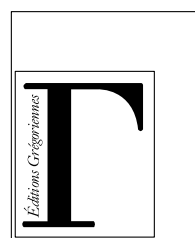




forforeign
RIGHTS

2022





Blandine Calais-Germain

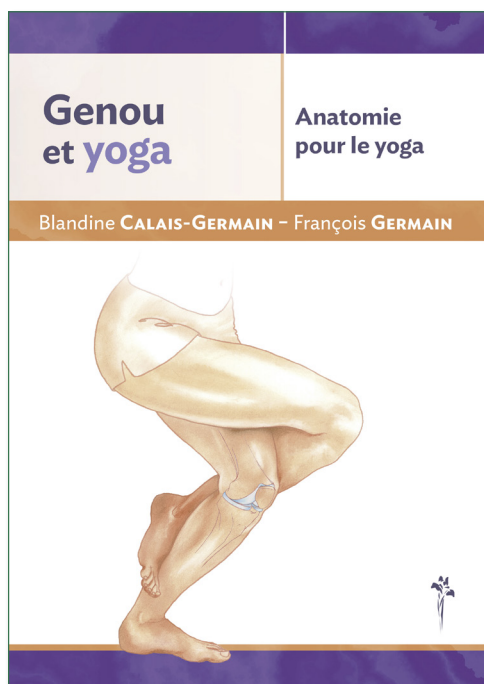
Physiotherapist and dance teacher, **Blandine Calais-Germain** developed an original teaching method linking anatomy and body techniques. For 35 years, she has given anatomy training courses. Author of several books such as: *Anatomy of Movement, Breathing, Female Perineum, Abdos without Risk, etc.*, translated into 19 languages, she takes part in the forum postural anatomy of the magazine *Esprit Yoga*. In 2015, she launched the diploma course **AnatomYoga®**, a comprehensive training in applied anatomy for yoga teachers.

AnatomYoga® Diploma Course: comprehensive training in descriptive and functional anatomy ensure professionals to work in the knowledge and respect of the body's structure.

Teaching and conferences in institutions or schools:

Eva Ruchpaul Institute, institution of higher education (Yoga) -

Training course: *Les ailes du Yoga* (Ashtanga Yoga - Paris) and BYC (Barcelona Yoga Conference).



Knee & Yoga

224 pages - 2022

This book includes QR-codes giving access to videos illustrating the descriptions & exercises given by the author.

The knee in yoga...

The knee is the largest joint in the body. It is key in creating movement between our two largest weight-bearing bones: the femur and the tibia.

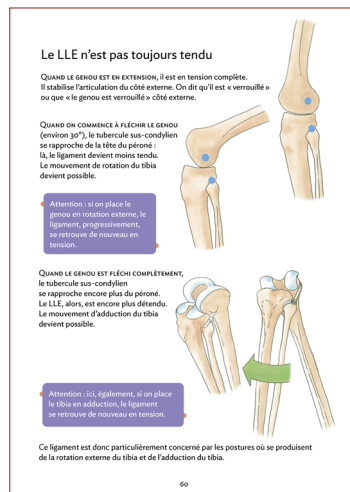
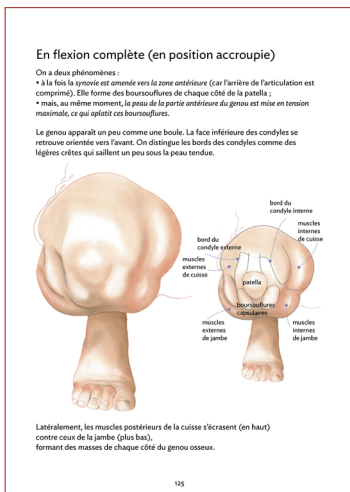
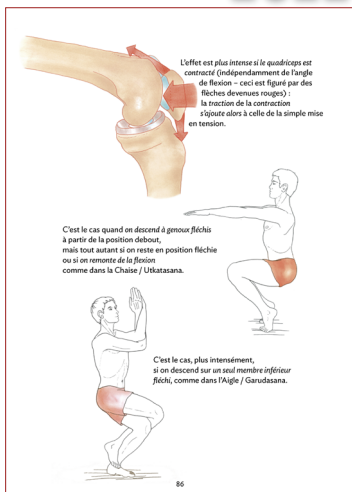
Through developing flexibility and strength, many yoga postures are beneficial and actively help our knees align. Yet, sometimes, for lack of proper information, the knees can, contrarily, suffer constant forcing, tightness and overloading.

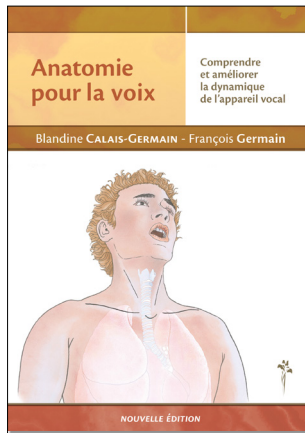
What are criteria used to judge comfort that tell us whether or not a posture is good for our knees? What sort of warm-up exercises enable us to go further without overworking our ligaments, menisci and tendons? When do we know when we need to stop? What are the warning signs we need to know how to interpret? How can we play an active part in finding wellbeing for both knees, posture by posture?

Firstly, for this, we might try by understanding how the knee is built: This book explains its structure: How cartilage is made, where the synovial fluid is found, menisci, ligaments, muscles, etc. But the book also exposes how these elements must work together in order to create the right balance of this large and complex joint. It observes all this in yoga: Numerous postures are analyzed, with suggestions on how to warm up, adapt and take precautionary measures to limit over exposure and therefore prevent injury.

This is a highly informative guide on yoga, that will enable readers to take better care of their knees while carrying out yoga postures and poses.

**NEW TITLE
2022**





Anatomy of Voice

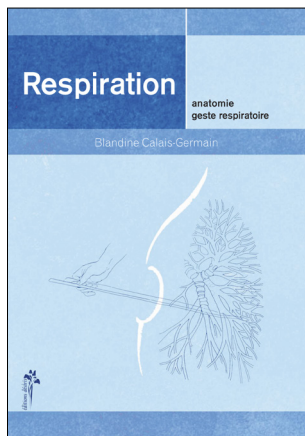
304 pages - 2019
8000 copies sold

Rights Sold: Korean (Yeongmun), English (USA - Inner Tradition), German (Helbling Verlag), Chinese simplified (Henan Science and Technology Press), Italian (Epsilon), Spanish (La Liebre de Marzo)

“Anatomy of Voice” deals with the anatomical knowledge in relation to human voice system.

The study of the voice is introduced here with the same perspective as the author’s other best-seller *Anatomy of Movement*, with clear and precise illustrations. This highly visual approach makes the topic as clear as possible for all kind of readers.

This reference book is aimed mainly at people such as : singers, choir singers, actors, orators, teachers and in general to anyone interested in the topic of human voice system for professional and personal reasons.



Breathing

224 pages - 2005
22 000 copies sold

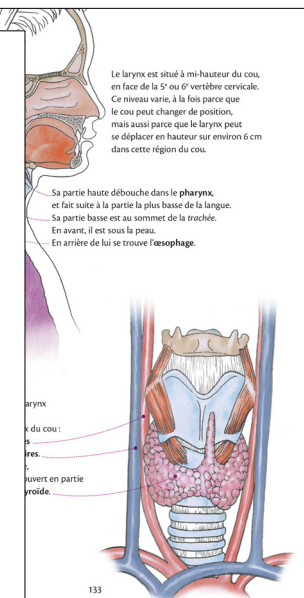
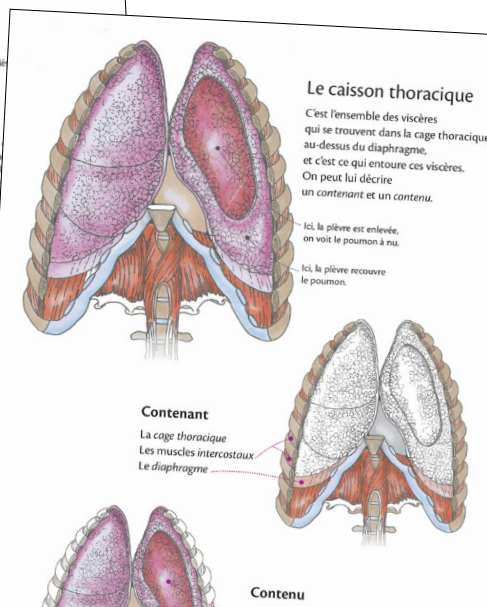
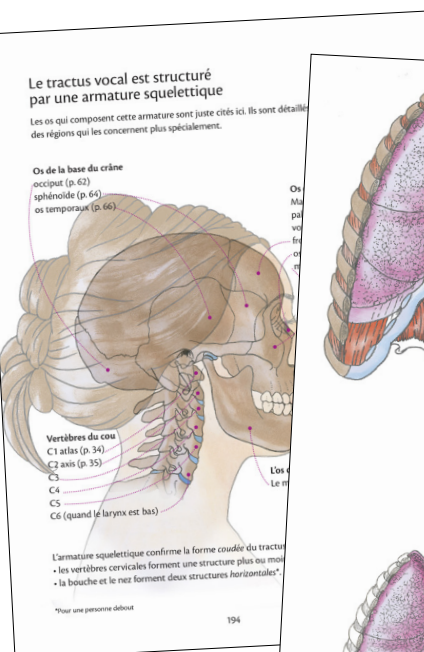
Rights Sold: Korean (YeongMun), English (Usa- Inner Tradition), Italian (Epsilon), Chinese simplified (Beijing), Spanish (La Liebre de Marzo)

This reference book proposes to explore breathing gestures: by describing the process, explaining the anatomic systems, and identifying the forces at play through the practice of numerous exercises.

There are at least a hundred ways to breathe... and even more...

Breathing is an extremely diversified action. Most of the time, we are not aware of our breathing, because we are so intimate with it, and because it becomes a part of something we are doing – a body movement that entails more than breathing alone. The reader will learn that there are no bad ways of breathing, that each, in its own way, is important : each will accompany our movement in certain situations, and be appropriate for achieving specific goals.

This book is aimed at all professionals who use breathing in their work: physical therapists, midwives, psychomotor specialists, P.E. teachers, water-gym instructors, yoga and body consciousness teachers, professionals in the living arts (music, singing, theatre, dance, mime, circus) as well as teachers, journalists, lawyers, phoniaticians, speech therapists, relaxologists, sophrologists, psychiatrists, psychotherapists, psychologists and psychoanalysts.





