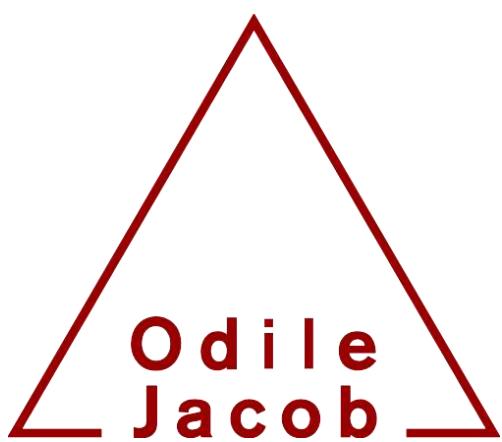


Editions Odile Jacob

“Virtual Frankfurt Bookfair”

2021

Rights List



Lluis Quintana-Murci



**Where do we come from? What are we? Where are we going?
It is to these universal questions that this book answers.**

Lluís Quintana-Murci, a world-renowned Franco-Spanish biologist, invites us on a great journey through time and space in search of our origins and our destiny.

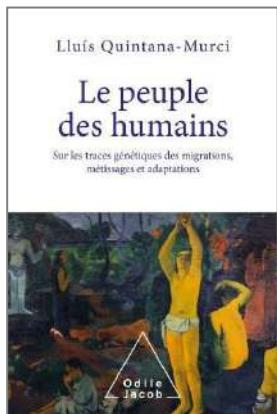
The world-renowned biologist shows how an increase in knowledge obtained in the past few decades has enabled a manipulation of entire genomes and, working at the level of populations, has transformed our knowledge of our species.

An impressive panoramic view of the current state of geneticists' knowledge, and of just how rich that knowledge is!

Lluis QUINTANA-MURCI The Human People

A masterful book in the vein of Yuval Noah Harari

Lluis Quintana-Murci is a world-renowned geneticist. Professor at the Collège de France where he holds the Chair in Human Genomics and Evolution, he is also Head of the Human Evolutionary Genetics Unit at the Institut Pasteur. His work has been rewarded with many distinctions, including the bronze and silver medals of the CNRS, and the Mergier-Bourdeix and Dagnan-Bouveret prizes of the Académie des sciences. He has also been a laureate of the European Research Council (ERC). He is a member of the European Molecular Biology Organization (EMBO) and the Academia Europaea. In 2019, he was appointed member of the Academy of Sciences. His specialty is the study of genome diversity across human populations and its relation to infectious diseases.



Lluis Quintana-Murci's book is like a great fresco of life, a voyage in the time and space of the human, made possible by what geneticists now know.

He uses the powerful tools of the latest science to decipher our genomes and explore their diversity across human populations, not only those of today, but also, thanks to the fossil record, those of yesterday.

It traces the extraordinary history of human settlement throughout the world: from the emergence of humans from Africa over 60,000 years ago to the settlement of Polynesia just a few millennia ago.

It establishes the existence of extinct human species, reveals how human populations have constantly interbred with each other, but also with archaic humans, such as Neanderthal man. We are all half-breeds. He shows that it is this very interbreeding, including that with archaic humans, that has contributed to the survival of humans, particularly in the face of pathogens, and especially viruses! However, the Neanderthal heritage that is in us can sometimes prove to be deleterious... and even weaken our immunity to the Covid-19!

- **A key book by a key author dedicated to the general audience**
- **An overview of the knowledge that has come out of genomics, after two decades of incredible progress, enabling a leap forward in our knowledge of the human genome.**

Etienne GHYS

ILLUSTRATED
POPULAR
SCIENCE

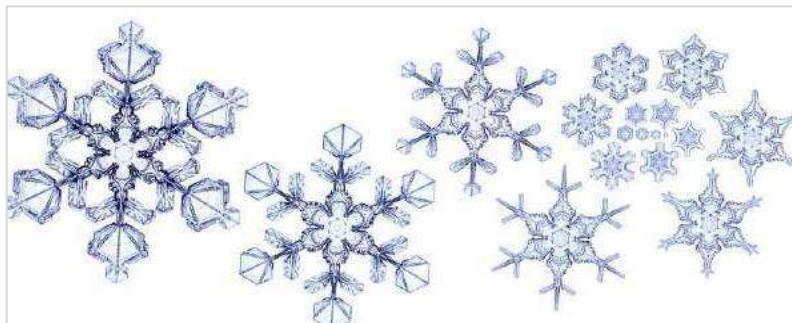


Excerpt from *Flocons de neige*:

"In February 2017 I was looking for an idea. I'd agreed to give a small mathematics lecture in front of primary school students, and was hesitating: what would I talk to them about? Finally, **as it was winter, I decided to tell them the little story of snowflakes.** While preparing my talk, I learned a lot - much more than I needed to - and I liked this topic and it made me want to know even more.

Afterwards, I was taken by the desire to better understand snowflakes. I asked myself questions which I couldn't unfortunately answer. I had the opportunity to give other conferences to other audiences, young and old, **and became more and more amazed by snowflakes. It is this wonder that I would like to share with you.**

Here are the portraits of the people we will meet in this book. They lived at times very different, spanning more than five centuries, and in very different countries, but one thing connects them: *the love of snow.*"



Etienne GHYS

Snowflakes: A Wonder of Nature

ON THE BESTSELLERS
LIST OF L'EXPRESS !!

A charming and fascinating history of our knowledge of snow by a leading author and world-renowned scientist

Étienne Ghys is a mathematician, permanent secretary of the French Académie des sciences. He is head of research at the CNRS, in the department of pure and applied mathematics. He is known for his research in geometry and on dynamic systems, as well as for his books written for the general public.



It's not surprising that the geometer Etienne Ghys is fascinated by snow: a snowflake is a marvel of geometry and symmetry – capable of entralling and inspiring the young minds to whom this very short but abundantly illustrated book is addressed. But adults will also find the same wonderment in it.

By following the history of the scientific observation of snow, we meet some colorful characters: the Swede Olaus Magnus, the French Descartes, the Englishman Robert Hooke, the Dutch Martinet, the American Scoresby, the Lady Cecilia Glaisher, and the Japanese Ukichiro Nakaya, before the molecular explanation is set forth by the Nobel Laureates William Bragg and Linus Pauling: the shape of snow crystals is connected to the temperature and the humidity of the places where they are formed.

The final stage of this stroll in the snow is more physical and mathematical: is it possible for a computer to reconstruct the shape of all existing crystals? Not only have Norman Packard and Clifford Reiter succeeded in doing this, but in passing they have demonstrated a few essential theorems.

- An introduction to the science of crystals well within the reach of non-specialists.
- The author's skill is in delivering a work of science without ever giving the reader the impression that he is drowning in a laborious text of scientific pedagogy : the warm tone is that of a story-teller, not at all intimidating, who carries the reader along...
- A work richly illustrated with photos, graphs, and figures to go with accessible explanations.

Pascale Cossart and Fabrice Hyber



Here is a book that will plunge you in an unprecedented way into the incredible world of microbes!

The scientist **Pascale Cossart**, internationally recognized for her work in microbiology, asks **73 questions** and answers them in a very simple way, within everyone's reach.

Originality: each answer is illustrated by the watercolors and drawings of the artist **Fabrice Hyber**, particularly evocative and colorful.

Pascale COSSART and Fabrice HYBER The *Invisible World of Life*

ILLUSTRATED
POPULAR SCIENCE

A wonderful and illustrated introduction to microbiology by an eminent scientist and a world-renowned artist

Pascale Cossart, professor at the Institut Pasteur, recipient of many international awards, is Permanent Secretary of the French Academy of Sciences. Her work focuses on the clarification of the strategies of intracellular pathogenic bacteria – in particular Listeria – and their mechanisms of regulation. She is the author of *La Nouvelle microbiologie. Des microbiotes aux CRISPR* (“The New Microbiology: From Microbiota to CRISPR”).

Fabrice Hyber is a French artist of worldwide renown. The youngest artist to win the Golden Lion at the Venice Biennale in 1997, he exhibits all over the world: Tokyo, New York, San Francisco, Shanghai, Tel Aviv, Zurich, Guadalajara, Abu Dhabi, Moscow. He is interested in the relationship between art and science and all forms of life, especially trees.



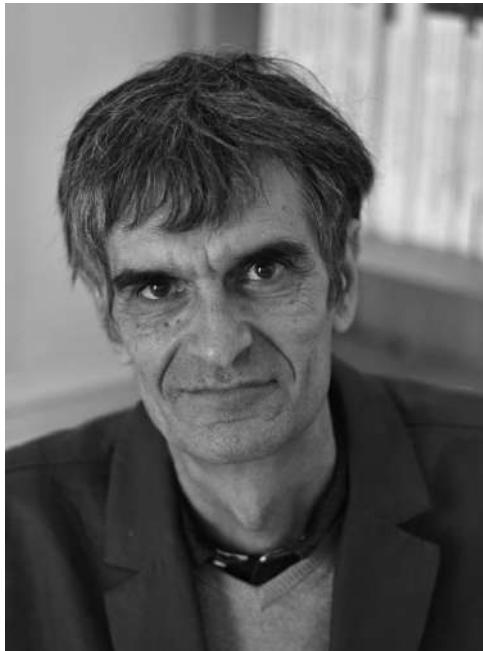
Pascale Cossard proposes here a “voyage into the world of microbes” written for a very wide audience.

What is a microbe, a virus, a cell, a protein, an enzyme? What is the difference between a virus and a bacterium? Is it true there are giant viruses? Do all microbes make us sick? How do vaccines work?

The book covers an extensive landscape, going from the nature of microbes to their role in nutrition, in the environment, and in health.

- The text is richly illustrated with many drawings that facilitate the reader's understanding.
- The book provides enlightening up-to-date information on the current state of scientific knowledge in the field.
- Simple tools to better understand the microbial world, in a context of pandemic and environmental crisis.

Jacques Tassin



“To contemplate a tree by way of sensory experiences, is to reestablish our presence in the world.”

Praise for the book:

“This new opus is a profession of faith”
LIRE MAGAZINE

“So, by reading Jacques Tassin, we could decide, too, to believe in trees. To finally find them. And to acquire a little of their wisdom”.

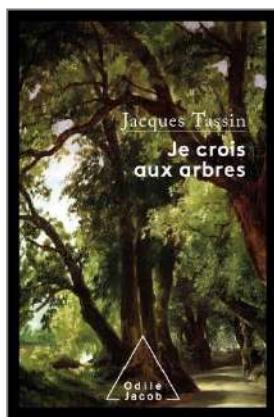
LIRE MAGAZINE

Jacques TASSIN

I Believe in Trees

An invitation to connect with trees and with the living world

Jacques Tassin is a researcher in plant ecology at CIRAD, the French agricultural research and cooperation organization working for the sustainable development of tropical and Mediterranean regions. He is acknowledged to be one of the current thinkers of ecology. He is the author of several bestsellers on the connection between humans and plants, notably *Penser comme un arbre* [Thinking Like a Tree] and *À quoi pensent les plantes?* [What Do Plants Think About?]



Because of the progress that has been made in the realm of ecology, today we no longer doubt our dependency on trees. But we do not fully measure how much we depend on their presence and their beauty.

In this book from a scientist's perspective, but which is also a contemplative stroll among trees, the author continues his exploration of the unique nature of the tree and of the human/tree relationship. What is a tree, that entity that blends "reality" and the imaginary? What debt must we remember to repay it?

To understand a tree, reason alone is not enough; we must resort to a sensory experience.

The author takes us into a forest in the Val de Loire. Page by page, in the course of a new "reverie of a solitary walker," Jacques Tassin casts a sometimes metaphysical, sometimes naturalist, but always sensitive gaze upon the tree, intending to reveal the profound intimacy that we have with it, and why we should believe in that relationship.

- A text that translates the sensory experience of an encounter with a tree and renders understandable the importance of its presence and the invisible interaction that connects us to it.
- A text reminiscent of Paul Valéry's *Dialogue de l'Arbre*.
- The presence of a tree invites us to be free of analytical, rational thought, leaving room for thoughts that open onto the imaginary.

Giulia Sissa



**Brilliant, well-documented, and ultra-contemporary,
a book that masterfully analyzes the very ancient reasons
for women's non-inclusion in the political arena
and, above all, in democratic activity.**

A critical light shed on current enthralling and controversial subjects:

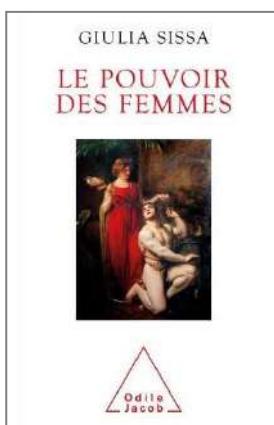
- the difference between women and men;
 - women's relationship to power;
- the paradox of sexism inherent in democracy;
 - the importance of the body in social life;
- the challenge of rethinking human rights in contrast to the laws of nature...

Giulia SISSA

The Power of Women

A powerful book that deconstructs the very ancient reasons for not including women in the political arena, and, above all, in democratic activity.

A philosopher and cultural historian, **Pr. Giulia Sissa** is a professor at UCLA, holding a joint appointment in Classics and Political Science with research interests in history, anthropology and philosophy in the Ancient World. Her interest for the past is always connected to major contemporary issues, such as feminism, sexuality, addiction, democratic theory, utopian thinking, and political emotions. She is the author of several important books published by Editions Odile Jacob and translated in many languages, notably *Le Plaisir et le Mal*, *L'Âme est un corps de femme*, *Sexe et sensualité chez les Anciens* [published in English as *Sex and Sensuality in the Ancient World*] and, more recently, *La Jalousie. Une passion inavouable* [published in English as *Jealousy: A Forbidden Passion*].



"Once upon a time there were queens and princesses. They governed countries, commanded armies, and were obeyed. Their lives were filled with possibilities, powers, and plans. Their names were Artemisia of Halicarnassus, Arete, Jocasta and Aithra. Exceptional and unique, these women belonged to an aristocratic past or lived in a royal elsewhere. (...) One need only imagine. And the Greeks were able to imagine them.

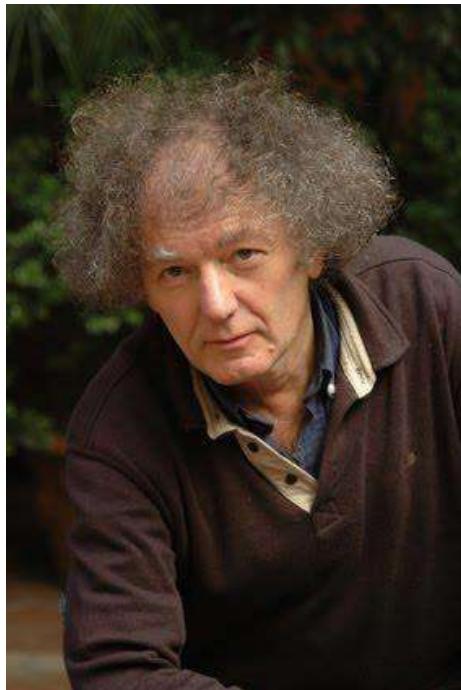
The same Greeks invented democracy. And then, women of that caliber, capable of deliberating, directing, and defending the State, became quite simply inconceivable. By nature, man was a political animal, and woman a domestic animal. Philosophy rationalized this natural deficiency, this weakness whose most debilitating effects are the absence of courage and ineffective decision-making...

In these conditions, women, themselves, are led to doubt their legitimacy. Because, behind these stereotypes is hidden a major premise, a fundamental suspicion: what can women do? Might they perhaps be incompetent? Aren't they probably incapable beings?

In these conditions, how can feminism be anything other than an intermittent and interminable project, always perfectible and constantly thwarted? This must be stopped."G. S.

- **A keen analysis of the longevity and endurance of reasoning issued from Greek culture, which demonstrates how conceptions of differences between the sexes fashioned our ways of living, of legislating, and of educating throughout the centuries.**

François Dosse



Where did these friendships between philosophers that marked their time come from?

In what way are these "couples" absolutely singular and what do they tell us about their time and its intellectual stakes?

"In a fascinating book, François Dosse recounts the relationships woven between modern thinkers, born of affect and shaped by intellect."

LIBERATION

"The historian François Dosse examines the joys and difficulties of friendship between philosophers, opening an original door on the intellectual history of the second half of the 20th century".

LA CROIX

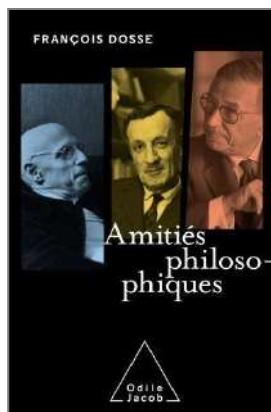
7 chapters, each devoted to a pair of contemporary French philosophers :

- Aron - Sartre
- Sartre - Merleau-Ponty
- Foucault - Deleuze
- Deleuze - Guattari
- Lefort - Castoriadis
- Ricoeur - Derrida
- Levinas - Derrida

François DOSSE Philosophical Friendships

Between intellectual affinities, warm friendships, and political differences, what could have united and (dis)united these philosophers of the second half of the twentieth century, who influenced entire generations?

