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# FOREIGN

# rights

SPRING 2026

ADULT  
BOOKS

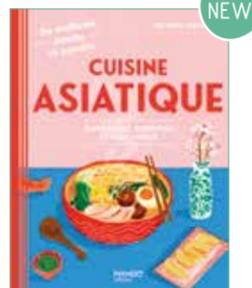
BODY, MIND & SPIRIT  
COOKING  
CRAFTS & HOBBIES  
GAMES

GARDENING & NATURE  
HEALTH & WELL-BEING  
OUTDOOR  
PARENTING

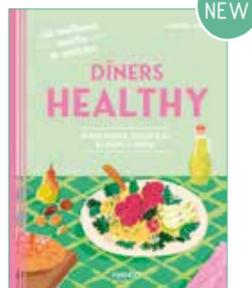
## THE BEST DAILY RECIPES

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  
15 available titles



**Asian Food**  
D. Lebrun & F. Veigas



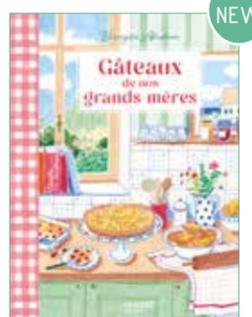
**Healthy Dinners**  
S. Mahut



**One Pot**  
D. Lebrun & F. Besse



**Speedy Dinners**  
S. Mahut



**CAKES LIKE GRANDMA USED TO MAKE**  
By B. Abraham, F. Besse & S. Weidler-Bauchez

40 cozy and nostalgic recipes for desserts and cakes in a vintage style. The author shares her treasured family recipes for home bakers: simple, comforting, and always impressive, sweet treats!

Hardcover / 18 x 24 cm / 144 pp / €18.95



**KNOCK-OUT RECIPES**  
By S. Mahut

Sandra Mahut has traveled the world, tasted every cuisine, tested every dish... and selected 50 of the best recipes she has ever tasted. Breakfasts, finger foods, starters, main courses, and desserts: for each category, the top 10 must-try recipes, to make every day, again and again.

Hardcover / 19 x 24.5 cm / 144 pp / €17.95

## 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 / 112 pp / €10.00  
15 available titles



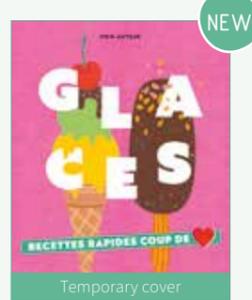
**Tacos**  
Z. Armbruster & B. Gargadennec



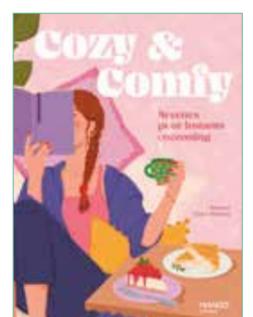
**Ravioli & Dumplings**  
S. Mahut



**Mochi**  
I. Kanako Nagatsuka



**Ice Cream**  
B. Abraham & F. Besse



**COZY & COMFY**  
By S. Léger-Pereira & S. Mahut

For anyone wishing to indulge in a moment of sweetness, relax under a blanket while enjoying a comforting drink, this feel-good cookbook offers 40 cozy recipes, inspired by cocooning rituals and the most popular food trends.

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



**COOK ME A LOVE STORY**  
By S. Léger-Pereira & S. Mahut

In the world of romance, every story has its own unique flavor. This original cookbook offers 40 recipes inspired by the most iconic tropes. From Enemies to Lovers, where spicy flavors clash with sweets, to Slow Burn, where each bite reveals a growing intensity: all styles of romance combined for the greatest pleasure of romance and food lovers!

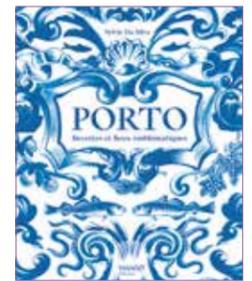
Hardcover / 18 x 24 cm / 144 pp / €17.95



**PIZZA, PINSA & FOCACCIA**  
By S. Mahut

This book explores three staples of modern Italian cuisine: pizzas, the most popular food in the world; pinsas, the lighter alternative made from rice and soy flour dough; focaccias, with their lighter, fluffier texture. Simple recipes for the tastiest meals!

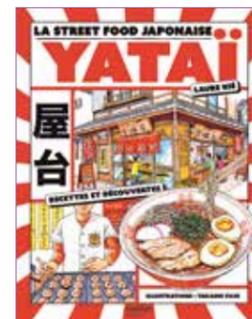
Hardcover / 144 pages / 18 x 24 cm / €17.95



**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 foodies as well as 40 authentic recipes, with beautiful photographs. *Bem vindo ao Porto!*

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



**YATAI, JAPANESE STREET FOOD**  
By L. Kié & T. Fujii

True icons of Japanese street food, yatai or food carts are essential in 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

## AIR FRYER RECIPES

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 an air fryer!

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



**Healthy Recipes with an Air Fryer**  
S. Augé & F. Besse



**World Recipes with an Air Fryer**  
S. Augé & F. Besse



**APERITIVO**  
By A. Cosson & E. Cino

Classic Italian pre-dinner drinks, along with simple and tasty snacks: the perfect way to relax and picture a vacation in Italy! Bathed in Italian sun and framed by the sparkling sea, readers will be enchanted by original lifestyle photos that capture the essence of *la dolce vita*.

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



**ROMA**  
By L. Tersigni, A. Cosson & E. Cino

A vibrant and rich book that explores the best recipes of Rome: from popular dishes to authentic family recipes revealing the true heart of Roman home cooking, shared by Lucia Tersigni, a Roman chef. Alongside the recipes, readers will discover iconic spots, local addresses, and inspiring accounts unveiling the city and its hidden treasures.

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



**CATPONESE RECIPES**  
By L. Kié & H. Kishi

In this incredible book, best-selling author Laure Kié brilliantly transposes the kawaii trend to the art of Japanese cuisine with cat-shaped recipes. Savory and sweet recipes in step-by-step, with absolutely adorable illustrations by Haruna Kishi. Paws down the purr-fect book for Japanese food and cat lovers!

Hardcover / 17 x 20 cm / 128 pp / €14.95

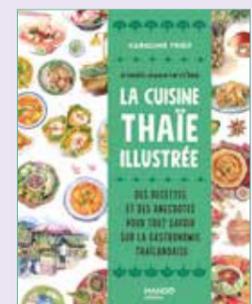
## ILLUSTRATED COOKBOOK

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

Best-selling series



**BRUNCH & LUNCH**

By C. Prestwich & J. Landaverde

How to enjoy a delicious English brunch and lunch at home? From the full English breakfast to the famous baked beans, including the essential fish and chips, crumpets, pork pie, bagels, and savory pancakes, this book offers 40 recipes to easily recreate the conviviality of famous British brunches and lunches.

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



**IRELAND**

By J. Doverman & G. Czerw

Joseph Doverman, an Irish chef from Cork, introduces the Irish cuisine, comforting food rooted in local and seasonal produce. Through authentic dishes (Irish stew, boxty, coddle...) and beautiful photographs, he captures the heart and soul of Irish cooking.

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



NEW

**MARRAKECH**

By N. Paprikas

Having grown up in Morocco, the author shares her favorite everyday dishes as well as nostalgic recipes for special celebrations. Authentic recipes, hand-picked addresses, must-visit locations, interviews with local restaurateurs and producers, and original lifestyle photography capture the essence of this vibrant, bustling and timeless city.

