

ALBIN MICHEL

# Rights guide

2022

Environment

Gardening

Cooking

Self-help

Well-being

Parenting

Health



# SOMMAIRE

## Rights guide

2022

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## HEALTH & WELL-BEING

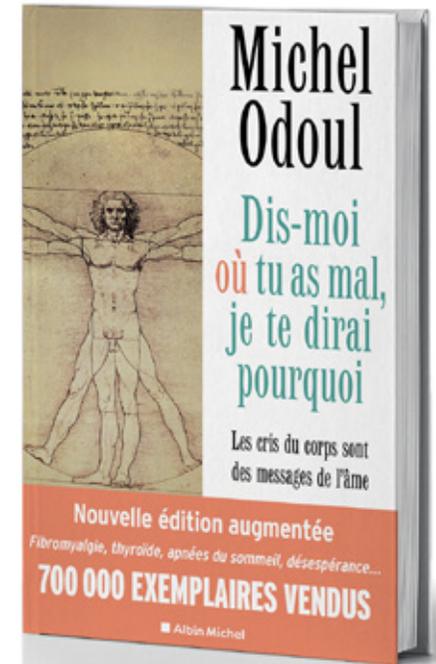
# Tell Me Where It Hurts, I'll Tell You Why

New and improved edition

by Michel ODOUL

A practical manual for  
all those seeking to decode  
the language of the body.

140 x 220 mm  
280 pages  
19,90€



Our bodies talk to us, but you still have to know how to listen. Allergies, anorexia, bulimia, cancer, fevers, sore throats, inflammations, cysts, lumbago, migraines: all are signs that there are deeper tensions within us looking to be expressed ...

This new edition contains six new chapters: hallux valgus, frozen shoulder (adhesive capsulitis), sleep apnoea, broken heart syndrome, fibromyalgia, and despondency. In this book, we learn to no longer see sickness as a matter of bad luck or destiny but instead as a message from our inner being, allowing us to realise that behind our suffering is a "creative illness" offering a means to progress in our evolution. Based on almost 20 years of experience and several thousand individual consultations, all the information contained in this book has been verified by everyday practice.

Also available



Michel Odoul is the founder of the French Shiatsu Institute and the author of several books with Albin Michel: *Tell Me Where It Hurts, I'll Tell You Why*; *Tell Me Where It Hurts: The Glossary*; *Tell Me When You Hurt, I'll Tell You Why*; *Hair, Tell Me About Myself*; *The Harmony of Energies*; *At the Source of Illness*. He is also a teacher.



# The Ultimate Guide To Herbalism

Gain insights into ancestral plant knowledge and learn how to concoct your own remedies

by **LOÏC TERNISIEN**

Become your own herbalist!

175 x 225 mm  
240 pages  
18,90€



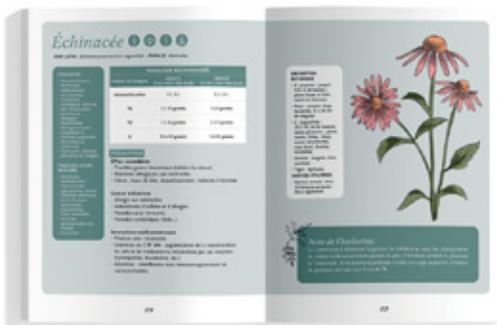
This ultimate guide to herbalism makes natural care know-how accessible to everyone.

It includes a history of herbalism, presentation of plants, production techniques and remedy recipes, along with a practical index of conditions to treat ... An inventory of everything you need to know about using plant based treatments safely and independently.

In total, this book offers 40 plant presenta-

tions, 70 remedy recipes and 45 info sheets on different conditions and how to treat them. Furthermore, its beautifully illustrated layout focuses on practical explanations, aided by a variety of tables, diagrams, infographics and more.

**Loïc Ternisien is a neuropath and herbalist. Having study science at university, allowing him to develop a solid foundation in science and strong critical mind, he then put his talents to the service of natural medicine.**



# Change Your Life And Shine!

by **Tiffany COSCAS**  
and **Flora TERRUZZI**

Thanks to naturopathy!



