

365 • FLEURUS • MAME • MANGO • RUSTICA • VAGNON • SECRET D'ÉTOILES

# FOREIGN

# rights

SPRING 2025

ADULT  
BOOKS

BODY, MIND & SPIRIT  
COOKING  
CRAFTS & HOBBIES  
GAMES  
GARDENING & NATURE  
HEALTH & WELL-BEING  
OUTDOOR  
PARENTING





## MY FAVORITE QUICK RECIPES

A great series for anyone wanting to indulge themselves without spending hours in the kitchen. Each title offers 25 delicious recipes along with information to learn while cooking.

Hardcover / 17.5 x 22.5 cm / 80 pp / €10.00  
4 available titles

*New series*



**Burgers**  
S. Mahut



**Dips**  
Z. Armbruster & B. Gargadenec



**Ramen**  
Z. Armbruster & B. Gargadenec



**Cookies**  
Z. Armbruster & B. Gargadenec

## WHAT ARE WE COOKING FOR DINNER?

Each easel book is made up of three parts (one for starters, one for main courses, and one for desserts) to create original menus. With 104 recipes per section, that is a total of 1 million possible menu combinations! Books to never run out of meal ideas!

Easel book with wire-o / 25 x 13 cm / 108 pp / €14.99  
2 available titles

*New series*



**1 Million Menus for Every Day**  
D. Paslin & E. Thuillez

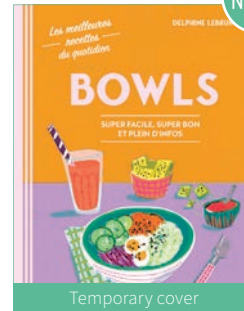


**1 Million Vegetarian Menus for Every Day**  
D. Paslin, C. Baillet & E. Thuillez

## THE BEST DAILY RECIPES

30 quick and delicious recipes per title for easy cooking every day! Essential recipes with photos, information and tips for learning while cooking... books to delight the eyes and taste buds!

Hardcover / 17.5 x 22.5 cm / 112 pp / €10.00  
10 available titles



**Bowls**  
D. Lebrun & F. Besse



**Vegetables**  
S. Mahut



**Tarts & Quiches**  
S. Mahut



**Vegan**  
D. Lebrun & C. Payen

## AIR FRYER RECIPES

By S. Augé & F. Besse

In each title, 50 everyday recipes for starters, appetizers, snacks, main courses, and desserts to make with an air fryer. Easy, quick, and healthy recipes with simple ingredients, along with menu ideas to suit everyone (vegetarian, vegan, gluten-free or even kid-friendly). How to get the most and the best from one's air fryer!

Hardcover / 19 x 24.5 cm / 144 pp / €15.00  
2 available titles



**Air Fryer**



**World Recipes with an Air Fryer**



NEW

### WORLD STREET FOOD TOUR

By D. Lebrun & A. Chemin

A sudden desire to travel? Take a culinary world tour with the best street food recipes. 80 quick and easy recipes for every day, perfect for small and large appetites, to discover and explore the flavors of the world.

Hardcover / 21 x 26.8 cm / 192 pp / €24.95

Temporary cover



### YATAI, JAPANESE STREET FOOD

By L. Kié & T. Fujii

True icons of the Japanese street food, yatai or food carts are essential in the Japanese lifestyle. In this book, best-selling author Laure Kié explores the best of Japanese street food, while strolling through the streets of Tokyo, Kyoto, and Osaka in the footsteps of an ancestral tradition. Recipes, photos, original illustrations by Takashi Fujii, addresses, and information for total immersion!

Hardcover / 21 x 26.8 cm / 208 pp / €31.95



### PORTO

By S. Da Silva & A. Chemin

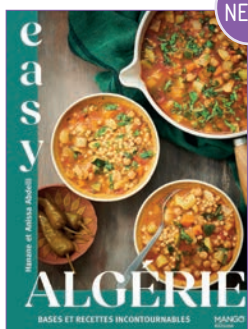
Porto is one of the most visited cities in Europe and offers a delightful Portuguese food tour. This culinary guide offers an exploration of gastronomy through a presentation of the Portuguese art of living, essential ingredients, institutions to visit, gastronomic itinerary advice for gourmets as well as 40 authentic recipes, with beautiful photographs. Bem vindo ao Porto!

Hardcover / 19.5 x 24 cm / 192 pp / €24.95

### EASY

Basic dishes from traditional world cuisines with step-by-step explanations on the ingredients and equipment, a chef's tips, and cultural anecdotes with more than 300 photos!

Hardcover / 18 x 24 cm / 144 pp / €15.00 to €16.95  
20 available titles



NEW

Easy Algeria  
H. Abdelli & F. Veigas



NEW EDITION

Easy Korea  
L. Kyung & S. Mahut



NEW

### NEW YORK

By E. Cino & A. Cosson

A vibrant and rich book bringing together the best and most authentic recipes from New York, celebrating an affordable, diverse, and irresistible cuisine. Along with the recipes, iconic culinary institutions and addresses to discover the city and its hidden treasures.

Hardcover / 21 x 26.8 cm / 192 pp / €27.95

Temporary cover



### SICILY

By E. Genovese & S. Mahut

A radiant and warm book gathering the best Sicilian recipes and breathtaking photographs. An authentic discovery of Sicily through its rich cuisine and culinary tradition in 60 sweet and savory recipes!

Hardcover / 21 x 26.8 cm / 192 pp / €27.95



### LA DOLCE PASTA

By C. Saturno & L. Calfapietra

For an evening with friends, a family meal, a romantic dinner... let's enjoy life by cooking pasta in all its forms thanks to this authentic book, including 30 recipes and valuable tips on ingredients and material!

Hardcover / 21 x 26.8 cm / 176 pp / €27.95

### ILLUSTRATED COOKBOOK

Best-selling series

Reference books fully illustrated by drawings to learn everything about world cultures and gastronomies. An amazing discovery of customs and flavors!

Softcover / 18 x 23 cm / 128 to 144 pp / €13.50 to €15.95  
9 available titles



The Illustrated Mexican Cookbook  
M. Ahumada & O. Sigal



The Illustrated Thai Cookbook  
C. Trieu & K. Inprung



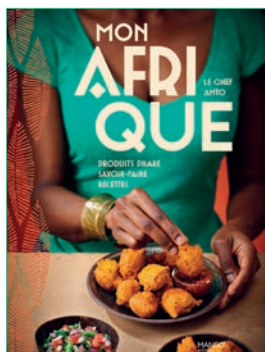


## TEATIME

By C. Prestwich & P. Soryano

Ready to enjoy an afternoon tea? This scrumptious book offers information on British history and culture, along with numerous photos for total immersion, and varied sweet and savory recipes. Scones, elegant sandwiches, small cakes: the best of the English lifestyle!

Hardcover / 18 x 24 cm / 144 pp / €17.95



## MY AFRICA

By A. Cocagne & A. Princet

Chef Anto Cocagne, of Gabonese origin, shares her best recipes, her key ingredients and how to use them, cooking classes, as well as tips and tricks for an authentic trip in Africa. More than a recipe book, a meeting and a culinary journey for a guaranteed change of scenery!

Hardcover / 21.5 x 29 cm / 198 pp / €31.95



## CHILI PEPPERS

By V. Drouet & P.-L. Viel

From sauces and appetizers to meat or fish dishes, and even desserts, chili peppers add an extra touch to the most basic recipes. Whether mild or downright explosive on the Scoville scale, the reader will find valuable advice and tips for choosing, handling, and dosing them, along with generous and delicious recipes.