François Dosse is professor of contemporary history at the Université Paris-Est-Créteil-Val de Marne, and teaches at Sciences Po Paris. Specializing in the history of ideas of the 20th Century, he is the author of many books on the subject, notably a vast panorama of French intellectual life (*La Saga des intellectuels français* [The Saga of French Intellectuals], 2-volumes, Gallimard, 2018) and of essential biographies (Michel de Certeau, Paul Ricoeur, Pierre Nora, Cornelius Castoriadis...).



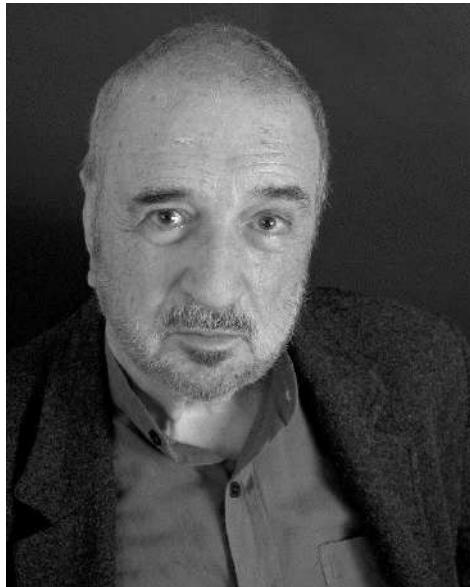
Aron-Sartre, Sartre-Merleau-Ponty, Foucault-Déleuze, Déleuze-Guattari Lefort-Castoriadis, Ricoeur-Derrida, and Levinas-Derrida...

Based on their correspondence, little-known writings and witness accounts, François Dosse lifts the veil on the intimacy of these relationships, relationships marked by an affective closeness that did not exclude intense jealousies, bitter resentments, and strong hatreds. The reader discovers both the intensity of their sparring and the spectacular nature of their reconciliations, even if those sometimes occurred posthumously.

Through these intersecting lives, an entire intense and vivid era is restored, with its controversies, its ruptures, its social explosions...

- An exploration of the intellectual and political issues of the age : from totalitarian thinking to the influence of psychoanalysis for Lefort and Castoriadis; from May '68 to counter-culture and an experimentation with psychiatry for Foucault and Déleuze; from Gaullism to the Cold War for Aron and Sartre etc.
- A sensitive light shed on the philosophical subjects that the reader thus (re)discovers, from existentialism to event philosophy, from French theory to the role of the metaphor in Ricoeur, also including new philosophers.

Jean-Claude Carrière



Praise for the book:

"These are the last words of Jean-Claude Carrière".

- LES ECHOS

"Wonderful little book with a meaningful title: A la vie!".

- PSYCHOLOGIES MAGAZINE

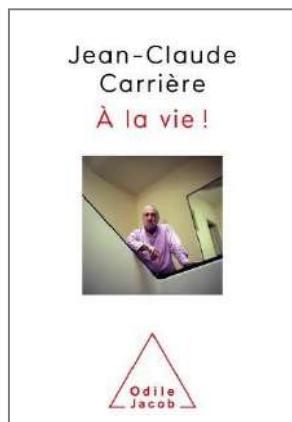
"A mischievous and erudite meditation
on what could well be our end".

- PSYCHOLOGIES MAGAZINE

Jean-Claude CARRIERE To Life!

A short, intimate, and heartfelt book, the last conversation to which Jean-Claude Carrière invites us

Screenwriter for Jacques Tati and Luis Bunel, playwright, writer, **Jean-Claude Carrière** was one of the most original and significant thinkers of our time. He was the author of many best-sellers such as *Einstein, s'il vous plaît* [Einstein, Please]; *Fragilité* [Fragility]; *Tous en scène* [Everyone on Stage]; *Croyance* [Belief]; *La Paix* [Peace]; and *La Vallée du Néant* [The Valley of Nothingness]. He passed away in February 2021.



This work is the last conversation to which Jean-Claude Carrière invites us and can be read as *Chronicles* of our uncertain time.

It begins like a leisurely stroll with the mention of fine wine and the good life, in which the author's southern roots, close to nature, are evident. But it is as a citizen of the world that he casts his gaze on the questions to which we have been confronted by the three crises -- health, ecological, and economic -- we are experiencing.

This reflection on the future of the planet is accompanied by a more intimate meditation on the cycle of human life, its finiteness, but also on how urgent it is to consider the means available to save our world. What do we want for our planet, Jean-Claude Carrière seems to ask in this heartfelt text, as if he is issuing a philosophical challenge, offering an urgent invitation to address the issue: "We have won our age-old battle against nature, but we have become lost along the way. We find there are too many of us, far too many, in the midst of a "nature" that is finally dominated – we believe – certainly apparently conquered, but which is decaying, rendered fragile, and soon depleted. How can we remedy this?"

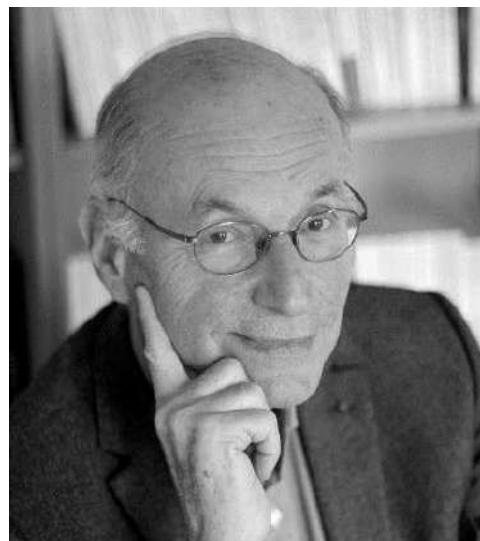
- **A lively, heartfelt reflection, in tune with the impact of the current health, ecological, and economic crises, which stresses the urgency of thinking about the future of our planet.**
- **From Cicero to Baudelaire, from the Amazon forest to the fields of the Aleppo ruins, a reflection enhanced by many references which unfolds onto a meditation on the human condition.**

Boris CYRULNIK

Praise for the book :

"As brilliant as ever".

- LE TEMPS



"In his new essay, Boris Cyrulnik develops his observation of ecopsychology: everything that surrounds us shapes us,
in utero and until our death.

- PSYCHOLOGIES MAGAZINE

"Climate and geography, violence and gentleness, words and emotions: he makes a fascinating demonstration of how all these "environments" shape us.

A useful compass in times of upheaval".

- LE FIGARO

"Formidably constructed, edifying from beginning to end,
Des âmes et des saisons combines all the most recent knowledge of ethology, prehistory, and neuroscience.

- LA PROVENCE

"In "Des âmes et des saisons" (Odile Jacob), Boris Cyrulnik tells how hormones and culture weave our intimate convictions and our sexual identity ".

- L'OBS

"As usual, Boris Cyrulnik stays away from current events; but more than ever, with a persistent acuity, he talks to us today about our present impasses and, above all, about how to overcome them - perhaps..."

- CHALLENGES

"In these times of individual and collective anguish, it is enough to see Boris Cyrulnik on a screen to be soothed - a little. Not that the neurologist-psychiatrist-psychanalyst-writer seeks to reassure. It is the opposite. He puts words on the ills. It is rare that a scientist ends up imposing a concept, that of resilience - in other words, being reborn from one's suffering. We therefore need more than ever to listen to Cyrulnik, to learn with him.

- CHALLENGES

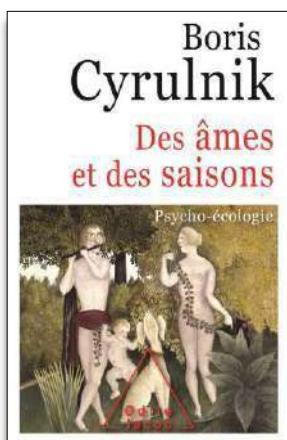
#1 on the prestigious bestsellers list of L'EXPRESS!!

Boris CYRULNIK

In the Time of Souls and Seasons

Psycho-Ecology

Boris Cyrulnik is a neuropsychiatrist. He is the author of many books, all best-sellers, notably *Un merveilleux malheur*, *Sauve-toi, la vie t'appelle*; *Psychothérapie de Dieu* which was translated into 10 languages and most recently, *La Nuit, j'écrirai des soleils* which won the 2019 Psychologies-Fnac prize! Boris Cyrulnik's books regularly sell more than 350,000 copies and have been translated around the world.



Cyrulnik's new book is a powerful meditation on the human condition and the future of our societies.

Using a new, fruitful concept of "psycho-ecology", Cyrulnik answers with acuity to the most burning issues of our time, notably ecology, the future of feminism, the future of the male figure, the question of violence (notably against women).

He offers an astute description of the way in which our different environments, from the body to language, including climate, culture, and, of course, the family ("ecology" in the broadest sense of the term) determine, from childhood, the person we are to become.

Everyone will find answers to personal questions in this book, whether it concerns the question of the construction of identity, the relationship between men and women, the education of children, the management of our emotions and in particular anxiety, understanding the impact of language on our intimate lives, the impact of the climate on our lives and on our appearances, etc.

- From the body to language, including the climate, culture, and, of course, the family, an astute description of the way in which our different environments ("ecology" in the broadest sense of the term) determine, from childhood, the person we are to become.
- An original psycho-ecological approach to male-female relationships and to the way in which conditions, both natural and social, shape our brains and our representations.
- An enlightening analysis on the approaching end of male domination and the advent of a new feminism.

François LELORD and Christophe ANDRÉ



What can we do when relationships with others are systematically difficult?

The **borderline** and his mood swings, the **narcissist** who always pulls the blanket over himself, the **anxious** one who harasses you with worrying questions, the **paranoid** one who reacts to the slightest remark, the **obsessive** one who gets lost in details, the **depressive** one who burdens you with his inertia, and many more...

This **very complete guide, as instructive as it is playful**, is also precious to know ourselves better and change our behaviour, as it is true that it is not always others who are difficult...

Praise for the previous edition of Les Nouvelles Personnalités difficiles:

"However, managing the "unmanageable" can be quite a fun activity. **With a bit of method, everyone can learn to calmly tackle subjects of disagreement, the unsaid and 'bad faith'; and even learn to identify and adapt to certain personality disorders"**

– *L'Essentiel de la Psycho*

"If this book goes beyond the simple world of work, it **gives plenty of keys to be able to manage certain character traits without overstepping the mark**"

– *Manager & Réussir*

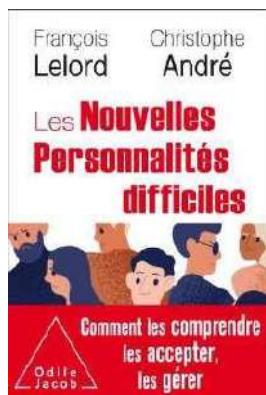
A BESTSELLING CLASSIC!

François LELORD & Christophe ANDRÉ The New Difficult Personalities

Living better with others, whatever their personalities

NEW
EXPANDED
EDITION!

François Lelord is a psychiatrist. His works have contributed to the knowledge of the cognitive-behavioural approach. The adventures of his character Hector, which began with *Le Voyage d'Hector ou la recherche du bonheur*, have been published in 35 countries. **Christophe André** is a psychiatrist and psychotherapist, as well as a specialist in emotional disorders. His numerous bestselling works (*Imparfaits, libres et heureux, Les Etats d'âme, Ces liens qui nous font vivre...*) are read all over the world. André is also author of *L'Estime de soi*, co-written with F. Lelord. The previous edition of this work, a classic, *Comment gérer les personnalités difficiles*, was translated into 12 languages.



We may come into contact with personalities with whom exchanges are neither pleasant, relaxed nor satisfactory. What can we do when relationships with others are systematically difficult?

In this unique guide, an updated version of their 1996 bestseller François Lelord and Christophe André offer a portrait of the varying personalities who can disrupt our life at work, at home and with our family.

Some personalities are now better recognized than before, in particular borderline personalities and psychopaths. As for narcissistic personalities, their frequency seems to be increasing according to many studies. **The objective of this book: to help us understand all personalities types in order to better manage them, thanks to very precise advice.**

- A reference book to understand difficult personalities and how to interact with them, covering 12 major personality types: from Borderline to psychopathic personalities.
- Lively portraits, cinematographic references that delicately capture the psychology of difficult personalities.
- A real instruction manual with very precise advice on what it is recommended to do or not to do with each type of personality, including therapeutic approaches to change behavior.
- Questionnaires to reflect on our own personality, when we believe we recognize difficult personality traits within ourselves.

Alain Braconnier



Praise for the book:

"The psychiatrist and psychologist Alain Braconnier puts his finger on an ignored phenomenon:

today's parents, attentive and devoted to their children, feel unloved by their offspring. (...)

The expression of affection of children towards their parents is a factor of happiness, (...) it is also the learning that a relationship is not a due, it is not consumption, but it is respect and consideration of the persons that are the parents".

- PSYCHOLOGIES MAGAZINE

"The author gives the keys to the reciprocity of affection.

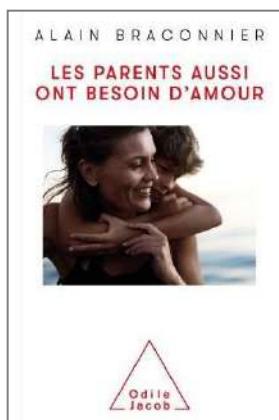
For the happiness of all".

- PSYCHOLOGIES MAGAZINE

Alain BRACONNIER Parents Need Love, Too

Why don't we ever read that a parent also needs to be loved by his or her children?

Alain Braconnier is a psychologist, psychiatrist, head of APEP [Association Psychanalyse et Psychothérapies] training at the Pitié-Salpêtrière Hospital, emeritus professor at the École des psychologues praticiens. He is the author of many best-sellers including as *Mère et Fils* [Mother and Son]; *Les Filles et les Pères* [Daughters and Fathers]; *Être parent aujourd'hui* [Being a Parent Today]; *Protéger son soi* [Protecting Ones' Self]; *Optimiste* [Optimist]; *L'Enfant optimiste* [The Optimistic Child]; and *On ne m'écoute pas!* [No One Listens to Me!]



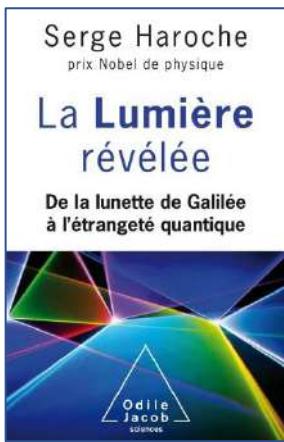
No one doubts that a child needs to be loved by his parents. But the opposite doesn't seem so obvious.

Alain Braconnier, who brings a wealth of professional experience listening to parents, children, and adolescents, shows that this need for reciprocity in the relationship is fundamental to a happy upbringing. The parent-child relationship isn't summed up by a developmental question centered on a child's school years; it is also a matter of the heart. **Many educational difficulties are related to an absence of reciprocity.**

A great amount of emphasis is placed on the educational need to convey knowledge. But knowing how to listen to each other and how to love each other is a skill that also needs to be conveyed. **Sharing feelings and emotions is the secret to a successful upbringing.**

By exploring the components of a love that is born at the very first moments of life, this book explains how to maintain that connection even in the most challenging situations of everyday life with one's child or adolescent.

- **Parents' need for love and the notion of reciprocity in upbringing, advice for maintaining it.**
- **The parent-child relationship is also an affair of the heart.**
- **This does not mean denouncing the overly-authoritarian upbringing of the past, nor criticizing an upbringing overly-centered on the desires of the child, but acknowledging that parents also need to feel loved and respected by their children.**



Serge Haroche – Through Light

A history of science and light which has never before been written

Serge HAROCHE, Nobel Laureate, has held the chair of quantum physics at the Collège de France since 2001. His work has opened the door to a new era of experimentation with quantum physics. He is notably a member of the French Academy of Science and a fellow of the American Physical Society. He has received many international prizes and awards, including the Herbert-Walther-Preis and culminating with the **2012 Nobel Prize in Physics**.

Through Light is the oeuvre of Serge Haroche's life, a first and groundbreaking work. This is a history of science and light which has never before been written and which illuminates the incredible and significant advances which have been made across the centuries, from Galileo to Einstein, but particularly in the last sixty years. Haroche unravels the most complex questions in the field relating to optics, mechanics, electricity and magnetism to give an incredible synthesis of the latest research and discoveries in the field of light and the work which earned him the Nobel Prize in 2012.