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

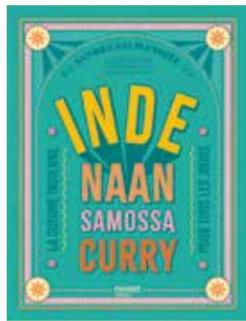


**SANDWICHES - PITAS, GRILLED CHEESE & CLUBS...**

By B. Abraham & V. Lhomme

The 60 best sandwich recipes in the world for every season and any time of day: essential sandwiches, vegetarian options, meat and fish varieties, grilled delights... Easy, quick, and budget-friendly recipes, plus all the basics (breads, sauces, pickles, and more) along with anecdotes to enjoy perfectly crafted sandwiches.

Hardcover / 19 x 24.5 cm / 144 pp / €18.95

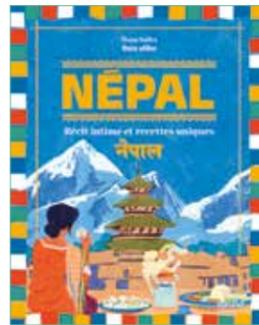


**INDIA**

By S. Salmandjee & P. Lucet-Penato

The essentials of Indian cooking in a vibrant and modern cookbook. Over 70 original and easy recipes, with accessible ingredients, to cook delicious meals with little effort!

Hardcover / 19 x 24.5 cm / 160 pp / €24.95



**NEPAL**

By T. Salles & M. Gaudry

A beautiful book for traveling to Nepal, a fascinating country with a strong identity. Traditional recipes, beautiful photographs, and insights into the art of living: everything to enjoy and learn more about the heartwarming flavors of a simple, healthy, and delightful cuisine.

Hardcover / 21 x 26.8 cm / 192 pp / €31.95

**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!

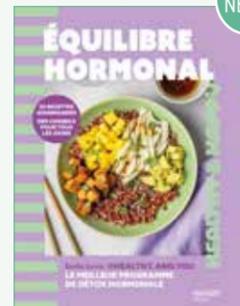
Hardcover / 19 x 24.5 cm / 144 pp / €18.95  
4 available titles



**Anti-Inflammatory Cooking**  
E. Gilmor & E. Levesque



**Low GI**  
T. Renoult & E. Levesque



NEW

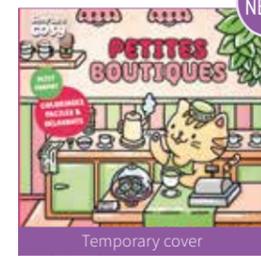
**Hormonal Balance**  
E. Garcia & C. Terrand

**MINI SIMPLE & COZY COLORING BOOKS**

By A. Buan

Cute characters, cozy homes, and peaceful everyday moments: each original illustration in this series is an invitation to enjoy a comforting creative break. Thanks to thick paper and a wide back flap, alcohol-based markers, felt-tip pens, and coloring pencils can be used without worry.

Softcover with one back flap / 15 x 15 cm / 64 pp / €5.95  
4 available titles



NEW

Little Shops



NEW

Peaceful Moments



NEW

Spending Time Together



NEW

Sweet Treats

**SIMPLE & COZY BOOKMARKS**

By A. Buan

A cabin, a movie session, or a pottery workshop... so many adorable little moments of happiness to discover through 43 cute coloring bookmarks. Creative coloring in a cozy and comforting atmosphere, ideal for relaxing and relieving stress.

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



Happy Moments

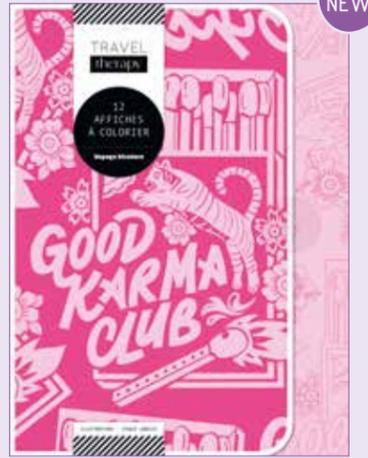


Adorable Shops

**TRAVEL THERAPY POSTERS TO COLOR**

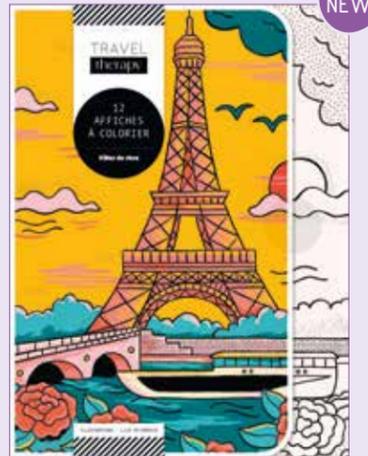
12 giant posters to travel the world while coloring, printed on thick detachable paper, that are the ideal size for a standard frame (30 x 40 cm), featuring unique pop-art style designs by recognized illustrators who have worked with big brands.

Pad / 30 x 40 cm / 24 detachable pages / €17.95  
2 available titles



NEW

Two-Color Travels  
Studio Jonesie



NEW

Dream Cities  
L. McCormick

**TRAVEL THERAPY BOOKMARKS**

Beautiful bookmarks to color, with attractive designs on trendy subjects and a metallic gel pen to add a dazzling touch to the art!

Pad / 9 x 22 cm / 24 bookmarks + a gel pen / €10.00  
2 available titles



Japan  
L. Lhuillier

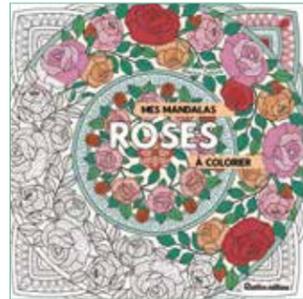


Food  
Studio Jonesie

### 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  
11 available titles



Rose Mandalas to Color



Cottage Coloring Book

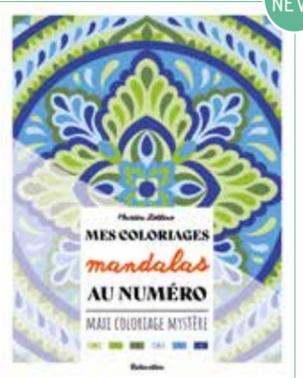
### MY RELAXING COLORING BY NUMBER

**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!

Pad / 27.8 x 35.5 cm / 40 pp / €10.95  
6 available titles



My Kitten Coloring by Number



My Mandala Coloring by Number

### 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  
6 available titles



Kitten Bookmarks to Color by Number



Puppy Bookmarks to Color by Number



Mosaic Bookmarks to Color by Number

### ROMANTASY BOOKMARKS

**By M. Franiak**  
An enchanting series of coloring bookmarks to get immersed in the amazing world of romantasy. Each title with gilded edges includes 43 intricately designed illustrations, including 5 with gold foil, that cover a variety of essential themes of the genre.

Pad / 5 x 19 cm / 43 bookmarks / €6.95  
2 available titles



Fae Lovers



Dragon Princess

### 300 COLORING

How to practice a relaxing activity all year round? By coloring! Each title offers 150 to 300 beautiful drawings to color. A practical format to take them everywhere with the bonus of a multi-lead pencil with 10 different colors!