165 x 220 mm  
264 pages  
16,90€



“What do you do at home?”, “What do you eat?” ... The authors of this book have lost count of the number of times their patients have asked them these questions. This book is their opportunity to pass on everything they have learned and make their healthy way of life accessible to everyone.

A far cry from classic or theoretical works

on naturopathy, these energetic naturopaths aim to guide the reader in their footsteps. Depending on body type (which is determined by a series of tests at the start of the book), the reader is able to pick and choose from menus, recipes, physical exercises to practice at home, weekly and seasonal programmes, beauty routines and more ...



**Flora Terruzzi is qualified in nutrition, naturopathy, Chinese medicine and psychogenealogy. She is also a teacher, training future naturopaths.**

**Tiffany Coscas is a naturopath and yoga teacher. She was trained by Flora.**



# Put An End To Back Pain

New edition

by Bernadette DE GASQUET

The reference guide for ending back pain

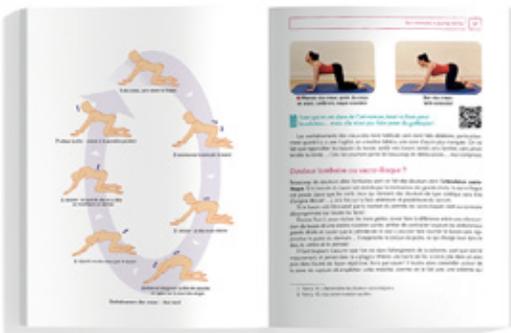
170 x 230 mm  
256 pages  
22,00€



More or less everyone has suffered backache at some point, tending to blame stress or our living conditions... But backaches are, first and foremost, a problem of gravity. Growing, staying upright and walking on two feet is a bio-mechanical challenge which has granted us far greater scope to act in the world than is given to most living things. However, your torso must be strong, straight, resilient,

and flexible enough to carry the enormous weight of the head. This book allows those who want to save their backs to understand the daily stakes, comprehend the architecture of the body, repair their weaknesses and find working solutions that are adaptable to modern life: knowing what is good and bad for them, avoiding harmful gestures and blockages, discovering analgesic postures, and self- or family massages. It also provides a personalised programme of reinforcement, stretching and relaxation, with respect to biomechanics.

**Bernadette de Gasquet, doctor and yoga teacher, revolutionised the approach to childbirth, as well as work on the abdomen, perineum and back.**



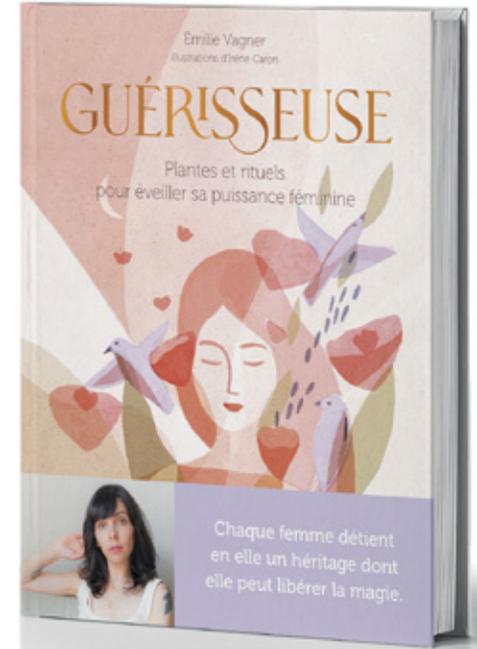
# The Female Healer

Plants and Rituals

by Émilie VAGNER

Everything you need to know about plants and rituals for waking the power of the sacred feminine.

185 x 235 mm  
200 pages  
17,90€



This book conveys to women the ancestral knowledge that will enable them to harmonise their energies.

- Part one focuses on physical well-being and the body as a sacred space to be honoured
- Part two deals with psychic and spiritual well-being for taking care of the soul
- Part three explores female cyclicality: the first moons after menopause, dependence on the seasons, daily repercussions and more ...