The Perineum and the Delivery (New Edition 2021)

160 pages - 2004
24 000 copies sold

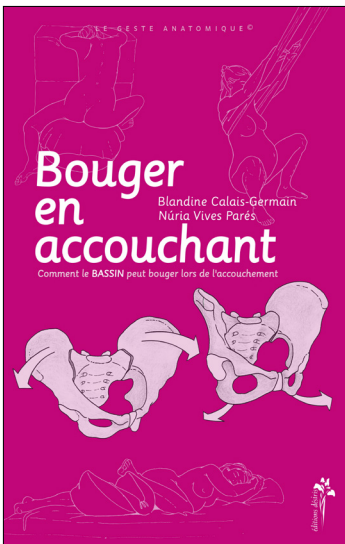
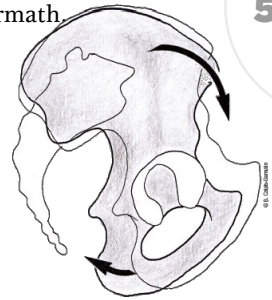
Rights Sold: Korean (YeongMun), English (USA- Inner Tradition), Italian (Epsilon), Japanese (Medical press), Chinese simplified (Beijing Science & technology press), Polish (Galilea), Spanish (La Liebre de Marzo)

The female perineum lives and reacts to any age of women's life, especially through sexuality, childbirth and its consequences.

This reference book is aimed at all women, through a process of awareness and reasoned experimentations, for a better understanding of their bodies.

A simple language, specific anatomical explanations and practical exercises allow an easy understanding and an accuracy in terms of physiology.

Professional such as: doctors, physiotherapists and midwives will find in this book an accessible introduction on the perineum, childbirth and its aftermath.



Preparing for a gentle birth

176 pages - 2009
8 000 copies sold

Rights Sold: German (Elwin Staude Verlag), Korean (YeongMun), English (USA- Inner Traditions), Italian (Epsilon), Chinese simplified (Beijing), Spanish (La Liebre de Marzo)

A reference book which focuses on the PELVIS during childbirth.

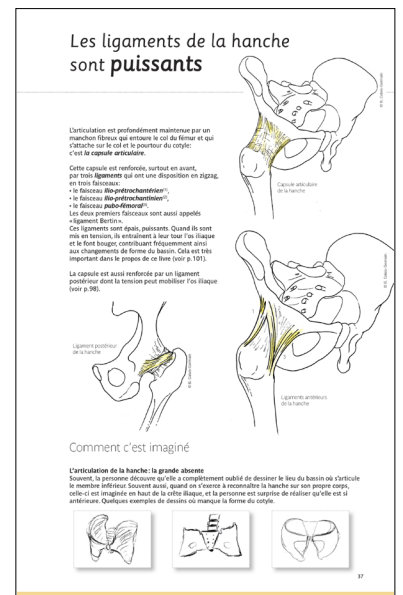
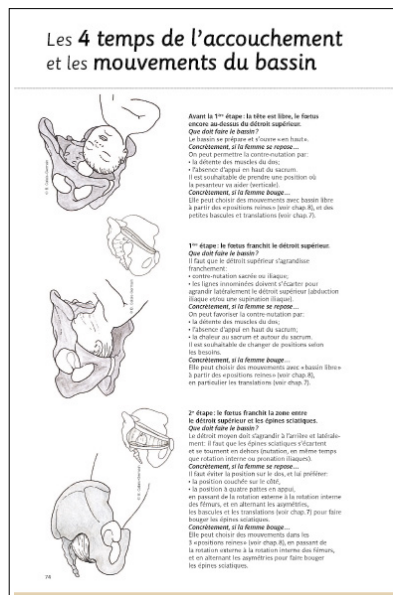
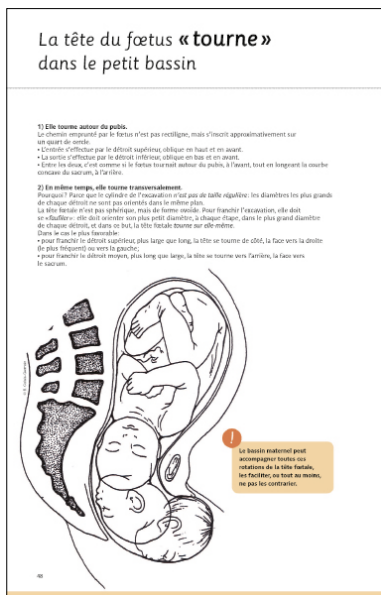
THIS IS A NEW, THREE DIMENSIONAL VISION OF THE PELVIS IN MOVEMENT.

15 years of research, exchanges and verification throughout workshops given in hospital maternity wards in Spain, France and Uruguay have enabled the authors to specify how some movements and positions enable the pelvis to change its form to better accompany the fetus delivery. How to encourage, and not obstruct these changes when delivering.

This book is aimed at:

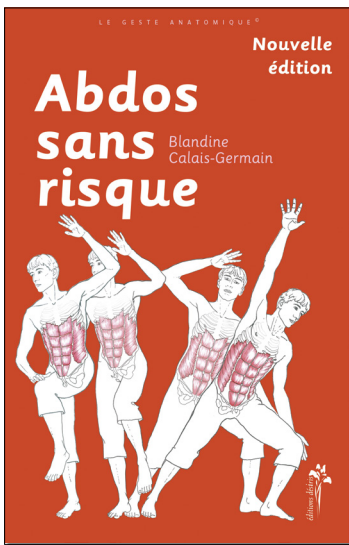
- midwives, obstetricians ;
 - pregnant women who wish to become familiar with their pelvises and prepare it for this event, as well as all people who are preparing to accompany a woman in childbirth.
- All professionals specialized in movement who teach pregnant women: Yoga professionals, Qigong, dance, prenatal singing, water birthing preparation, etc.

Nuria Vives, a psychomotor therapist, teaches anatomy for movement to hospital and maternity ward staff, and particularly in the context of preparing for childbirth.





This book include QR-codes giving access to videos illustrating the descriptions & exercices given by the author.



No-risk Abs

160 pages - 2019

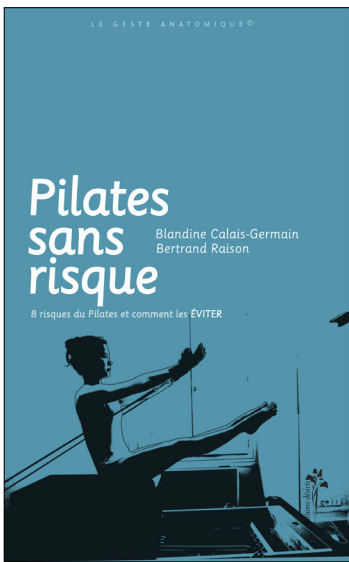
12 000 copies sold

Rights Sold : Korean (YeongMun), English (USA - Inner Tradition), Italian (Epsilon), Chinese simplified (Posts and Telecom Press Co.), Spanish (La Liebre de Marzo), Flemish (Bohn Stafleu)

No-risk Abs deals with a new type of Abs, designed with respect for the body’s anatomical structure, questioning commonly accepted ideas regarding these notorious muscles, about which we really know very little.

“Abs” are those exercises you do in fitness centers and health clubs most of the time to be fit, and maintain a flat stomach. But it is important to know that the strength alone of the abdominal muscles is not enough to keep a stomach flat and that constantly working to make these muscles stronger is not without risk: out of control or poorly executed, abs can even damage the perineum, the stomach walls and the intervertebral discs. Nevertheless, it is true that if the muscles here lack strength, working on abs would be useful. Thanks to the three reading levels, No-risk Abs spells out the precautions to observe when doing the most common exercises and enables you to find the best possible practice to achieve the goals you set.

The book is aimed at all those who do abs in yoga, dance, aqua gym, circus, singing, martial arts, but also, physical therapists and P.E. teachers.



No-risk Pilates

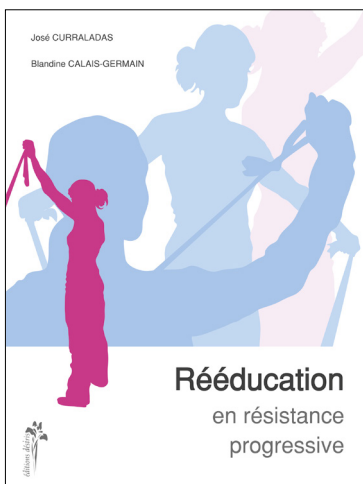
112 pages - 2010

5 000 copies sold

Rights Sold : Korean (YeongMun), English (USA - Inner Tradition), Italian (Epsilon), Chinese simplified (Beijing), Spanish (La Liebre de Marzo)

This book explains the connection between human anatomy and pilates exercises. By taking into consideration body structure, it highlights the risks involved and offers possible prevention measures, always tying practice to theory.

Each chapter deals with one specific risk related to a type of exercise, exposes the reasons, offers solutions, and lastly describes similar exercises using the reformer or mat where the same risk occurs. The eight chapters enable the reader to memorize exercises by associating practices and anatomy.



Re-education

176 pages - 2008

3 000 copies sold

Reinforcing muscle mass holds an important place in the practice of physical therapy.

This book offers a wide variety of re-education exercises for developing gradual tension. The drawings by Blandine Calais-Germain help make the book particularly clear and easy to use.

In this area, physical therapy that activates gradual resistance, with the help of an elastic band, proves an interesting technique as much for its simplicity as its efficiency. It not only participates in reinforcing the muscle mass, a term, which seems more appropriate than body-building used by athletes and body-builders, it can also restore other muscle qualities like speed and endurance.



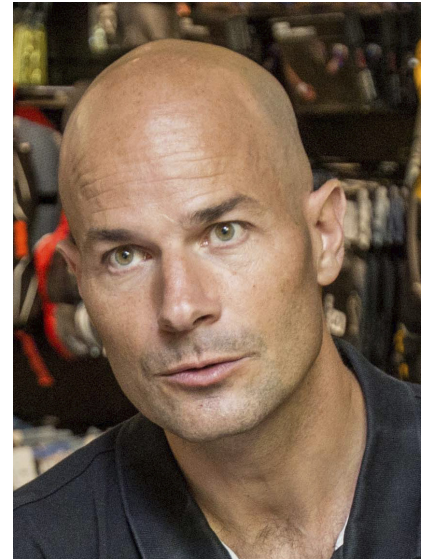
Frédéric Brigaud

The consultant of human biomechanics **Frédéric Brigaud** assists high-performance athletes with **D.O (Osteopathic Medicine)** since 1994. He has designed postural-dynamic principles for a better management of the body and the biodynamical strategies in the movement. His methods are suitable for any sport activity.

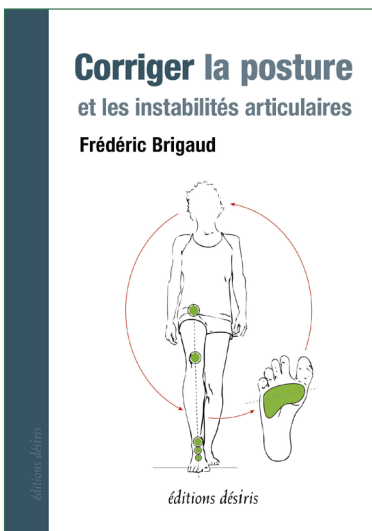
Brigaud's pedagogy addresses both professionals and amateur and is easy to understand and further enhanced with illustrations.