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



300 Animal Mandalas to Color



300 Mystery Coloring Pages  
E. Anstett & N. Belougne



Mimi Cozy 150 Adorable Coloring Pages  
Draw Berry

### MAKE YOUR OWN

A series of kits offering activities suitable for beginners in creative hobbies. Complete sets for creating beautiful accessories or decorative pieces in retro and colorful styles.

Pouch / 23.5 x 23.5 x 2 cm / material / €13.99  
4 available titles



Diamond Art  
Limistic



Retro Fusible Beads  
P. Lebreton



### PHONE CHARMS

A complete kit to create trendy lucky charm lanyards to attach to a Smartphone, including: a gold chain, gold carabiner, flat shimmering beads, flower beads, heart beads, letter beads, braided thread, and explanations on how to thread the beads illustrated step by step. A great kit for stylish accessories to personalize a phone.

Box / 16 x 16 x 4 cm / material / €12.99

### ORIGAMI CRAFT KITS

**By M. Jezewski**  
Beautiful origami projects for young adults with a leaflet explaining the basic models, originally illustrated origami papers and stickers for refined results!

Kit / 22 x 24.5 cm / 16 pp + 60 origami sheets + 30 stickers / €10.00  
4 available titles



Zen Origami



Nature Origami



### BANDANA BRACELETS

Everything needed to make 3 trendy bohemian style bracelets, including: 3 strips of bandana material, golden chiseled beads, heart charms, imitation jade beads, rings, clasps, and explanations on how to thread the beads illustrated step by step. Accessible DIY techniques for trendy accessories, perfect for everyday fashion!

Box / 16 x 16 x 4 cm / material / €12.99



### 52 ADORABLE DIY PROJECTS

**By L. Lazerges**  
52 step-by-step DIY activities in a handy easel book format, to follow along hands free: sewing, punch needle, home decoration, Christmas wreath, Halloween decorations, crepe paper flowers, kids' costumes... all with QR codes linked to downloadable patterns.

Wire-o easel book inside a case / 20 x 23 cm / 108 pp / €12.95

### THE HOME TOOLBOX SERIES

Comprehensive guides designed as toolboxes for a cozy, welcoming home. These books offer room-by-room tips, simple decluttering and cleaning methods, and realistic routines that fit into everyday life - even with a busy work schedule.

Covered hardcover wire-o / 19.2 x 21.7 cm / 144 pp / €15.95  
2 available titles



Declutter and Organize Your Home  
C. Berenguer



A Clean and Healthy Home  
G. Thélohan

New series

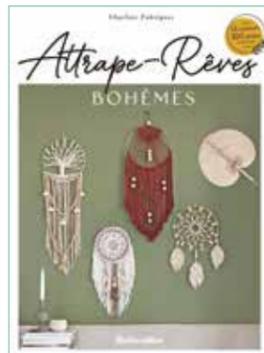
**NATURAL CRAFTS**

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  
8 available titles



**Paper Maché Decor**  
E. Rapin



**Boho Dream Catchers**  
C. Fabrègues

**CRAFTSMANSHIP & TECHNIQUES**

Aimed at expert crafters seeking to achieve the dexterity of true professionals, these must-have reference books are practical, precise, and focused on timeless craft techniques.

Softcover with flaps / 17 x 22 cm / 96 pp / €16.95  
3 available titles



**Restoring Chairs**  
X. Dyèvre

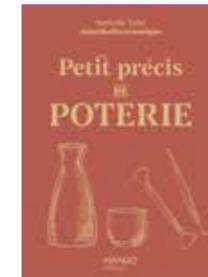


**Caning & Reseating**  
C. Lahalle

**THE CRAFT HANDBOOK**

The ideal gifts for all craft 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  
10 available titles



**The Pottery Handbook**  
N. Taler



**The Granny Squares Handbook**  
La Boutique Bo'm

**FIRST STEPS – CRAFTS**

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  
14 available titles



**Ceramics**  
C. Halberstadt



**Punch Needle**  
Atelier Bredouille



**Tapestry Weaving**  
A. Loiseau



**Crochet Patterns**  
L. Bernard-Lamy & F. Besse



**Pottery with and without a Wheel**  
N. Taler



**Crochet**  
C. Polton

**CROCHET WORKSHOP**

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 + 12 available titles in the original series

*Best-selling series*



**Crochet Dolls**  
C. Polton



**Crochet Flowers**  
G. Mucha



**Pretty Crocheted Christmas Decorations**  
A. Maury



**Chenille Yarn Amigurumis**  
A. Tanniou

**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 their creativity and skills!

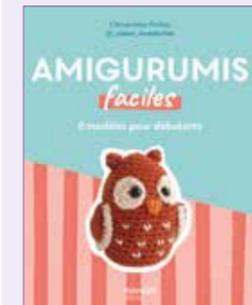
Softcover / 17 x 22 cm / 64 pp / €10.95  
8 available titles



**Easy Granny Squares**  
La Boutique Bo'm



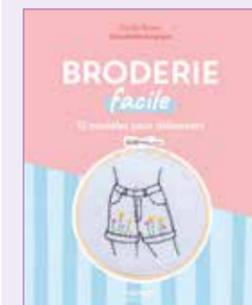
**Easy Air-Dry Clay**  
Poulette Magique



**Easy Amigurumi**  
C. Polton



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



**Easy Embroidery**  
C. Boyer



**Easy Fashion Crochet**  
C. Polton



**THE BIG SEWING HANDBOOK**  
By E. Grontec

This practical guide brings together all the techniques necessary for sewing accessories and clothing along with detailed step-by-step photos, a neat layout and beautiful production. A must-have reference book for seamstresses of all levels ensuring their successful creations.

Hardcover / 21 x 26.8 cm / 272 pp / €31.95



NEW EDITION

**THE BIG BOOK OF SEWING FOR BABIES**  
By S. Blondeau & S. Kossenko

Step-by-step patterns for 50 baby garments and accessories (bibs, sleeping bag, changing bag, hooded bath towel, plushie, mobile, cot bumper...), with real-size patterns included under the flaps.

Softcover with flaps / 21.5 x 25.4 cm / 176 pp / €27.95



BEST-SELLER

**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



NEW

**MY CROCHET WARDROBE**  
By Caro Tricote

8 models for a versatile capsule wardrobe: tops, bottoms and accessories, each with the option to adjust the garments to suit personal tastes: pants that can be made into shorts, tops with different sleeve lengths, skirts that can be shorter or longer... in a summery style but which can be layered and worn all year long!

Hardcover / 19 x 24.5 cm / 112 pp / €19.95



**FLOWER DREAMS**  
Collective Work

A creative planner for embroidering marvels all year long! Each week, a chart inspired by flowers, lovingly designed by 9 talented embroiderers, followed by inspiring texts (recipes, anecdotes, embroidery tips, etc.). Creativity will bloom in 2026!

Hardcover / 21.5 x 19 cm / 112 pp / €23.00



NEW

**DO IT WITH LOVE**  
By A. Loiseau

10 multi-technique creative projects (embroidery, crochet, air-dry clay...) accessible to beginners, activities and recipes inspired by the most popular rom-coms: *Love Actually*, *Pride and Prejudice*, *Titanic*, *La La Land*... The perfect gift book for fans of crafts and romance!

Softcover / 17 x 24 cm / 112 pp / €15.95



**MAKING WOODEN TOYS**  
By F. Mercier

A wonderful book for learning how to make wooden toys through 16 models. Classics toys revisited in a modern and joyful design, accessible to beginners, with dimensioned diagrams and step-by-step explanations for an impeccable and lasting result... for the delight of children!