The study of light is at the very heart of the **revolutionary theories** of relativity and of quantum physics - all of modern physics is built upon questions which can be answered by understanding light and its applications. And as Haroche explains in the book: "Today we are living in another key period where light will undoubtedly guide us even further in our knowledge of the world". Concretely, the work in this field has given us **GPS systems, MRI technology, lasers** and many more. *Through Light* offers a fascinating exploration of how this knowledge has and will continue to revolutionize our daily lives!

This is not just a book for scientists or those interested by physics, but for any reader who wants to better understand the world we live in. Light and quantum physics are capable of giving us an all encompassing vision of the vastness of our universe, while enlightening us on the future of humanity.

« Impressing » - *Le Monde*

RIGHTS SOLD: German (Klett-Cotta), World-Spanish (Debate), Simplified Chinese (Tianjin Zhiye Cultural Development)
September 2020, 512 pages

Yann LE CUN – When The Machine Learns

The Deep learning revolution explained by the man who revolutionized Artificial Intelligence himself!

Yann LeCun is one of the inventors of Deep Learning and the **2018 Turing Award winner** (Nobel prize in computer science). A Silver Professor at NYU, LeCun is Vice President & Chief AI Scientist at Facebook. He is a member for the US National Academy of Sciences.

We are living an incredible revolution, unimaginable even fifty years ago, that of the machine which learns, and which learns by itself. **Yann Le Cun is at the origin of this revolution**. He is one of the inventors of the deep learning, which characterizes a network of artificial neurons whose architecture and functioning are inspired by the brain.

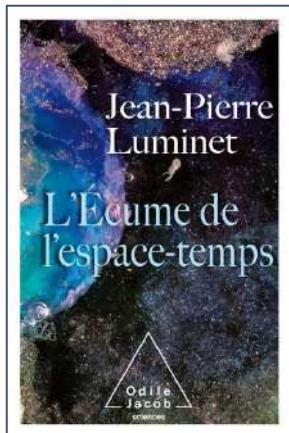
Instead of executing the commands of a program, the machine can now acquire by itself, through experience, the capacities necessary to accomplish the tasks assigned to it, including those which were thought to be reserved for humans. The applications are immense: recognition of shapes, voices, images and faces, self-driving cars, translation of hundreds of languages, tumor detection in medical images...

Aimed at the general audience, the book explains Le Cun's remarkable discoveries and the numerous consequences of this revolution for society and in each of our daily lives. It sheds also light on the future of artificial intelligence, its challenges, its promises and its risks. It gives answers to the countless questions which the author is asked when he participates in public events, including philosophical questions...

“Pioneer of deep learning that has revolutionized AI, French researcher Yann Le Cun is at the heart of advances that discreetly disrupt our daily lives” - *L'OBS*

RIGHTS SOLD: Simplified Chinese (Citic Press), Japanese (Kodansha), Korean (The Open Books), Russian (Alpina)
October 2019, 400 pages





Jean-Pierre Luminet - **The Froth of Space-Time. The marvels of quantum gravity**

The most abstract (and most recent) theories in physics and cosmology explained to all!

Jean-Pierre Luminet, eminent astrophysicist and great writer of popular science, specializing in black holes and cosmology, is the author of many books in science and the history of science written for a general audience. He currently works at the Laboratoire d'astrophysique de Marseille (LAM) in the South of France on theories of quantum gravity.

Physics is the search for the simplest way of seeing things, and its path has been scattered with incontestable successes. However, physicists have never slept so badly. Three of the fundamental forces are of quantum nature, but the fourth, gravity, is of geometrical nature, which is completely incompatible. Even worse, the background scenery, space-time, lost all significance in the conditions that reigned at the time of the Big Bang.

To resolve the conundrum, it was first thought that space-time, bent on a large scale by the stars found in it, could on a very small scale bend more violently, to the point of forming a "froth" as chaotic as it is poetic. Other theories followed – superstrings, loops, noncommutative geometry – out of which have emerged today theories of "quantum gravity," which will enthral fans of mind-blowing science.

Some theories see the fabric of space-time made up of minuscule loops of elementary spaces and times; others see time as a mirage, an illusion due to the large number of particles that make us up. They all exhibit extraordinary human inventiveness when it comes to understanding the origin of the universe.

Jean-Pierre Luminet shares his passion with us and draws up a surprising panorama of current theories on the origin of the Universe. No equations: only ideas and passion! A must for all science fans!

October 2020, 352 pages

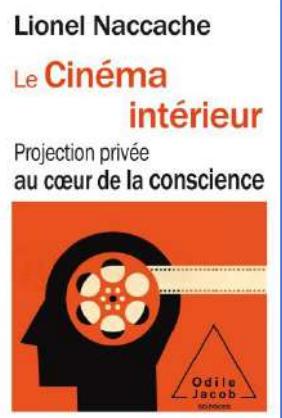
Lionel Naccache – **Inner Cinematography and Awareness**

Lionel Naccache is a neurologist, professor at the Pitié-Salpêtrière hospital, researcher at the French Brain and Spine Institute (ICM), and member of the French governmental advisory council on bioethics issues. He is the author of many best-selling books, including *Le Nouvel Inconscient*, *L'Homme réseau-nable*, *Le Chant du signe* and *Parlez-vous cerveau ?*

Scarcely was cinema born when the philosopher Bergson, metaphorized it, speaking of the "cinematographic mechanism of thought. Lionel Naccache takes this **metaphor of internal movie-making and with the tools of modern neuroscience, explores the ways cognitive mechanisms produce our perception of the world.**

The central tenet is that **fiction is at the core of our thoughts**. Movies, from The Matrix to Inception, depict humans as the creator of fiction; humans live in a world of their creation. Our minds, says Naccache, have a fundamental property that consists of projecting "meanings in an unstoppable and uninterrupted way" onto what we experience. These fictions, illusionary or not, "are, above all, the meaning things have for us."

This book explores how we generate these fictions, via cerebral processes and our experience of the world. Along the way, we learn that our brains grasp the world at around 13 images per second (as opposed to 24 in filmmaking), and turns these static images into apparently continuous movement, creating the illusion of stability, the completeness of the visual field, eliminating jumpy movements and inventing the contents of the blind spot of the retina, etc...



With plenty of wit and skill, the author makes spectacular use of the cinematographic metaphor and of the most current resources of the neurosciences to understand the cerebral and psychological mechanisms that create our representation of the world and our awareness. A very concrete and enjoyable read, which make cutting-edge information accessible to all readers.

October 2020, 240 pages

YOU MAY HAVE MISSED... OUR RECENT BESTSELLERS!



Philippe Aghion, Céline Antonin and Simon Bunel
The Power of Destructive Creation

A masterful book in economics

Philippe Aghion is a world-renowned economist who is a Professor at the Collège de France, at Insead and at the London School of Economics. He is also teaching at the Paris School of Economics. Prior to that, Ph. Aghion was a Professor of Economics at Harvard University. Aghion's work focuses on growth theory and the economics of innovation. **Céline Antonin** is a senior economist at the French Economic Observatory, associate professor at Sciences Po Paris, and research associate at the Collège de France in the Economics of Innovation Lab. **Simon Bunel** is research associate at the Collège de France in the Economics of Innovation Lab, and an administrator at the French National Institute of Statistics and Economic Studies (INSEE).

Frontiers of Knowledge Award 2020

It is an exceptional book, comparable to those of Thomas Piketty or Daron Acemoglu and James A. Robinson. Very timely, written for the general audience in a very clear style, it challenges many "conventional wisdoms" and **offers new ideas and concepts to understand the world of tomorrow**. Aghion remarkably succeeds in **reconciling a theoretical approach with very concrete applications**. Written from an **international perspective**, "The Power of Creative Destruction" masterfully covers all the most current global issues: growth, environment, industrialization, democracy, health, happiness etc.

"Accelerating technological change, global warming, pandemics, individual and national stagnation, over-indebtedness: this century decidedly provokes anxiety. Armed with legitimate concerns, anti-globalization protestors and neo-Luddites look inwards and denigrate innovation. *The Power of Creative Destruction* offers another vision, more persuasive and based on the innovation that creates wealth and jobs. Philippe Aghion, Céline Antonin, and Simon Bunel dismantle contemporary myths about such economic phenomena as secular stagnation and the impact of automation on employment. They show the need for competition and the fight against rents. They advocate a regulated capitalism that will allow us to keep society prosperous and the planet green. They explain, in short, how to manage the creative destruction that over the past two centuries has brought to our society a previously unimaginable prosperity. Provocative and rigorous, this book is an important milestone in our reflections on the future of our societies. A must-read."

— Jean Tirole, Nobel Laureate, Toulouse School of Economics

RIGHTS SOLD: Simplified Chinese (CITIC), World-Spanish (Deusto), Portuguese rights (Temas E Debates), Japanese (Toyo Keiza), Italian (Marsilio), Korean (Eco-livres), Russian (Delen). English-language edition: Harvard UP
October 2020, 448 pages

Christophe ANDRÉ & Rébecca SHANKLAND **Never Without Others**

Together we can go further

Christophe André is a psychiatrist and the author of international huge best-sellers that have made psychology accessible to a wide audience: *L'Estime de soi*; *Imparfaits, libres et heureux*; *Les États d'âme*; *Psychologie de la peur*... **Rébecca Shankland** is a psychologist and one of the foremost French specialists in positive psychology. She is a professor at the University of Lyon 2, and is vice president of the French and Francophone Association of Positive Psychology.

After demonstrating the immense benefits of good self-esteem, Christophe André and Rebecca Shankland explain how we are also dependent on others to live better. In the past depending on others was necessary for survival. Then, that need for connection was gradually replaced by values of autonomy and individualism which society rapidly embraced. What new discoveries do we have concerning the importance of being connected to others?



What was once a necessity has today become a conscious choice. **Using scientific studies and examples this book aims to show how interdependence, relational and social proximity and interacting with others, shapes us and what it provides us, and why cultivating constructive relationships is indispensable to our equilibrium, as well as the benefits to society in light of current and future crises. From friendships to romantic relationships to creating a family, this is a voyage to the heart of what makes us profoundly human.**

"This book, a plea for 'positive interdependence', invites us to develop the bonds that give life meaning" — L'OBS

RIGHTS SOLD: World-Spanish (Editorial Kairos), Simplified Chinese (Life Bookstore), Italian (Corbaccio), Korean (Wisdom House), Romanian (Editura Trei), Lithuanian (Tyto Alba), Polish (JK Publishing).

January 2020, 336 pages



Jean-Philippe Lachaux - The Magic of Concentration

All what we know today about the question of attention is exposed here, incredibly clearly, by THE world specialist of the question of attention

Jean-Philippe Lachaux is a world-renowned neuroscientist. He is director of the Cognition and Cerebral Dynamics unit at the world-renowned INSERM institute in Lyon. He has been focusing on the subject of attention for more than twenty years! He is the author of several bestselling titles in psychology, including the huge bestseller title, LES PETITES BULLES DE L'ATTENTION: more than 100,000 readers in France and translated in many countries.

Screens are endangering our cognitive abilities and our capacity of attention. But here is the excellent news: attention can be learned!

Educating attention means making the youngest, but also their elders, understand how it works, what are the mechanisms and how to tame it, how to play with it and, above all, how to master it. Pedagogical and concrete, this practical book is the perfect resource for parents, teachers or anyone wanting to discover the joy and magic of concentration. The book is based upon Lachaux's decades of research into the issues affecting attention and tested in primary-school classes.

A unique book in a unique format: the reading is attractive and very playful thanks to the highly illustrated lay-out. It includes a **20-page workbook** with funny and short exercises.

The first complete (and funny!) illustrated guide to concentration: all the secrets for learning how to concentrate!

"This is THE book that will help parents" – Psychologies Magazine

RIGHTS SOLD: Japanese (Achievement Publishing)

September 2020, 352 pages

Moïra MIKOLAJCZAK & Isabelle ROSKAM - The Parent Burnout

The social phenomenon of Parental Burnout explained by both world-renowned scientists who identified and defined the notion of "parental burn-out"!

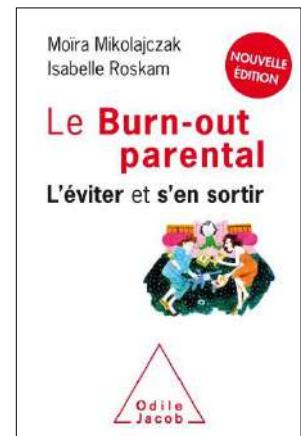
Moïra Mikolajczak holds a doctorate in psychology and is a **professor at the University of Louvain (UCL)**. **Isabelle Roskam** is a doctor in psychology and director of a research team. Both authors are the **world reference in terms of parental burn-out**. These two scientists have identified and defined the notion of "parental burn-out", whereas previously only professional burn-out had been talked about.

The **1st international Conference on Parental Burnout** bringing together all researchers interested in parental burnout was held at UCL/Louvain in Belgium in 2019.

Dedicated to the general audience, here is a book **written by the best specialists in the field** which explains all what we should know about parental burnout today.

The book offers **both a dual scientific and practical approach**: it is based on the authors' study of parental burn-out (Mikolajczak and Roskam did a unique 6-month scientific study, based on a research sample of 3.000 parents) and on **their personal experiences** (both authors are mothers and one experienced a parental burnout).

Written in a **very clear and accessible style**, with **many examples of everyday situations**, the book is dedicated to all **exhausted parents** who are looking for a better understanding of what parental burnout is, how close (or far) they are to it, how to get out of it and/or how to prevent it from happening again. It highlights the **risk factors** that can lead to burnout, giving **lots of tips and tools for parents** in danger of feeling overwhelmed. Indeed, **parental burnout is a real public health problem**. The consequences of burn-out on the family are manifold: studies have shown that parental or professional burn-out have the same consequences: **sleep disorders, health problems, increased alcohol consumption, suicidal thoughts**. It also causes a **drastic increase in neglect and parental violence against children**.

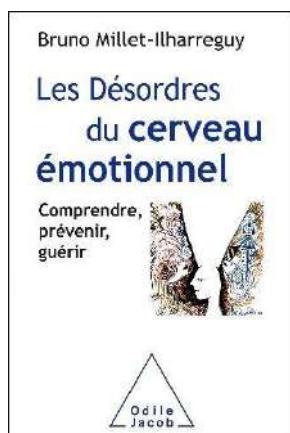


RIGHTS SOLD: Dutch (Lannoo), Korean (Purunsoop), Turkish (İletişim Yayıncılık)

November 2020, 192 pages

Bruno MILLET-ILHARREGUY**NEUROSCIENCE****Disorders of the Emotional Brain***Understanding, Preventing, Healing*

Bruno Millet-Ilharreguy is a doctor of medicine, a Ph.D. in neuroscience, who is trained in behavioral and cognitive therapy. Professor of adult psychiatry at the Paris-Sorbonne medical school, he practices at the Pitié-Salpêtrière hospital in Paris. He is a specialist in OCDs and in cerebral stimulation. He also coordinates within the Brain and Spine Institute (ICM) a unit of clinical research to test new technological approaches (digital alternatives of self-evaluation through smartphones, a mathematical algorithm for predicting a response to an antidepressant, a technique for blocking mnemonic reconsolidation in post-traumatic stress...). He is currently president of the commission for qualification in psychiatry of the National Council of Medical Orders.



Today, beyond the psychotherapies that provide an explanation of our ill-being, and psychotropic drugs that are very controversial because they are perhaps too powerful, other therapeutic techniques are beginning to emerge to treat psychiatric disorders: **techniques of transcranial stimulation**.

These new treatments, which act on cerebral zones altered by disease by mitigating the imbalances linked to emotions, **offer hope for millions of people**.

But what are they, exactly? What do they consist of? When are they prescribed and what are their dangers? And, more broadly, how can we take care of our brains to prevent the onset of emotional disorders and mental illness?

- **Emotion at the heart of psychiatric disease and its treatment.**
- **An up-to-date look at the new, revolutionary techniques to treat, notably, anxiety, depression, and OCDs.**
- **Means to prevent the onset of psychiatric illness through simple steps and healthy habits.**

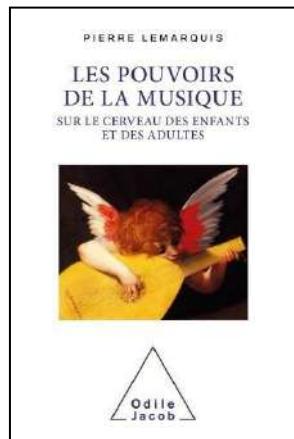
Pierre LEMARQUIS

NEUROSCIENCE

The Benefits of Music for the Brains of Children and Adults

Music shapes and caresses our brain, it contributes to the development of individuals, to learning, to care, at every age in life.

Pierre Lemarquis is a neurologist and neurophysiologist. A member of the French Neurological Society, the French-Language Society of Clinical Neurophysiology, and the New York Academy of Sciences, his work has for more than thirty years been focused on explaining the relationships between the brain and music. He is the author of *Sérénade pour un cerveau musicien* [Serenade for a Musician's Brain] and *Portrait du cerveau en artiste* [Portrait of the Brain as Artist], both best-sellers.