Website: <http://eadconcept.com>

Facebook page: <https://www.facebook.com/fred.brigaudeadconcept>



7



Rectify the Posture and joint instabilities

288 pages - 2019

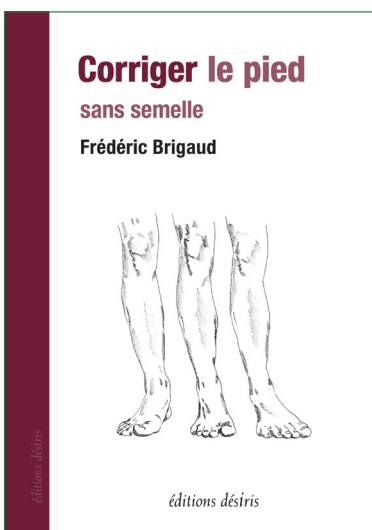
Rights Sold: Chinese simplified (Beijing Science & technology press), Korean (Yeongmun), Italian (Piccin Nuova Libreria)

The body allows a thousand and one gestures and postures to carry out the same action but nothing guarantees us to spontaneously automate the most adapted and the most effective from a physiological and biomechanical point of view. For a more effective action, it is enough to have a more precise conceptualization of the functioning of the body and to know where we are located, towards what we can strive and the means at our disposal.

By intervening on the technical part of the gesture, we act on the posture, correct the articular instabilities, and rebalance the body to prevent the non traumatic lesions of the osteo-articular apparatus, for more performance and ease or aesthetic. Postural defect or articular instability must be seen as the automation of a technical defect in the course of the gesture which, to be corrected, simply requires a new learning.

This book focuses on the legs, pelvis and spine. While some concepts have been explained in *Walking and Sport Performance*, now unavailable, the scope and protocols are much broader and expanded here.

These books include QR-codes giving access to videos illustrating the descriptions & exercises given by the author.



Correct the foot without a insole

240 pages - 2019

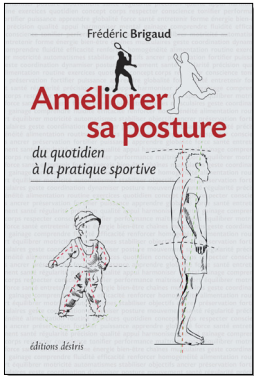
Rights Sold: Korean (Yeongmun), Chinese simplified (Beijing Science Technology)

A flat foot with pronation or hollow foot with supination is not a fatality: it is basically only the result of a "defect posture", that it is possible to correct.

This book introduces a new concept of the foot's functioning, in order to go beyond the usual and wrong idea that the foot is a block and that pronation and supination has no other solution than wearing insoles or corrective shoes.

A functional foot provides an effective junction with the ground and enhances the taking of support, by a better support of the "ankle" and thus plays a role in the prevention of sprains. In addition, it increases the leeway in case of lack of balance and allows to develop a more dynamic support.

This new book reviews the analysis and correction procedures of the previous edition, now out of print, integrates the additional information published in the meantime and develops the elements of the book : " *La course à pied* ", now unavailable, which specifically concerns the foot's biomechanics.



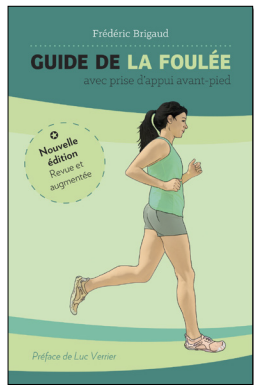
Guide to good Posture

256 pages - 2016

Rights Sold : Italian (Epsilon).

Good posture is an important part of our long-term health. This practical book makes sure that we hold our body the right way, whether we are moving or still, can prevent pain, injuries, and other health problems.

The author explains here how to improve, maintain and tone our posture, how to connect different parts of the body for better physical health. Posture is the expression of our learning and our repetitive gestures, which have the effect of gradually modeling our body and stereotyping it. It is always possible to regain control of our posture to improve our dynamics.



The Stride's Guide

256 pages - 2016

10 000 copies sold

Rights Sold : Italian (Gremese).

A stride with support from the forefoot, it is also the minimalist or natural stride. It does not only resume itself to another position of the foot, but really allows a better running experience.

The support from the forefoot's technique will allow you to run more efficiently and comfortably.

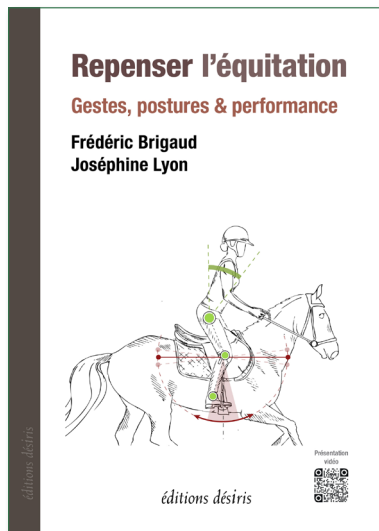
This practical guide has numerous illustrations and exercises.

Videos are accessible online through **QR codes**. An efficient guide for professional and amateur.



These books include QR-codes giving access to videos illustrating the descriptions & exercises given by the author.

Frédéric Brigaud & Joséphine Lyon



Rethinking Horse Riding

Gestures, postures and performing

320 pages - 2021

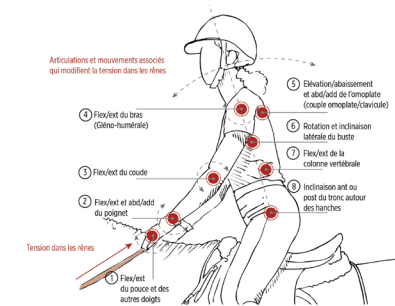
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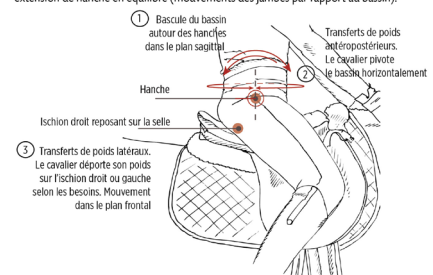
NEW TITLE

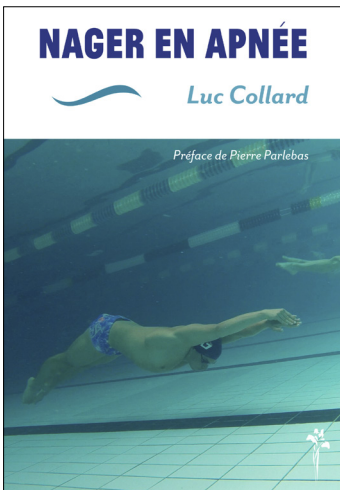


Afin de discerner correctement les différents mouvements, réaliser l'exercice suivant : Assis sur un tabouret, le dos droit avec une posture symétrique, les bras devant soi maintenant dans chaque main un élastique préalablement attaché à la poignée d'une porte fermée et qui fera office de rênes. Au départ du mouvement la tension dans les rênes est symétrique. À partir de cette position, afin de générer une tension plus importante dans la rêne gauche, effectuer successivement et séparément les mouvements présentés dans le tableau avec le bras gauche en revenant à chaque fois à la position de départ. Une asymétrie de ce type amène le cavalier, a priori gauche, à tracter davantage dans la rêne gauche.

Les mouvements du bassin et ce qu'ils induisent

À partir d'une position neutre dans laquelle le bassin exerce une pression homogène et symétrique dans la selle, il existe quatre types de mouvement qui s'effectuent tous essentiellement autour de l'articulation de la hanche (fig.13) : la bascule du bassin, les transferts de poids latéraux, les transferts de poids antéropostérieurs et les mouvements de flexion/extension de hanche en équilibre (mouvements des jambes par rapport au bassin).





Underwater Swimming

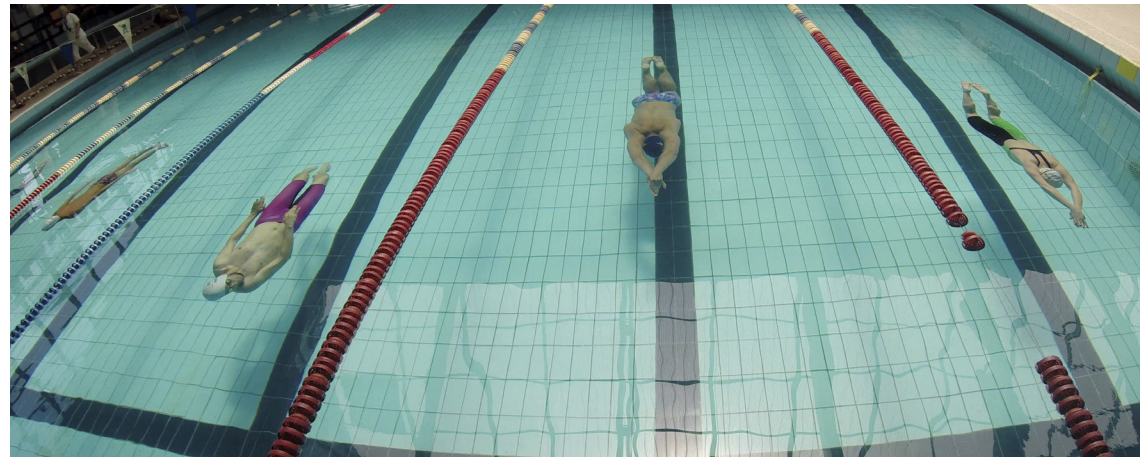
128 pages - 2020

ISBN: 978-2-36403-190-6

Most publications on swimming underwater concern lung control.

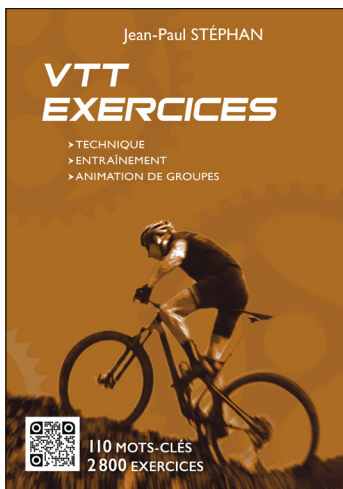
"Nager en apnée" provides a different approach by focusing on propulsion beneath the surface. The sport is taking over underwater swimming - the 5th stroke.

The analysis presented here reveals the trials and errors but also the findings, with the stated aim of making swimmers want, upon closing the book, to try this new way of swimming, with or without flippers.



NEW TITLE

These books include QR-codes giving access to videos illustrating the descriptions & exercises given by the author.



VTT Exercises

Gestures, postures and performing

320 pages - 2021

Ten years after the success of *VTT Rouler plus vite*, Jean-Paul Stéphan offers here a complete book of 2,800 exercises to improve in the training, technique and organization of mountain bikers' groups.

The exercises' order in 110 keywords makes it easy to find the wanted subject. A practical guide with more than 50 QR-codes giving access to videos that introduce the suggested exercises and thus complete some technical explanations.