Elsewhere, the author gives fundamental advice for practising rituals. A richly illustrated guide which returns to all women the healing magic which is their heritage.

**Émilie Vagner is a practicing naturopath. Her approach to well-being is resolutely contemporary, combining modern theoretical knowledge and ancient care techniques.**





COOK BOOKS

# Chocolate Meltdown

My 60 best recipes for chocolate addicts

by Hervé Cuisine

A true chocoholic, Hervé Cuisine shares his 60 favourite recipes!

185 x 235 mm  
160 pages  
14,90€

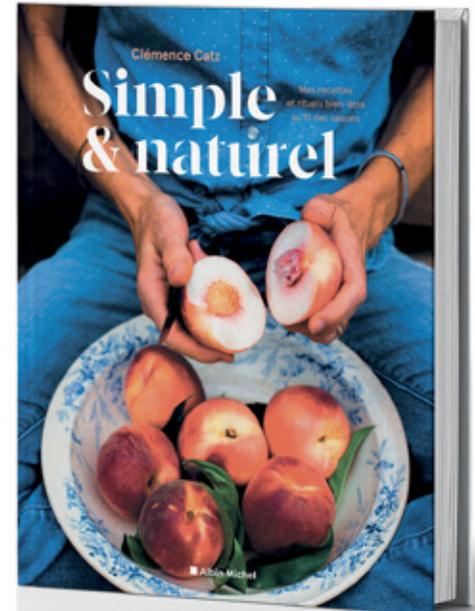
# Simple & Natural

My recipes and well-being rituals through the seasons

by Clémence CATZ

Cultivate your energy and well-being by following the rhythm of the seasons!

205 x 250 mm  
192 pages  
17,90€



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Fans of the author love his chocolate recipes! They are undeniably:

- simple to make: with clear explanations and easy to find ingredients.
- unmissable: tested countless times by the author and 100% approved!
- delicious: classic and audacious combinations – always a hit!
- comforting: timeless pâtisserie classics revisited in chocolate versions for maximum pleasure!

**Hervé Cuisine**, real name Hervé Palmiéri, is a popular YouTuber, blogger and culinary author. A true phenomenon on social media, he rose to fame in 2007 thanks to his blog and Youtube channel, on which he shares simple and effective recipes. Today, his blog welcomes almost two million visitors a month, placing him in the top 3 of French cooking blogs (in Francophone countries and internationally). He published *My Healthy Pâtisserie* with Albin Michel in 2020 (10,000 copies sold). Design and photography by Aurélie Desgages.



Also available

With a naturopathic approach, the author offers advice on diet, the figure and health ...

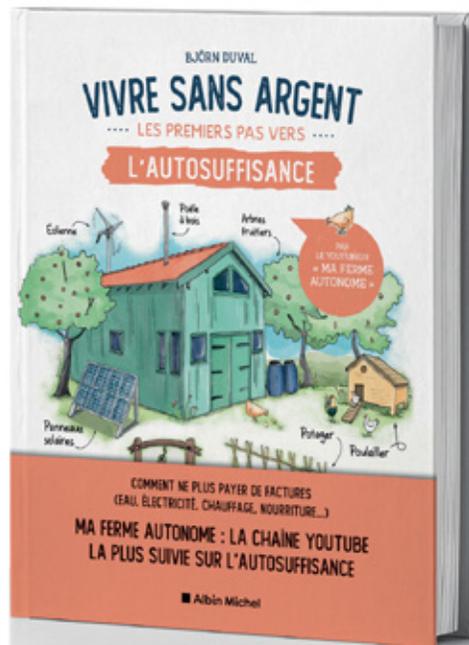
Each chapter of this new book corresponds to a season, giving a run-down of dietary advice and "slow food" recipes which are healthy and full of energy. As a bonus, the book also includes physical exercises (yoga positions ...), a focus on gentle practices (massages with oils,

plant-based remedies ...) and interviews with engaged practitioners (naturopaths, beekeepers, organic farmers ...).