Proof of the beneficial effects of music on children and adolescents increases every day, whether it's a matter of language acquisition, of mastering attention, motor function, and coordination, or of the development of memory. Not to mention self-confidence, self-awareness, and family and social interactions...

Listening to music regularly can even help to correct certain deficiencies beginning in the first days of life, notably in premature babies. It can also, up to the end of adolescence, contribute to repairing learning dysfunctions (dyslexia) or minimize behavior disorders (hyperactivity, borderline disorder).

And of course, what is true for the first twenty years of life remains valid in large part afterwards, when the children of yesterday become the adults of today!

- **Written in an engaging and lively style, full of examples drawn from all musical styles (from Mozart to the Beatles, including Keith Jarrett and the singer Adele), a book that methodically explores the benefits of music, from childhood to old age.**
- **Aimed at a general audience, valuable advice for all parents concerned with the healthy motor, cognitive, and social development and flourishing of their children, both young and less young.**

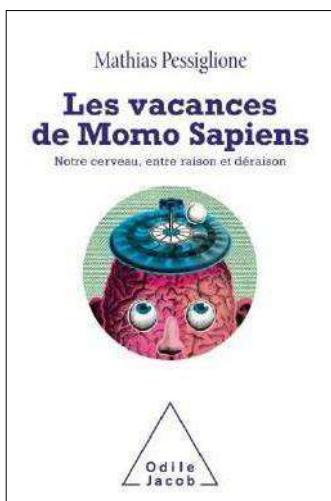
Mathias PESSIGLIONE

NEUROSCIENCE

The Brain Has Its Reasons Which Reason Doesn't Know

Momo Sapiens, or the brain caught in flagrante delicto of irrationality

Mathias Pessiglione is a research director in neuroscience at Inserm. He is a biologist and psychologist, specializing in the brain mechanisms that motivate behavior in normal and pathological situations. He currently leads a research team in cognitive neuroscience “Motivation, brain, and behavior” at the ICM (Institut du cerveau et de la moelle épinière – Institute for Brain and Spinal Cord research) in Paris. Co-director of the CogMaster program at the École normale supérieure in Paris, he is also a clinical psychologist at the Pitié-Salpêtrière hospital.



The brain has its reasons ... which reason doesn't know!

Why doesn't our brain always make the right choice? Why, every day, do we make irrational decisions that are not in our interest or are not what we want? What makes us “deviate” in that way, every one of us, even if to varying degrees?

Based on his own research in cognitive neuroscience and on his work as a clinical psychologist, the neuroscientist Mathias Pessiglione focuses on the subject of irrationality in this brilliant, informed, and enlightening book.

Through the adventures of Momo Sapiens, a likeable character who, like many of us, doesn't always know why he ends up doing what he does, the author explains how our brain motivates our behaviors and the cerebral mechanisms that drive us to make surprising, illogical, stupid, even frankly suicidal decisions!

- Based notably on the author's research and on that of his team at the ICM, a clear and complete presentation of the specific role played by each cerebral system in our decision making (striatum, orbitofrontal cortex, prefrontal cortex, amygdala, and insula...)
- For each concrete situation illustrating flagrante delicto of irrationality, necessary explanations for an understanding of what has malfunctioned in the brain.
- Unconscious, emotions, moods, addictions, various breakdowns...: everything we need to know about these “influencers” that direct, or even determine, our decision-making.

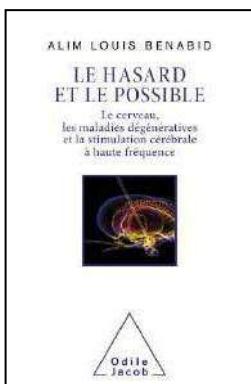
Alim Louis BENABID

NEUROSCIENCE

THE CHANCE AND THE POSSIBLE***The Brain, Degenerative Diseases, and the Discovery of Deep Brain Stimulation***

The story of an exceptional discovery that has revolutionized the life of thousands of patients throughout the world, told here by its discoverer

Alim Louis Benabid is a French-Algerian emeritus professor, neurosurgeon and member of the French Academy of Sciences, who has had a global impact in the development of deep brain stimulation (DBS) for Parkinson's disease and other movement disorders. He became emeritus professor of biophysics at the J. Fourier University in Grenoble in 2007, and chairman of the board of the E. J. Safra Biomedical Research Center in 2009 at Clinatec, a multidisciplinary institute he co-founded in Grenoble that applies nanotechnologies to neurosciences. He has devoted his career to neurosurgical research and practice – he notably helped tetraplegics to walk thanks to an exoskeleton piloted by cerebral implants.



Alim Louis Benabid tells the story of a discovery that has been hailed throughout the world as a major scientific and medical advance: deep brain stimulation, the principle of which is to modulate, through electrical stimulation, the functioning of cerebral circuits.

He tells how, when the treatment of Parkinson's disease through medication was ineffective, neurosurgery used electrodes to destroy very precise zones in the brain. And using these techniques no longer to destroy, but to stimulate certain deep neuronal zones, **Dr. Benabid discovered a non-destructive and reversible method for treating patients suffering from Parkinson's disease**. Although one could state that "it works," we still don't know why the stimulation of neurons inhibits pathological symptoms.

This discovery is told in detail, accompanied by a general analysis of the scientific and medical discovery, an explanation of its consequences and its therapeutic applications: it has quickly been established as the method of choice when surgery is indicated to treat Parkinson's trembling, but also for many other medical interventions – notably in psychosurgery, for OCD, for example.

- An extraordinary journey into the world of neurosurgery and a fascinating presentation of the mysteries of a scientific and medical discovery and its consequences.

Fabrice DELAYE

GENETICS/VACCINES/COVID 19

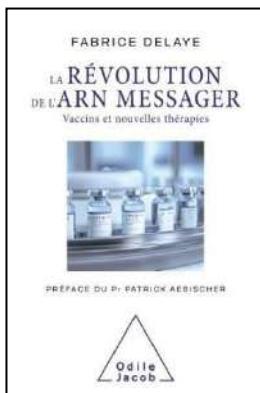
The Messenger RNA Revolution

- Prefaced by Patrick Aebischer

Vaccines and New Therapies

The first book which explains all the fantastic adventure of the Messenger RNA Revolution, from its discovery by François Jacob in the 1960s until the recent discovery of the vaccine against coronavirus

Fabrice Delaye is a reporter-at-large for Heidi.news after being a correspondent with L'Agefi in the United States in association with MIT's Technology Review. A graduate of the Institut d'Études Politiques in Paris, he holds a post-graduate master from EPFL [École polytechnique fédérale de Lausanne] in Society, Science and Technology.



Messenger RNA was discovered by François Jacob, Jacques Monod and Sydney Brenner in the 1960s. It earned the first two the Nobel Prize.

In the year 2020, when the whole of humanity was threatened by Covid-19, a series of vaccines using precisely this messenger RNA was quickly discovered and developed, offering hope of escaping this terrible pandemic. This apparent speed hides the realities of a technological development that has been going on for more than 30 years.

This account, based on more than 40 interviews with the researchers and entrepreneurs who have been involved, tells the history of how this scientific technology has led to the vaccination of hundreds of millions of people. A breathtaking book, where we go from discovery to discovery, following the path of scientists and entrepreneurs who are often considered to be outsiders in the genetics community. Fabrice Delaye has **met the key players**, including :

- Stéphane Bancel, the **head of Moderna**,
- Ingmar Hoerr, the **founder of CureVac**,
- Kati Karikó, the **researcher behind the Pfizer-BioNTech vaccine**,
- and Moncef Slaoui, the **head of Operation Warp Speed in the United States**.

- An incredibly clear book, written in a very lively style. The book to read to understand messenger RNA vaccines
- After the demonstration of RNA vaccines, a true medical revolution is underway, opening up new therapeutic paths for cancer and other diseases.

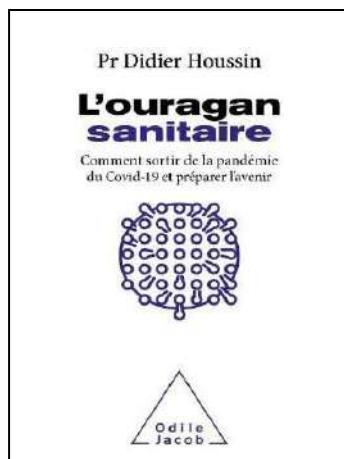
Didier HOUSSIN

Sanitary Hurricane

COVID 19

How to get out of the Covid-19 pandemic and prepare for the future

Didier Houssin is a professor of surgery. Director General of Health and interministerial delegate for influenza pandemic preparedness from 2005 to 2011, he has chaired the WHO Covid-19 Emergency Committee since January 2020. He is a member of the National Academy of Medicine and chairs the international branch of the Assistance publique-Hôpitaux de Paris. He has published *Soignons la science !* (2018) and *Face au risque épidémique* (2014).



Are we condemned to suffer the epidemic risk?

Despite the warnings, the Covid-19 virus has managed to catch the whole world unawares, surprising us in a state of serious unpreparedness and causing an unprecedented health, social and economic crisis. How could we have been so helpless in the face of the disease? What flaws does this pandemic reveal in our health systems?

As we hope for the epidemic to subside, what lessons can we learn and how can we better prepare for the future? What steps should be taken to successfully emerge from the crisis? What reforms for our health system? What will it be like to live with the virus?

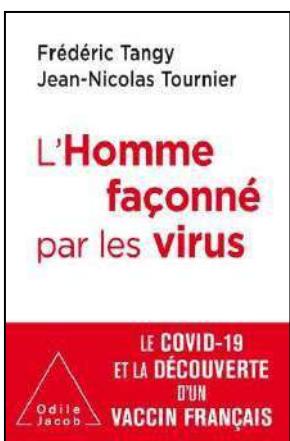
- Professor Houssin answers these questions with the precision of a scientist, the experience of public policy and an international vision, to guide our efforts and our steps towards the world after.

Frédéric TANGY and Jean-Nicolas TOURNIER VACCINES/COVID 19

Humans Shaped by Viruses

Frédéric Tangy directs the Innovation Lab: Vaccines at the Institut Pasteur in Paris. Head of research at the Centre National de la Recherche Scientifique and professor at the Institut Pasteur, he created an international course in vaccinology at the Institut Pasteur. His scientific work has focused notably on the development of vaccines against chikungunya, AIDS, dengue, Zika, Lassa fever, and malaria using a recombined form of the vaccine against measles, and, recently, the development of a vaccine against Covid-19.

Jean-Nicolas Tournier is head of the department of infectious diseases at the Institut de recherche biomédicale des armées (IRBA - Armed Forces Biomedical Research Institute). He is professor at the Val-de-Grâce medical school and guest scientist in the Innovation Lab: Vaccines at the Institut Pasteur in Paris. In addition, he is an expert at the Commission technique des vaccinations (CTV – French Technical Vaccination Committee) with the Haute Autorité de santé (French National Authority for Health). His scientific activity has focused on the development of new therapies for infectious diseases, notably anthrax. More recently he has participated in the management of the Covid-19 epidemic within the military.



In one year, a virus that was previously unknown emerged and invaded the entire planet. Where did it come from? Why was it awakened?

To understand infectious diseases; explain how they have, in the course of evolution, shaped our genetic legacy and defined our identity; to recall the vital and largely unknown role they have played in the course of human history – that of battles and empires – to show how they reveal our fragility – these are the authors' goals here.

- An extraordinary wealth of information.
- A description of humanity's endless struggle against the power of infections and the global quest for immunity.
- The remarkable adventure of an entire team, that of the Institut Pasteur.

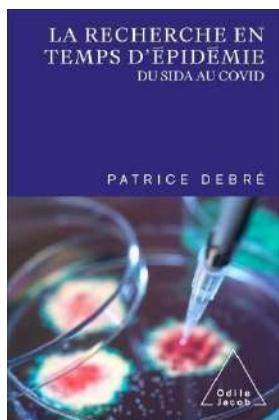
Pr Patrice DEBRE

IMMUNOLOGY

Research in Times of Epidemics: From AIDS to Covid

The views of a doctor, who analyzes the AIDS crisis as the catalyst for a new health democracy

Patrice Debré is professor of immunology at the Pierre et Marie Curie University, and member of the French National Academy of Medicine. Former president of CIRAD [French Agricultural Research Centre for International Development], he is the ambassador of France tasked with the fight against AIDS and STDs, a fight to which he has devoted many years. He is notably the author of *Vie et mort des épidémies*, *Robert Debré. Une vocation française*, and *Les Révolutions de la biologie et la condition humaine*.



When the AIDS epidemic struck France in the middle of the 1980s, it involved a disease whose origin and mechanisms were unknown. A team of researchers was then assigned to lead the fight against it through research and the treatment of those who had contracted the disease.

This adventure, that of the national agency for AIDS research, resulted in a change of paradigm in the fight against epidemics: the scientific results that came out of this period radically changed our conception of viral epidemics on a global scale. It above all led to a revolution in a conception of health policies: for the first time, patients, militants, and others themselves participated in the health policy response. Thanks to them, health democracy, the pillar of our current health system, was born.

This book is dedicated to the researchers, the victims, and all the citizens involved in the health crisis that is affecting our society.

- **The view of a doctor, but above all of a major player in the health system response, on one of the most significant crises of our times.**
- **An analysis of the AIDS crisis as the catalyst for a new health democracy, in relation to the recent debates on the management of public health policies.**
- **Previously unpublished first-hand accounts and documents on a major political and scientific period.**

Marc DAERON

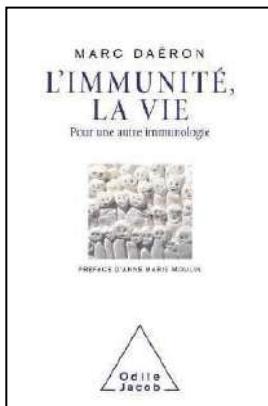
IMMUNOLOGY

Immunity and Life

For another immunology

A critical look at what we think we know about the immune system

Marc Daëron is a visiting researcher at the Institut Pasteur, emeritus head of research at the Centre d'Immunologie de Marseille-Luminy, and associate member of the Institut d'histoire et de philosophie des sciences and des techniques.



Vaccines and antibiotics have enabled great progress in public health. But at the beginning of the 21th century, infectious diseases are back; Covid-19 is a cruel reminder of this. In this context, Marc Daëron takes another look at what we think we know about the immune system. Is it truly an organism's defense system against external threats? So then why do we sometimes die from an immune reaction that is supposed to protect against infection? How can the immune system mistake the target and, in auto-immune diseases, attack "oneself," destroy normal cells, instead of targeting external threats?

To respond to these questions, Marc Daëron proposes rethinking the basics of immunology. The immune system has been conceived as a system of detection and destruction of the non-self to protect the self: **the author retraces the development of this concept and reveals its limitations**. Daëron focuses notably on the recent discoveries involving microbiota, "foreign" to the organism as such, and which, however, live inside our digestive system.

He proposes we think of the immune system no longer as a defense system, but as a system of relationships: "a system that, instead of defending us against others, enables us to live with others, those that surround us and those that are inside us." Immunity is not a static condition, innate or acquired, but a "dynamic balance." The notion of "protection" is substituted with that of a "constantly renegotiated compromise". **"For the meta-organism that we are, immunity then becomes much more than protection; it is a condition of existence."** It ensures the regulation of complex relationships that we maintain with other organisms – viruses and bacteria, in particular – that live in us and around us.

- An important book, offering new perspectives for rethinking immunology but also remarkably useful to the non-specialist who would like to learn more about an extremely timely subject.

Fossil DNA, a Time Machine

Ludovic Orlando is a paleogeneticist. Head of research at the CNRS, he directs the Anthropology and Genomics Center of Toulouse at the Paul-Sabatier University. He is also a Professor in Molecular Archaeology at the Centre for GeoGenetics, Univ. of Copenhagen, Denmark. **He is the author of the sequencing of the most ancient genome to date, was the first to characterize an ancient epigenome, and has reconstituted the genomic history of the domestication of the horse.**



DNA sequencing isn't of use only to doctors and biologists. It has become an essential tool for paleontologists and archeologists: for it is a true time machine. Ludovic Orlando's book presents new contributions from genomics to archeology and history: it illuminates human evolution and the evolutionary history of plants and animals, as well as the genealogy of all species in the living world.

This work presents the genesis and development of a very young discipline, and its application to our knowledge of the past. It recounts the history and the rise in power of genetic sequencing, which adds new and

decisive resources to the existing toolkits in archeology and paleontology: Denisovans, for example, were discovered using genetic methods from a phalanx fragment, which has revolutionized our knowledge of our species' past.