Softcover / 21.5 x 25.4 cm / 128 pp / €17.95



NEW

**DIY MINIATURES**  
By T. Pichon

A superb book to get immersed in the world of book nooks and create miniature dioramas. Two customizable projects are presented with step-by-step explanations, photos and illustrations, offering complete guidance through the making of the structure, furniture, small objects, and even the decor. An accessible and high-quality production, using inexpensive and recycled materials.

Hardcover / 19 x 24.5 cm / 144 pp / €24.95

**DRAW EVERYTHING IN 10 MINUTES**

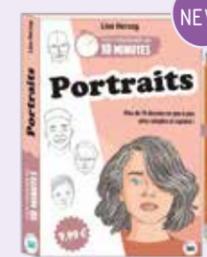
By L. Herzog

Over 75 models, all colored, to quickly learn to draw with a simple, step-by-step approach. Handy, pocket-size books to take anywhere, learn to draw easily, and practice with the included pencil.

Flexibound / 11.5 x 17 cm / 308 pp + a pencil / €9.99  
4 available titles



Draw Nature in 10 Minutes

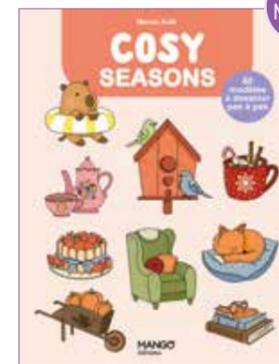


Draw Portraits in 10 Minutes

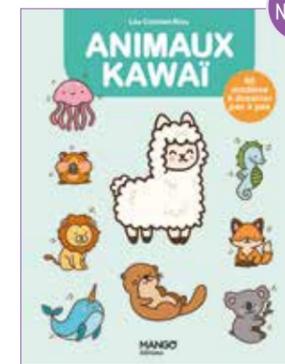
**DRAW EVERYTHING**

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. Budding artists, grab your pencils!

Softcover / 17 x 22 cm / 128 pp / €10.95  
6 available titles



Cozy Seasons  
M. Kolb

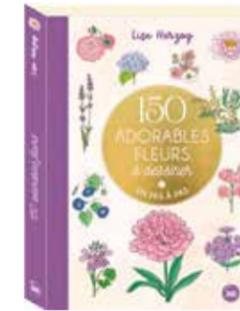


Kawai Animals  
L. Corbelet-Riou

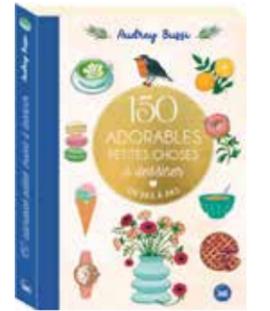
**THE 150 MOST BEAUTIFUL DRAWINGS**

A series of drawing tutorial books featuring an introductory section on drawing techniques and 150 varied step-by-step designs. Perfect guides for beginners!

Flexibound / 17 x 24 cm / 176 pp / €19.95  
2 available titles



150 Adorable Flowers to Draw  
L. Herzog



150 Adorable Little Things to Draw  
A. Bussi

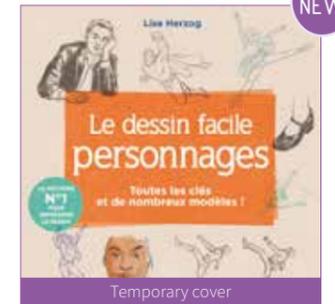
**EASY ART**

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

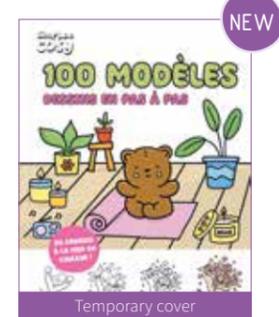
Softcover / 22 x 22 cm / 160 to 176 pp / €17.50 to €19.95  
11 available titles



Easy Nature Drawing  
L. Herzog



Easy Character Drawing  
L. Herzog



Temporary cover

**100 STEP-BY-STEP COZY DRAWINGS**  
A. Buan

Step-by-step models, in themes that follow the seasons, to learn to draw in the popular cozy style, from initial shapes to coloring. 100 easy-to-reproduce models to introduce readers to a good vibes style with soft colors and inviting scenes.

Softcover / 17 x 22 cm / 112 pp / €9.95



**THE COMPLETE GUIDE TO MANGA DRAWING**

Collective Work

Manga specialists provide valuable advice, from writing the story to the final panel, to help apprentice mangaka learn to draw original, varied characters in their environment, and flesh them out! A fantastic guide to creating an original and captivating story!

Hardcover / 21 x 26.8 cm / 160 pp / €27.95

### INITIATION AND INSPIRATION NOTEBOOK

Beautiful books, made as a watercolorist's notebook, with all the basics to begin watercolor (mixing, wash, flat tint, shading, dilution...), step-by-step projects focused on sweet and inspiring double pages.

Hardcover / 17 x 20 cm / 128 pp / €17.95  
2 available titles



**Yummy Watercolor**  
C. Bellet

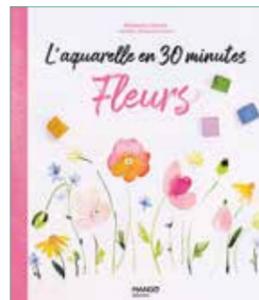


**Small Gourmet Shops in Watercolor**  
V. Drouineau

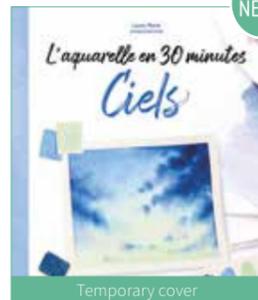
### 30 MINUTE WATERCOLOR

Thirty watercolor projects to easily paint in under 30 minutes! A fun and easy learning experience thanks to accessible step-by-step instructions, a fresh and delicate world.

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



**30-Minute Watercolor: Flowers**  
N. Cabioch



**30-Minute Watercolor: Skies**  
L. Merle

### 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  
7 available titles



**First Steps in Watercolor**  
S. Van Der Linden



**First Steps: Flowers in Watercolor**  
N. Cabioch

### 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!

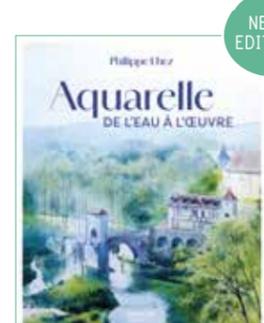
Softcover with flaps / 21.5 x 25.4 cm / 144 pp / €24.95  
2 available titles



**Flowers with Blur Effects**



**Gardens with Blur Effects**

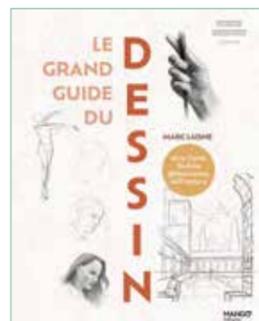


### WATERCOLOR, FROM WATER TO WORK

By P. Lhez

A guide to mastering the art of layering watercolor washes to build depth and softly diffuse light, illustrated through 16 beautiful French landscapes—from mountain villages and farms to luminous, colorful skies—celebrating nature in watercolor.