Creator and food photographer, **Clémence Catz** defines herself as a "culinary explorer"! She is the author of dozens of books on themes such as veganism, naturopathy, gluten-free diets and super foods. She has collaborated with a variety of magazines specialising in cooking and well-being. She also runs vegan cooking workshops.



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## NATURE / ECOLOGY / EVERYDAY LIFE

# Living Without Money:

The First Steps Towards Self-Sufficiency

by Björn DUVAL

How to no longer receive bills for water, electricity, heating and more ...

175 x 225 mm  
192 pages  
14,90€



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More and more people are attracted to the idea of an independent life. Whether it's for ecological, survivalist or financial reasons, they aspire to a simpler existence that will free them, in whole or in part, from consumer society. In this book, we learn how to independently provide your own water, electricity and heating, as well as how to produce a part of your food and make your own clothes and hygiene products. Through this process, the

author demonstrates how we can win greater freedom by escaping the trap of needing money to meet our basic requirements. But becoming independent demands patience, motivation and above all a method. This guide provides the reader with all the fundamentals for an independent living project: how to begin; what mistakes to avoid; how to choose your land and what kind of habitat to prioritise; how to provide water, construct dry toilets, practice permaculture, store your food and more ...

**Björn Duval** is a pseudonym. In the 2010s, he decided to buy a plot of land to live on independently while continuing in his dayjob. Today, he lives completely autonomously with everything required to meet his vital needs and produce a large part of the food he consumes. He has taken these steps because he firmly believes that he can replace money with work by largely freeing himself from the system.



# A (Super) Productive Vegetable Patch

How to have an effective vegetable patch drawing inspiration from market gardeners

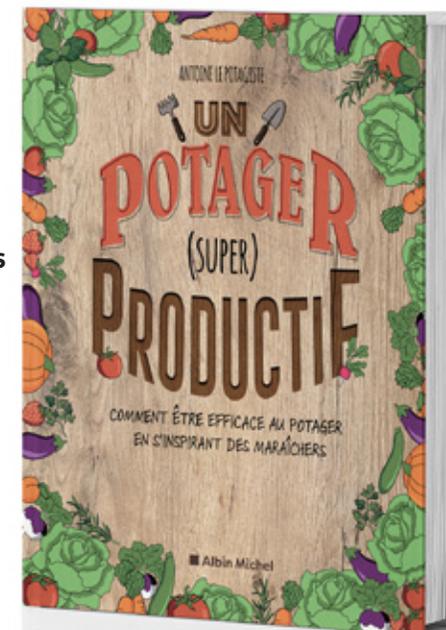
by Antoine le Potagiste

Stop wearing yourself out for nothing in the vegetable garden!

205 x 250 mm  
192 pages, illustrated  
17,90€



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Permaculture is tempting, but it doesn't always work. When lettuce and young plants are devoured by slugs, frustration and discouragement can wear the amateur gardener down! The vegetable patch must produce: it's not a pleasure garden... Neither dogmatic nor pretentious but pragmatic and effective, Antoine explains, in a very accessible way, how he manages his patch, promising readers a good harvest

of organic vegetables – and all without sacrificing the beauty of your garden!  
- **Techniques to know:** culture methods, handiwork, tools ...  
- **Produce to prioritise:** the most interesting varieties, month-by-month calendar ...  
- **Pitfalls to avoid:** time and money wasters, how to manage selling surplus produce, etc.  
A book rich in know-how, based on ten years of experience.

**Antoine Maillard**, known as "the Vegetable Gardner" is an engineer. Far from ideological, he strives to be efficient and productive when talking about gardens.



## France – Road Trips In A Van

by Des Fenêtres sur le monde

25 wild and bucolic routes  
on the most beautiful roads  
in France.

165 x 220 mm  
368 pages  
19,90€



9 782226 471826



In this book, the authors offer ready-to-roll routes, dotted with landscapes to contemplate, hikes to take, quirky nooks and anecdotes from on the road.