Hardcover / 21 x 26.8 cm / 176 pp / €27.95



## BISTROT

By V. Drouet & P.-L. Viel

A scrumptious and friendly cuisine, with generous, hearty and no-fuss recipes... this book offers warm recipes to explore French traditional cuisine. Gourmet starters, main courses and desserts just like in a typical Parisian bistro!

Hardcover / 21 x 26.8 cm / 176 pp / €27.95



## THE BIG BOOK OF COCKTAILS

By F. Castellon & F. Lucano

A comprehensive guide with 200 cocktail recipes classified by main categories (vodka-based, rum-based, etc.): all the essentials, as well as more daring and alcohol-free options, tips and information... To your shakers!

Hardcover / 23.2 x 31 cm / 288 pp / €35.00



NEW EDITION

## HOMEMADE ALCOHOLS

By A. Blin & C. Zurbach

Smoothies, syrups, fruit wines, sparkling drinks... With just a few fruits, it is very easy to make delicious homemade drinks. This guide offers over 130 detailed recipes, with step-by-step photos, to master all the techniques and create delicious beverages for every occasion.

Hardcover / 17 x 22 cm / 144 pp / €14.95



## GLUTEN-FREE

By C. Ferreira & A. Chemin

For people with allergies, as well as those wishing to reduce or stop their gluten consumption, this book offers gourmet cuisine geared towards indulgence! With a review of all the basics for cooking gluten-free, information on how to grocery shop, and more than 80 varied savory and sweet recipes, everyone will easily prepare delicious meals!

Hardcover / 18 x 24 cm / 208 pp / €19.95

## HEALTHY & HAPPY

A great series for everyone wishing to eat well while taking care of their body and health. 50 recipes per title for a healthy and balanced diet, along with plenty of advice to stay on track!

Hardcover / 19 x 24.5 cm / 144 pp / €18.95  
2 available titles

New series



NEW

### Sports

N. Aubineau & E. Levesque



NEW

### Low GI

T. Renoult & E. Levesque

## NATURAL CRAFTS

Amazing projects with clear step-by-step photos to create unique home decoration objects or boho accessories. A fresh and modern approach to timeless techniques!

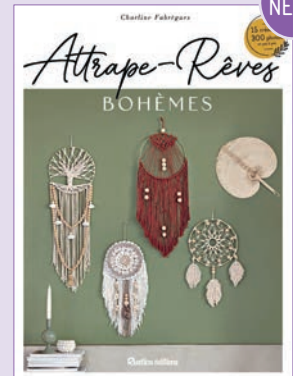
Hardcover / 19.2 x 26 cm / 144 to 160 pp / €17.95 to €19.95  
7 available titles



**Ceramics Without a Wheel**  
L. Maurel & C. Curt



**Macramé, My Fashion Accessories**  
V. Pugliesi



**Boho Dream Catchers**  
C. Fabrègues & C. Curt



## THE POTTERY HANDBOOK

A gifty reference guide, fully illustrated with step-by-step photos and illustrations, clearly summarizing the techniques, the material and essential knowledge about pottery, with and without a wheel.

Flexibound / 13 x 18 cm / 152 pp / €14.95



## HOMEMADE PAPER

Making paper at home is a creative and ecological activity, accessible to everyone! This book provides all the instructions for creating paper pulp and making sheets of paper (decorated, textured, two-tone, with plant inclusions...), along with 10 projects to use the paper: hand-stitched notebook, cut-out postcard, envelope, garland, woven paper planter, and more.

Softcover with flaps / 17 x 24 cm / 96 pp / €14.95



## THE BIG BOOK OF UPCYCLED PALETS

A mini greenhouse, a headboard, a toy box... this book features 50 projects made from upcycled pallets, with detailed assembly diagrams. A comprehensive and clear handbook for creating economical and eco-friendly items for the garden and home!

Softcover with flaps / 22 x 22 cm / 304 pp / €29.95



## CANING AND RESEATING

Aimed at expert crafters wishing to achieve the dexterity of a true professional, this is a must-have practical and precise reference book on an unchanged craft technique for restoring stools, chairs, and armchairs.

Softcover / 17 x 22 cm / 96 pp / €16.95



## A GUIDE TO HOME REPAIRS

Many everyday objects and devices end up in the trash even though some could have been repaired. A problem with the fridge, a leaking faucet, a creaking door... this handbook presents the principle of operation of 30 objects and their common failures that can be easily and safely fixed up without a pro!

Softcover / 16 x 22 cm / 112 pp / €14.95



## BUILDING A YURT

The contemporary yurt offers an ecological and sustainable alternative to traditional housing. This practical book provides comprehensive guidance through every stage of the project, from initial planning and reflection to material selection, construction, yurt layout, and life inside a yurt. A complete guide to a new way of living!

Softcover / 17 x 22 cm / 128 pp / €15.95



New series

## EASY CRAFTS

With its accessible and progressive approach, this series is the perfect gateway to creative hobbies for beginners. Each title introduces basic techniques through 10 easy projects, helping to develop one's creativity and skills!

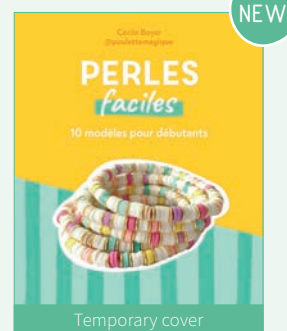
Softcover / 17 x 22 cm / 64 pp / €10.95  
3 available titles



**Easy Amigurumi**  
C. Polton



**Easy Accessories to Sew**  
S. Dumas-Ramos



**Easy Beads**  
C. Boyer

## LOVELY CROSS-STITCH

Hundreds of different models in cross-stitch per title, with original and clear grids made by best-selling authors. Charming patterns that can be embroidered on any support to personalize them: great sources of inspiration!

Softcover / 17 x 22 cm / 64 pp / €10.95  
5 available titles



**Flowers**  
M. Bonin, V. Enginger & C. Lacroix



**ABC**  
M.-A. Réthoret-Mélin



**Cats**  
S. Hélène



**Lovely Patterns**  
Aurelle, M.-A. Réthoret-Mélin,  
P. Samouïloff

## CROCHET WORKSHOP

By So Croch'

Lovely and modern projects in crochet, ideal for intermediate crocheters!

Softcover or hardcover / 17 x 22 cm / 64 to 96 pp / €10.50 to €16.50  
4 available off-series titles + 8 available titles in the original series



**The Big Book of Adorable Animals in Crochet**

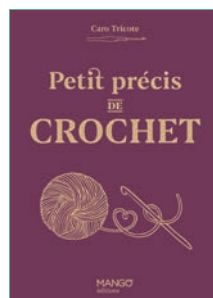


**The Big Book of Adorable Crochet Tea Party**

## THE NEEDLECRAFT HANDBOOK

The ideal gifts for all the needlecraft lovers: cute handbooks, fully illustrated with step-by-step photos and illustrations, clearly summarizing the techniques, the material and essential knowledge. Little books to always keep close at hand!

Flexibound / 13 x 18 cm / 144 to 152 pp / €13.50 to €14.95  
7 available titles



**The Crochet Handbook**  
Caro tricote



**The Machine Sewing Handbook**  
E. Grontec

New series

Best-selling series

## ABSOLUTE BEGINNERS

A series dedicated to absolute beginners looking for trendy and accessible projects, presented in step-by-step photos with all the technical bases to succeed!

Softcover with flaps / 20 x 25 cm / 80 to 96 pp / €13.50 to €14.95  
3 available titles



**Crochet Clothes and Accessories for Beginners**

J. Saint-Joanis



**Bags, Bumbags & Pouches to Sew**

I. Delbosse

## LITTLE HOMEMADE PRESENTS

10 simple, one-size-fits-all and foolproof DIY projects to prepare homemade presents. The perfect craft ideas for beginners to say proudly: "I made it myself"!