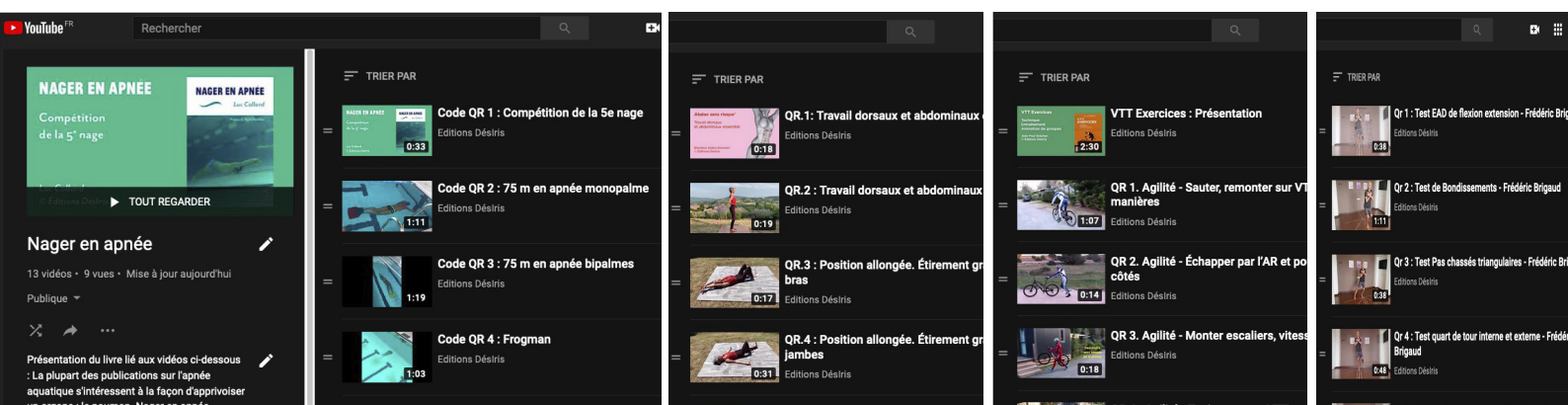
A book for all mountain bikers, from beginner to high level, eager to progress technically and physically, but also for instructors, coaches and PE teachers involved in mountain biking.

More than 50 videos linked to QR-codes on the publisher's Youtube page (more than 800 subscribers, 400,000 views) to better watch the suggested exercises.

The author's first book: *VTT Rouler plus vite*

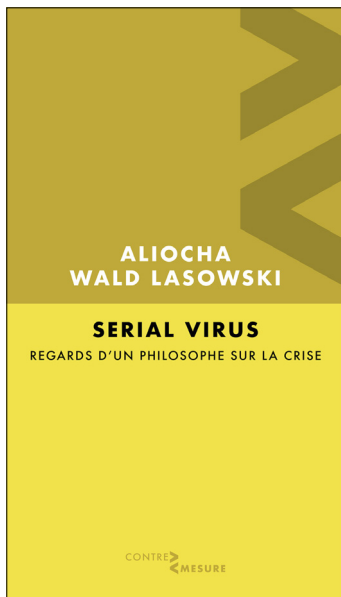
More than 5,000 copies sold in France since its publication.

Videos related to our books are included in dedicated YouTube playlists. Subtitles in foreign languages can be integrated to the videos





NEW TITLE



Serial Virus

A philosopher's perspective on the crisis

Aliocha Wald Lasowski

160 pages - 2022

The Corona Virus surprised us by how suddenly it appeared and by how quickly it spread. Dealing with a pandemic made of rebounds, variants, retreats, contamination peaks and waves. Aliocha Wald Lasowski wonders: By what rhythm is this virus the name?

This surprising essay on the seriality of the serial virus develops a *Critique of Health Motives* in three parts: Freedom, fear, health. When faced with such high viral spreading, a reactivity ethic is necessary, which must be based firstly on thinkers such as Kant, Nietzsche, Freud, Jonas, Sartre, etc.

To live with Covid-19 leads one to reinvent common rhythms at the very core of democracy. The health emergency aims mainly to defend new politics regarding work, health and education.

Philosopher, journalist and essayist, Aliocha Wald Lasowski has written close to twenty books, which have been translated into several languages.



Artificial Intelligence

An Outline of a General Artificial Intelligence Theory

Alain Bretto

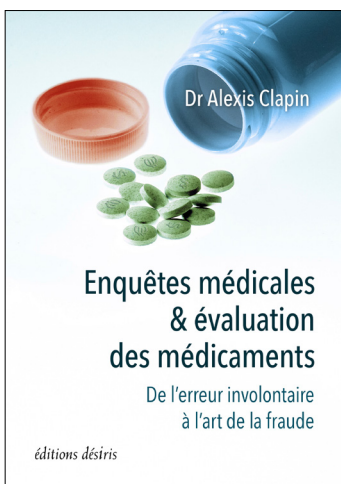
126 pages - 2021

In just a few decades, what we call artificial intelligence has become an inescapable factor of modern society. To a novice, this form of intelligence can seem to be a difficult, abstruse, even frightening subject. Artificial Intelligence encompasses several scientific fields including intelligence, conscience, reason, intuition, etc.

This essay can be situated somewhere between philosophy, history of calculus and sciences. It approaches the foundations (data, information) and the superstructure (algorithmic calculation,) and objectively sheds light on artificial intelligence realities.

The layman reader will find this essay attractive and reflective as it enables one to demythify and understand artificial intelligence as well as analyse its implications for society.

The more informed reader will discover an outline of a general artificial intelligence theory based on data and calculations. The themes covered in this book, and the different reading levels give an original approach to this intelligence — on which we are now reliant.



Medical Investigations & Evaluation of Medicines

From inadvertent error to the art of fraud

Dr Alexis Clapin

264 pages - 2018

A critical reading of clinical studies. An impressive number of biases and their consequences are explained with the support of diagrams.

From the involuntary error, even inevitable, to the art of conscious fraud, here is deciphered how we can, in a more or less subtle way, distort the results of the studies in order to sell a medicine on the market, ignoring the interest of his patients. A book that offers simple solutions to prevent ineffective medicines from being sold.

Alexis Clapin is a neurologist doctor who has been working for twenty years in the pharmaceutical industry and mainly in the medical marketing. He has evaluated numerous studies and surveys extolling the qualities of drugs.



Marie-Laure Potel

Marie-Laure Potel is a musician and trained very early in psychophony and prenatal singing, which she helped develop. She is particularly involved in the refinement of this corporal approach to the voice, open and accessible to all.

She is constantly working with the medical profession. She leads prenatal singing workshops in maternity hospitals and in a music association. From babies to the elderly, she intervenes in various centers as well as in professional training.

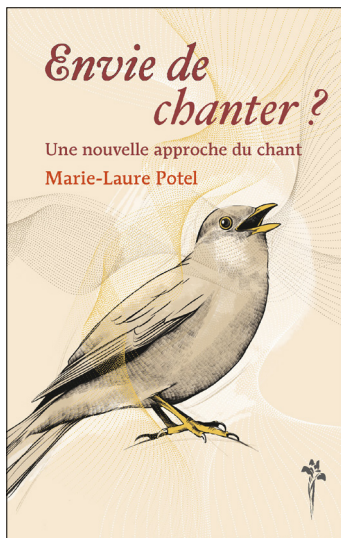
The diffusion of prenatal singing is one of her priorities. She trains prenatal singing animators and also transmits it in Spain.

As a mother of four children, she has experienced prenatal singing for herself. She came out of it even more convinced of its benefits.



11

NEW TITLE



So You Want to Sing

A new approach to singing
128 pages - 2021

This book includes QR-codes giving access to videos illustrating the descriptions & exercises given by the author.

So you want to sing?

This book is firstly an invitation to review the place that singing holds in your life.

Why sing? Because it is an integral part of life. Everyone has the ability and can further develop it.

How do you sing? The body is a musical instrument that we need to discover and become skilled in using. Being familiar with the body and its role in singing is essential for singing well.

Besides, singing is a personal approach that draws on psychological, emotional and relational aspects, hence the need for each person to have their own learning experience.



Pre-natal singing

160 pages - 2011

Expect and deliver your baby singing, what a great idea! Pre-natal singing gives this opportunity to pregnant women and to future fathers!

A pregnancy is not only a perfect time to discover or develop your singing voice, it can also be the ideal moment to develop your repertory of songs to accompany your child in utero, then in the following months and years of its life.

This book begins with the story of pre-natal singing, and covers all aspects: physiological, psychological, and practical. It explains the whys and hows for each stage of development. Pre-natal singing workshops offer original exercises based on the voice and breathing that enables pregnant women to fully live their pregnancy and that major and unique life event; delivery.

Pre-natal singing has been on the rise for four years now, so this book devoted to is being released with perfect timing.



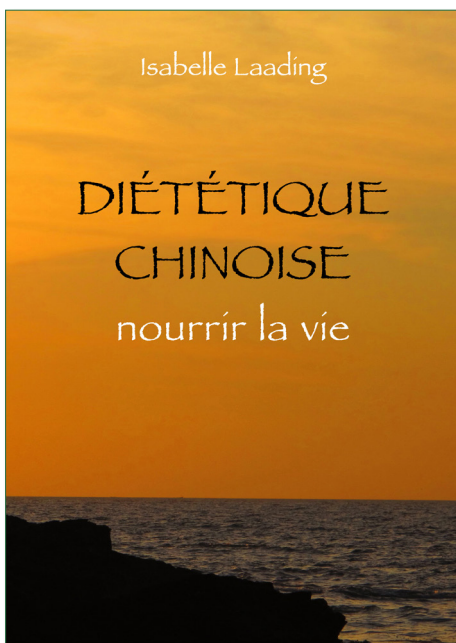
Isabelle Laading

Since 1968, **Isabelle Laading** has been studying and practicing traditional arts of oriental medicine.

She started with Yoga, Mysore style, and then the teaching of BKS Iyengar at the European center of yoga with J.B. Rishi. Over the years, she studied: Do In, Chinese Psychology, Korean Relaxation, Qi Gong, Sotai, Tuina (clinical experience at Shu Guang Hospital in Shanghai.)

In 1983, she began shiatsu training with Rex Lassalle (Hara Shiatsu International School). She continued in shiatsu and traditional Chinese medicine (acupuncture, pharmacopoeia, Chinese dietetics) with Tokuda Sensei. In 1994, Master Tokuda entrusted her with the responsibility of divulging his teaching, with the wish of creating a Nonindo-France Institute, which today connects a network of practitioners trained in Tokuda Sensei Shiatsu as part of the *Bateau Ivre* workshops.