Whether bordered by villages and bucolic countryside or traversing untouched wilds, this pair of travellers have prepared routes for anyone attracted by this fashionable way of getting around. What's more, they have dedicated a chapter to

tips and practical advice (fitting out the van, on board organisation, administrative obligations, and more ...)

Eric Bournot and Joana Boukhabza are travel lovers. Hiking, bivouacing, enriching encounters and extraordinary landscapes have converted them to "Vanlife" for good. This way of life has become their daily existence.

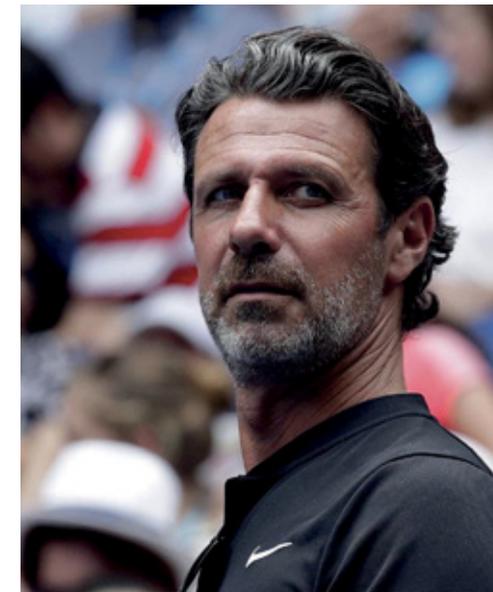


## You can do it 10 coach's secrets to get out the best of you

by Patrick Mouratoglou

The 10 steps to get  
the best out of yourself!

155 x 215 mm  
192 pages  
17,90€



©DR

Look around you: it's not easy to make your dreams come true. The proof is that the majority of people we spend time with dream of a life other than the one they're living. They didn't dare take the plunge and now their lives are nothing like the ones they no longer even dream of. I started out in life with no chance of success, but I knew how to find solutions to my problems, to live the life I'd dreamt of, and more ... For the next twenty-five years, I dedicated my life to coaching athletes, building their dreams and making the most of their potential. I know this path because I have taken it, and have accompanied hundreds of others along it.

Today, I'm offering to show you how to become your own coach so that you can live the life you've always dreamt of. I'm going to help you believe in yourself, to dare and to act. Get ready to take control of your life."

Patrick Mouratoglou began his life without much going for him: pathologically shy, unable to communicate, a failure at school and with no self-esteem. Nevertheless, he is THE coach of reference on the international tennis circuit, and has, for ten years, been the trainer of Serena Williams, holder of a record 23 individual Grand Slam titles and four time Olympic champion. He is also the coach of Anastasia Pavlyuchenkova, taking her from 350th place to top 25 in the ATP rankings and of Aravane Rezaï, who he took from 50th place to 15th. This champion maker also created the largest tennis academy in Europe, hosting close to 4000 students and 200 full-time players per year, with 4 World Number 1s amongst them.



# PARENTING

## Well-Being And Maternity

New edition

by Bernadette de GASQUET

**A groundbreaking reference guide: complete, practical and respectful of the mother's and child's physiology**

170 x 230 mm  
384 pages  
400 illustrations  
25,00€



**B**ernadette de Gasquet, doctor and yoga teacher, has revolutionised obstetrics since the 1980s with a method that brings together tradition, the know-how of mothers and the progress of modern medicine. Her training is the reference for midwives, and she is a leading light in the subject of pre- and post-natal yoga. Popular in maternity hospitals, this guide responds to questions from future mothers

and offers answers which are easy to put into practice, well illustrated exercises and explanations, advice for being at your best from the onset of pregnancy, and for actively preparing, experiencing and dealing with the aftermath of childbirth.