Softcover / 21 x 29.7 cm / 80 pp / €14.95  
4 available titles



**Little Presents to Sew**

L. Guyet



**Little Presents to Crochet**

J. Saint-Joanis

## LESSONS & IDEAS TO BEGIN

The perfect practical guides for beginners to learn the basics of a technique in about 20 lessons, with clear explanations in illustrated step-by-step and real-size patterns, to create simple and timeless must-have items.

Softcover with flaps / 21.5 x 25.4 cm / 80 to 108 pp + 2 real-size double-sided pattern boards / €16.95 to €20.95  
4 available titles



**How to Sew Your Clothes and Accessories**

C. Auzou



**How to Create Patterns**

E. Faurie



## COZY SOCKS

By C. Fourtune

12 sock models, ranging from baby to adult sizes, that can be personalized, along with comprehensive guidance to get started and improve knitting skills. A modern guide suitable for beginners to intermediate levels!

Softcover with flaps / 19.5 x 24 cm / 112 pp / €19.95

## FIRST STEPS – NEEDLECRAFTS

A series dedicated to beginners: each model presents one to three specific techniques that will be easily acquired by the readers while following the steps!

Softcover / 21.5 x 25.4 cm / 80 pp / €11.95 to €13.95  
9 available titles



**Crochet Patterns**

L. Bernard-Lamy



**First Steps in Upcycling Sewing**

A. Gayral



## THE BEGINNER SEAMSTRESS'S SURVIVAL GUIDE

By A. Gayral

This complete, exhaustive and humorous guide covers all the situations that seamstresses may encounter with their sewing machine (from material to interfacing, from pattern to ironing, from zigzag stitch to overcasting, etc.) to avoid or solve any problem. An educational and fun approach from a sewing teacher.

Hardcover / 20 x 25 cm / 208 pp / €25.00



## THE FINE ARTS HANDBOOK

The ideal gifts for all the fine arts lovers: precious handbooks, fully illustrated with step-by-step photos and illustrations, clearly summarizing the techniques, the material and essential knowledge. Little books to always keep close at hand!

Flexibound / 13 x 18 cm / 160 pp / €14.95  
5 available titles



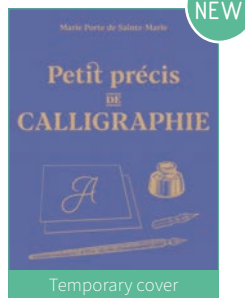
**The Watercolor Handbook**  
F. Brossolasco-Leclerc



**The Acrylic Handbook**  
B. Petit



**The Pastel Handbook**  
B. Petit



**The Calligraphy Handbook**  
M. Porte de Sainte-Marie

## FIRST STEPS – FINE ARTS

A series dedicated to beginners: each model presents one to three specific techniques that will be easily acquired by the readers while following the steps!

Softcover / 21.5 x 25.4 cm / 80 pp / €11.95 to €12.95  
6 available titles



**First Steps in Brush Lettering**  
N. Eternot

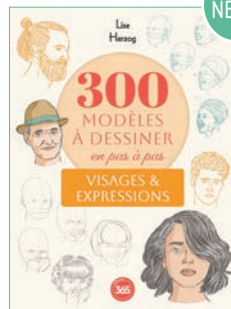


**First Steps in Drawing**  
L. Herzog

## 300 STEP-BY-STEP DRAWINGS

Starting from simple shapes, fine arts specialists present in each title 300 varied models, and some can be drawn directly in the book with the included drawing pencil or brush.

Flexibound / 15 x 20 cm / 324 pp + a brush or 384 pp + a pencil / €15.95  
5 available titles



**300 Models of Faces & Facial Expressions to Draw in Step-by-Step**  
L. Herzog



**300 Models to Paint with Watercolor in Step-by-Step**  
J. Simon

## EASY ART

A series to learn the basics of art techniques in a very easy and accessible way thanks to models and step-by-step exercises.

Softcover / 22 x 22 cm / 160 to 176 pp / €17.50 to €19.95  
9 available titles



**Easy Drawing**  
L. Herzog



**Easy Flawless Finish**  
L. Herzog



**Easy Perspective and Composition**  
L. Herzog



**Easy Nature Drawing**  
L. Herzog





## YUMMY WATERCOLOR

By C. Bellet

A beautiful book, made as a watercolorist's notebook, with all the bases to begin watercolor (mixing, wash, flat tint, shading, dilution...), step-by-step projects focused on yummy pastries, inspiring double pages...

Hardcover / 17 x 20 cm / 128 pp / €17.95



## FOUR SEASONS OF WATERCOLOR

By N. Cabioch

A charming introduction to watercolor for beginners, thanks to accessible step-by-step, in a fresh and delicate universe: equipment, basic techniques, working with colors and 60 models to practice. Each model focuses on a technique to easily practice blending, transparency, composition...and master the basics of watercolor!

Hardcover / 19 x 24.5 cm / 176 pp / €27.95



## ANIMALS IN WATERCOLOR

By D. Dion

All the bases to learn the specific techniques of animal sketching and watercolor (coat, feather, scale...) through 20 projects. The beginners can trace drawings to focus on watercolor, when the advance audience will be able to train their drawing technique as well.

Hardcover / 19 x 24.5 cm / 176 pp / €24.95



## DRAWING WITH COLORED PENCILS

By N. Ravier

This practical guide offers an introduction to drawing with colored pencils. Material, basic techniques, many varied models, technical focuses: everything to create authentic and colorful drawings!

Softcover with flaps / 21.5 x 25.4 cm / 160 pp / €24.95

## BLUR EFFECTS WATERCOLOR

By A. Villers-Hémery

Guides for beginners in watercolor to master the art of the blur effect. From the selection of supplies, choice and use of the colors, introduction to the techniques, to practicing them with models to reproduce thanks to detailed step-by-step instructions... inspiring artists will create soft and mesmerizing flowers!

Softcover with flaps / 21.5 x 25.4 cm / 144 pp / €24.95  
2 available titles



Flowers with Blur



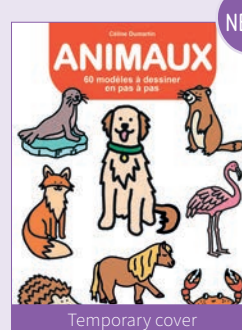
Gardens with Blur

New series

## DRAW EVERYTHING

Here is a series dedicated to beginners wishing to get started in drawing, with a simple and effective approach. Each title presents a gallery of 60 models to easily reproduce in 6 to 12 steps, thanks to simple and short explanations. Apprentice drawers, grab your pencils!

Softcover / 17 x 22 cm / 128 pp / €12.95  
2 available titles



Animals  
C. Dumartin



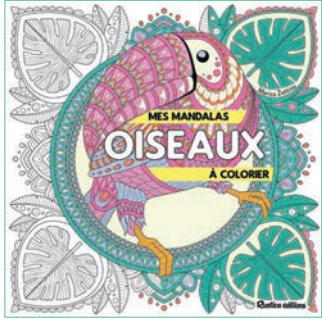
Manga  
E. Raffin

## MY NATURE MANDALAS TO COLOR

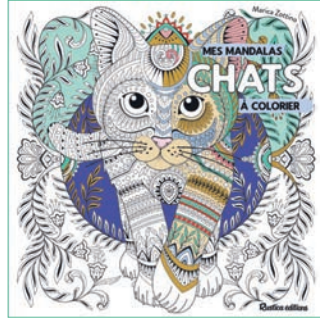
By M. Zottino

30 detailed full-page drawings per title, along with inspiring quotations, to connect with nature and spirit. A creative and relaxing activity!