Its conclusion touches upon wider horizons and a philosophical dimension, showing how science is anchored in the reality of our time. It looks at the political (mis)use of the discoveries of genomics, such as a confrontational disappointment to white supremacists when they discovered that Cheddar Man, an emblematic ancestor of the British, had rather black skin... and many other instances.

- **The history of an emerging discipline that is revolutionizing our representation of the history of the living, and provides powerful tools for a knowledge of the past.**
- **Presented by one of the most up-to-date experts in this discipline, who reveals its technical and theoretical aspects with great expository talent.**
- **Many expanded examples give the text a narrative aspect in which scientific issues are blended with the author's own life.**

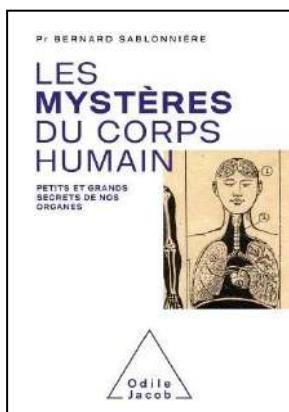
Pr Bernard SABLONNIERE

POP SCIENCE / MEDICINE

The Mysteries of the Human Body

In this new book, Professor Sablonnière offers a guided tour of the organs, a new Fantastic Voyage that plunges us into the mysteries of the body and its arcana.

Bernard Sablonnière is a doctor and biologist, professor of molecular biology at the University of Lille Medical School, and researcher at INSERM (Institut national de la santé et de la recherche médicale). He heads a team in neurogenetics at the CHRU (Centre hospitalier régional universitaire) of Lille. At INSERM his work has contributed to the research being undertaken on the new genes involved in rare diseases of the brain and muscles. He is notably the author of the bestselling titles *La Chimie des sentiments*, *Les Nouveaux territoires du cerveau*, *L'Espoir d'une vie longue et bonne* and *ADN, histoire de nos différences*.



How can the heart be so efficient? So tough? During an 85-year-old life, it will beat more than 3 billion times... How can blood flow in vessels that are thinner than a hair? How does reproduction work? Respiratory mechanics, which will repeat 750 million times during a life? Did you know that the liver grows at night and loses weight during the day? And what do bones, skin, muscles, blood, kidneys, the digestive system or the brain do?

The author looks at everything here, the entire body and the astonishing complexity of its functions are unveiled before our eyes **through the most up-to-date science**. Here there is everything we didn't know and which we learn, all that we thought we vaguely knew, and which we rediscover, clarified, or corrected.

The portrait is lighthearted and the tone inviting. We discover the secrets of our organs, while being fascinated and seduced by the talent of the storyteller. Bernard Sablonnière shares his knowledge without weighing down the reader with jargon or weighty technical explanations, provides enlightening answers to questions that we didn't even ask, and makes us look at our body in a different way.

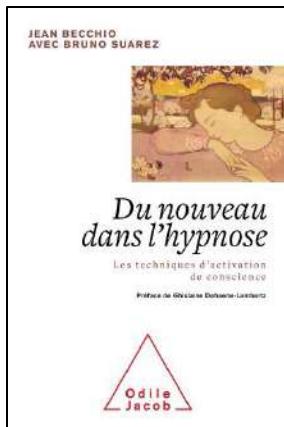
- **A book that talks about the body in a tone that is uncomplicated, humorous, and which conveys knowledge in a way that is accessible to all.**
- **21 short and lively chapters, which can be read in one sitting, or separately, depending on the reader's interest of the moment.**

What is New in Hypnosis

From Hypnosis to Consciousness Activation

- Preface by Ghislaine Dehaene

Jean Becchio is a general practitioner, a consulting physician at the Hôpitaux de Paris (palliative care – psychiatry), and director of the Diplôme universitaire d'hypnose clinique Paris XI. He is one of the founders of the French Association of Medical Hypnosis. An instructor in the new field of consciousness activation therapy, he is a founding member of the International College of Consciousness Activation Therapies (CITAC). He is the author of several books.



There is still the scent of sulfur around hypnosis, even though, in earning the respect of the medical and scientific worlds, it has made its way into hospitals. Esotericism, manipulation, influence : Jean Becchio banishes that “dark side” by bringing the reader up to date on contemporary practices and their theoretical and neurobiological foundations.

As **Ghislaine Dehaene** points out in her preface, consciousness is only “the froth of an underlying ongoing activity, and attention is the projector that enables us to call upon a sensation, a thought, a memory, in that conscious space.” The techniques for the activation of consciousness presented here allow the reader to both understand the functioning of this theatrical scene, and to learn to direct the flow of attention.

Following a short history of hypnosis and of its medical use up to the advent of consciousness activation therapy, **J. Becchio focuses on the most recent advances in the neurosciences** to explain the processes upon which it is based. He presents techniques for attention activation through clinical examples. **The book ends with self-activation exercises**, which offer the reader instructions to carry out sessions autonomously.

- A subject that arouses very broad interest, approached here without the usual esoteric or spiritualist connotations, backed by the most recent advances in the neurosciences, and with very illuminating clinical cases.
- A book that is accessible to everyone, very lively and illustrated with many clinical cases.
- A text in tune with the recent concern with well-being and personal development, which offers the reader practical instructions easily enabling the performance of various exercises on his own.

Michel CRAPLET

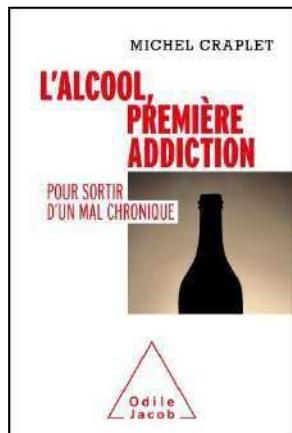
MEDICINE

Alcohol, the Foremost Addiction

Overcoming a Chronic Illness

Alcoholism remains a major subject in public health, much more toxic than drugaddiction

Michel Craplet, a psychiatrist and alcoholic, is the senior medical advisor for the French National Association for the Prevention of Alcoholism.



Michel Craplet, a psychiatrist and expert in alcohol-related problems, their treatment and prevention, has launched a cry of alarm: "We must still and always talk about alcohol."

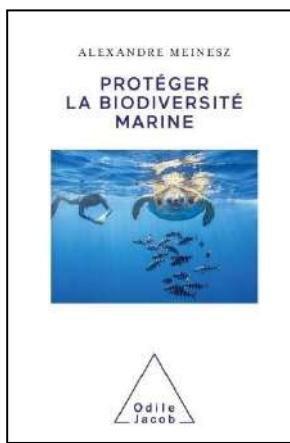
His book, presented as an imaginary dialogue with a journalist, looks back at people's relationship with alcohol, the role of alcohol consumption in society, excessive consumption, the different ways of viewing alcoholics, the evolution of policies of prevention and care in a context in which assessment has assumed a predominant role to the detriment of more humane treatments.

This defense of a certain approach to care stresses the unique nature of the issues connected to alcoholism and to those who suffer from it.

- **Society tends to under-estimate the problems of alcoholism. Understanding the unique nature of this addiction in order to treat it effectively should remain a priority.**
- **This book notably deals with the practical aspects of treating alcohol addiction.**
- **By one of the foremost experts on this disease.**

Alexandre MEINESZ**ENVIRONMENT /SUSTAINABLE DEVELOPMENT****Protecting Marine Biodiversity**

Alexandre Meinesz is professor emeritus at the Université Côte d'Azur. An algae specialist, he was the one who sounded the alarm about the invasion of "killer algae" – *Caulerpa taxifolia*. A lieutenant in the French navy, professional diver, aquanaut, member of several scientific boards of marine parks, he has dedicated his research to an understanding and protection of marine biodiversity.



The protection of marine biodiversity calls for the implementation of effective measures. And in this goal, a precise identification of the types of pollution that harm marine life is essential. But, up to now, we have too often equated that which is harmful to biodiversity with that which harms ourselves, our health, our economy, and our well-being.

This book, written by an expert on Mediterranean marine life, offers a new approach to the attacks on that life, and new criteria to hierarchize each type of pollution depending on its impact on marine or human targets.

Using the Mediterranean as an example, this analysis aims to prioritize the struggle against the most harmful threats: overfishing and the degradation of the coastline. It promotes a better defense of ocean species and spaces.

If nothing is done to better address the impact of pollution in the Mediterranean, the combined effects of greenhouse gases and the introduction of species will lead to a modification of its marine biodiversity in the near future.

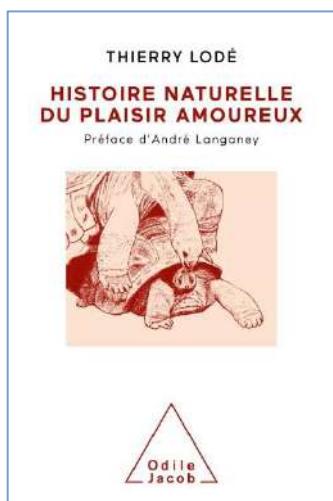
- **A new approach to the threat of pollution in the Mediterranean by an expert in Mediterranean marine life.**
- **For an increased understanding of what marine biodiversity is; the means to protect it more effectively.**
- **An analysis of the criteria for evaluating the threats to marine biodiversity.**

A Natural History of Sexual Pleasure

What if sexual pleasure were much more than a simple product of evolution, what if it was the “propellant”?

Thierry Lodé is professor of evolutionary ecology and head of research at the University of Rennes-1. Recipient of a grant from the Singer-Polignac Foundation, he is an uncontested leading expert in animal sexuality. He is notably the author of *La Guerre des sexes chez les animaux*, *La Biodiversité amoureuse* and *Pourquoi les animaux trichent et se trompent*.

Preface by André Langaney



Even today, animal sexuality remains an enigma. Why is it accompanied by such uncertainties? Does it only aim at ensuring efficient reproduction? And what does pleasure have to do with this story, which it certainly complicates?

And yet, 95% of animal species think only of it, and even the fly enjoys it.

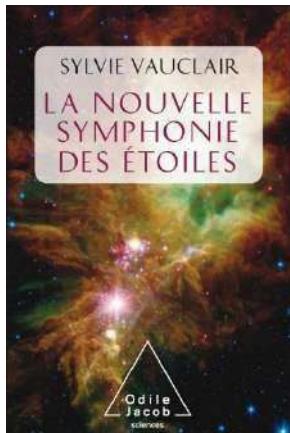
Following the course of evolution, Thierry Lodé tells about the bliss of the octopus, the ecstasy of the sparrow, or the sensuality of the capuchin monkey.

And what if sexual pleasure was much more than a simple product of evolution, what if it was the “propellant”, contributing, in fact, to the establishment of original interrelationships and animal biodiversity?

- **Written for a general audience, this is a natural history of pleasure which encompasses all the exuberance of sexuality, from the first licentious bubbles to female orgasm.**
- **A novel approach that shows that sexual pleasure has participated in the establishment of original interrelationships, contributed to biodiversity, and influenced the course of evolution.**
- **Illustrated with many extraordinary examples of the sexual life of animals, supported by many studies focusing on astonishing species.**

The New Symphony of the Stars

Sylvie Vauclair is an astrophysicist at the Institut de Recherche en Astrophysique et Planétologie, and emeritus professor at the Université Paul Sabatier in Toulouse. She is a member of the French National Air and Space Academy. She is the author of *La Naissance des éléments* and co-authored *La Nouvelle Musique des sphères* and *De l'origine de l'univers à l'origine de la vie* with Claude-Samuel Lévine.



In just a short few centuries, the "silence of infinite spaces" that tormented Blaise Pascal has been populated by scholarly discourse and unexpected music.

The divine cosmos has revealed itself to be much closer to us than we imagined: from infinite and eternal, it has come, like everyone else, to have a birth, the Big Bang, and an evolution of a few billion years. And if space has been populated by strange creatures like black holes or gravitational waves, thousands of exoplanets very similar to our Earth suggest the possibility of life elsewhere in our universe.

Vauclair tells here, keen to share her wonder and with the great scientific precision of an astrophysicist, a saga of extraordinary magnitude: that of the common origin of light, matter, living things, and finally man, evolving together to blossom into an ever richer and more surprising symphony.

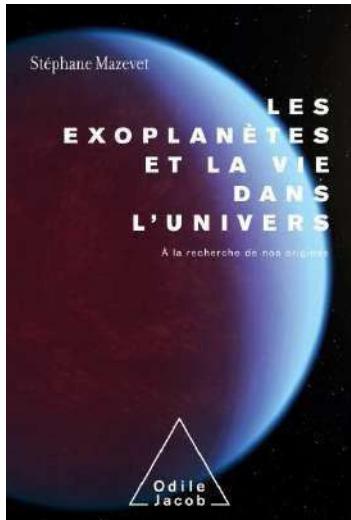
- **A reflection on human beings' place in the universe and our relationship to the world around us.**
- **A book that retraces the emergence of life, to understand how time, space, and complexity weave the fabric of the history of matter.**
- **A very accessible book written by an astrophysicist who deals with the questions and concerns of modern humans.**

Exoplanets and Life in the Universe

In Search of Our Origins

With this fascinating inquiry into the origins of life a new history of the Earth emerges, one that is at the crossroads of many scientific disciplines

Stéphane Mazevet is an astrophysicist, director of the Universe and Theories Laboratory at the Paris-PSL Observatory. Since 2015 he has directed the “Origins and conditions for the appearance of life” initiative at the Université Paris Sciences et Lettres.



What if we were close to solving the mystery of the origins of life? This question, for a long time confined to the realm of speculation or to science fiction, is today being studied by scientists, astronomers, biologists, chemists, and historians of science.

In his book, Stéphane Mazevet presents this amazing tale. He tells us the story of the appearance of life as scholars know it today. He brings us on a journey through the great advances achieved during the past sixty years, which have enabled a bit of the veil to be lifted, since the conquest of space up to the discovery of extrasolar planets, revealing what they have taught us about the beginnings of life.

While resituating the history of the Earth within that of the solar system, Mazevet makes a detour through research on extraterrestrial life, showing how it informs us in turn about the conditions that led to the appearance of life on Earth.

And so, it is a new history of the Earth that is presented here. We see a terrestrial life, whose origin we have ceased to seek out in the quest for signs of a civilization more sophisticated than our own, around distant stars, henceforth emerge through the presence of liquid water on the surface of a planet around a star other than the Sun.

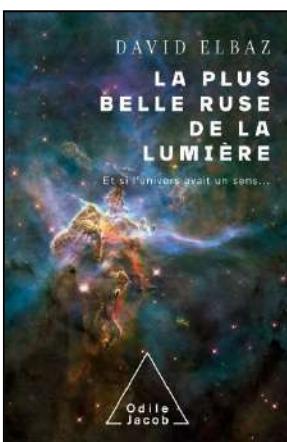
- **A fascinating inquiry into the origins of life.**
- **The tale of the great advances of the last half-century up to the discovery of extrasolar planets.**
- **A new history of the Earth, far from the speculative realm and from science-fiction.**

David ELBAZ

ASTRONOMY/ASTROPHYSICS

Light's Most Wonderful Trick

David Elbaz, an astrophysicist, works in the astrophysics at the Commissariat à l'énergie atomique [French Atomic Energy Commission]. The creator of documentaries and performances, he is the author of scientific novels: *Le Vase de Pépi* [Pepi's Vase]... and *Alice Tao se souvint du futur* [Alice Tao Remembered the Future], as well as the best-selling *À la recherche de l'univers invisible. Matière noire, énergie noire, trous noirs* [In Search of the Invisible Universe: Dark Matter, Dark Energy, Black Holes].



The universe follows a direction, and that direction does not go toward ever more disorder, as is sometimes suggested.

Just as water always flows downward along a slope, following a course that is a matter of chance, the universe follows a logic which is revealed by our powerful telescopes. The global challenges for humanity assume another meaning when they are put in the perspective of the history of the universe, which also involves those who observe it.

Is it true that “the universe might not have been beautiful,” as the French Académicien François Cheng ponders? The answer is found in light, which both tells of and acts upon the history of the universe. Thanks to light, matter has been arranged since the Big Bang, from the first atoms to all of life, including the stars and the galaxies.

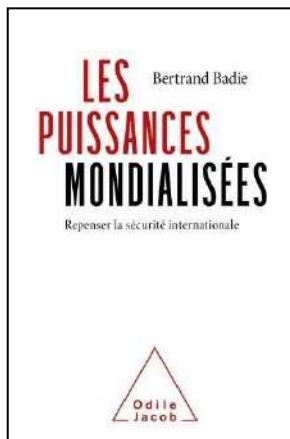
We have all broken a glass, but who among us can claim to have seen the pieces of glass come together to form that glass? This seems impossible. And yet, that is what the universe has been doing for 13.8 billion years... It is even light's most wonderful trick.

Bertrand BADIE

GEOPOLITICS

Globalized Powers*Rethinking International Security*

Professor at Sciences Po Paris, **Bertrand Badie** stands out as a foremost expert on international relations. He is the author of over thirty highly-regarded books, including *Le Temps des humiliés* [The Time of the Humiliated], also published by Éditions Odile Jacob.