More information about her workshops and training sessions:
<http://www.shiatsu-nonindo.fr/>



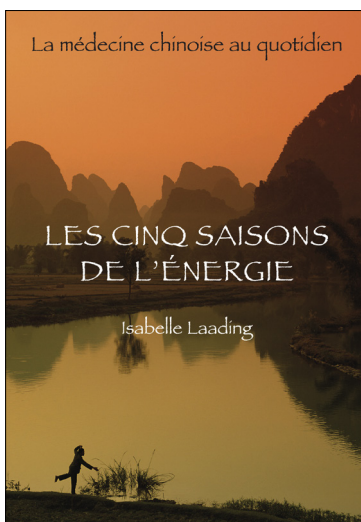
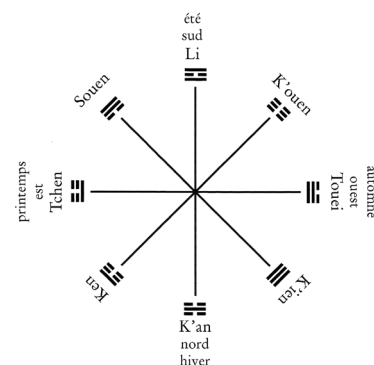
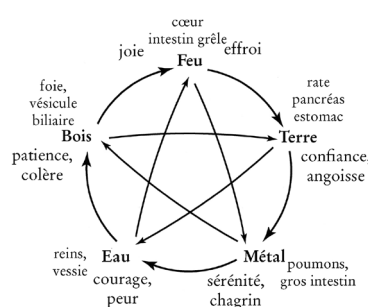
Chinese Dietetics

354 pages - 2018

A pedagogical approach to traditional Chinese nutrition. A practical book to learn how to adapt our way of eating to our needs.

The art of eating is one of the main principles of Chinese Civilisation. Chinese nutrition has been consistent for the past 2000 years and is founded upon unchangeable laws that preside over life: Dynamism, Adaptation and Transformation. Eating to preserve or recuperate good health simply requires following these laws, taking into account the specific properties of the foodstuffs we eat and how they are prepared in terms of their energetic flow.

A practical book issued by a 45 years experience, practices and teachings of traditional health arts such as : Yoga, Shiatsu, Chinese Medecine, Acupuncture and Phytotherapy.



The Five Seasons of Energy

224 pages - 2004

A reference and practical book for a better understanding of chinese medicine.

This books relates all the experience acquired by the author in traditional chinese medicine. Through traditional chinese medicine, which exists since 4000 years, the author introduces the reader into a healthy lifestyle directly related to natural cycles. The five energy's seasons is a practical guide drawing its lessons from the very heart of chinese traditions, and conciling it with modern requirements. Easy to understand, with the perfect balance in between theory and pratice, this work allows you to be creative through your every-day life.

50 000 copies sold since publication !

12



Herbalist Guide

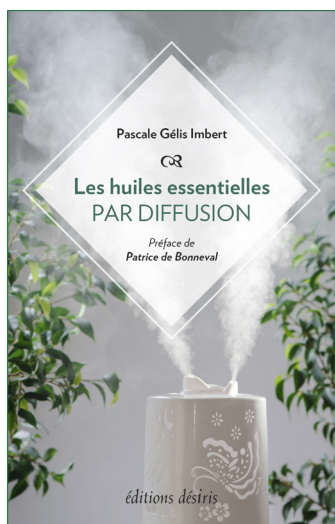
Patrice de Bonneval
416 pages - New edition - 2006

A reference guide which deals with the essential aspects of herbs and the important role that plants play therapeutically. It provides us with many necessary notions for recognizing, picking and preparing them.

A complete overview on aromatherapy, natural beauty products as well as herbal medicine for pets, without forgetting old-fashioned recipes and traditional products. Lastly, the Herbalist contains many appendices (trace elements, vitamins, etc...) which make this guide very complete, easy to read and understand, essential for anyone who is interested in using properly of plants.

Patrice de Bonneval founded l'École Lyonnaise de Plantes Médicinales (The School of Medical Plant of Lyon).

He is also president of the Natural Herbal Trade Union. In this book he shares his long experience acquired and enriched over the years by his everyday herbal practice.



The Guide to Essential Oils and Diffuser

Practical Manual for Aromatherapy in every-day life
Pascale Gélis Imbert
128 pages - 2017

A practical guide for discovering the world of essential oils and taking advantage of their many properties through their diffusion. Simple-to-use tables and index cards help using essential oils easy, agreeable and safe, thanks to the diffuser.

As far back as we can go in the history of essential oils, we see that they have always been used during religious celebrations, but also to sanitise unhealthy environments. Today, essential oil diffusion should be the first step for getting to know the subtle and passionate world of aromatic plant extracts. Essential oils have numerous properties and are active concentrates, which one needs to fully understand before being able to use them judiciously. Diffusing them lets one get to know their properties and purposes in a secure and gentle way.

Pascale Gélis Imbert is a doctor in pharmacy, specialised in herbal medicine and aromatherapy. Her interest in traditional medicine has led her to train in Chinese medicine. Today, she teaches at the School of Medicinal Plants and Natural Knowledge (ELPM) and is a member of the Scientific Committee of the *Observatoire des Médecines Non Conventionnelles* (OMNC) at the University of Nice. She is the author of *Antibiotics au naturel* and *Ma petite pharmacie naturelle* by Solar editions.



Non-Structural Osteopathy

Listening to the Body: An Evolution of the Poyet Method
Jean & Anne-Paule Marchandise
128 pages - 2015

Rights Sold : Russian (Eksmo), Italian (Piccin Nuova Libreria)

Two types of osteopathy exist: Structural, manipulative osteopathy and non-structural, fluid, energetic osteopathy.

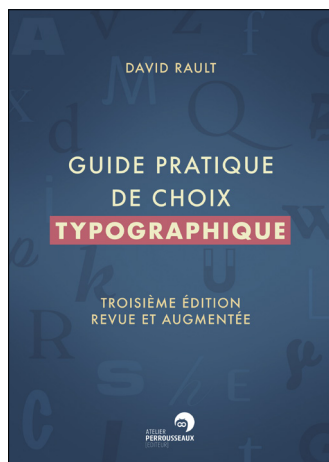
Structural osteopathy is based on a palpatory analysis of deep tissue; the therapeutic action essentially relies on trust (rapid and precise structural manipulation.)

Non-structural osteopathy defined and described in this book, analyzes primary breathing, to which gentle, non-threatening curative changes are applied in order to cause the body to self-correct.

The book offers an energetic technique that activates the body's autoregulatory physiological mechanisms. Designed to illustrate a corrective session, it offers the reader many images, and provides all the information needed to understand and apply this technique, which promises surprising results.

After having followed the work of Maurice Poyet, Doctor Jean Marchandise practiced the "Poyet method" for a long time, at the same time he continued to develop his own research and observations. Thanks to this long experience, he was able to make the method evolve and now offers fluid, energetic osteopathy, referred to as À l'écoute du corps® (Listening to the Body.) This osteopathy is the fruit of more than thirty years of daily practice and will provide practitioners new light on articular anatomy and physiology.





Practical Guide of Typographical choices

NEW TITLE

David Rault

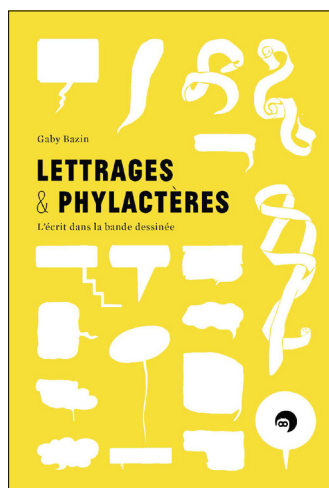
256 pages - 2022 - Rights Sold : Italian (Ronzani)

5 000 copies sold

This guide is for anyone who wants to resolve a professional problem, but also for font-lovers who would like to know more about the letters we read.

Each type has its own past, carries its own cultural, historical and social background, and through its very presence on a page, creates a real ambience beyond just the meaning of written words. Because of this, it directly influences the interpretation of the text and demands that the dummy maker or graphic artist be well acquainted with type.

Professor of typography, graphic artist and journalist, **David Rault** gives readers all the keys for making judicious choices depending on the needs of the work, and for producing distinctive and esthetic page layouts. About sixty typefaces are presented here and analyzed in detail; obviously only a partial selection, but which proves more than sufficient in most cases.



Letters and phylacteries

Gaby Bazin

264 pages - 2019

The expression "text-image relationship", so common, covers a great numbers of meanings and unsaid. This book seeks to scratch the surface of this term to nourish the author's practice of combining words and images, whether in the field of graphics, drawing characters, illustration, comics.

The phylactery - the "bubble" of comics - is the ideal gateway to explore the relationship between text and image. Focusing on comics, this study nevertheless aims to be a vast and eclectic inventory of the relationships between the pictorial and the verbal. From antique vases to comic book lettering, from the Phoenician alphabet to American comics, not to mention the illuminations, this book draws an abundant record of graphic possibilities, both in the devices of the text's integration with the image as in the choice of typography and lettering.

This book is a real source of inspiration, questioning and renewal, in concordance with Art Spiegelman's idea : "the future of comics is in the past".



Signs and Men

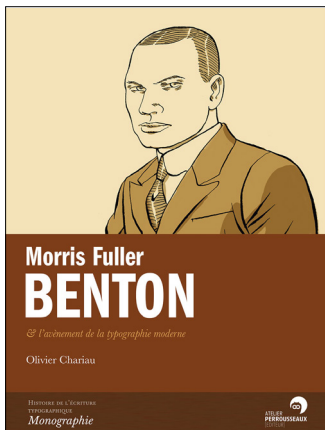
Adrian Frutiger

320 pages - 2014

Adrian Frutiger accompanies the reader in discovering the genesis of the necessary, basic lines and how characters evolved in men's lives, across centuries and cultures and what we are doing with them today: understanding and creating characters, how language is tied to characters, how characters evolved into symbols, marks, signals.

This is a reference work, written by one of the greatest typographers of our time. A long, in-depth reflection that Adrian Frutiger developed during his professional life as both a typeface designer and teacher.

- More than 2 000 drawings, plus bibliography.
- It is aimed at : communication professionals, teachers, university professors, students and all who are interested in graphic and typographic arts, or even ethnology and sociology.



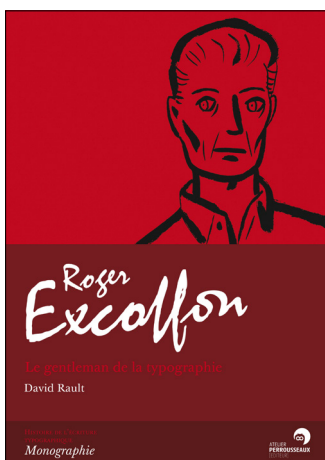
Morris Fuller Benton

Olivier Charreau
120 pages - 2019

Morris Fuller Benton is a major name in the American typography's history; he is however little known by the general public. In his forty-year career, from 1897 – 1937, he designed more than 200 block prints for one of the largest type foundries in the United States, the American Type Founders (ATF).

Along with his father Linn Boyd Benton, they both contributed to creating high-quality steel punches cutters and type moulds, designing a large number of typefaces considered today as references for both their aesthetics and their functionality – Gothic Franklin, Souvenir, Century Schoolbook, etc.

The design history of these major classics – that we regularly find in print works, whether newspapers or magazines – still spark as much interest and curiosity amongst people interested in graphic design and industry professionals.