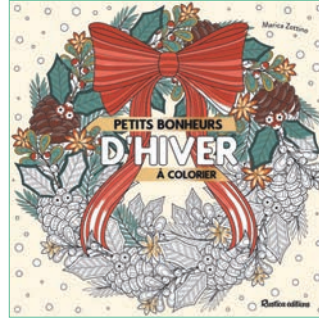
Softcover / 29.7 x 29.7 cm / 64 pp / €12.95 to €14.95  
10 available titles



My Bird Mandalas to Color



My Cat Mandalas to Color



Little Winter Joys to Color



Rose Mandalas to Color

## MY RELAXING COLORING BY NUMBER

By M. Zottino

The talented artist Marica Zottino presents 20 mystery coloring pages in these large-format titles, all centered around themes inspired by nature. The thick pages are easy to color and can be detached for use as decorations or gifts. To your colored pencils!

Hardcover / 27.8 x 35.5 cm / 40 pp / €10.95  
2 available titles

*New series*



My Cat Coloring by Number



My Bird Coloring by Number

## 300 COLORING

How to practice a relaxing activity all year round? By coloring! Each title offers 300 beautiful drawings to color. A practical format to take them everywhere with the bonus of a multi-lead pencil with 8 different colors!

Flexibound / 15 x 20 cm / 308 pp + 1 stackable colored pencil / €12.99 to €15.95  
2 available titles

*New series*



300 Mandalas to Color



300 Zen Coloring to Unwind

## MY BOOKMARKS TO COLOR BY NUMBER

By M. Zottino

After the success of her bookmarks to color, Marica Zottino is back with a charming series of bookmarks to color by number. A small, handy format for a calming and simple activity for everyone!

Pad / 5 x 19 cm / 43 bookmarks / €5.95  
3 available titles

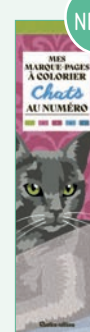
*New series*



Mandala Bookmarks to Color by Number



Flower Bookmarks to Color by Number



Cat Bookmarks to Color by Number



## ORACLE BOX

Inside each of these pretty boxes are 40 benevolent, positive and inspiring messages to be drawn each day. Great gifts for oracle addicts!

Cylindrical box / 9 x 9.8 cm / 40 cards / €11.95  
5 available titles



**Messages from My Angels**  
*S. Gentil*



**Messages from My Guides**  
*N. Myra*



**Messages from My Soul**  
*P. Hearts*

## ORACLES: DECK AND GUIDEBOOK

An enchanting series of oracle sets including 25 cards with original illustrations and a 64-page book to understand the cards symbolism and the different possible draws.

Set / 8.4 x 16 cm / 25 cards + a 64-pp softcover book / €14.95  
10 available titles



**The Bird Oracle**  
*A.-S. Casper & E. Gillard*



**The Witch's Sabbath Oracle**  
*A. Maccorvus & L.-A. Poquet*

## MY WELL-BEING ORACLES

These handy sets, easy to carry everywhere, include 25 cards with original illustrations and a 64-page book to learn more about the benefits of traditional practices and learn how to use the cards to improve one's well-being!

Set / 8.4 x 16 cm / 25 cards + a 64-pp softcover book / €14.95  
6 available titles



**The Magnetism Oracle**  
*A.-S. Casper*



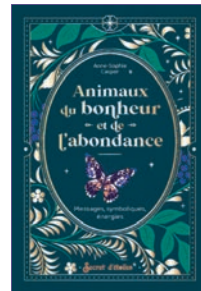
**The Song of Nature Oracle**  
*A. Volpi*

## SECRET MESSAGES FROM NATURE

By **A.-S. Casper**

Original and practical guides to connect with nature and its energies, and unlock one's mind for personal growth.

Hardcover / 12 x 17.4 cm / 112 pp / €13.95  
4 available titles



**Animals of Happiness and Abundance**



**Messages from Plant Spirit Totems**

## LITTLE TREASURE

A splendid series of beautifully printed small grimoires on classic witchcraft themes for precious gifts!

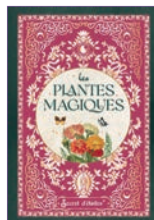
Hardcover / 8.5 x 12.3 cm / 112 pp / €10.95  
5 available titles



**The Mysteries of Alchemy**  
*L. Gineste*



**Witch Tools and Allies**  
*R. De Geetere & L. Vallée*

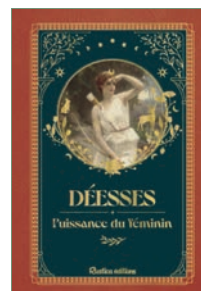


**Magical Plants**  
*S. Ribeiro*

## LITTLE PRECIOUS BOOKS

Beautifully crafted little books to learn about a fascinating and mysterious universe. A rich iconography, with engravings, painting reproductions and ancient illustrations.

Hardcover with foam / 11.5 x 17 cm / 144 pp / €13.95 to €15.95  
17 available titles



**Goddesses**  
*L. B. Mestrel*



**The Mysterious Black Cat**  
*N. Semenuik*



## THE MAGIC OF DRAGONS

By R. de Geetere

Who are the dragons? Mythical creatures populating tales and legends? Or powerful spiritual guides accompanying one's reflections and choices? In this theoretical and practical guide, the author offers a whole initiatory journey: identifying dragons, establishing communication, adopting their codes and their wisdom, implementing draconic care and rituals.

📖 Hardcover / 17 x 24 cm / 144 pp / €19.95

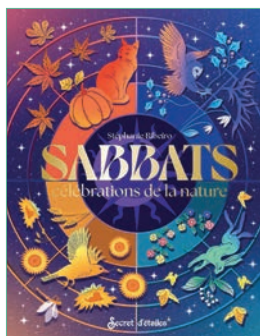


## MAGIC AND RITUALS OF ANCIENT EGYPT

By C. Suldrun

The author guides readers to the heart of the ancient magic of Egyptian civilization unveiling its traditions and rituals. Wisdom, divinatory arts, the creation of talismans and amulets, the use of plants and crystals... all the keys to reconnecting with the divine and exploring the depths of one of the world's oldest esoteric practices. A new perspective to enrich modern spiritual experience.

📖 Hardcover / 17 x 24 cm / 176 pp / €19.95



## SABBATHS, CELEBRATIONS OF NATURE

By S. Ribeiro

In this rich reference book, the author shares all her witch's knowledge to offer a precious and complete grimoire dealing with each of the 8 sabbaths of the wheel of the year, with more than 150 rituals and recipes to reconnect to the rhythm of nature and seasons, to celebrate pagan holidays!

📖 Hardcover / 18.5 x 24 cm / 368 pp / €32.00



## BETWEEN THE VEILS OF REALITIES

By C. de Leenheer

This book invites readers on a soul journey beyond the tangible limits of existence. Lower and higher realms, astral planes, crossing points... a wonderful practical guide to learn how to lift the veils separating us from hidden dimensions and embark on a quest of knowledge, guidance, and spiritual elevation.

📖 Softcover / 17 x 24 cm / 160 pp / €18.95



## MAGICS

By A.-S. Casper

This guide, accessible to beginners, introduces the basic principles of five different types of magic that make up the world of witchcraft (white, green, yellow, blue, and red). Each magic is explored in detail, including its associated elements, chakras, symbols, sacred tools, rituals, etc.

📖 Softcover / 17 x 22 cm / 128 pp / €14.95



## PERCEIVING SIGNS FROM THE AFTERLIFE

By M. Biollo

What are the signs from the afterlife? How to decipher them? How to refine perceptions of these signs? A valuable guide to learn how to identify and decode all the signs sent from the spirit world, written by a medium author trained in supporting the deceased and their families.

📖 Softcover / 14 x 21 cm / 144 pp / €14.95



## THE WITCH'S FAMILIARS

By C. Paradot

This work presents all the witch's familiars, from everyday animals to guide and chimerical animals, along with rituals to bring their magic into one's practice, amplify one's power and to bond with them.