Softcover / 21.5 x 25.4 cm / 128 pp / €24.95



### THE BIG GUIDE TO DRAWING

By M. Laisne

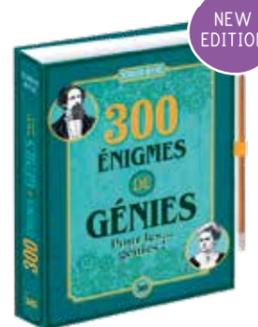
A comprehensive reference book to develop strong drawing fundamentals. Learning to simplify, grasping dynamics and movement, understanding values, mastering perspective... each fundamental theory has its own chapter with explanations, practical case studies, exercises, and plenty of tips to easily learn through practice.

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

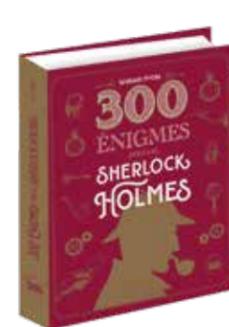
### 300 LOGICAL GAMES

Ideal gifts for lovers of brain teasers (puzzles, observation and logical games) with 300 original games per title and different levels of difficulty.

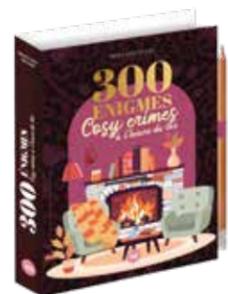
Flexibound / 15 x 20 cm / 308 to 448 pp + a pencil / €14.95 to €15.95  
8 available titles



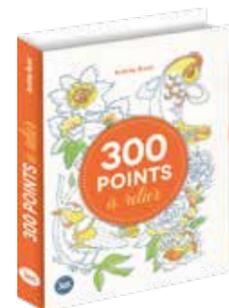
**300 Puzzles for Geniuses**  
B. Myers



**300 Sherlock Holmes Puzzles**  
B. Myers



**300 Teatime Cozy Crime Puzzles**  
B. Myers



**300 Dot-to-Dot**  
A. Bussi

### SILVER MINDS

200 games per book, printed in a large font adapted to seniors, to have fun, while boosting their brains with secret codes, fill-the-gap exercises, riddles, spot the difference puzzles, and more.

Flexibound / 15 x 20 cm / 308 pp + pencil / €13.99  
2 available titles



**200 Games for a Memory on Top Form**  
N. Masson & Y. Caudal



**200 Games for Cat Lovers**  
V. Cluzel

### THE ACES

200 games and puzzles per title to sharpen players' logic and reasoning skills while having fun. Books to take everywhere to never be bored again!

Flexibound / 11.5 x 17 cm / 308 pp + a pencil / €9.99  
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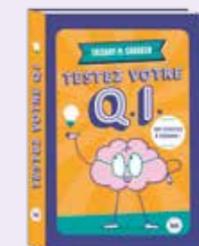
**250 Logic Games**  
P. Naud



**200 Panic at the Campsite Mysteries**  
B. Myers



**Detective Mysteries at the Beach**  
B. Myers

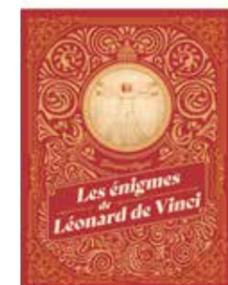


**Test Your I.Q.**  
T. M. Carabin & O. Meklemberg

### PADLOCK RIDDLES

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

Hardcover with a padlock / 15.7 x 21 cm / 96 pp / €9.95  
4 available titles



**Leonardo da Vinci's Riddles**  
B. Myers



**New Sherlock Holmes' Riddles**  
N. Masson & Y. Caudal

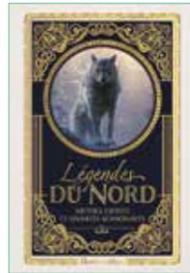
LITTLE PRECIOUS BOOKS

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

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19 available titles



Secret Language of Flowers  
M. Beauvais

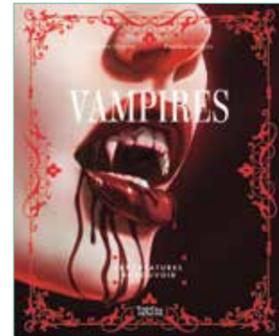


Northern Legends  
Sentulia

MYTHIC WORLDS

Lavishly illustrated gift books that delve into legends and lore. Rich in historical insights and pop culture references, each volume is a beautiful journey through the worlds of myth and imagination.

Hardcover / 23 x 28.7 cm / 80 pp / €21.95  
2 available titles



Vampires  
J. Sirgent & P. Gallois



Dragons  
M. Mottet & S. Mottet

PICK A CARD

These little boxes each reveal 40 cards with ideas ranging from spicing things up in the bedroom, to positive thoughts, kind words for Mom, and quotes from romance novels.

Cylindrical box / 9.6 x 9.7 cm / 40 cards / €10.90  
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Mom, I Love You



Kinky Ideas



40 Romance Quotes



Looking on the Bright Side

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!

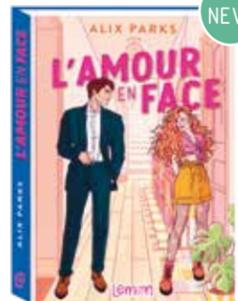
Softcover / 14 x 21 cm / 384 pp / €16.99  
5 available titles



Love, Lies & Gelati  
C. Lenge



Reindeer Eyes Are Blue in Winter  
L. M. Volange



LOVE NEXT DOOR

By A. Parks

Alex is ruthless and sarcastic, running his life and business with no room for chance—or feelings. Everything changes when Victoire, a radiant and messy artist, moves in across the hall. Her colors and energy disrupt Alex's orderly existence, while secrets linger behind her smile...

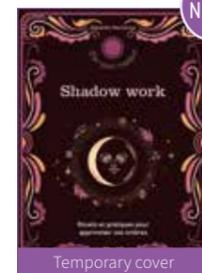
Softcover / 14 x 21 cm / 416 pp / €18.00

MY MAGIC RITUALS

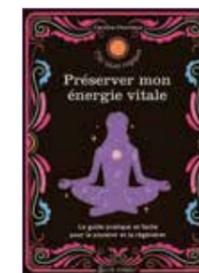
Fascinating guides, accessible to a large public, offering spiritual and practical guidance to relax and reconnect to our inner selves.

Softcover with flaps / 15 x 21 cm / 80 pp / €9.95  
20 available titles

Best-selling series



Shadow Work  
A. MacCorvus



Preserving My Vital Energy  
C. Chermeux

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  
14 available titles



The Angels and Demons Oracle  
M. Guay & M. Foignet



The Witch's Healing Plants Oracle  
A.-S. Casper & L. Bossuet

101 MAGIC RITUALS

By Elysabel

A witch and fortune teller presents a benevolent approach to witchcraft, offering 101 simple magical rituals per title to explore magic through a joyful and nurturing practice. Abundance, love, happiness, protection, health... quite a program!

Softcover / 17 x 22 cm / 160 to 192 pp / €15.95 to 16.95  
2 available titles



101 Magical Rituals to Change Your Daily Life



101 Protection Rituals

MY MAGICAL TOOLS

Accessible and practical guides to explore fascinating techniques to light the way. 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.

Softcover with flaps / 29.7 x 29.7 cm / 64 pp / €19.95  
5 available titles



My Astrology Boards  
B. Clemence



Magical Mandalas  
A.-S. Casper

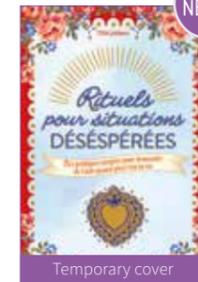


THE ASTROLOGY TAROT GUIDE

By J. Provvidenza

A thoughtful guide for tarot enthusiasts ready to deepen their card interpretations by weaving in astrology. By exploring the links between them, readers can uncover richer meanings in their readings and gain deeper insight into themselves.