Roger Excoffon

David Rault
240 pages - 2011 - Right Sold : Italy (Ronzani)

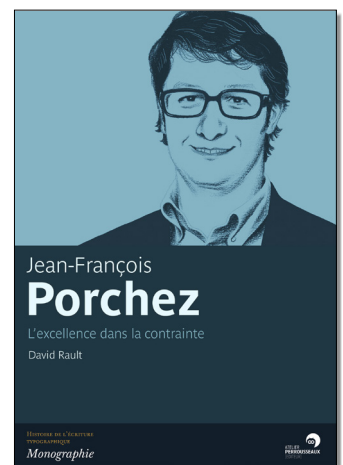
Roger Excoffon was a very talented typographer and advertising man, he designed hundreds of posters and logos, such as the one of Air France. His typefaces were whole, inhabited by an unusual force and personality; they were used largely in the 1950s and 1960s, profoundly French, esthetically dazzling, they are integral to our history and culture.

This bilingual French and English monograph by David Rault (graphic designer and journalist, director of the "Atelier Perrousseau" collection, member of ATypI and author of Guide pratique de choix typographique), includes a biography based on a unpublished interview Roger Excoffon gave to François Richaudeau in 1977; an important iconography (including rare photographs by Jean Dieuzaide and never before published paintings from private collections).

Jean-François Porchez

120 pages - 2014

Few typeface designers can be proud to embody the typography of an entire country ; Jean François Porchez is among those. The logos and typefaces created by Jean François Porchez have appeared and continue to appear in publications such as Le Monde, The Baltimore Sun and Wired, in the halls of the Paris Metro and BHV, Louis Vuitton leather goods, Yves Saint Laurent Beauté's public relations, Boston Consulting Group, Peugeot, La Banque Postale, etc.

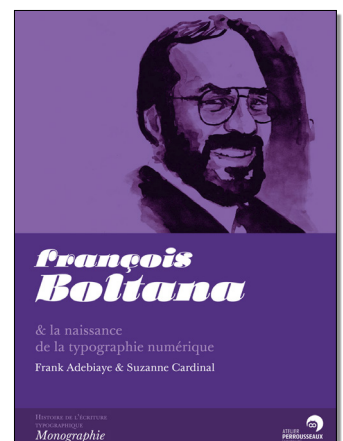


Jean Alessandrini

David Rault
120 pages - 2013

A retro-futuristic illustrator for the French magazines, Pilote and Elle, this talented writer who wrote both children's books - winning the Goncourt literary prize for Children's Literature in 1994 - and detective novels, is above all a creator of typefaces. He is also known for being the author of the famous The Alessandrini Classification of Typefaces: Codex 80, which earned him, at the time, the disgrace of his peers...

Today, besides the infrequent short biographical note or occasional drawings, no documentation exists for those who would like to learn more about Jean Alessandrini. His alphabets are also unavailable as they have never been digitalized.



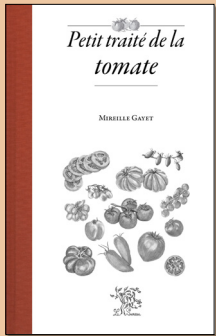
François Boltana

Frank Adebaiye & Suzanne Cardinal - 120 pages - 2011

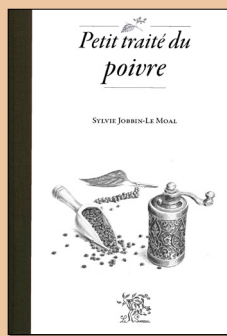
François Boltana (1950-1999) was a veritable "type geek", he decoded in 1989 the calligraphy of the Englishman Joseph Champion and introduced the following year a complete and computerized version - it was the OpenType. He was also among the first to sell his typefaces, paving the way for independent typography as we know it today. This book tells the fascinating destiny of this unknown creator who nevertheless knew, among the first, how to combine the mastery of calligraphy with technological ease in the greatest tradition of the Latin letter.

NEW!

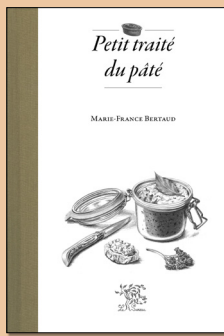
Tomato
Mireille Gayet



Pepper
Sylvie Jobbin-Le Moal



Bread Spreads
Marie-France Bertaud

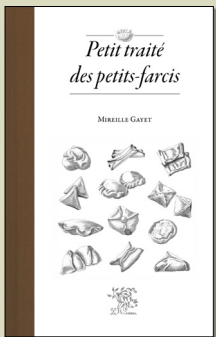


Duck
Bruno Bertheuil

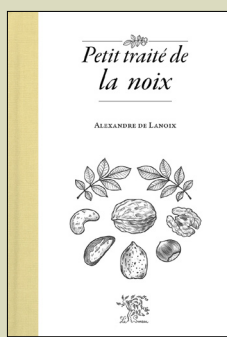


SOON!

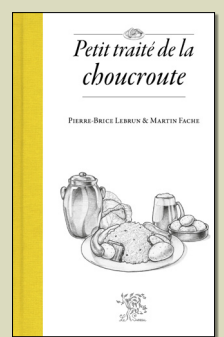
Little Treatise
Mireille Gayet



Nut
Alexandre de Lanoix



Sauerkraut
Pierre-Brice Lebrun & Martin Fache



Ham
Mireille Gayet

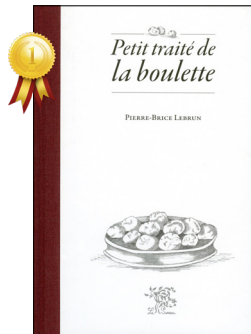


Olive Oil
Martine Agrèch



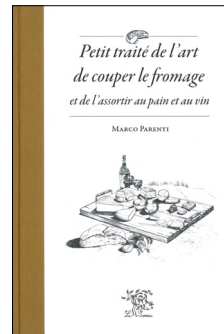
Awarded by the National Cooking Academy in 2012

Meatballs
Pierre-Brice Lebrun

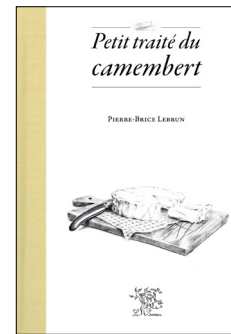


Cerise sur le gâteau Award 2009 by the Festival des littératures Gourmandes

The art of cutting cheese
Marco Parenti

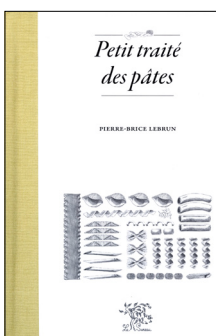


Camembert
Pierre-Brice Lebrun

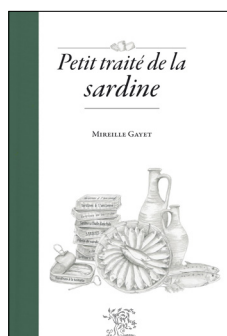


Gourmand Award Figaro 2017 - category Terroir Award

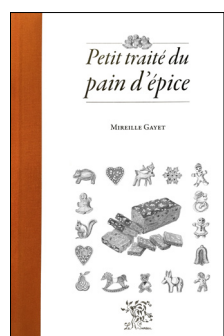
Pasta
Pierre-Brice Lebrun



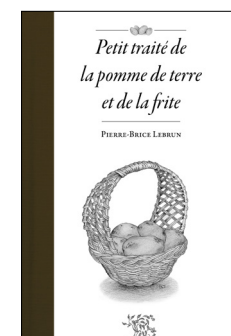
Sardine
Mireille Gayet



Gingerbread
Mireille Gayet

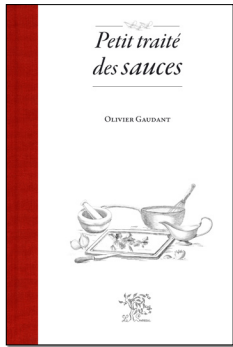


Potatoe and French Fries
Pierre-Brice Lebrun



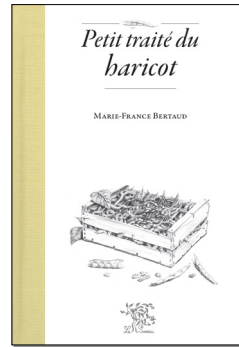
Sauces

Olivier Gaudant



Bean

Marie-France Beraud



Gourmand Essay Award - Eugenie Brazier 2019

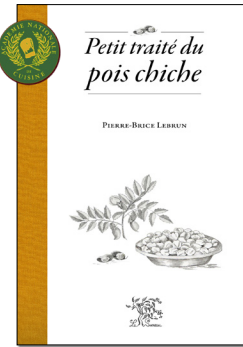
Wholemeal flour

Martine Agrech



Chickpea

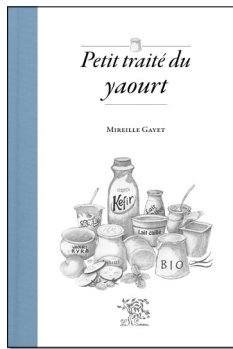
Pierre-Brice Lebrun



Awarded by the National Cooking Academy in 2011

Yogurt

Mireille Gayet



Honeys

Isabelle Avisse

Awarded with The Grand Prix by the National cooking Academy in 2012



Tea

Mireille Gayet

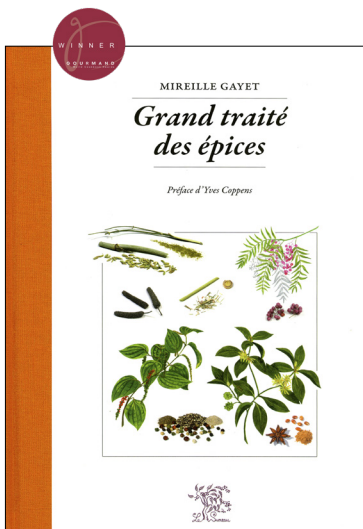


NEW!

Spices

Mireille Gayet

Gourmand Award 2010 for illustrations & general layout



Edible Flowers

Mireille Gayet



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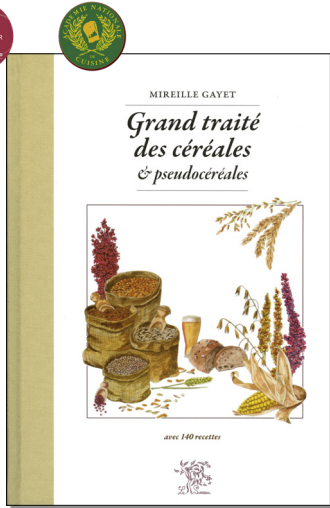
Arabic: Spices, Aromatic Herbs

Polish: Edible Flowers

Chinese simplified: for Coffee

Cereals

Mireille Gayet



Awarded with The Grand Prix by the National cooking Academy in 2016
«Single Subject Book» of Gourmand World Cookbook Award 2016

Aromatic herbs

Mireille Gayet



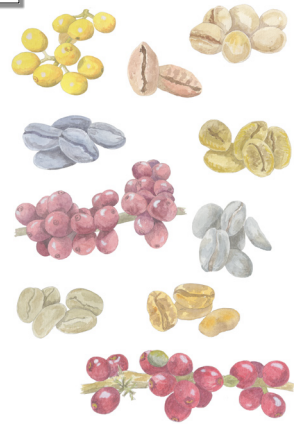
Awarded by the National cooking Academy in 2012

Coffee

Mireille Gayet



Awarded with The Grand Prix by the National cooking Academy in 2015



New title!