📖 Softcover / 17 x 22 cm / 128 pp / €14.95



## THE GUIDE TO PALM READING

By M. Soucas

A palmistry specialist guides beginners to understand and interpret the shapes and lines of the hand. An accessible book to understand the subtleties of reading the future in the lines of the hand, with explanatory and visual illustrations to facilitate learning.

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NEW

### 101 MAGICAL RITUALS TO CHANGE YOUR DAILY LIFE

By Elysabel

How to transform one's daily life? A witch and fortune teller presents a benevolent approach to witchcraft, offering 101 simple magical rituals to explore magic through a joyful and nurturing practice. Abundance, love, happiness, protection, health... quite a program!

Softcover / 17 x 22 cm / 192 pp / €15.95



### LOVE MAGIC

By C. Paradot

Sexual and love magic is one of the oldest magical practices in the world! This accessible guide covers all aspects of this magic, enabling people to influence mysterious energies and forces to attract love and passion into their lives, and experience fulfilled sexuality.

Softcover / 17 x 22 cm / 96 pp / €12.95



### KABBALISTIC MAGIC

By M. Pauze

Modern esoteric movements use the foundations of Kabbalah, an ancient spiritual tradition, for practices aimed at illuminating one's path in life. Meditation, protections, perception of divine manifestations: a practical guide to understanding the workings and subtleties of Kabbalistic magic.

Softcover / 17 x 22 cm / 128 pp / €14.95

### MY MAGICAL TOOLS

Accessible and practical guides to explore fascinating techniques to light one's path. Each title offers first a theoretical part with an introduction to the basics of the practice, followed by more than 30 detachable models with QR codes to download and print them, with detailed exercises and spaces to complete.

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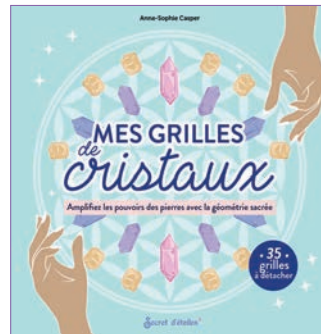


### ENERGY PROTECTION PROTOCOLS

By La Lightworkeuse

Being concerned about the circulation and protection of energies should be as normal as taking care of one's physical body and emotional well-being. This practical guide empowers everyone to be proactive in their energy protection with clear and effective protocols and exercises!

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### My Crystals' Grids

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NEW

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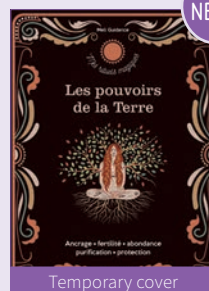
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L. Vallée



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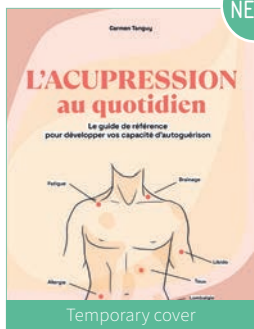
### The Witches Remedies & Potions

M. N. Denis & F. Denis



### Preserving My Vital Energy

C. Chermeux

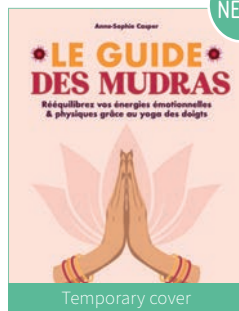


## DAILY ACUPRESSURE

By C. Tanguy

Acupressure is a gentle treatment method which aims to stimulate acupuncture points with the fingers and helps relieve everyday aches and pains. Cramp, migraine, dull complexion... the guide offers solutions to treat 124 disorders and ailments divided into 3 parts: health, well-being and beauty, and emotions.

Softcover with flaps / 18.5 x 24 cm / 288 pp / €27.00



## THE GUIDE TO MUDRAS

By A.-S. Casper

Mudras are simple finger gestures and positions, to be practiced anywhere. They help vital energy circulate, alleviate various ailments, and bring harmony to one's life. This comprehensive guide enables readers to learn all the mudras and effortlessly rebalance emotional and physical energies!

Softcover / 17 x 22 cm / 176 pp / €19.95



## MY REFLEXOLOGY CARDS

By A.-S. Casper & A. Alzieu

Reflexology is an alternative medical practice involving the application of pressure to specific points on the feet, ears, and hands. This large format book will allow readers to understand and practice it easily. 25 disorders and illnesses to be treated are the subject of a detailed focus on detachable pages, with for each the reflex points to be stimulated and a short explanation on the circuit to be carried out.

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## THE BIG GUIDE TO ENERGY HEALING

By A.-S. Casper

Traditionally, in Chinese and Indian medicine, the proper circulation of energy helps prevent and treat illnesses. This comprehensive book on energy healing techniques provides a holistic approach to health and well-being, offering simple and effective energy solutions, accessible to all and easy to put into practice.

Softcover with flaps / 18.5 x 24 cm / 192 pp / €27.50



## PLANTS AND REMEDIES OF HILDEGARD OF BINGEN

By S. Stulzaf

Hildegard of Bingen initiated the holistic naturopathic approach linking body and spirit, man and nature, soul and the cosmos. This book offers a selection of 70 of her favorite plants, foods and spices to take care of one's diet and health thanks to recipes and ancestral remedies.

Softcover / 17 x 22 cm / 128 pp / €14.95



## NATUROPATHY: 70 FOCUSES TO GUIDE ME ALL YEAR LONG

By A.-L. Jaffrelo

A straightforward and practical approach to naturopathy with concise texts answering readers' questions, along with tests to learn more about themselves (food, sleep, stress, ...) and find advice and recipes to improve their health.

Softcover / 15 x 21 cm / 176 pp / €14.95

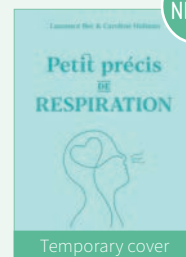
## THE WELL-BEING HANDBOOK

A series of essential guides for naturally and daily caring for one's health. An illustrated approach including all the benefits and basic concepts of each medicinal alternative.

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L. Pinsard



The Breathing Handbook  
L. Bec & C. Hofman



The Reflexology Handbook  
C. Gaspar



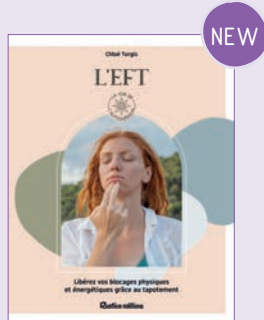
The Chinese Medicine Handbook  
G. Donguy, P. Perli & A. Tardif



## THE WAY TO SELF HEALING

Anxiety, pains, insomnia, grief, tiredness can be softened or treated by non-pharmacological methods. This series has a holistic approach to health, with alternative methods to stimulate the capacities of the body to regenerate and heal the body and mind.

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C. Turgis



**Feng Shui**  
A.-S. Droulez



## MY ANTI-STRESS GUIDE

By L. Martinat

Laure Martinat is a doctor and expert in phyto-aromatherapy, micronutrition, and acupuncture. In this comprehensive and illustrated guide, she presents original and easy-to-implement solutions for combating stress, with clear explanations to help understand the triggers of nervousness, and precise exercises to address them on a daily basis.

Softcover with flaps / 17 x 24 cm / 144 pp / €16.95



## THE BIG BOOK OF MEDITATION

By C. Barry

An illustrated guide to start, at any time of the year, or improve in the practice of meditation, week after week, with numerous exercises.