**Bernadette de Gasquet, doctor and yoga teacher, has published numerous books.**



# From One Bank To The Other

By Sonia Krief and Nathalie Lancelin

**Understanding and accompanying baby from the womb to the first few months of life**

155 x 215 mm  
128 pages  
17,90€



**W**hat do we really know about what the baby goes through in utero and at birth?

Darkness, warmth, sounds, nothing that resembles the life outside the womb into which they will suddenly arrive ... This practical essay aims to educate us on what being born means, and make us more aware of the true change of world that birth represents for a baby. Drawing on scientific studies and their experience in the field, the authors help parents and

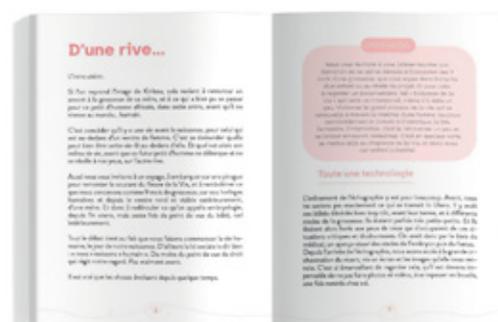
professionals to better understand what babies go through so they are better able to support them. This training is backed up by numerous practical pieces of advice, as well as testimonials.



Also available

**Sonia Krief has been a childcare assistant for more than 40 years and is a key figure in the world of parenting advice. In 2019, she opened the École du Bien-être (School for Good Birth), which teaches different techniques used in the care of newborns (bathing, massages, advice on breastfeeding and more ...). She is also the author of *Welcoming My Baby* (25,000 copies sold).**

**Nathalie Lancelin is a psychologist specialising in childcare. She is the author of *Pregnant, Voyage to the Heart of Emotions* (Horay, 2018)**





# My Baby Started DME!

(Child-led Diversification)

by Christelle Courrège, and Fanny Abadjian

The only complete guide, with 100 recipes adapted to your baby's abilities

175 x 225 mm  
200 pages  
17,90€

Christelle Courrège is the creator of the site 'Ma petite assiette' ('My Little Plate'), which develops innovative ergonomic products for guiding children to dietary independence.

Fanny Abadjian is a speech therapist specialising in childhood dietary issues and a teacher of DME. Both Christelle and Fanny graduated with diplomas in Childhood and Adolescent Nutrition and Obesity.



# Help! My Baby Won't Eat!

by Alexia Challan Belval and Aurélie Grimaud Daunizeau

What can you do when your baby refuses everything you give them to eat?

210 x 280 mm  
80 pages  
9,90€



Two health professionals take stock of child dietary difficulties and finally offer parents the solutions for knowing what to do when mealtimes turn into a nightmare.

This book, dotted with testimonials and concrete situations, enables parents to adopt the right attitude: not forcing the child, but neither distracting or always rewarding them.

Aurélié and Alexia share all their tricks for relieving parents: limiting mealtimes, varying the textures and colours of the food,

eating without screens at the table, not letting the child decide ...

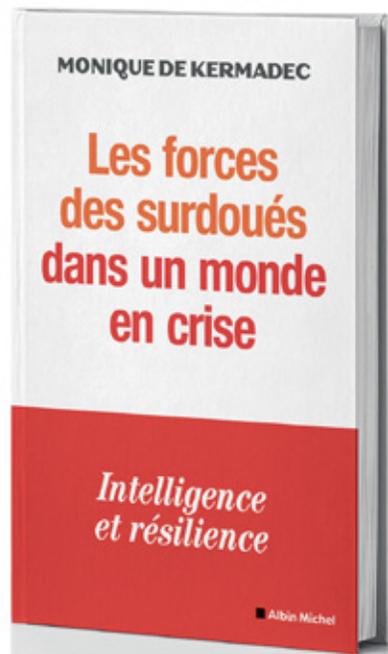
And more: games and challenges to do as a family: "backwards" week, "crunch!" week, "completely chocolatey" week and more ... A book to help parents and children recover their calm during meals.

Alexia Challan Belval is a clinical psychologist. She has worked at the Trousseau Hospital in Paris since 2013. The rest of her time she spends as the mother of three children.

She has also worked in respiratory medicine at a cystic fibrosis centre.