The Art of Being the Perfect Host

David Chenuet

Finalist for Best in the World 2021 competition in the category “entertaining” of the Gourmand World Cookbook Awards.

How to properly receive your guests? This book provides all the tips, techniques or secrets for successfully spending time with those people who are most dear to us. Prefaced by Régis Marcon, Georges Blanc and Éric Guérin and written by 3 Michelin-starred chefs and 5 Meilleurs ouvriers de France.



«I Love You...»
an original and cheerful cookbook series

600 000 copies
sold all titles combined!

«I Love You...» is an original thematic series about how to cook in detail a particular ingredient or category of ingredients. Lavishly illustrated, each book presents more than seventy original recipes. Today the collection counts 36 successful titles



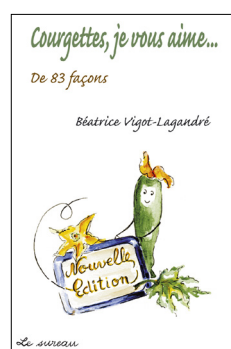
**Citrus fruits,
I Love You...**
Béatrice Vigot-Lagandré



Carrots, I Love You...
Aude Mairey
& Olivier Gaudant



Zucchini, I Love You...
Béatrice Vigot-Lagandré



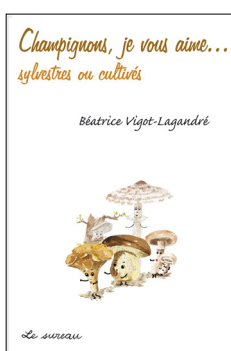
Fennel, I Love You...
Béatrice Vigot-Lagandré



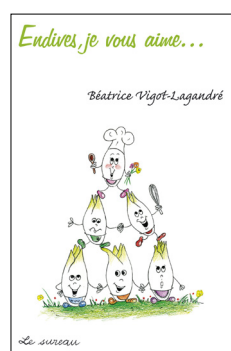
**Eggplants,
I Love You...**
Béatrice Vigot-Lagandré



**Mushrooms,
I Love You...**
Béatrice Vigot-Lagandré



**Chicory,
I Love You...**
Béatrice Vigot-Lagandré



**Flowers,
I Love You...**
Mireille Gayet



**Beefs,
I Love You...**
Rosita Telly, Aude Mairey &
Olivier Gaudant



**Cookies,
I Love You...**
Rosita Telly



**Spinach,
I Love You...**
Béatrice Vigot-Lagandré

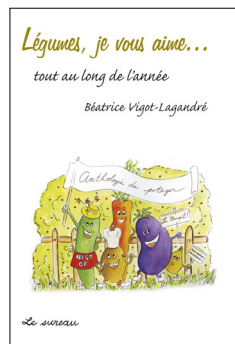


**Redberries,
I Love You...**
Béatrice Vigot-Lagandré



**Vegetables,
I Love You...**

Béatrice Vigot-Lagandré



**My cabbages,
I Love You...**

Béatrice Vigot-Lagandré



**Apples and Pears,
I Love You...**

Béatrice Vigot-Lagandré



**Soups,
I Love You...**

Aude Mairey
& Olivier Gaudant



**Heritage Vegetables,
I Love You...**

Béatrice Vigot-Lagandré



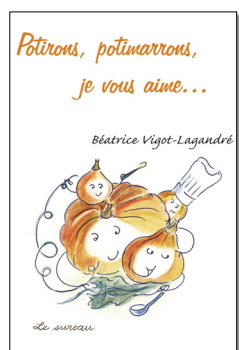
**Leeks and Onions,
I Love You...**

Béatrice Vigot-Lagandré



**Pumpkins,
I Love You...**

Béatrice Vigot-Lagandré



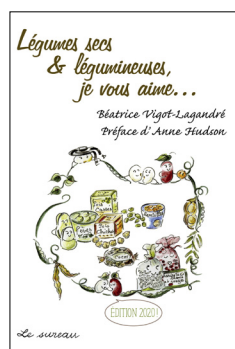
**Tofu,
I Love You...**

Béatrice Vigot-Lagandré



**Dried beans and
Leguminous Plants, I
Love You...**

Béatrice Vigot-Lagandré



**Peppers,
I Love You...**

Béatrice Vigot-Lagandré



**Rice,
I Love You...**

Aude MAIREY & Olivier
Gaudant



Tomatoes, I Love You...

Mireille Gayet,
Valérie Gaudant
& Nathalie Gaudant



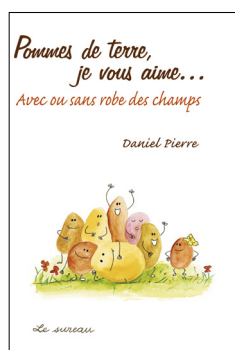
Pasta, I Love You...

Line De Smet & Olivier
Gaudant



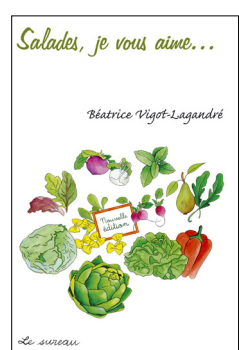
**Potatoes,
I Love You...**

Daniel Pierre



**Salads,
I Love You...**

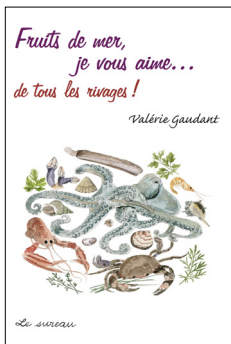
Béatrice Vigot-Lagandré



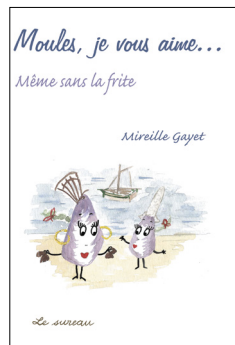
*** RIGHTS SOLD:**
Spanish world rights
for the following titles:
Tomatoes, Potatoes



**Seafoods,
I Love You...**
Valérie Gaudant



**Mussels,
I Love You...**
Mireille Gayet



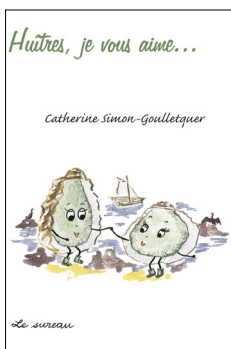
**Fishes, Coldly...
I Love You...**
Mireille Gayet, Valérie Gaudant & Nathalie Gaudant



**Scallops,
I Love You...**
Valérie Gaudant



Oysters, I Love You...
Catherine Simon-Gouletquer



Fishes, I Love You...
Mireille Gayet, Aude Mairey & Olivier Gaudant



**Blue-Fishes,
I Love You...**
Mireille Gayet



**Salmon,
I Love You...**
Mireille Gayet



**Squids, cuttlefishes and
octopus, I Love You
deeply...**

Line De Smet & Olivier Gaudant





Sainte Marie-Madeleine Apôtre des apôtres

Jean-François Froger - Jean-Michel Sanchez
Jean-Paul Dumontier

Préface de Fr. Thomas Michelet O.P.



Saint Mary Magdelene, Apostle of apostles

Jean-François Froger - Jean-Michel Sanchez - Jean-Paul Dumontier
Préface de Fr. Thomas Michelet O.P.

The person of Mary Magdalene has interested and has fed the dreams of many theologians, writers, poets, and especially artist-painters. There is an abundant bibliography on her and an over abundance of pictorial representations of her. Mary-Magdalene however, remains a figure, at the same time, known and unknown: some exegetes have they not distinguished three women when the authors of this work see only one? This sort of divergence in interpretations is easily explainable: either one uses an outside text-critical source that situates the theoretical distinction — and no historical-critical proof can establish that the three persons were, in fact, one and the same, because of the disparity of the New Testament texts; or, one tries to understand the significance of the texts and discovers, through the power of inner reasoning, that the only explanation is that they all refer to the same person, Mary of Bethany.

This work follows the latter line of reasoning, corroborated by the opinions of several Fathers of the Church (like Saint Gregory the Great) and by the work of Maria Valtorta.

Nevertheless, the story of Mary-Magdalene's exile to Provence follows the classical historical approach.

This work is made up of two parts: the first explains the theological and anthropological implications of the Revelation; the second develops the historical fruits of Mary-Magdalene's presence in Provence, how Christianity became rooted in this beautiful Roman province, and the earnest devotion to Mary-Magdalene — the most important woman from the New Testament, after Mother Mary — whose importance has not ceased to grow over the centuries.

The authors' different approaches are what give this work its great anthropological, historical, and iconographical affluence, leading the reader to understand why Mary-Magdalene was chosen to be the Apostles' Apostle, through the revelation of the mysteries of the Resurrection.



Saint Joseph, image du Père

Jean-Michel Sanchez - Jean-François Froger
Jean-Paul Dumontier



Saint Joseph, Image of the Father

Jean-Michel Sanchez - Jean-François Froger - Jean-Paul Dumontier

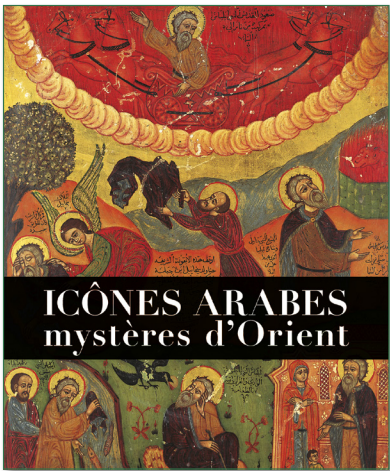
Up until the end of the Middle Ages, Saint Joseph was not honored by any specific feast, cult, nor publicly recognized devotion. Nevertheless, he received an exceptional mission from God: to be the spouse of the Virgin Mary by maintaining the virtue of chastity and through this, becoming the adopted father of he who would be revealed as the Messiah, Son of God, Jesus. Now, in the human family, the father ultimately obtains his paternity from God, recognized as the "Father".

The Church is a Body established by Christ; the doctrine and devotions of which have become ever clearer throughout the years. At the beginning of the modern era, Saint Joseph left his state of discretion, which he seems to have lived by devotion, despite his role as spouse and father, emphasized in the Gospels, to benefit from the homage of a particular cult, which the Church offers followers of this Saint, who exhibited a paternity bequeathed from God by excellence.

Saint Joseph is also the completion of an entire genealogical line, revealing true fatherhood, and stemming from the Old Testament through the patriarch, Jacob, his son Joseph, but also a line of figures like Moses and David. Moreover, the Church proposes the meditation through several other virtues of the saint: model for workers, patron saint of good death, patron saint of the universal Church, etc.

These roles and virtues are admirably illustrated by artists who have offered their art to serve faith and who have also largely contributed to making Saint Joseph better known and loved.