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## AESTHETIC MEDICINE AND SURGERY WITHOUT TABOO

By Dr. P. Petit Paillard & A. Petit

A nurse and a plastic surgeon, accustomed to supporting people in their quest for self-fulfillment, provide in this book a real overview of the relationship to beauty in our societies. A book for those who are considering the possibility of embarking on an aesthetic modification, offering them a "reasoned" approach to cosmetic surgery.

Softcover / 17 x 24 cm / 160 pp / €16.95

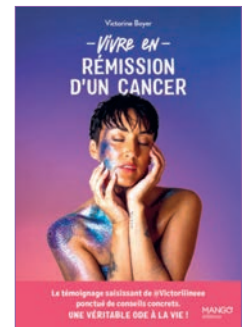
## LIVING WITH

Each title is the account of the author's experience and difficult journey, brought to life with humor and lightness, to understand the diagnostic wanderings, prejudices associated and reality of their medical condition or disorder. The content is completed by specialized doctors, providing medical details and explanations.

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E. Couval & Dr. C. Fréville



**Living in Remission from Cancer**  
V. Boyer



## I MANAGE MY MENOPAUSE

By Dr. Odile Bagot & C. Terrier

Fluctuating hormones, muscle and bone loss, sudden urges to cry, and hot flashes: menopause is an inevitable stage in a woman's life, but it can be experienced in a much more fulfilling way than before. A gynecologist provides all the tools to navigate this challenging period smoothly, explaining, without taboo and with humor, the changes taking place and what can be done to regain control.

Softcover / 17 x 24 cm / 144 pp / €16.95



## RELIEVE INFLAMMATION NATURALLY

By M. Le Gouvello

Chronic inflammation reflects our lifestyle (stress, fatigue, diet, etc.) and is a pre-existing factor in the development of diseases. This book helps readers understand what it is, what triggers it, and how to detect it to treat it more effectively. It offers advice and methods for natural naturopathic treatments, enabling action without medication!

Softcover / 17 x 22 cm / 192 pp / €19.95



## THE SECRETS OF A NATUROPATH FOR A BEAUTIFUL SKIN

By C. Tanguy

In this complete and accessible guide, a naturopath presents natural actions to have healthy skin. Simple explanations, a 21-day program adapted to each skin type, self-massage and facial yoga techniques to reduce the effects of aging, acupressure techniques to relieve skin problems...

Softcover / 17 x 22 cm / 128 pp / €14.95

BEST-SELLER



## HELLO ANXIETY

By M. Coiffard & M. Villette

Anxiety is a natural feeling that can affect anyone. This book allows readers to understand the feeling and learn how to manage it. A didactic and benevolent approach to talk about mental well-being.

Softcover / 17 x 24 cm / 160 pp / €16.95



## THE ENJOY METHOD: MY ANTI-STRESS SOLUTION

By E. Jacquemond

The ENJOY method was developed by a well-being specialist to help her patients cope with stressful situations and overcome negative emotions using various tools (breathing, cardiac coherence, art therapy, meditation... ). Fueled with personal accounts, this exercise handbook offers 14 solutions to overcome stress, boost self-confidence, and achieve one's goals.

Softcover with flaps / 15 x 21 cm / 96 pp / €12.95

NEW EDITION



## I STOP SCROLLING!

By T. Dumas

Is it possible to free oneself from the influence of the cell phone? Yes! Thibaud Dumas, a doctor in neuroscience specialized in the relationship between the brain and new technologies, provides exercises and practical advice to free oneself from the influence of digital technology and discover the consequences of screen time on the body, brain, and environment.

Softcover with flaps / 17 x 24 cm / 144 pp / €16.95



NEW

## WHAT IF I GOT ORGANIZED?

By J. Bizouard

A practical and effective guide to focusing on the essentials when organizing one's home and daily life. A clear coaching approach that presents the key principles of organization, with an action plan for the home, time management, and organizing the events of one's life!

Softcover / 17 x 22 cm / 144 pp / €14.95



## 50-YEAR-OLD: DARE TO CHANGE!

By S. Espellet

Organized in 7 steps, this companion for people in their fifties helps them better deal with changes, rebalance their needs, and refine their personal goals. With a positive tone, the author provides all the useful keys for good physical and mental health, along with exercises to reduce stress, relaxation...

Flexibound / 16 x 21 cm / 224 pp / €17.95



## CREATING TO BE HAPPY

By O. Cochet

Art-therapy is a simple practice with several benefits, from reducing stress, improving self-esteem, to fostering personal growth. The author presents an approach based on various arts (music, dance, drama, collage, drawing...) through exercises that can be done directly in the book.

Softcover / 17 x 22 cm / 96 pp / €13.95



## FRIENDSHIP, A USER'S MANUAL

By V. Laval & Lavilletlesnuages

While we know that it is necessary to take care of a romantic relationship, we sometimes think that friendships happen effortlessly. However, like any relationship, it needs to be nurtured! Where to meet new people? How to deepen and nourish the relationship? Is it possible to manage a conflict, a gradual distancing, or a breakup? This book provides tips on how to live friendships to the fullest and maintain healthy, balanced relationships.

Softcover / 17 x 24 cm / 160 pp / €16.95



## DAUGHTERS OF OUR MOTHERS

By A.-F. Salvetti-Lionne & M. Dagnet

Mother-daughter duos and the transgenerational bond between women are fascinating! This illustrated essay offers a positive and psycho-social approach to this relationship, acknowledging its difficulties while also highlighting the beauty of this unique bond.

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## SUPER EASY!

Over 40 exercises per title, clearly explained in step-by-step photos, to improve one's strength and flexibility at home, and relieve common pains! For each pose, the author highlights the common mistakes for a safe practice.

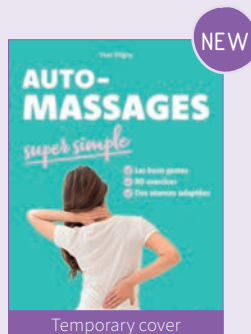
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V. Allibe



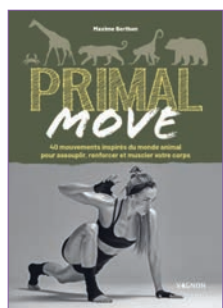
Super Easy Wall Pilates  
M. Manzone



Super Easy Self-Massages  
Y. Bligny



Super Easy Core-Strengthening Exercises  
A. Leblowski

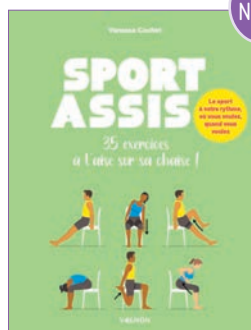


## PRIMAL MOVES

By M. Berthon

This practical guide presents 40 exercises and training programs, without equipment, to build muscle by reproducing movements inspired by the animal world: bear, frog, crab, duck, tiger, etc.

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## SEATED EXERCISES

By V. Cochet

35 exercises, movements and postures to practice sitting on a chair, at home, for simple sports practice. An uninhibited and accessible approach to sport for all.

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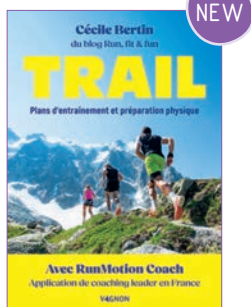


## MOVE!

By T. Vincent

An osteopath, also a physical trainer, presents in this guide more than 50 exercises with little or no equipment to stay in shape and in good health! Guided sessions with multiple benefits: prevention to gain mobility, healing to treat pain and joints, fitness, muscle, and joint strengthening!

Softcover / 15 x 21 cm / 144 pp / €14.95



## TRAIL: TRAINING PLANS &amp; PHYSICAL PREPARATION

By C. Bertin & Runmotion

This comprehensive guide brings together all the advice needed to achieve a trail runner's goals, regardless of their level: equipment selection, training plans, nutrition, health, physical and mental preparation... and tips from athletes!