Aurélié Grimaud Daunizeau is a psychomotor therapist specialising in childhood. She worked at the Trousseau Hospital, where she met Alexia. Together they created a consultation dedicated to oral difficulties, later forming medical and paramedical teams on this subject. In the course of their consultations, they developed a playful approach to treating issues with eating by providing games and challenges to complete at home.





## PSYCHOLOGY

# The Strength Of The Gifted In A World In Crisis

Intelligence and resilience

by Monique de KERMADEC

Through an alliance of their cognitive, relational and emotional intelligences, the gifted have the advantage of resilience in a world in crisis.

145 x 225 mm  
224 pages  
18,90€



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The pandemic sent shockwaves around the world, the upheavals it brought about shattering all illusions of control over our environment, relationships and emotions. But while some fell into depression or surrendered to anger, this ongoing crisis helped others to grow. Why?

A psychologist, and specialist of gifted people, the author explores how it is they manage to cope positively. She demonstrates how these curious, sensitive and intense men and women have been able to mobilize and flexibly combine their assets. From these observations, we understand that repairing connections, and accepting and investing in change are skills that are accessible to everyone. We all have multiple intelligences: cognitive, emotional and

relational – using and combining these facets is the secret of resilience. In this way, despite the instability of the world, all of us can become stronger.

**Monique de KermaDEC, psychoanalyst, psychotherapist and specialist on gifted people, has published several books with Albin Michel, including: *Gifted Adults: Learn to Do Things Simply When It Gets Complicated; The Gifted Adult in Pursuit of Happiness; The Gifted Child: From Birth to Toddler; A Feeling of Solitude; The Gifted Woman and The Gifted and Love.***

By the same author

## The Gifted Woman

by Monique de KERMADEC

Love and the Exceptionally Gifted

145 x 225 mm  
208 pages  
17,90 €



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When it comes to exceptionally gifted beings, there is a big difference between men and women, both in the nature of their exceptional intelligence and how they live with it. Women with a very high potential do not respond in the same way as men to constraints in a society where the paths for success are still very archetypal. Highly intelligent women come up against the prevailing machismo even more than other women do. Drawing on the latest sociological and scientific studies and many real case notes, Monique de KermaDEC reveals the numerous social and professional barriers confronting

women who are out of step, telling them how to make the best of their gifts and assume the roles they could be playing in our society.

Also available



# A Zebra On The Couch

by Hélène Vecchiali

Understanding the discontent of gifted people from childhood to adolescence

150 x 220 mm  
250 pages  
19,00€



demonstrates how giftedness amplifies the effects of trauma and, at the same time, makes it possible to invest the intelligence to overcome them.

**Hélène Vecchiali, psychotherapist and coach, is the author of numerous books, including *The Silence of Women* with Albin Michel.**

**G**ifted does not have to mean unhappy. Nor does the unhappiness a gifted person feels necessarily come from their giftedness. Rather it may come from childhood.

Gifted adults, however, may be unaware of the weight of their childhood difficulties and, if their unhappiness is blamed solely on their giftedness, can see no solution. In this book, Henri, a late-diagnosed gifted adult, recounts his life, as well as that of the formerly precocious Sylvie, from childhood through to adulthood, when both finally went to see an analyst.

The author punctuates their stories with explanations of the means by which they got by (loneliness, intellectual overinvestment, relationship with others) until the day psychotherapy set them free. She

## SELF HELP

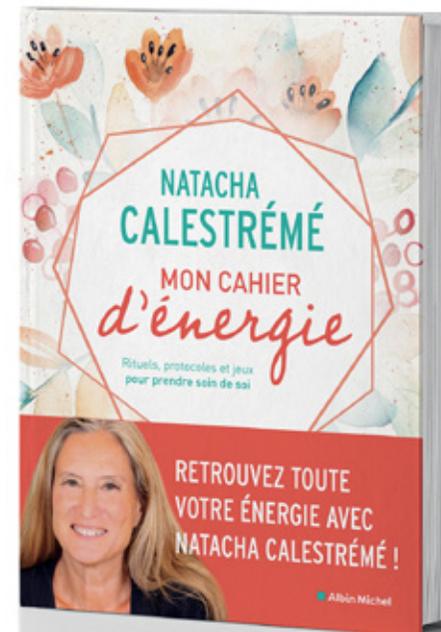
# My Energy Journal

22 self-care rituals, practices and games

by Natacha Calestrémé

22 rituals for finally letting go and being at your energetic best!