The exceptional illustrations by **Jean-Paul Dumontier** complete the historical background by **Jean-Michel Sanchez**, Doctor of Art History and specialist of sacred art; and anthropological details contributed by **Jean-François Froger**; their art together lets one reread the Scriptures dealing with feminine-masculine differences, and recognize the human nature of «fatherhood» in the union of "one single flesh".

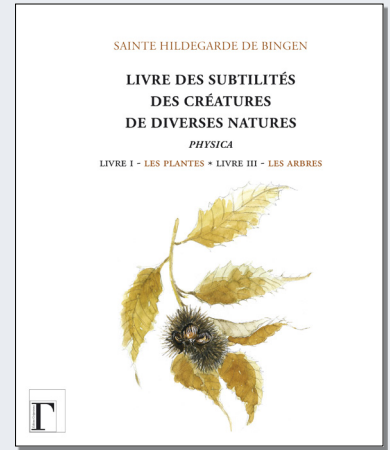


Arabic Icons, Mysteries of the Middle East

Mère Agnès-Mariam de la Croix
Rights sold : Italy (Jaca Books)

They indicate to our eyes the common heritage of the past, which today represents a message for the future — such is how cultures fertilize one another for their shared enrichment. Presented here is a plentiful selection of some 150 icons from throughout Lebanon and Syria; many for the first time.

224 pages
24 x 30 cm



The Book of Subtleties of the Diverse Natures of Living Things - Physica

New Translation
Sainte Hildegarde de Bingen
"Nature is a temple where living pillars sometimes emit confusing words."

Hildegard of Bingen is well acquainted with those "confusing words," and subtleties of nature being expressed as the diversity of a cosmology constantly examining the relationship between macrocosm and microcosm, between nature and man. The therapy that ensues can surprise. This medicine is heir to the antique tradition, with qualities defined by the Hippocratic Collection and the importance assigned to body humours. These texts were also revealed in the abbess of Bingen's inspired visions. 248 pages
22 x 27 cm



Dans la rangée supérieure, de gauche à droite :

- Le prophète Habacuc tenant le message enregistré avec sa tige. « Dieu viendra de Babilon et le Saint de la montagne de Sion. » (Hab 3, 1)
- Colosse avec la tige en sa main et la tige de Dieu avec sa main. « L'ange apparaît, dit la tige en sa main. » (Hab 3, 2)
- Le roi David avec l'épée et son arc. « L'ange, O Seigneur, comme à ton bras de regard. Et l'arbre de la montagne? » (Hab 3, 3)
- Le colosse, avec sa tige, avec sa main. « L'ange dit avec sa main, comme à son bras. » (Hab 3, 4)
- Le prophète Jérémie tenant sa tige. « L'ange dit avec sa main, comme à son bras. » (Hab 3, 5)
- Le prophète Ésaïe tenant sa tige. « L'ange dit avec sa main, comme à son bras. » (Hab 3, 6)

Dans la rangée inférieure, de gauche à droite :

- Le prophète Zacharie avec le caducée à sept branches: « Je regarde, et voici, il y a un caducée sur son dos, surmonté d'un vase et portant sept branches. » (Zac 4, 2)
- Le prophète Jérémie avec la tige en sa main, avec sa main. « L'ange dit avec sa main, comme à son bras. » (Hab 3, 7)
- Le roi David avec la tige en sa main, avec sa main. « L'ange dit avec sa main, comme à son bras. » (Hab 3, 8)
- Le colosse avec la tige en sa main, avec sa main. « L'ange dit avec sa main, comme à son bras. » (Hab 3, 9)
- Le prophète Jérémie avec sa tige en sa main. « L'ange dit avec sa main, comme à son bras. » (Hab 3, 10)
- Le prophète Jérémie avec sa tige en sa main. « L'ange dit avec sa main, comme à son bras. » (Hab 3, 11)
- Le prophète Jérémie avec sa tige en sa main. « L'ange dit avec sa main, comme à son bras. » (Hab 3, 12)
- Le prophète Jérémie avec sa tige en sa main. « L'ange dit avec sa main, comme à son bras. » (Hab 3, 13)
- Le prophète Jérémie avec sa tige en sa main. « L'ange dit avec sa main, comme à son bras. » (Hab 3, 14)
- Le prophète Jérémie avec sa tige en sa main. « L'ange dit avec sa main, comme à son bras. » (Hab 3, 15)

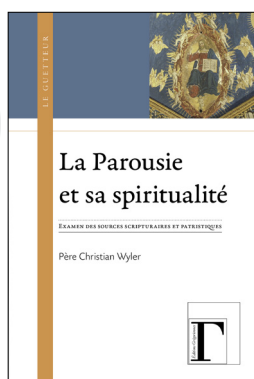


The Tree of Archetypes

Letters of the Hebrew alphabet as figures and numbers

Jean-François Froger et Bernadette Main
The Tree of Archetypes shows the meaning of the letters of the Hebrew alphabet, which seems to be a system of signs leading to a deep knowledge of anthropology, studied here through the alphabetical Psalm 145. The letters follow each other in the alphabet according to a set order that enables one to count, but that also uncovers a teaching on the archetypal representations which we use to think the world. 112 pages
24 x 24 cm

The “Le Guetteur” Series offers books with topical religious themes that do not step aside current controversy and debate, in a convenient 13 x 19 pocket size.

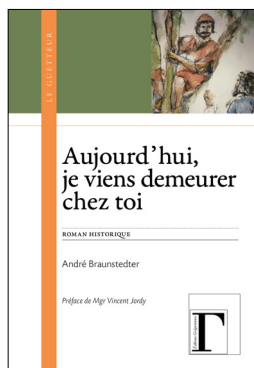


192 pages

Parousia and its Spirituality *An Examination of Scriptural and Patristic Sources*

Father Christian Wylert

This book wants to show that the Parousia - or second coming of Christ - is linked to the question of evil that the Biblical Revelation associates with a fallen angelic spirit, which has acted, since its origins, on the chaotic course of human history.

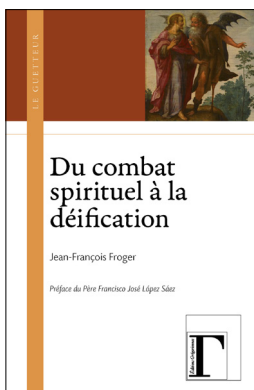


144 pages

Today, I come to Dwell with You

André Braunstedter

The Zacchaeus' story brings the reader into Palestine's daily life at the time of Jesus. Zacchaeus' story integrates within the historical and geographical context, put the reader in presence of a truly endearing character whose daily life takes place during the time when we learn about the young prophet named Jesus. His narration echoes his contemporaries' reactions and hopes for a new world and their attitude regarding the tragic death of the prophet — a very lively portrait of the society at the time of Jesus, but also a documented approach of the historical sources faithful to the Scriptures..



352 pages

Spiritual Struggle to Deification

Jean-François Froger

This book continues from the author's previous work devoted to Enigmas of Thinking, which ended with Saint John of the Cross's opinion that one single man's thought is more precious than all the Universe and God alone is worthy of it. The Christian proposition for transforming the principles of thinking and of desire are called metanoia. The meditations offered in this book draw an intellectual and spiritual path toward a goal that seems inaccessible to our “natural” imagination: the soul deification.

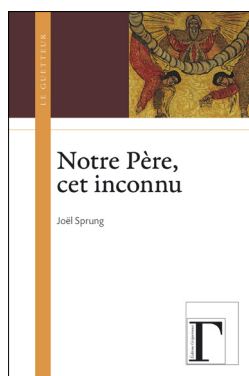


96 pages

The enigma of thought

Jean-François Froger

This book offers us a new way of approaching anthropology through the thought process, which really is ageless, for here we find ourselves at the heart of what makes Man what he is. The human thought process is an enigma for itself: How do we think of thoughts? We are necessarily both the judge and the judged!

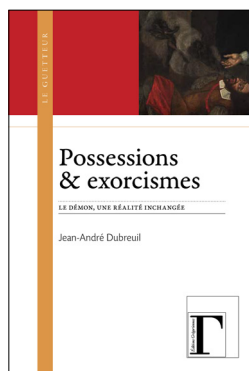


96 pages

The Little-known Our Father

Joël Sprung

The Our Father is a prayer to memorize and recite but also even more, a prayer through which one learns and from which understanding leads us to live the filiation to this “Father.” The author has us take a tour of the culture and spirit of Jesus' contemporaries, and to rediscover what a prayer is, with them, in its principle and at its height: God waiting for man and man joining God.



288 pages

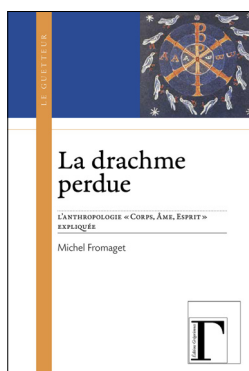
Possessions and Exorcisms

The devil, an unchanged reality

Jean-André Dubreuil

Here is a spiritual, doctrinal, and historic study that shows that the matters regarding the devil remain very real, for which modern science remains silent.

Having uncovered stories, many of which have been previously unpublished, of infestations or diabolic possessions and exorcisms in archives and rare books, the author wanted to present them and to associate them with modern stories in order to make things more clear regarding this unchanged reality of the action of devils on the world, men, and places...



224 pages

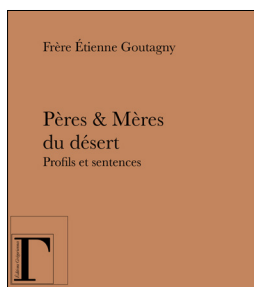
The Lost Coin

The Body, Mind and Spirit

Anthropology explained

Michel Fromaget

The contents of this book belongs to the ternary Body, Mind and Spirit anthropology. The Lost Coin clearly presents and explains the main affirming lines of this anthropology. May the re-found coin help each person cultivate and reap the fruits of which it speaks.



144 pages

Fathers and Mothers of the Desert Profiles and Maxims

Brother Étienne Goutagny

Brother Etienne Goutagny, author of numerous books on spirituality, has assembled here the apothegms or aphorisms of the Fathers of the Desert, from the monastic tradition of Egypt during the 4th and 5th centuries.

These aphorisms are short sentences, or living examples, destined for the training of monks and nuns, often recited for the pure enlightenment of the soul. Here, we enter a profoundly different world to our own, one that does not back away from any ascetic excess in order to reach the highest degree of sanctity and sometimes even madness. One does not back away from the paradox that seeks silence through words; the prime wisdom of these men and women secluded in the desert to find an understanding of God. Brother Etienne transmits this wisdom through a bouquet of quotations that have the non-automatic charm of a spiritual effusion, despite repetitions, like refrains of symphonies. All the anchorites honor silence as a top virtue, with humility, but do not cease supplicating "a word" from their abbots!

That is, they have faith in oracular and inspired words. One can either feel a certain weariness due to the constant repetitions or else, depending on the state of the soul, receive one of the "paroles" as an illumination, because it suddenly pierces the depth of repetition to reach even deeper into the heart.

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