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



RITUALS FOR DESPERATE SITUATIONS

By Meli Guidance

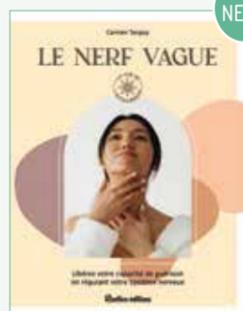
When people feel stuck in difficult situations—breakdowns, arguments, grief, and more—there is always a light ally ready to help. This self-help guide explores how mantras and rituals can offer comfort, guidance, and emotional support during life's most challenging moments.

Softcover / 14 x 21 cm / 176 pp / €14.95

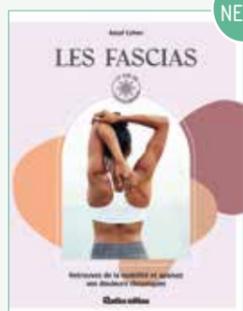
THE WAY TO SELF HEALING

Anxiety, pains, insomnia, grief, tiredness can be relieved 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.

Softcover with flaps / 17 x 22 cm / 96 pp / €11.95 to €12.95  
10 available titles



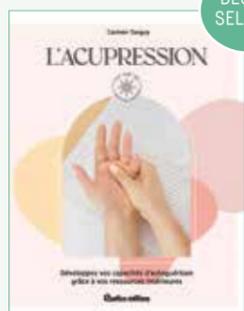
The Vagus Nerve  
C. Tanguy



Fascias  
A. Cohen



EFT  
C. Turgis



Acupressure  
C. Tanguy

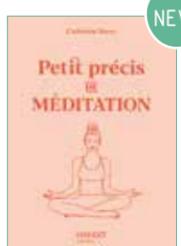
THE WELL-BEING HANDBOOK

A series of essential guides for a natural, everyday approach to health. An illustrated approach including all the benefits and basic concepts of each medicinal alternative.

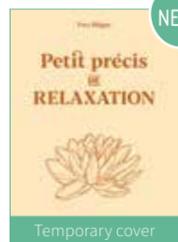
Flexibound / 13 x 18 cm / 144 pp / €14.95  
11 available titles



The Mind-Body Relaxation Handbook  
M. Quercron



The Meditation Handbook  
C. Barry



The Relaxation Handbook  
Y. Bligny

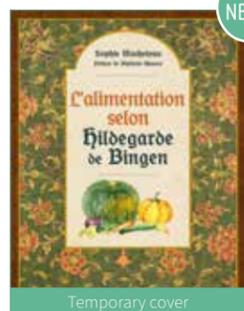


The Happiness Handbook  
R. Frély

HILDEGARD OF BINGEN

Hildegard of Bingen initiated the holistic naturopathic approach linking body and spirit, man and nature, soul and the cosmos. This series offers books presenting a selection of her favorite tools, regarding their significant therapeutic effects, to take care of our health.

Softcover / 17 x 22 cm / 128 pp / €14.95  
3 available titles



Diet According to Hildegard of Bingen  
S. Macheteau

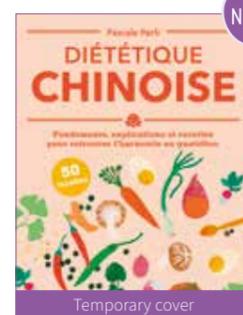


Plants and Remedies of Hildegard of Bingen  
S. Stulzajt



CONSCIOUS HYPNOTHERAPY  
By V. Zerah  
A practical guide to using conscious hypnotherapy to combat stress, anxiety, chronic pain, sleep problems, traumatic memories and many more health problems. By following the exercises, readers will learn to regulate their emotions and embrace all aspects of life.

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



THE CHINESE DIET  
By T. Perli  
Chinese dietary therapy teaches how to balance flavors, the five seasons, and the body's needs. In this guide, an experienced practitioner offers delicious and healthy recipes for each season, with a focus on associated foods. A wonderful reference book to rediscover balance, energy, and pleasure at the dinner table!

Hardcover / 17 x 22 cm / 160 pp / €17.95



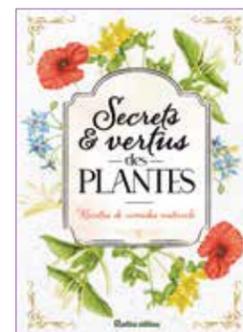
THE FAMILY HEALTH GUIDE  
By Dr. L. Martinat  
A complete guide covering six medical fields—endocrinology, gynecology, neurology, ophthalmology, the osteoarticular system, and urology—written by a doctor and specialist in herbal aromatherapy, micronutrition and acupuncture.

Softcover with flaps / 19 x 23.5 cm / 384 pp / €26.95



DON'T LET SUGAR CONTROL YOU  
By Dr. C. Laporte & P. Joyeau  
A comprehensive guide to understanding and overcoming sugar addiction, featuring real-life accounts from sugar addicts, practical advice, and easy recipes to reduce sugar consumption. A feel-good guide written by a nutrition expert and a cancerologist dedicated to promoting healthy eating and preventing chronic illness.

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



SECRETS & VIRTUES OF PLANTS  
By P. Nardo, C. Passelègue & S. Stulzajt  
Prescriptions for treating common ailments with easily available galenic forms (essential oils, herbal medicine, capsules, Bach flowers, etc.), recipes and some step-by-step DIYs for making home remedies: a great book for healing and caring for our health with medicinal plants!

Hardcover / 17 x 24 cm / 160 pp / €19.95



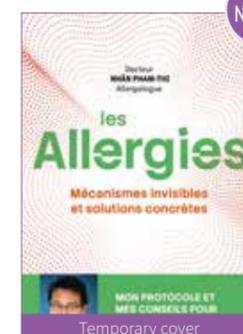
LYMPHATIC DRAINAGE  
By T. Leprieur  
This illustrated comprehensive guide helps understand the key role of the lymphatic system as well as discover and use lymphatic drainage techniques, with many benefits, through practical advice and accessible exercises. Everything to regain balance, energy, and serenity in daily life!

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



PERIMENOPAUSE: A NATUROPATHIC APPROACH  
By C. Petit  
A 6-week detox program to embrace hormonal changes with natural therapies: nutrition, movement, sophrology, aromatherapy, herbal remedies, and rest. Precious guidance from a naturopath and phytotherapist for women to feel better in their body!

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



ALLERGIES  
By Dr. N. Pham-Thi  
In just 30 years the number of allergy sufferers has tripled. In such a concerning context, an allergist unravels the multiple causes and explains the symptoms, tests, treatments, and life-saving actions. A true compass to prevent attacks, adapt daily life, regain confidence and control over allergies.

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

COACHING

A series dedicated to well-being and health with a great promise: achieve a goal in 4 weeks thanks to a complete program prepared by professionals!