210 x 280 mm  
80 pages  
9,90€



**H**olidays are the perfect moment to take a break. This cute, playful and poetic journal will allow you to recover your serenity through rituals, practices and games.

22 steps, little moments of self-care, each including a thought, game and ritual for the day, accompanied by beautiful nature photography.

Get in touch with the Guardian of Places, clean your mind with shamanic stones, make three wishes to the universe, open

your imagination to land art, discover your spirit animal, purify your surroundings, call someone and tell them that you love them, draw a before/after self-portrait ...

**Natacha Calestrémé is a journalist and writer who has run numerous workshops on the vital theme of toxic emotions and their impact on our lives. She is the quintessential expert on "emotional detox". Her last book, *The Key to Your Energy*, appeared in 2020, followed by *Finding My Place* in 2021. Both were best-sellers.**





## Provoke Your Luck!

Why does luck smile on some and how can we become lucky?

by Christophe HAAG

A pop science book which reveals why luck smiles on some, and how we can all get it to smile on us.

150 x 220 mm  
280 pages  
19,90€



**Christophe Haag** is a teacher-researcher in organisational behaviour, a branch of social psychology. He is an essayist, speaker and explorer of the endless universe of emotions. Notably, he is the author of *Emotional Contagion* with Albin Michel. He appears regularly in *Magazine de la santé* and has a column in the *Harvard Business Review*.

Also available



Do you know the most contagious virus on earth?  
No, it's not the flu or Ebola ...  
It's the emotion virus.

## ESOTERISM

# Rituals Of The Earth

Ancestral Knowledge of Plants, Trees and Crystals

by Caroline CHERMEUX

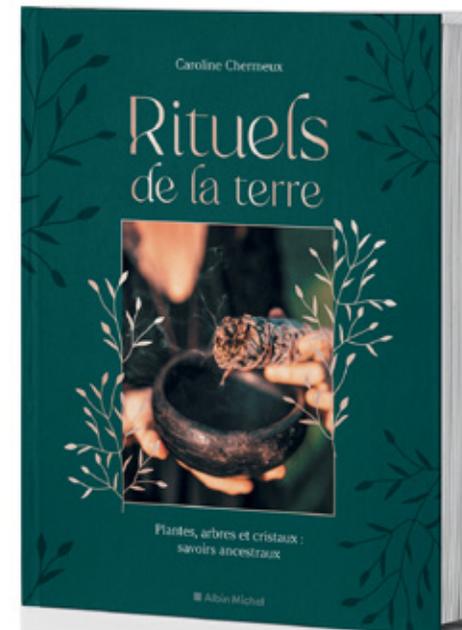
How can we connect with the power of the sacred feminine?

185 x 235 mm  
192 pages  
16,90€



This book is a true initiatory journey allowing women to:

- Connect with their bodies
- Recover their inner security and emotional equilibrium
- Love themselves and others
- Express themselves and affirm their uniqueness
- Develop their intuition and creativity.



The author shares many rituals of medicinal plants, crystals and the earth. Sustain yourself with the power of stones, herbal teas and ointments. Enter meditation through inspired chants!

Fascinated by ancestral knowledge, **Caroline Chermoux** has been immersed in a universe of magic and nature since childhood. In connection with plant, mineral and animal worlds, she has been initiated in energy care treatments and is a specialist of personal development and guidance. She uses crystals, medicinal plants and holistic therapies to heal the soul and achieve feminine well-being, as well as knowledge of one's own journey towards harmony – of the heart, body and soul.

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[@albinmichel\\_et\\_moi](https://www.instagram.com/albinmichel_et_moi)

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