Which States best protect their citizens?

In the face of now global threats – pandemics, environmental, economic, migratory, food crises... which powers know best how to play the right cards and develop appropriate strategies?

Nation-states were constructed on the management of age-old fears (the fear of dying and of suffering, the fear of losing one's freedom) and of risks. They appropriated a monopoly on security with territorial and military stakes, closely connected to national sovereignty.

But when risks change in nature and scope, what is the use of the former international order? Doesn't the success of the most agile powers, which – like South Korea, Germany, and a few Scandinavian countries – know how to benefit from globalization while protecting themselves from its pitfalls, invite us to rethink security to expand it to its human dimensions? And, henceforth, mightn't it be the entire international order that should be reviewed and recast?

- **Far from a sovereignist discourse or demagogic postures, a profound reflection on the very fundamental subject of security.**
- **A strong thesis: only States that are truly committed to globalization will be able to protect their fellow citizens effectively.**

François HEISBOURG

GEOPOLITICS

The Return of War

Centered on the China-United States-Russia trio, this follow up to *Le Temps des prédateurs: La Chine, L'Amérique, la Russie et nous* provides essential keys for understanding the world to come.

François Heisbourg is Special Advisor for the Paris-based Fondation pour la Recherche Stratégique, and was president of the International Institute for Strategic Studies (IISS) in London, and of the Geneva Centre for Security Policy.



"The pandemic has not only accelerated the predatory tendencies of the great powers, it has also aggravated the fractures between peoples and states, and has highlighted weaknesses specific to Europe.

The tension between China and America has been exacerbated, independent of the outcome of the American election. Unlike the bipolar order of the Cold War, this confrontation is not the bearer of stability. The trap that has opened is less that of Thucydides, than a disorder comparable to that of the early 1930s.

The technical means for war contribute powerfully to the ambient instability, from daily cyberwarfare to the methods used that weaken nuclear dissuasion.

The international system, whether we look at large multilateral institutions or at American-centered alliances with Asia and Europe, is nearing chaos, with an America that is insufficiently strong to be the guarantor of last resort and a China that knows what it is rejecting but which does not have an acceptable alternative to propose.

Downgraded, humiliated, disoriented, our continent has much to do to defend its interests and its values." F. H.

- Well-written and richly documented, this book is the follow-up to *Le Temps des prédateurs*, which was a critical and commercial success.
- Centered specifically on the China-United States-Russia trio, it provides keys for an understanding of the world to come.

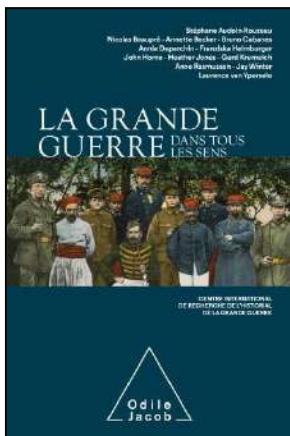
CENTRE INTERNATIONAL DE RECHERCHE DE L'HISTORIAL DE LA GRANDE GUERRE

HISTORY

The Great War... in Every Direction

A history of the Great War on a human scale: less diplomatic-military and nationalistic, in which the accent is placed on cultural aspects and the experiences of those involved.

The International Research Center at the Historial of the Great War is an association founded in 1989 devoted to the study of the Great War. It is supported by the Historial of the Great War and by its museum, which opened in 1992, in Péronne in the Somme. It is directed by **Stéphane Audoin-Rouzeau**, head of research at the École des Hautes Études en Sciences Sociales, and the author of many works of reference on the war of 1870 and on the period 1914 – 1918. The contributors are: **Nicolas Beaupré, Annette Becker, Bruno Cabanes, Annie Deperchin, Franziska Heimbürger, John Horne, Heather Jones, Gerd Krumeich, Anne Rasmussen, Jay Winter and Laurence van Ypersele**.



The museum and historiographic project of Péronne has been inspired by a desire to deepen and enlarge a study of the war. This involves reinserting '14-'18 within a history of the present time, advancing the idea that the Great War was indeed a gateway to the Twentieth Century.

This new historiography, proposed in Péronne, is part of a fundamental movement to bring the First World War, which naturally has become more distant with the passing of time, closer to us. This book is the fruit of the project.

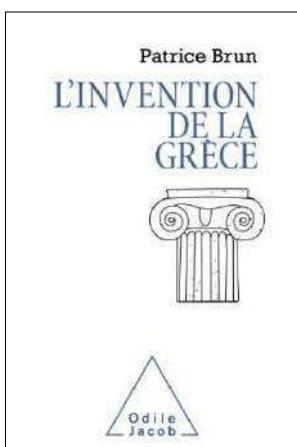
The goals of the project explain the slant of the **present texts, which stress the up-to-now unstudied aspects of the Great War**: the corporeal experience of the war, the time of the war, its locations, the novelty of the modern battlefield; its noises and its silences; the poetry of war; the experience of travel during the war, made up of fronts and expeditions; the juridical perspective on this war, which signaled a breakdown of the law that was continually invoked and instrumentalized, and constantly violated...

- A remarkable scholarly work, and an intensely human homage to the memory of all the dead of the Great War.

The Invention of Greece

A fascinating book on the use and misuse of ancient Greece

Patrice Brun is honorary professor of ancient history at the University of Bordeaux Montaigne, where he was president. He is an expert in ancient Greece and epigraphy.



The calm beauty of the Mediterranean and the marble of the temples, Pericles and Plato, and Homer – Olympus at your fingertips. Ancient Greece, with its history, its arts, and its culture, has often been considered the home of Beauty and the Ideal.

But Greece has often been (re)invented, used and abused through a fantasized Antiquity, one that has been simplified, embellished, to better serve the motives – political, intellectual, or social -- of the present.

A great lover of Greece, Patrice Brun aims to right these wrongs by removing the trappings of ideology and myth that cover it. By revealing, beneath the dreamed-of Greece, antiquity as it truly was.

Parliamentary democracies have wanted to see in Athens the original and already perfect model of western democratic practices, ostensibly forgetting that the Athenian system only existed through the domination of the powerful over the weak, of men over women, citizens over slaves. In Antiquity, an ideal Sparta was invented: through which winding paths were some French Revolutionaries, Prussian nationalists, and finally Nazis inspired to see that city as the absolute paradigm of magnificence?

And yet, it is indeed the works of the Greeks, their writings and own reflections on political organization that explain our interest in that civilization. We must carry out a completely honest inventory of that past, without giving in to myths, and without condemning the past in the name of values that belong to the present.

- A remarkable book which offers a reflection on the way in which the West perceives itself through the glorified past whose heritage it claims.
- A welcome look at the commonly-shared received ideas and rose-colored images of ancient Greece

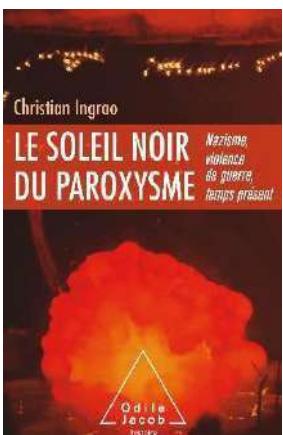
Christian INGRAO

HISTORY

The Black Sun of Paroxysm

Nazism, War Violence, and Now

Christian Ingrao is a historian and head of research at CNRS in Paris. He was director of the Institut d'histoire du temps présent (2008 – 2013), and teaches at the Institut d'Études Politiques (Sciences-Po) in Paris. He has written on Nazism and war violence in the twentieth and twenty-first centuries, on the cultural history of Nazi militancy, and German violence, notably on the Eastern Front.



There are two facets to Christian Ingrao's new book: it is both the work of a practicing historian (applied history) and the work of a thinker/historian who experiments with ways of working, with conceptual and disciplinary connections, who analyzes and tests concepts and methods (historical theory).

Thus, the concept of “paroxysm” is both the object of a reflection which aims to define it as a theoretical tool, an empirical and historiographical category, and an application for historical objects: the war suicides in 1945 in Germany and Japan, the emergency actions during the attacks of 13 November 2015 in Paris – symbols of paroxysm.

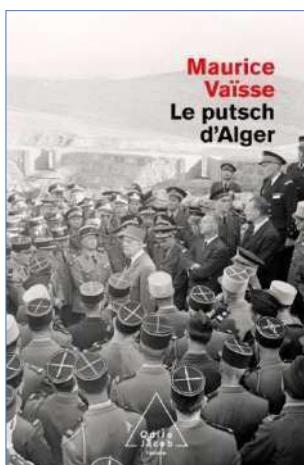
In this sense it is a unique book, both a book of history and a book on history, producing an historiographical object and allowing the reader to visit the factory and the workshop, in a fascinating journey. A history working to define its approach and concepts, before putting them into practice in order to clarify pasts that help us to understand the present.

- An original approach, which proposes both a reflection on the practice of the historian and applications of that practice to historical objects. The book's strength is in this back-and-forth between theoretical and methodological reflection and in its subsequent application to historical objects.
- Very accessible and enlightening historiological analyses of the present time (Nazi violence, war suicides, emergencies).
- Original proposals for the practice of history and its grasp of reality, based on concepts of incompleteness and indetermination, and an analogy with quantum physics.

The Algiers Putsch

The ultimate work on the putsch and de Gaulle

Maurice Vaïsse is a French historian of international relations. He is professor emeritus of the history of international relations at Sciences-Po. He is one of France's leading specialists on foreign policy and defense issues.



22 April 1961, Radio-Algiers: "This is Radio-France. The army has seized control of Algeria and the Sahara..." This was the beginning of a putsch by French generals.

The event itself was short-lived: four days, barely five nights. And yet, the short duration of the putsch was related to a lengthy time for the French army. Beginning in 1940, the clear distinction between the military and political spheres were blurring: World War II and decolonization conflicts were inverting relationships, leading to the putsch, following recurring crises opposing the army and the nation. Why this failure and what were the consequences of it? The goal of this book is to take stock of the event and analyze its place in contemporary French history.

Maurice Vaïsse resumes here an undertaking first begun close to 40 years ago, this time with the help of archival resources that were inaccessible before, which substantiate, enrich, and considerably clarify the work. In his book, there is also the emotion of a man for whom Algeria was not foreign – M. Vaïsse was born in Algiers and was there in April 1961.

"What I believe is new in this book," writes the author, "concerns on the one hand the behavior of the corps of generals, and on the other, the role of General de Gaulle."

- Using archives and unpublished accounts, the spellbinding tale of a little-known turningpoint in contemporary history
- The reader is plunged into the heart of the event and the exchanges between the greatparticipants in the event.
- Impeccable documentation, a historical perspective on a national and international scale.

Michelle PERROT & Wassyla TAMZALI

HISTORY

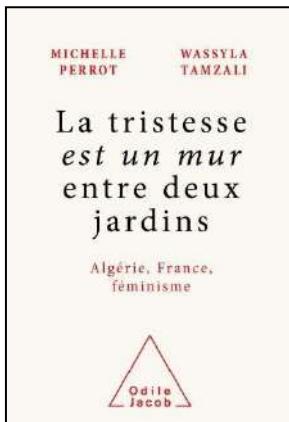
Sadness Is A Wall Between Two Gardens

Algeria, France, Feminism

Two eminent intellectuals, a historian and a writer, both very involved in feminism, conversing on important issues faced by French and Algerian societies today.

Michelle Perrot is a historian, emeritus professor of contemporary history at the Paris-Diderot University, and a French feminist and activist. Her pioneering work makes her one of the great figures in women's history. She is co-editor with Georges Duby of *L'Histoire des femmes en Occident* [The History of Women in the West].

Wassyla Tamzali is a writer, essayist, and Algerian feminist and activist. A lawyer and former director of women's rights at UNESCO, she is a founding member of the Collectif Maghreb Égalité and works for understanding among peoples of the Mediterranean.



This book is a conversation between two eminent intellectuals, a French historian and an Algerian writer, both committed feminists.

Their exchanges deal with subjects that arise in intellectual debates : the place of women; the France-Algeria question; the notion of the universal. Can one speak of resiliency with regard to Algerians? What are the conditions for it? Resiliency or reparation? What to do about the past that haunts the present? How to go from traumatism to history? How can we maintain difference and the universal? How can we consider differences?...

A rich and profound exchange that shows the urgency of these questions, and which also tackles crucial subjects: the complexity of the relationship to language in Algeria; the relationship between memory and history; male domination; the weight of religions; feminism and the lively debates that animate it.

- This very rich text sheds light on current debates
- A text that discusses in a lively way the need for history, looking at two important subjects in contemporary history: the place of women in history, and the France-Algeria question.

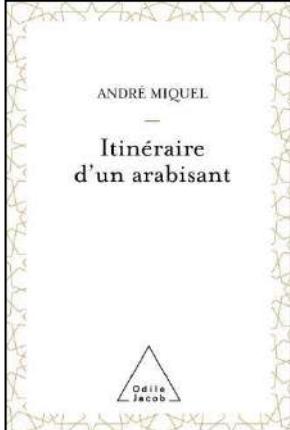
André MIQUEL

HISTORY

Itinerary of an Arabist

The exemplary journey of a great scholar, historian, and man of letters, a lover of the Arabic language, of which he is one of the greatest translators into French, notably of the *Thousand and One Nights*.

Professor at the Collège de France, where he was also an administrator, a historian and great translator of Classical Arabic, **André Miquel** has published with Éditions Odile Jacob: *L'Événement* [The Event] (1992); *D'Arabie et d'Islam* [On Arabia and Islam] (1992); and *Deux histoires d'amour: Majnûn et Tristan* [Two Love Stories: Majnun and Tristan] (1996); *Tristan et Iseult d'après Joseph Bédier* [Tristan and Iseult according to Joseph Bédier]; *Le temps se signe à quelques repères – Mémoire* [Time Is Marked By A Few Benchmarks – Memoir] (2016); *Chateaubriand, Mémoires d'outre-tombe – Instants de lecture présentés et choisis par André Miquel* [Chateaubriand, Memoirs From Beyond the Grave – Reading Notes Presented and Chosen by André Miquel] (2018).



In this admirably written book, André Miquel retraces the itinerary that led him to embrace a career as a scholar crowned by honors, a career which he shows was also the result of chance and encounters. The common denominator has been his passion for Classical Arabic and for Medieval Arab writers whom he has helped to introduce through his translations. "I thought I needed to participate by introducing an Arab world which gave us so much in its early days."

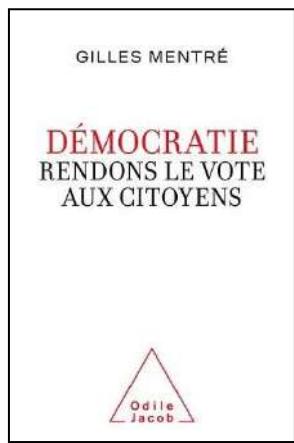
In a series of snapshots, of the lights of his childhood in Mèze, in the Languedoc, up to the administrative offices of the Collège de France and the Bibliothèque Nationale, despite detours in his career as well as personal challenges, the author narrates his enduring passion for Classical Arabic literature. A model journey in the service of scholarship, literature, and the transmission of knowledge.

- **An exemplary journey of an academic and man of letters, his love for the Arabic language of which he is one of the great French translators, notably of *The Thousand and One Nights*.**
- **An admirably written text**

Democracy: For a Redistribution of Power

A deep analysis of the crisis of democracy and concrete proposals to respond to it.

Gilles Mentré is a former member of the Inspection générale des finances [Inspectorate General for Finances]. After having been managing partner at the asset management firm Lazard Frères, today he is deputy mayor of the 16th arrondissement in Paris and president of the Opendata France Association. He founded the do-tank Electis to reflect concretely on the future of democratic voting systems.



The vote, a specific moment in political life, has attracted criticism: when some claim that not all citizens have the same voice in the vote, others question the legitimacy of the elected. This book takes the opposite view. In an era of political discouragement, it proposes a renewal of the democratic pact by abandoning our archaic voting systems.

While emerging technologies enable us to foresee a unique opportunity to renew the way in which we vote to give their voice back to all citizens, here is a deep analysis of the crisis of democracy and concrete proposals to respond to it.

- **This book is a successful balance of thorough political analysis and of proposals.**
- **Original theme and treatment, a style of rare clarity, instructive and for a general audience without abandoning historical and intellectual precision.**

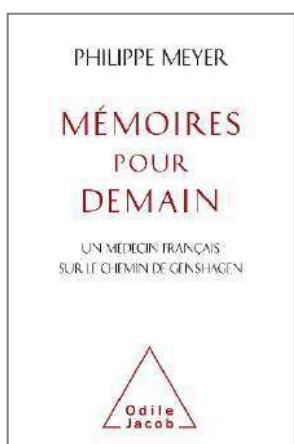
Philippe MEYER

DOCUMENT

Memories for tomorrow

A French doctor on the way to Genshagen

Philippe Meyer (1933-2020) was a doctor and a correspondent member of the Académie des Sciences, which is part of the Institut de France. He taught history of the philosophy of medicine at the Paris Descartes Faculty of Medicine. He was a professor at the Necker Hospitalin Paris and at the Charité Hospital in Berlin.