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2 available titles



Transform Your Skin in 4 Weeks  
C. Hermann



Balance Your Diet in 4 Weeks  
M. Billard

HELLO ANXIETY – LET'S TALK ABOUT IT

By M. Coiffard

Through illustrated accounts and examples, these guides help people identify their emotional and physical symptoms, manage them better and interact with others. Reassuring insights into key psychological problems, written by a major mental health influencer, and author of the best-seller title *Hello Anxiety!*

Softcover / 15 x 21 cm / 144 pp / €16.95  
3 available titles

New series



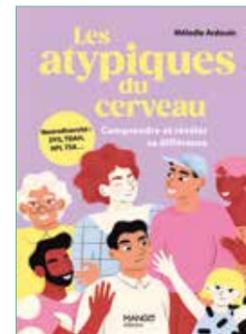
Hypersensitivity



Depression



Childhood Trauma

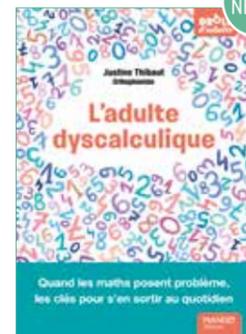


NEURODIVERGENT MINDS

By M. Arduin

An expert and dedicated advocate for the cause of neurodiversity wrote this practical guide, with solid scientific expertise, offering exercises and activities to apply advice and recommendations, to better understand and embrace neurodiversity, giving readers the tools to be inspired and empowered, to overcome personal and professional challenges and thrive.

Softcover with flaps / 17 x 24 cm / 160 pp / €17.95

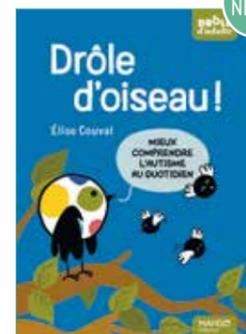


ADULTS WITH DYSCALCULIA

By J. Thibaut

It is estimated around 3% of adults suffer from dyscalculia, which manifests itself in difficulty counting, managing a budget, doing groceries, reading the time... This cheerful guide written by a speech therapist will help people regain confidence and learn methods to live with dyscalculia on a daily basis.

Softcover with flaps / 17 x 24 cm / 144 pp / €17.95



UNDERSTANDING LIVING WITH AUTISM

By E. Couval

This guide takes an original, fully illustrated approach, with the author explaining how she personally deals with autism in her daily life, social interactions, and her difficulty managing on a physical and emotional level. A peer support guide to explain ASD in everyday life and understand how to live better together.

Softcover / 17 x 24 cm / 160 pp / €17.95

LIVING WITH INVISIBLE DISABILITIES

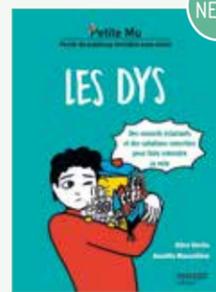
By A. Marzelière & A. Deves

Millions of people suffer from invisible diseases that can cause problems for both their social and professional lives. These very visual comic-strip-style guides, approved by medical professionals, approach the subjects with humor and kindness, to normalize and reframe these health problems.

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2 available titles



Chronic Pains



Dys Disorders

New series



HOW SLEEP WORKS

By Pr. I. Arnulf & Dr. V. Slimani

Insomnia, restless sleep, and other sleeping disorders are common. A duo of sleep experts—one a neurologist, the other a psychiatrist and somnologist—wrote this must-read guide to help sleep better and regain energy every day. The ideal companion for better sleep!

Softcover / 17 x 22 cm / 128 pp / €16.95



TRAIL RUNNING, YOUR NUTRITION PLAN

By N. Aubineau & A. Truel

A nutrition plan by a sports nutritionist and an ultramarathon runner, with 40 recipes to optimize training, for snacks and meals to have before, during and after each trail run, as well as advice on how to prevent injuries and keep up morale.

Softcover / 15 x 21 cm / 160 pp / €16.95

SUPER EASY!

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

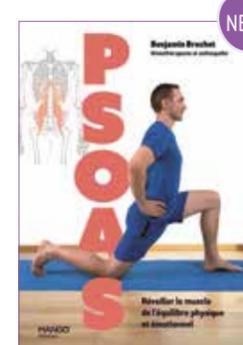
Softcover / 15 x 21 cm / 144 pp / €14.95  
10 available titles



Super Easy Chair Yoga  
V. Allibe



Super Easy Full Body Exercises  
S. Augoyat



PSOAS

By B. Brochet

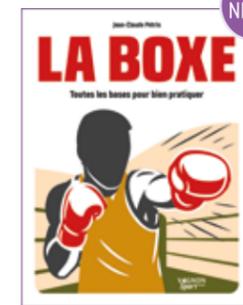
A guide written by a physiotherapist and osteopath, specialized in treating musculoskeletal and rheumatic disorders, to discover the secrets of this key muscle and its impact on physical and mental health. Includes photo-illustrated exercises for massage and stretches, muscle training, and recommendations to increase mobility.

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

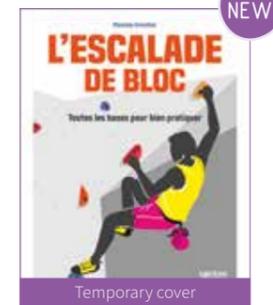
SPORT BASICS

Practical guides with diagrams, advice and key information to get started with a specific sport: training exercises, accessible explanations of key knowledge, and more.

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Concise guides to protect the body while practicing sport and use potentially dangerous equipment correctly, with expert advice and technical diagrams.

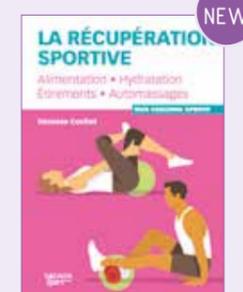
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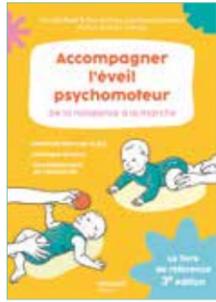


Sports Recovery  
V. Cochet



Running Injuries  
A. Zelisko

New series



**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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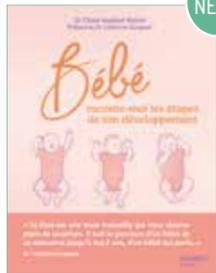


**THE RIGHT WORDS TO DISCUSS SEXUALITY WITH YOUR CHILD**

By I. Salva

As children and teenagers are increasingly exposed to inappropriate images and information through social media, the news, and their peers, it is crucial that parents become a reliable and accessible source of information. A clinical psychologist and psychotherapist offers simple tools and practical examples for engaging in healthy and respectful conversations, taking into account the child's age, maturity, and natural curiosity.

Softcover / 17 x 24 cm / 160 pp / €17.95



**BABY, TELL ME HOW YOU GROW**

By Dr. C. Haddad-Halimi

What if babies could tell us how they feel? This book is written from a newborn's perspective and guides parents through the extraordinary first two years of their baby's life: breastfeeding, sleep, crying, weaning, attachment, managing emotions... all aspects of caring for baby are accompanied with practical advice.

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**TREASURES OF MOTHERHOOD**

By C. de Williencourt & A. Tranno

An essential practical guide to support women who wish to become mothers and understand, medically but also humanly, the different stages to experience, from conception to postpartum. Illustrated with precise infographics, this book also contains practical exercises to help readers embrace this new perspective on the body and motherhood.

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**TOOLS FOR PARENTS**

By S. Chokron

Practical and effective solutions to deal with common problems among children from 2 to 5. On one side, a 4-page booklet for parents to learn how to use the tool. On the other, a board that the children will use to progress and grow at their own pace.