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## OBSTACLE COURSE

By M. Berthon

A guide for athletes to better understand their body, manage their efforts, enjoy the benefits of nature, all without a gym club subscription or specific equipment! All the advice they need to practice bodybuilding outdoors and reproduce obstacle courses.

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## GETTING READY FOR A MARATHON

By C. Chastel & S. Cariant

The comprehensive guide for aspiring marathoners to become finishers! Tests to assess their level and adapt training plans, diet, gear, muscle strengthening, race ideas to get started... A guide with a lively tone, written by two complementary authors: a sports coach for the technical aspects and a runner for personal experience.

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E. Poliméni & M. Luthringer



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## IN THE MIND OF BABIES

**By F. Millot & La Grande Lizon**

What do babies see? Do they hear like us? What do they feel? A psychologist answers the questions of parents by asking them to put themselves in their baby's shoes to understand their needs. A sweet and educational approach, based on the latest scientific research, with practical advice and illustrations.

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## PSYCHOMOTOR DEVELOPMENT FROM BIRTH TO 18 MONTHS

**By P. Pavy, C. Rault & L. Herzog**

The perfect guide for parents of little ones: easy-to-set-up activities that require no home adjustments, insights based on the latest scientific advances, feedback from psychomotor experts and early childhood specialists, and over 60 illustrations and 30 videos to quickly grasp the key concepts.

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## LITTLE STORMS AND BIG CHANGES

**By E. Chubilleau & L. Clerbaut**

The development of children from 0 to 3 can lead to crisis or issues regarding emotion management. A professional childcare assistant gives useful advice and practical tools to understand each step and help parents to overcome obstacles.

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## LANGUAGE DEVELOPMENT FROM BIRTH TO 6

**By J. Thibaut & L. Piroux**

An essential guide for parents at a time when there is growing awareness of children's language development delays, particularly due to early overexposure to screens. A speech therapist gives clear explanations to fully understand all aspects of the question, tips and advice that are easy to implement.

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## TOOLS FOR PARENTS

**By S. Chokron & Solenne et Thomas**

Practical and effective solutions to deal with common problems among children aged 2 to 8. On one side, a 4-page booklet for parents to know how to use the tool. On the other, a board that the children will use to progress and grow at their own pace.

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Both practical and fun, this board will allow parents to help their child smoothly stop using the pacifier! On the front, a habit chart to visualize the times when children are used to taking their pacifier. On the back, a table of goals and a weekly schedule to follow their progress day after day using electrostatic stickers. A great tool along with advice by a neuropsychologist in an explanatory booklet.

Softcover / 33 x 23 cm / a 4-pp leaflet + a double-sided board + 75 stickers / €12.99







### THE COMPLETE HEALTH GUIDE FROM 0 TO 16

By Dr. E. Delmas & O. Meklemberg

A practical guide written by a pediatrician covering the major illnesses from ages 0 to 16, with a visual and immediate approach to symptoms using diagnostic trees to answer all parents' questions!

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### MY CHILD'S ANXIETY

By Dr. A. Sénéquier & S. Bouxom

Ecoanxiety, information overload, omnipresence of screens, (cyber) bullying... so many factors add to the pressures felt by children. In this illustrated guide, a child psychiatrist supports parents towards a better understanding of their child's anxiety and gives a multitude of practical tips to help them better manage their daily anxiety.

Softcover / 17 x 24 cm / 176 pp / €17.95

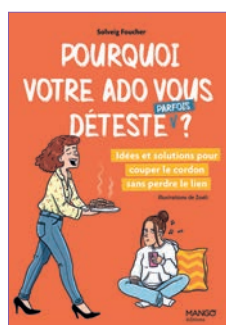


### DO YOU LOVE ME WHEN YOU ARE MAD AT ME?

By Dr. M. Touati-Pellegrin & R. Lefebvre

The questions of children can be challenging for parents, especially when they concern love, the body, family, illness, death... A child psychiatrist answers to 18 common questions from children from 3 to 6 by deciphering what is behind (what fear, need, desire...). Each question is put into perspective with a story of a child. An original approach to help parents find their own answers, based on their experiences and values.

Softcover / 17 x 24 cm / 144 pp / €15.95



### WHY DOES YOUR TEENAGER (SOMETIMES) HATE YOU?

By S. Foucher & Zoéli

Teenagers ask and need room to grow, but this does not mean that they no longer need their parents, quite the contrary. As a parent, the balance between presence and distance is not easy to find, especially when you feel rejected... or even hated. With a lot of humor, the author gives multiple keys to cut the cord with the teenagers, while keeping the essential bond during this tricky phase!

Softcover / 17 x 24 cm / 160 pp / €16.95



### MOVING MOM

By C. Dumont & M. Villette

After carrying and giving birth to a baby, a woman's body undergoes significant changes. An osteopath trained in perinatal support offers a program designed to enhance well-being, by encouraging new mothers to gradually reintroduce physical activity at their own pace during the first year after childbirth.

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### THE COMPLETE GUIDE TO THE SECOND CHILD

By A. Nativel Id Hammou & O. Meklemberg

The arrival of a second child in a family requires adjustments, for the parents and for the elder child. In this guide, a psychologist provides keys to understanding, tools and personal accounts to help the family cope with this great change.

Softcover / 17 x 24 cm / 128 pp / €15.95

### MY SUPER FAMILY

Advice and personal accounts to raise a child nowadays are gathered in these lavishly illustrated guides, with humoristic colored drawings, written by experienced authors.

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B. Perrier & Lavipo



The Super Future Dad's Guide  
B. Perrier & Lavipo



The Super Grand Parents Guide  
I. Prigent-Chesnel & Lavipo

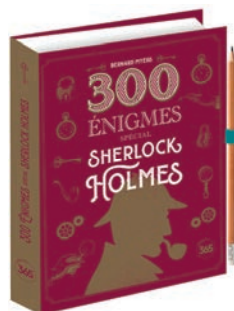
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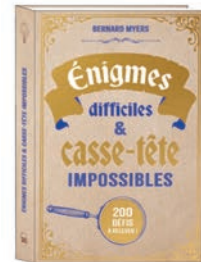
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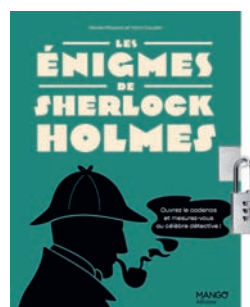


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A series of logical games that begin with the books in hand: to open them, players must start by finding on the covers the code for the padlocks. Once opened, players will heat up their gray cells by solving 80 puzzles!

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C. Bailleur



**Tell Me You Are Becoming an Adult Without Telling Me You Are Becoming an Adult**  
C. Latron

**ONCE UPON A TIME... THE LIFE OF NEW PARENTS**  
By MaY Fait Des Gribouillis

All parents know the mixture of extreme happiness and deep fatigue that follow the first years of parenthood. With humor and tenderness, MaY illustrates anecdotes from her daily life for young parents who will inevitably recognize themselves. A hilarious and sweet take on parenthood!

Softcover with flaps / 17 x 24 cm / 176pp / €16.95





NEW

### ROM-COM COLORING BOOK

By Jipègue

The ideal entertaining coloring book for all romance fans! Each double-spread presents on one side a cult scene from a romantic comedy to be colored and on the other a quote from the movie. A new way to explore and enjoy some of the most classic rom-coms!

Softcover / 19.5 x 28.8 cm / 64 pp / €12.99



NEW

### THE ROMANCE LOVERS CLUB'S READING JOURNAL

Who has never wished to recommend a book but was not able to remember its title? Or started one before realizing they've already read it? Or wanted to remember what they felt while reading it? This reading journal for romance fans will allow them to log all their reading experiences! Each month, they will be able to fill out pages to record the number of books read, note their comments, keep track of their to-read list, ...