The hatred that separated Germany and France for centuries was exacerbated by the Nazi regime. As the two nations prepare to commemorate the thirtieth anniversary of Reunification, Philippe Meyer testifies to the possible reversibility of this process.

This testimony is all the more spectacular as he himself suffered personally from Nazism; coming from a Jewish and Alsatian family, havinglost his grandparents in Auschwitz and having lived through several dramas of the Resistance.

Intense scientific, medical and cultural collaboration with contemporary Federal Germany made him realize the need for an even closer *rapprochement* between France and Germany, the keystone of a cultural development of European construction.

In the course of his walks and encounters in Germany, which was both in its infancy and the daring reunification process, the author also invites us to discover the "grace of a people", following in the footsteps of Madame de Staël, Heinrich Heine, Albert Schweitzer, Stefan Zweig and Romain Rolland. This German itinerary in the heart of Europe is dedicated to the memory of Simone Veil.

- **A vibrant appeal to get to know this essential neighbor for the future of Europe.**

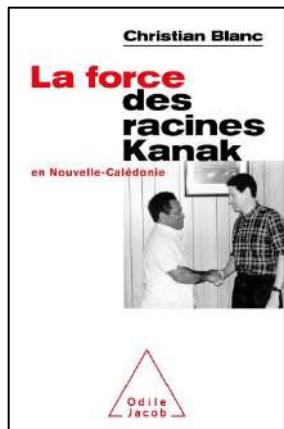
Christian BLANC

The Strength of Kanak Roots

In New Caledonia

DOCUMENT

Christian Blanc was elected Secretary of State for the Development of the Capital Region and for crafting the legal framework for the Greater Paris Project; he was also prefect and deputy for Yvelines. He was an agent for peace in New Caledonia. He was president of the RATP, and CEO of Air France, which he saved. He also created “l’Ami public,” a think tank focusing on government reform and social modernization.



Christian Blanc was an important participant in the recent history of New Caledonia, between 1984 and the beginning of the unrest and 1988, when the crisis was settled and sanctioned by the Matignon Agreements.

The author presents here **an exceptional account and a text of reference on this turbulent episode**. His narrative brings together many factual elements and unpublished accounts, notably on the discussions and negotiations the author held with the main French (Pisani, Rocard, Mitterrand in particular) and New Caledonian (notably Lafleur and the Kanak leaders Tjibaou and Yeiwene) protagonists.

The book is both a history that was lived and is told in the first person, and a text of major historical and political interest. Christian Blanc carefully explains New Caledonia, calling upon history and sociology to present in passing both the Kanak universe and that of the Caldoches – French inhabitants of New Caledonia – without sugar-coating, but with respect and lack of bias. The historical narrative is captivating, revealing laboriously constructed rapprochements that sometimes turned into tragic crises at the whim of political events and reversals.

The book is also that of a humanist. As such, the narrative is often moving in its capacity to understand and its ability to describe the people and situations. It puts them in perspective within the context of a long history, that of the difficult encounter between different cultures and interests.

- **An exceptional account of a significant episode in the recent history of France, by one of its principal participants.**
- **A captivating and moving narrative that reads like a novel.**
- **Documents from the archives, vivid portraits and verbatim accounts of discussions that had been confidential, which illuminate the events.**

Currency and Capital: The New Patrimonial Economy

Laurent Berrebi denounces the dangerous and unfair policies that, by encouraging the growth of assets, engender patrimonial inequalities which are fragmenting contemporary societies as never before.

Laurent Berrebi was chief economist at Groupama Asset Management before founding his own financial macroeconomics consulting firm. He is the co-author with Michel Aglietta of *Désordres dans le capitalisme mondial* [Disorders in World Capitalism] (Odile Jacob, 2007).



Our economic system today is characterized by a formidable financial instability: bubbles follow one after the other, defying the laws of finance by their endurance. Their inevitable bursting, however, gives rise to increasingly serious crises, endangering the survival of capitalism.

The solution proposed by the authorities appears just as explosive. Adopting a quantitative monetary policy, central banks finance gigantic budget stimuli and an explosion of public debt, at increasingly low, even negative, rates. The public debt is no longer a problem because it is carried by central banks...

In his book, Laurent Berrebi denounces policies that are as dangerous as they are unfair, because by encouraging the growth of assets, they engender wealth inequalities that fragment societies. Stressing this “paradox of poverty in abundance,” he proposes a theoretical model different from the one that currently prevails in order to fully grasp the reality of this so-called patrimonial economy. He shows that by starting with this new model, one can find concrete solutions for a capitalism that has become liberal in name only.

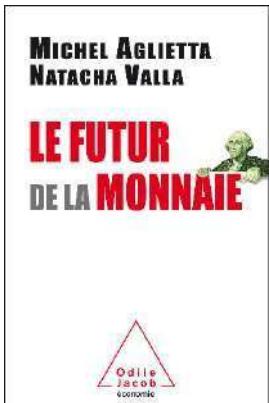
- A very ambitious book: it proposes nothing short of a new theoretical economic model, going beyond both classic economics and the Keynesian model.
- A very instructive book, which looks at all basic economic concepts (consumption, production, saving, investment, currency, free trade...), gradually arriving at a honed and complex description of the contemporary economy.

The Future of Money

- Prefaced by Benoît Coeuré

An instructive guide to fully understand the current transformations of currency

Michel Aglietta is an internationally renowned economist, emeritus Professor of Economics at the University of Paris X-Nanterre, and scientific advisor at the CEPPII [Research and Expertise on the World Economy]. He has been a member of the Institut Universitaire de France, and a member of the High Council of Public Finances in France. He is world-renowned for being a specialist in international monetary economy and for his work on the functions of financial markets. Authoritative and highly respected, he is the author of numerous acclaimed works. His book *A Theory of Capitalist Regulation* laid the foundation for the Regulation theory and was received as the boldest book in its field. **Natacha Valla** is an economist, Dean of the School of Management and Innovation at Sciences-Po, following a career at the Banque Centrale Européenne. She has notably taught international, monetary, and financial macroeconomics, at New York University and at the prestigious French business school HEC.



Innovations in monetary matters continue to increase: local currencies, digital currencies such as crypto-currencies like Libra, etc.

But have they reached the point of relegating currency to the rank of an institution, a vestige of the past? No, Aglietta and Valla respond firmly. They remind us here that currency is a public commodity. In that capacity, it fulfills three a-temporal functions: as a unit of account; for warehousing wealth; and as an instrument of exchange.

It is crucial to understand the current transformations, because more than ever currency is and will be present in our lives. The authors propose a study of them to evaluate their true influence: relativizing the quantitative and financial importance of the blockchain and crypto-currencies, they stress the importance of local currencies for ecological transitions and territories; above all, they reestablish the fundamental role of currency in the greening of finance and the mobilization of central banks; finally, they defend an assumed monetary multilateralism to favor management of global debt.

- **A reference book by a world-renowned specialist on issues regarding currency.**
- **Currency and finance will be at the heart of the great transformations to come as we confront climate change. This book enables us to understand why and how.**

Jean-Joseph BOILLOT

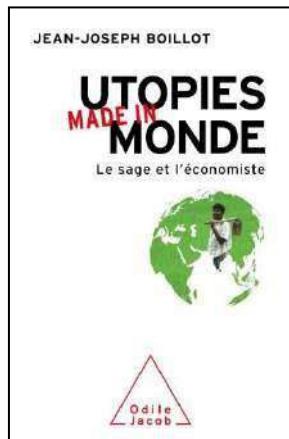
ECONOMICS

Utopias Made in the World

The Wise Man and the Economist

How economics can be enriched by the wisdoms of the world

Jean-Joseph Boillot has for a long time been an associate researcher at CEPII (Centre d'Etudes Prospectives et d'Informations Internationales) before joining IRIS (Institut de Relations Internationales et Stratégiques - The French Institute for International and Strategic Affairs) in 2018. A member of the Cercle Cyclope since 2006, columnist for the magazine "Alternatives économiques", he is the author of close to twenty books, including the bestseller *Chindiafrique*.



The economy must reinvent itself and it will only be able to do so by drawing its inspiration from the source of utopia.

This is the conviction that drives this profused book. While we are confronted with a crisis of industrial civilization and a globalization that has become chaotic, we must reopen the fields of possibility.

This is what Jean-Joseph Boillot proposes to us with this journey into utopias: journey in the long and universal history of utopias and great cultural traditions: Taoism, Buddhism, spirit of griots, social Christianity...

It is also a journey in the footsteps of the author, who takes us to meet concrete utopias, from Indian agro-ecology to the African cooperative spirit, from the sacred Chinese mountains to his small village in Normandy.

From this double intellectual and geographical journey, Jean-Joseph Boillot draws a common typology and lessons: what if the utopia of the 21st century was simply that of wisdom? What if the economy itself became "wise"?

- A profuse book which brings together great cultural traditions (Taoism, Buddhism, the spirit of storytellers, Social Catholicism...) and the practical utopias of today (Indian agroecology, African spirit of cooperation...).
- A book that shows how economics can be enriched by the wisdoms of the world, and itself become "wise," thereby offering an alternative to scenarios of collapse and to societies of dystopian surveillance.

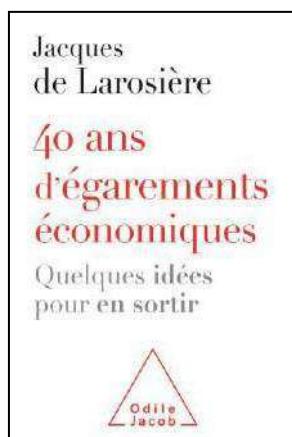
Jacques DE LAROSIERE

40 Years of Economic Aberrations

A Few Ideas for Recovery

ECONOMICS

Jacques de Larosière has spent his entire career at the summit of financial institutions: first, he was Head of the International Monetary Fund (1978-1987), before becoming Governor of the Banque de France (1987-1993), then president of the European Bank for Reconstruction and Development (1993-1998). He is an advisor to the president of BNP-Paribas. He is also a member of the French Academy of Moral and Political Sciences. He has authored several books published by Odile Jacob, including *50 ans de crises financières* and *Les Lames de fond se rapprochent*.



Will France be able to take advantage of its demographic dynamism? Why is it classified among the lowest in the rankings of PISA [Programme for International Student Assessment] which measures the performance of educational systems? Is its public debt inevitable? And what about youth unemployment? Finally, how is it that the French are the only Europeans who refuse to work longer in order to finance their retirements?

Always clear and informative, Jacques de Larosière assesses French challenges with his hallmark objectivity.

Far from sterile polemics, he shows that France should understand better and take advantage of its strengths to find solutions to the problems it faces today.

- **A feat of concision and clarity on the most complex issues: debt, retirement, and others.**

Jean-Hervé LORENZI and Alain VILLEMEUR

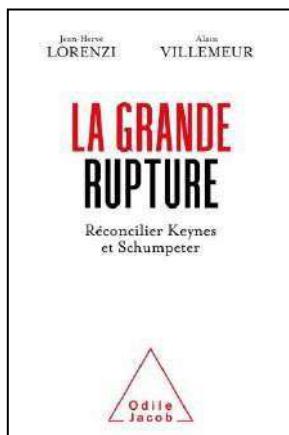
ECONOMICS

The Big Break-up

Reconciliation between Keynes and Schumpeter

Jean-Hervé Lorenzi is Professor Emeritus at the University of Paris-Dauphine, President of the Rencontres économiques d'Aix-en-Provence, and Chairman of the "Demographic Transitions, Economic Transitions" Chair.

Alain Villemeur is an engineer from the École Centrale de Paris. He has a doctorate in economics, and is scientific director of the "Demographic Transitions, Economic Transitions" chair.



The ambition of this book is to provide answers to the questions that haunt Western democracies today: Should wages be increased? How to make innovation a source of new jobs? Should we encourage expansionary investments to fight climate change? How can we prevent youth from being a sacrificed generation? Should we bet on the qualification of jobs? Finally, shouldn't we invest more in social issues?

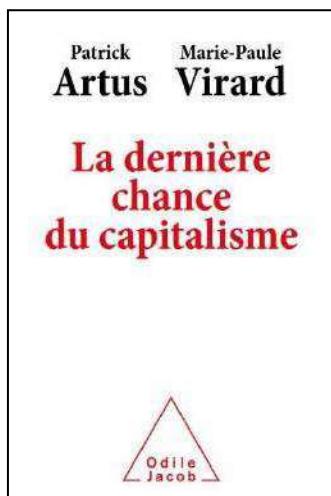
It is on the basis of six new distributions of income, work, qualifications and innovations within society and its different generations that sustainable, inclusive growth shared by all can be established.

- This book marks a major turning point in economic thinking.
- Based on the reconciliation between two great economists: Keynes, the man of demand and the role of the State, and Schumpeter, the man of innovation and the entrepreneur.
- Only this boldness can make it possible to think of the paradigm on which the economy of societies that are finally at peace should be built.

Capitalism's Last Chance

A short text for a new balance between consumers, workers, and shareholders

Patrick Artus is associate professor at the École d'économie de Paris and head economist at Natixis. **Marie-Paule Virard** is a journalist covering economics. She is co-author with Patrick Artus of *Le Capitalisme est en train de s'autodétruire*.



In their new book, Patrick Artus and Marie-Paule Virard describe a capitalism that is unjust, inegalitarian, and – perhaps even worse – ineffective.

Indeed, this capitalism, established 40 years ago, favors the shareholder over other economic players, notably wage-earners. As a result, it creates less and less wealth. To respond to demand, it has been necessary to support a public debt that will soon be limitless with central banks buying back the debt through the issuance of currency. However, this policy, further reinforced since the Covid pandemic, increases inequality by increasing the value of assets. The circle is complete: whereas defenders of capitalism present inequality as the price of its effectiveness, one can see that it combines growing ineffectiveness and inequality.

How can this be remedied? For Marie-Paule Virard and Patrick Artus, the solution is found in a new balance between consumers, workers, and shareholders, as well as government policy founded on the philosophy of ordoliberalism, as practiced in Germany.

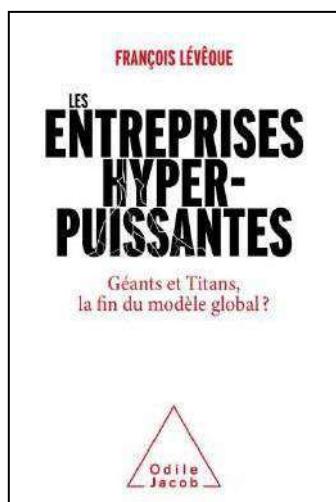
- A stimulating text, powerful ideas, a limited number of figures, diagrams reserved for more technical elements: here one finds all the ingredients for a formula that has already marked the success of the Artus-Virard duo!
- Accepted ideas are demolished, for example, the one claiming that capitalism would favor investment and innovation, or that the public debt would enable a reduction of inequality.
- Complex concepts, notably the Modern Monetary Theory, very popular with the American Left, are made accessible to a large audience.

François LEVEQUE

ECONOMICS

Hyperpowerful Corporations*Giants and Titans, the End of the Global Model?*

François Lévêque is professor of economics at Mines ParisTech, Université PSL where he teaches the economics of competition and international economics. His research focuses on antitrust policies, the regulation of networks and platforms, as well as intellectual property. He has taught industrial economics at the law school of the University of California, Berkeley.



The power of global companies has become so great that it is necessary to resort to mythology to measure its excessiveness. From Walmart to Ikea, from Microsoft to Apple, from Huawei to Airbus, the global Giants and digital Titans are leading the way and widening the gap with the rest of the pack, regardless of the criteria used - productivity, innovation, international expansion, market share or profit.

From luxury products to shipping containers, from zippers to animated films, the global Giants have infiltrated all aspects of our daily lives. As for the digital titans, they gather our data, transfer their profits where they pay little tax, and deepen the inequalities between their well-paid employees and others, between their shareholders and consumer-citizens.

Globalization and technological progress have been the driving forces of this hyperpower. But now governments, weakened, seem to want to take back the upper hand: control social networks, impose new fiscal regulations, and strengthen anti-merger rules... A new technological and geopolitical fragmentation is at work. Does this movement mark the end of hyperpowerful companies, or at least the end of a continuous expansion that appears limitless?

- Far from the usual list of grievances, this book offers a detailed picture of those companies and their hyperpower, with its positive (there are some!) and negative consequences.
- Well-written, concrete, very engaging, this book takes us into the inner sanctum of these giants, some of which are well-known – Amazon, Facebook - and others, some lesser known, such as the Japanese NKK which controls 40% of the global market for zippers, or the Chinese CIMC, which manufactures half of the shipping containers in the world.