Pouch / 14.5 x 21 cm / a 4-pp leaflet + a double-sided board + stickers / €11.95  
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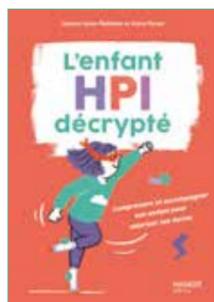


Bedtime

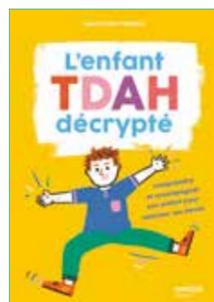
**UNDERSTANDING CHILDREN WITH SPECIAL NEEDS**

Fully illustrated guides written by experts to better understand children with special needs. Each topic (communication, autonomy, learning, social life) is taken from the children's point of view and focuses on everyday life situations, to help parents perfectly grasp their feelings.

Softcover with flaps / 17 x 24 cm / 160 to 192 pp / €17.95 to €18.95  
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Understanding the High Potential Child  
A. Florea & J. Save-Pédebos



Understanding the Child with ADHD  
J. Save-Pédebos



Understanding the Child with Autism  
G. Bernier & L. Gascon

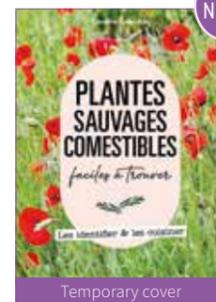
**THE ADVENTURER'S GUIDE**  
By D. Tribaudeau, N. Trève & M. Berthon

Illustrated survival guides for budding adventurers looking for advice on living in nature: how to find water, build a shelter, build a fire, recognize edible plants...

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25 plantes, eau, cuisson  
Finding Food in Nature

**Bushcraft**  
cutils, abris, feu, eau...  
Learning Bushcraft



**EASY-TO-FIND EDIBLE PLANTS**

By C. Calendula, F. Couplan & C. Curt

80 simple recipes to cook with 20 of the most common edible plants, and advice on where to find them and how to identify them. Written by an ethnobotanist.

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**SURVIVAL: 50 ESSENTIAL PLANTS**

By D. Tribaudeau

An essential guide presenting 50 common plants to either eat or use for their medicinal properties: how to recognize them, when and where to find them, avoid confusing them with toxic plants which may look similar...

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**GETTING YOUR CAR READY FOR A ROAD TRIP**

By S. Poidevin

A step-by-step guide on how to kit out a car or small van for road-trips, by adding a bed, furniture and storage, as well as plenty of practical advice on planning for journeys...

Softcover / 17 x 22 cm / 144 pp / €18.95



**ADVENTURE AWAITS: A SOLO WOMAN'S TRAVEL GUIDE**

By Suzanne L'instant Vagabond

An essential guide written by a woman for women aiming at traveling alone to prepare for adventure: planning the trip, overcoming fears, staying safe, finding inspiration...

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**HAPPY PET**

Illustrated handbooks that clearly address all the key questions new pet owners may have, covering essential care, nutrition, health, play... Packed with practical advice, these guides ensure a thriving pet in the perfect environment.

Softcover / 15 x 21 cm / 96 pp / €12.95  
2 available titles



10 Lessons for a Happy Dog  
C. Fesch



A Happy Rabbit in the Home  
A. Hatinguais



**SOOTHING YOUR DOG**

By D. Oulès

An animal behaviorist reveals how to decipher a dog's behavior. What does it mean when it moves its head in a certain way, blinks its eyes, moves its tail, positions its paws...? Advice on how to react to a dog's behavior and ensure their well-being.

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



**CANINE MASSAGE FOR A HAPPY DOG**

By F. Claustres & E. Martins

As a holistic and natural technique, massages act on the physical and psychological levels of dogs, whether they are young, adult, stressed, athletic, or elderly. Written by a behaviorist-educator, trainer, and canine massage practitioner, this guide presents 15 illustrated massages.

Softcover / 17 x 22 cm / 128 pp / €16.95

### HOMEMADE PLANTS

Indoor gardening has never been so easy and cheap than with homemade plants from pits, pips or cuttings. The author presents her techniques in step-by-step photos for decorative and beautiful houseplants.

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**Successful Seed Planting Every Time**  
S. Chazal



**Growing Plants From Pits and Seeds**  
I Do It Myself

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Preparing the ground, sowing seeds, fertilizing the soil, pruning, harvesting... Little guides to get started in the garden, divided into 10 key topics per title!

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A. Lagueyrie



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Over 200 step-by-step illustrations described with simple language to learn the best techniques. Visual guides written by specialized gardening authors sharing their knowledge and experience.

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J.-Y Prat



**Beekeeping**  
J. Lacube

### FAREWELL TO MY GARDEN'S ENEMIES

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

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R. & M. Motte



**Farewell Moles and Other Rodents that Destroy My Garden**  
P. Asseray

### MY GARDEN, READY TO ROLL

30 projects per title answering all the questions gardeners ask themselves, in an original, large format and downloadable plans to help with designing and maintaining a garden.

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S. Ligny



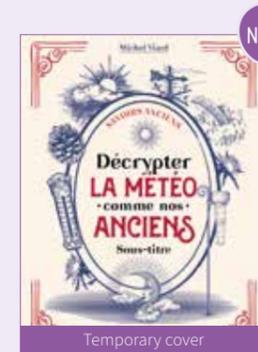
**My Square Foot Garden**  
R. Elger

New series

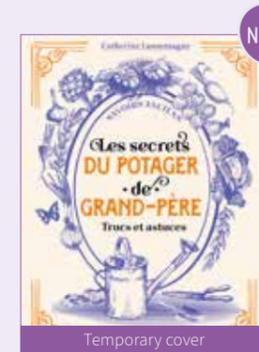
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Great reference guides sharing traditional knowledge passed down to current generations with tips and tricks from our ancestors.

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3 available titles



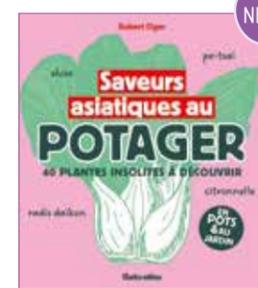
**Reading the Weather**  
M. Viard



**Grandpa's Secrets for the Vegetable Garden**  
C. Lamontagne



**Grandma's Charming Garden**  
F. Palix



**ASIAN FLAVORS IN THE VEGETABLE GARDEN**  
By R. Elger

Lemongrass, daikon radish, pak choi, shiso... these plants may not be native to Europe but with the author's guidance they are easy to grow and incorporate into home cooking for a touch of exoticism!

Softcover / 17 x 19 cm / 80 pp / €14.95



**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



**MY COTTAGE GARDEN**  
By S. Ledoux

A beautifully illustrated book with original photographs that reveals all the secrets of designing an English cottage-style garden: what flowers to plant, how to structure and compose them, ornaments and maintenance. An accessible guide to design a lush and inviting garden!

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



**THE BEGINNER GUIDE TO GARDENING**  
By S. Depecker

From fruit trees to flower beds, gardening will no longer be a mystery with this beginner guide covering all the basics of creating and maintaining a garden: understanding the soil, designing the layout, preparing the ground, planting, sowing seeds, saving water, welcoming animal life...

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

New series



**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



**FOODSCAPING**  
By M. Viard

How to create a garden that is both esthetic and edible? Thanks to this practical guide on planting edible plants (fruit bushes, edible flowers, vines...) alongside ornamental plants, for an eye-catching and useful garden!

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

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