Flexibound with an elastic band / 14.2 x 21 cm / 216 pp + 4 sheets of stickers + 1 pocket + 1 ribbon marker / €12.95



NEW

### THE ROMANCE LOVERS CLUB'S GAMEBOOK

By L. Jones

Hopeless romantic, fans of bad boys, experts in slow burn... this gamebook is made for romance lovers! Through tests, puzzles and various games, they will dive into the world of novels that accelerate their heart rate... an invitation to rediscover beautiful romances while having a great time!

Softcover / 19.5 x 28.8 cm / 64 pp / €9.95

## I WOULD LIKE TO KNOW MORE ABOUT YOUR LIFE

By M. Barakat-Nuq

Thanks to these books, members of a family will be able to retrace their family history and pass it on! Organized into different chapters following a life journey, each will guide the narrators in transcribing their memories using questions, to keep precious memories by sticking photos in the dedicated spaces or write freely what they wish to entrust to their descendants.

Hardcover with foam / 21.3 x 25.6 cm / 144 pp / €19.95  
3 available titles



NEW

Mom, I Would Like to Know More About Your Life  
L. M. Volange



Grandma, I Would Like to Know More About Your Life  
L. M. Volange

## IT'S UP TO YOU!

These novels differ from classic books as readers take the decisions for the heroine and impact the outcome of the story with 4 possible endings. Well-written novels, full of passion and surprises for lovers of new adult romance!

Softcover / 14 x 21 cm / 384 pp / €16.99  
4 available titles



Love, Set & Match  
L. M. Volange



A Heart to Melt  
L. M. Volange



NEW

How to Ruin Your Sister's Wedding  
C. Lenge



NEW

Love, Secrets & Gelati  
C. Lenge



NEW

## INSTALLING A BEEHIVE IN MY GARDEN

By H. Clément

Installing a few hives in a garden to produce honey and discovering the fascinating world of bees is within everyone's reach thanks to this book. A professional beekeeper provides all the information needed to install and take care of the beehive throughout the seasons, harvest, condition, and store honey...

Softcover / 15 x 21 cm / 80 pp / €9.95



NEW

## OBSERVING WILDERNESS AT NIGHT

By M. Luchesi & M. Ta

An incredible guide to discovering the secret wonders of nature at night. All the advice to prepare well for observing (how to dress, useful accessories, attracting animals, etc.) all kinds of animals in all kinds of places (at home, in gardens, meadows, woods, mountains, by the water, or in the city)!

Softcover / 15 x 21 cm / 128 pp / €14.95



NEW

## GAMES & ARRANGEMENTS FOR MY CAT

By Kats & co

A feline behaviorist helps humans better understand their cat's needs and improve their home for their well-being! Indoor or outdoor games and arrangements (depending on the cat's age, new arrivals, etc.), as well as practical advice and step-by-step DIYs.

Softcover / 17 X 22 cm / 128 pp / €14.95



NEW

## THE HORSE

By C. Bourset

Through extensive research and interviews with ethologists and stakeholders from the equine world, the author gives a fascinating portrait of the horse, a hypersensitive animal. An accessible essay of popular science to rediscover an animal that is both familiar and mysterious.

Softcover / 14 x 21 cm / 176 pp / €4.95



NEW

## GROW YOUR SPICES

By R. Elger

Whether gardeners have a garden or only a balcony, it is possible for them to grow certain spices and condiments. This handbook shows how to grow 24 plants, from turmeric to ginger, including Sichuan pepper, coriander, cumin, and chili pepper. Roots, berries, leaves... everything to brighten up dishes!

Softcover / 17 x 19 cm / 80 pp / €12.95



NEW

## 50 FREE PLANTS

By L. Renault

How to have more plants without spending money? A specialist has selected 50 plants (houseplants, vegetable plants, perennials, etc.) to multiply endlessly in a few simple steps: cuttings, seed harvesting, division, etc. A practical book which covers the basics of propagation within the reach of beginner gardeners.

Softcover / 15 x 21 cm / 64 pp / €8.95



NEW

## 10 CITRUS FRUITS TO GROW ANYWHERE

By L. Vinas

What advice shall we give to gardeners looking for fruit trees that can grow anywhere, whatever the climate? Grow citrus trees! Laurent Vinas, a nurseryman specializing in the cultivation of multiple citrus varieties, offers here a selection of ten trees and offers valuable advice for growing citrus fruits: light and temperatures, watering, fertilization, wintering, repotting, etc.

Softcover / 17 x 19 cm / 80 pp / €12.95



NEW

## CREATE YOUR ISLAND OF FRESHNESS

By S. Ligny

How to be more comfortable when intense heat is getting more common during Summer? By rethinking terraces, gardens and courtyards to bring freshness! A specialist gives planning boards to adapt to climate change, with a selection of plants and solutions adapted to all situations: walkways, climbing plants, pergolas... everything to make temperatures pleasant during Summer and be protected against heatwaves!

Softcover / 17 x 22 cm / 144 pp / €17.95



## TRANSITION IN THE GARDEN

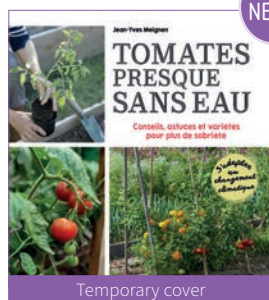
By J.-Y. Meignen

With recurrent droughts and water cuts during Summer, saving water is a growing question for the gardeners. In these practical guides, they will learn how to improve water retention of the soil, use mulching, add shadow with specific plants.

Softcover / 17 x 19 cm / 80 pp / €10.95  
3 available titles



A Garden Almost Without Water



Tomatoes Almost Without Water



A Vegetable Garden Almost Without Water

NEW

## FAREWELL TO MY GARDEN'S ENEMIES

By J.-Y. Meignen

These little guides, suitable for beginners, offer 50 practical and natural tips per book to get rid of unwanted pests in gardens and houseplants!

Softcover / 14.3 x 14.3 cm / 64 pp / €8.95  
2 available titles

New series



Farewell Slugs and Other Crawlers That Devour My Salads  
R. & M. Motte



Farewell Mealybugs and Other Critters That Decimate My Houseplants  
Vertbobo

NEW

NEW



## THE BEGINNER GUIDE TO VEGETABLE GARDENING

By T. Noclercq

4 years ago, Thomas knew nothing about vegetable gardening... His family is now self-sufficient in vegetables! With his infectious good humor and photos of his garden throughout the seasons, he advises beginner gardeners. A complete guide to bringing vegetable garden dreams to life!

Softcover / 18.5 x 24 cm / 208 pp / €19.95



## SPACE OPTIMIZATION IN THE VEGETABLE GARDEN

By S. Chazal

Here are the author's tested and approved methods for increasing harvests on small spaces: cultivating everywhere (fences, against walls, at the foot of trees, etc.), gaining height (tipis, structures for climbers) and densifying crops. A guide to taking advantage of every square centimeter!

Softcover / 17 x 22 cm / 96 pp / €12.95



## MY FIRST GARDEN

By M. Erlick

A great guide to creating a first garden with seasonal, practical, and fun advice perfectly suited to beginners, taking into account surfaces and constraints.

Hardcover / 19.2 x 26 cm / 144 pp / €19.95



## THE INDESTRUCTIBLE PLANTS IN A VEGETABLE GARDEN

By R. Elger

A practical and valuable guide for all gardeners looking for plants that will resist everything for guaranteed harvests. Here is a selection of nearly 50 plants that grow back every year, reseed or resist diseases and pests.

Softcover / 17 x 22 cm / 144 pp / €14.95

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