levels of blood sugar while at the same time protecting them from the ills directly linked to diabetes. You'll find a whole range of foods that you may want to reconsider, along with a pleasant surprise: eating can be simpler and more delicious than previously thought!

FLAT STOMACH GL DIET

LE RÉGIME CG VENTRE PLAT

ANNE DUFOUR

978-2-84899-258-7

5,90€ - 11 X 17,8 cm - 224 pages - 2008 - PAPERBACK



HAVE A FLAT STOMACH ALL YOUR LIFE: IT'S EASY, THANKS TO THE GLYCEMIC LOAD DIET

This book is 100 % practical: The 20 best GL/Flat stomach foods, illustrated "flat stomach" exercises that really work, 10 solutions for 10 specific situations (pregnancy, for example), 100 GL/Flat stomach recipes and lots of varied, tasty menus, and a table of everyday foods with their glycemic load.

15 DAY PORTFOLIO PROGRAM

PROGRAMME PORTFOLIO EN 15 JOURS

ANNE DUFOUR & ISABELLE DELALEU

978-2-84899-246-4

10,04€ - 13 X 19,3 cm - 224 pages - 2008



LOSE WEIGHT IN 2 WEEKS THANKS TO THE PORTFOLIO DIET

Anti-kilo, anti-cravings, and anti-cholesterol, the Portfolio Diet has already proved itself!

All day, every day for 2 weeks, this book will go everywhere—even shopping—with all those who want to lose weight and eat well, from breakfast in the morning to dinner at night!

30 DAY PROTEIN DIET PROGRAM

PROGRAMME MINCEUR PROTÉINES EN 30 JOURS

ANNE DUFOUR & LAURENCE WITTNER

978-2-84899-063-7

14,90€ - 16 X 22,5 cm - 160 pages - 2005



A COMPLETE DAY-BY-DAY PROGRAM

It helps you lose weight quickly and safely, and keep it off. It protects your health and allows you to lose your kilos, but not your good humor: no suffering and no sacrifice... Pleasant, easy... and it's not expensive!

30-DAY ANTI-CELLULITE PROGRAM

PROGRAMME ANTICELLULITE EN 30 JOURS

ISABELLE DELALEU

978-2-84899-143-6

9,90€ - 13 X 19,3 cm - 192 pages - 2007



This book proposes solutions adapted to each individual: diet, exercise, plant therapy to improve circulation, anti-water-retention treatments, beauty treatments, creams and massages you can do yourself, relaxation, etc. In 4 weeks, day by day, you'll learn the automatic reflexes, the right menus to follow and little "pluses" and tips on how to change your measurements!

Sold to Russia

PROTEIN DIETING

MINCIR PROTÉINES

ANNE DUFOUR & PATRICIA RIVECCIO

978-2-84899-093-4

15,11€ - 15 X 21 cm - 224 pages - 2003



WITH 100 DELICIOUS RECIPES

The only method that actually promotes weight loss is to eat more proteins and less fat and sugar; but on condition that you eat real food, and not protein supplements! With 100 delectable recipes to help you eat what you need without starving or suffering.

Sold to Holland

DIETING WITH PASTA

PÂTES MINCEUR

ANNE DUFOUR & CAROLE GARNIER

978-2-84899-334-8

15,90€ - 15 X 21 cm - 272 pages - 2010 - BOOKCLUB



Contrary to popular opinion, pasta is an ally for dieting. And by cooking it in the right way, pasta is not a threat to your waistline. 10 days of "diet pasta" menus, 60 hints for losing weight more easily and 100 delicious pasta recipes.

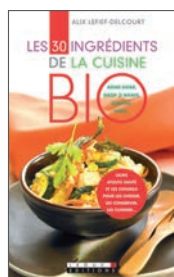
30 MUST-HAVE INGREDIENTS FOR COOKING THE ORGANIC WAY

LES 30 INGRÉDIENTS DE LA CUISINE BIO

ALIX LEFIEF-DELCOURT

978-2-84899-397-3

6,00€ - 11 X 17,8 cm - 192 pages - 2010 - PAPERBACK



Bean sprouts, tofu, almond purée, agar-agar, tofu, miso, agave syrup—all ingredients that are beneficial for our health, but sometimes leave us perplexed because we are unfamiliar with them. Try these organic ingredients, and soon you won't be able to live without them.

100 SIMPLE STEPS TOWARDS A BETTER WORLD

100 PETITS PAS POUR UN MONDE MEILLEUR

EDWIGE BERNANOCE

978-2-84899-410-9

11,05€ - 15,2 X 15,2 cm - 256 pages - 2010



Thanks to very small gestures, you will be able not only to have a positive impact on the environment, but also on your health and pocketbook. Raise your own vegetables and herbs—even without a garden, use organic recipes to stay healthy, clean without polluting... Develop a few good reflexes from this book, or why not all 100!

Edwige Bernanoce, journalist and professional photographer, is interested in the whole range of environmental problems and is also active in numerous associations.

PERFECT LITTLE PRESENTS: NATURAL COSMETICS

MES PETITS CADEAUX COSMÉTIQUES BIO

MARIE BOUSQUET & CHRISTINE VANBREMEERSCH

978-2-84899-253-2

13,09€ - 15 X 21 cm - 160 pages - 2008



Have you ever wanted personalized gifts to give, to yourself or to others, for those special little occasions? This book proposes 45 ideas of natural beauty products to make yourself, for all occasions and all kinds of people. These ideas are easy and quick to make; they are also fun and 100% natural, so 100% popular!

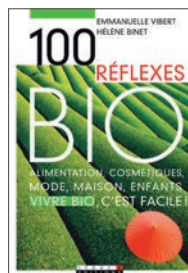
Marie Bousquet and Christie Vanbremeersch are bloggers.

Marie Bousquet is also a consultant in aromatherapy in a boutique specializing in natural products and author of the blog *lasourispavivore*, where she shares her beauty recipes with other Internet fans.

ECOLOGY: 100 REFLEXES*100 RÉFLEXES BIO***EMMANUELLE VIBERT & HÉLÈNE BINET**

978-2-84899-216-7

9,90 € - 13 X 19,3 cm - 192 pages - 2008



FOOD, COSMETICS, FASHION,
CHILDREN, THE HOME...

With these 100 reflexes, living more ecologically is fun, easy, and good for your morale, your health, and your pocketbook! A few ideas: germinate your own alfalfa sprouts, always shop with a reusable shopping bag, eco or washable diapers, ecologically sound shoe solutions, etc.

Sold to Spain

HOW TO CALM A CRYING BABY!*COMMENT CALMER SON BÉBÉ QUI PLEURE***CATHERINE GOURLAT**

978-2-84899-184-9

6,90 € - 11 X 17,8 cm - 325 pages - 2007 - PAPERBACK



AND 1,000 OTHER TIPS FOR
MOTHERS OF BABIES FROM
DAY 1 TO 1 YEAR

Baby has finally arrived... But the first weeks and months can be frustrating... What does (s) he want? What does (s)he need? Don't panic! With these tried-and-true tips for mothers, everything will be easier. Food, behavior, early learning behavior, health, safety, sleep: month by month, this guide will accompany you through your first year with Baby.