Regaining Confidence in the Economy



"In this period of immense uncertainty, our need for confidence has never been greater. My goal in this book is to explain why we must and how we might regain confidence in the economy.

The economy must be in the service of people and contribute to our well-being, to what we do, to social justice and the needs of the environment.

Yes, we can still act and make progress in France and Europe today."

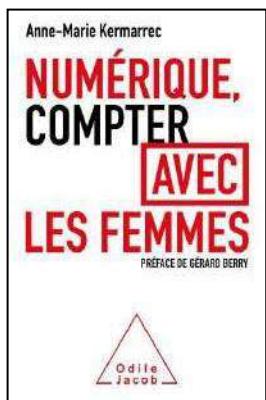
Anne-Marie KERMARREC

BUSINESS/ECONOMICS

Digital Technology. Counting with Women

26 short and lively chapters to show, calculate, denounce, and correct the sexism in a crucial sector of the economy

Anne-Marie Kermarrec is an international figure in computer science: she is a researcher, professor, and CEO in digital technology. She is head of research at INRIA, the French Institute for Research in Computer Science and Automation, winner of the Google Focused Award and Association for Computing Machinery fellow. She is winner of the INRIA- Académie des sciences-Dassault Systems innovation prize and gold-level winner of the “Promising Female Head of Business” trophy awarded by Women of the Economy.



“I’ve been doing research in computer science for more than twenty years: first at universities and in a research institute (INRIA), then in a commercial laboratory in the U.K. (Microsoft Research Lab), and today at the École polytechnique fédérale de Lausanne in Switzerland. I have also rubbed shoulders, as an entrepreneur in Deeptech, with investors, supporters, incubators, and start-ups of all stripes.

Having worked for a long time in a male-dominated environment, I unfortunately no longer even notice the fact that I am often one of the rare women in a group; I have learned to manage young geeks, to handle male egos of all sorts.

I keep being told that things are changing, and that it takes time. Those who know me know that impatience is my most serious defect. What I wish is for the current desire to change things to succeed in fashioning a world in which young girls will be as attracted to computer science as they are to medicine, and will find a legitimate presence in it. And quickly.” [AM K.]

- An incisive and informed assessment of the complicated relationships between women and the digital world, accompanied by strong measures and precise solutions to put an end to the sub-feminization of this still very macho sector.
- From the pioneering Ada Lovelace, to gender bias on Wikipedia, and including the Matilda effect, the recent Turing Prizes, social media clichés and the #metoo movement, 26 short and lively chapters to call on women to commit to that sector starting today.

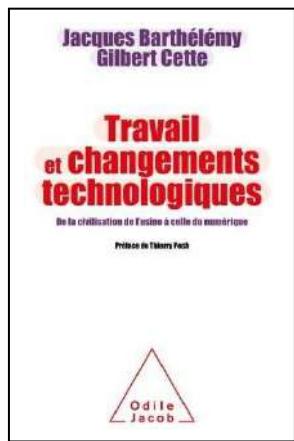
Work and Technological Changes

From the Civilization of Factories to That of the Digital

Recent mutations in the world of work are an opportunity to seize in order to adapt the law to the most unprecedented situations.

Jacques Barthélémy is a social law attorney, founder of the Barthélémy Avocats firm. He was associate professor at the Montpellier Law School.

Gilbert Cette is associate professor of economics at the Aix-Marseille University, an expert in the labor market.



The civilization of knowledge born out of technological developments and the emergence of the digital economy calls for changes in labor laws and, beyond that, in current social law. The need for these changes has become more pressing in the context of the COVID-19 crisis that has accelerated the digital revolution.

In this work, the authors show how social law can be a dynamic law, one that adapts to technological transformations to reconcile both the protection of the worker and economic efficiency. These two goals are not at odds, rather are complementary. Social law must be dynamic, and it must adapt to the new work paradigms that have emerged in the current digital society so that its protective function encompasses all workers.

- The health crisis has accelerated changes in how we work (remote work, e-commerce...) and has made an adaptation of labor law to these new situations even more necessary.
- There is an opportunity here to make labor law better adapted to unique situations and to encourage social dialogue.
- A reflection that pursues and deepens the one undertaken in two earlier books: *Travailler au XXe siècle* [Working in the Twentieth Century], and *Réformer le droit du travail* [Reforming Labor Law].

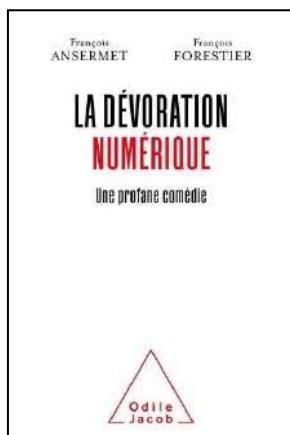
Devouring the Digital

A Profane Comedy

Is it still possible to escape digital hegemony? Are the human foundations of our societies already obsolete? Is there a future for transhumanism?

François Ansermet is professor of child psychiatry and head of the Department of Child and Adolescent Psychiatry at the School of Medicine at the University of Geneva.

François Forestier is professor of hematology, specializing in perinatal pathologies.



The fourth industrial revolution has launched us into an age in which the digital, omnipresent, conditions both human relationships and modes of governance and of representing the world.

Is it still possible to escape digital hegemony? Are the human foundations of our societies already obsolete? Is there a future for transhumanism?

Ansermet and Forestier respond to these questions as finely-tuned observers of digital worlds, and as avid readers of humanist literature.

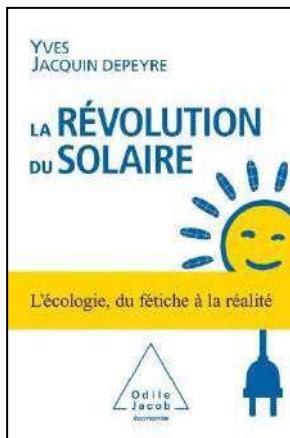
"I have made you a creature neither of heaven nor of earth, neither mortal nor immortal, in order that you may, as the free and proud shaper of your own being, fashion yourself in the form you may prefer," wrote Pico della Mirandola. Will we be able to fashion our own form, without being crushed by technology?

- A rich and innovative text on the major themes of transhumanism and on GAFA [Google, Amazon, Facebook, Apple]
- A perspective of scientists, interested in thinking beyond their usual spheres.
- A voyage through modern myths and the fascination with technology.

Yves JACQUIN DEPEYRE The Solar Revolution *Ecology, from fetish to reality*

ECONOMICS / ECOLOGY

Yves Jacquin Depeyre is an economist and business owner. In a forest that he reforested, he created solar power plants, which he operates himself. He is also the author of *La Réconciliation fiscale*.



The general feeling is that the Covid-19 pandemic is a warning, one issued by a Nature that is at the minimum hostile, and at the worst an adversary of the human species which is exploiting it with abandon.

In the face of the inevitable depletion of the planet's resources, the future of humanity seems bleak.

Unless the collapsologists are blind, incapable of reading the signs of the turning point that is being announced?

The Revolution of the Sunflower, that of solar energy which will be the point of departure for changing civilization. Such a break could go much more quickly than we imagine, for the better, and not for the worse.

This book recounts the story of this revolution to come, its benefits, but also the opposition and refusals that its premises are already inciting. It shows how a new model of ecological capitalism might reconcile humanity with the living world, ecology and the economy then being called upon to enter into a dialogue in order to mutually strengthen each other.

- **The author writes as a player on the field. His practical experience allows him to explain why the move towards solar energy will prove to be infinitely more beneficial than what has been expected.**
- **He rejects the taboos and errors in judgement that are opposed to the installation of large solar centers.**

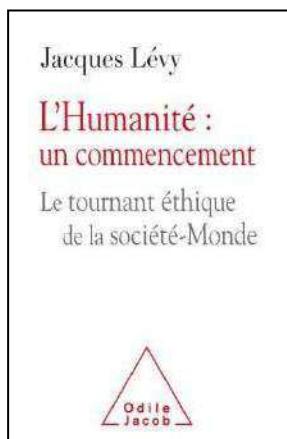
Jacques LEVY

GEOGRAPHY

Humanity: a beginning

The Ethical Turning Point of the World-Society

Jacques Lévy is a geographer, and member of the Chôros research laboratory. He was a professor at the École polytechnique de Lausanne and today holds the chair of spatial intelligence at the Université polytechnique Hauts de France. In 2018 he received the International Vautrin Lud Prize, considered to be the Nobel Prize in geography.



"This book shows that the emergence of a World-society of individuals/actors is accompanied by an ethical turning point that is indissociable from it. In small touches and in disorder, the universe and the universal aim to meet and fuse.

"In doing so, the 'universe' brings the universal out of abstraction. Universal values are no longer found in sacred texts or books of philosophy, but are created, through trial and error and conflict, in everyday life.

"This evaluation of the place of ethics in the contemporary world implies a prospective dimension: what can we reasonably say about the future?

"The key is found in the word 'humanity', understood in its dual sense. Humanity is the population of the World-Society, while it is also a specific public benefit produced through ethics." J. L.

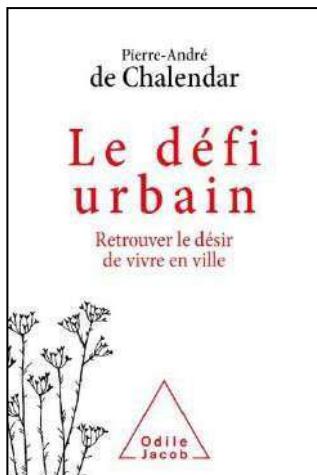
- A fascinating and ambitious book, which gives back meaning to disparate and disturbing realities: the rise in protectionisms and nationalisms, the exacerbation of radicalisms by social networks, ecological and health challenges, etc...
- A book that develops extremely original and fruitful intuitions: for example, the body understood as the "environment" of self, which puts a definitive end to their opposition and enables an understanding that the private is exposed on the social scene.
- Serious, provocative, and sardonic all at the same time, this book denounces religions of all persuasions and invites everyone to assume responsibility.

The Urban Challenge

For a City That Is Desirable Once Again

Cities are our future: what can be done so they will ultimately be desirable again?

Pierre-André de Chalendar is CEO of the Saint-Gobain Group, where he has spent most of his career, and which he transformed into a leader in urban housing renovation and sustainable construction. He is the author of *Our Fight for the Climate*.



What can be done to make cities desirable again?

That is the question explored in this book by an author who is convinced that the attraction of cities is still very much a reality. However, the exodus to rural areas that preceded last spring's lockdown clearly revealed a fundamental trend: a weakening of the urban model in France and elsewhere around the world. The city, which once appeared seductive and sophisticated, a place for every economic and cultural opportunity, with the spread of the pandemic has given way in our imaginaries to a sprawling, oppressive, polluted, dirty, even dangerous place.

In an attempt to reverse the trend, this book aims to redefine the urban model, proposing a model in which nature and the city are no longer in opposition (greening, urban farms...), in which the city is more densified, mobility more fluid and decarbonized – which implies a reduction in the use of cars – a model that also favors social inclusion and connection, and which inscribes every innovative project in a spirit of participation, a true signature of the “sustainable city.”

- **Should we leave cities? The subject is very timely, and this book, which argues that we shouldn't, deals with it intelligently, and without being overly-technical, which is rather rare in the realm of urbanism.**
- **The author bases his proposals on the many discussions he has had during his career with architects, urbanists, and various experts whom he cites abundantly.**

“Cities are our most vibrant cultural and economic centers, but today they face an array of complex issues. *The Urban Challenge* helps us imagine how they can change and grow – and become greener, healthier, and more prosperous places for all.”

- Michael Bloomberg,

founder of Bloomberg LP and Bloomberg Philanthropies and Mayor of New York, 2002-2013.

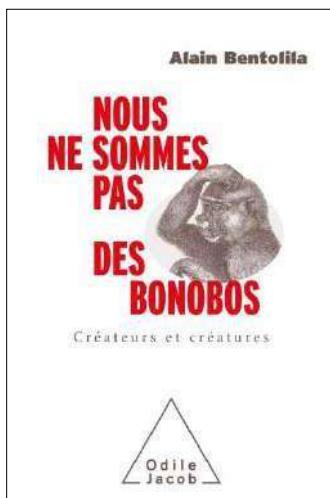
Alain BENTOLILA LINGUISTICS

We Are Not Bonobos

Creators and Creatures

The conquest of language and writing against the chaos of the world and all the forms of manipulation

Alain Bentolila is professor of linguistics at the Université Paris-Descartes. His research has led him from the description of languages of oral tradition to the analysis of language learning and reading. He is the author of many best-selling works on illiteracy and language-learning, including *Tout sur l'école* and *Le Verbe contre la barbarie*, which received the Prix France Télévisions. President of the Centre international de formation et d'élaboration d'outils pédagogiques (CIFODEM) at the Université Paris Descartes, President of the scientific board of the Don Bosco Network, he is also the creator of the "La Machine à Lire" application.



"It was not the evolution of the human species that led to the creation of language; it was the creation of language that defined its evolution. A small child doesn't learn language because he is growing; it is language that makes him grow."

To speak exactly, with the firm intention of convincing, but without intending to manipulate; to read exactly, with as much freedom to interpret the words of another as a concern with respecting his spiritual testament; to write exactly, with as much boldness as effort made to be understood: this is what sets our species apart, a species so unique and so fragile.

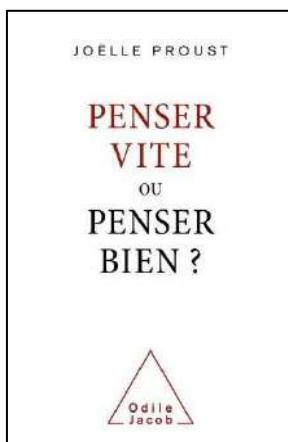
What is the use of fighting to bequeath a "livable" planet to those who come after us if their minds, deprived of collective memory, of mastered language, or of the desire to understand, are condemned to wander in the glacial silence of a cultural and spiritual desert? What is living if we eradicate the past? What is living if we refuse to transmit to our children the universal values that bind us together?" (A. B.)

- In a lively and compelling style, a history of the conquest of language and writing by our ancestors and by our children to gradually impose intelligence on the chaos of the world.
- A "battle cry" by an eminent linguist against linguistic insecurity, illiteracy, and the dictatorship of images which lead to a loss of common sense and open the door to the worst manipulations, both religious and political.
- A book of debate, with original and strong theses, clearly supported, on inclusive writing, addiction to screens, continuity of species, linguistic programming of the brain, digital modernity...

Thinking Fast or Thinking Well

An overview of up-to-date knowledge in cognitive sciences enabling us to understand our thinking and to control it more in practice.

Joëlle Proust is a philosopher, emeritus head of research at the CNRS (Centre National de la Recherche Scientifique), member of the Institut Jean-Nicod and of the Conseil scientifique de l'Éducation nationale. Her work focuses in particular on metacognition, that is, the ability of the subject to evaluate, control and revise his own cognitive activity (perception, memory, reasoning, action, etc.).



Using tools from the cognitive sciences, Joëlle Proust invites the reader to look at his thinking in action in another way.

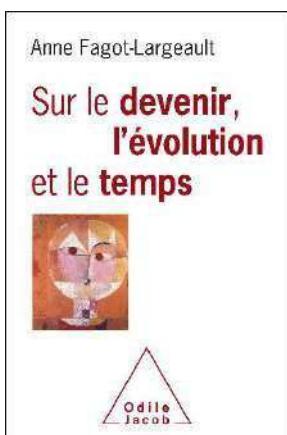
What is the nature of my cognitive action? Why does a certain learning experience, a certain book, seem boring or interesting to me? The micro-decisions that I constantly make are the result of earlier feelings and cognitive habits, but they also predict what I will do tomorrow with my thoughts -- but what leads to these micro-decisions? Joëlle Proust enables the reader to understand what the experience of thinking depends on, so not to live it passively. **"If a motto is needed," she writes, "it could be: figure out the strategies of your cognitive feelings."**

Far from personal development exercises, she proposes a scientist's reflection on cognitive action, supported by research programs that explore all aspects of cognition, from experimental psychology to anthropology, from neuroscience to animal psychology, including the social determinants of individual thinking and socio-cognitive biases, as well as analyses on post-truth. By explaining "cognitive action" in animals, children and adolescents, and in adults, by clarifying technical concepts, by revealing the individual and social implications of cognitive functioning, Joëlle Proust offers an overview of the way in which cutting-edge knowledge can help us understand our own thinking and control it more in practice.

- **A book that aims to make the results of research in the cognitive sciences truly applicable for everyone.**
- **A book that puts difficult information within the grasp of all readers, by clarifying it, explaining its significance and importance, and enabling anyone to understand it in order to become a strategist in his or her own thinking.**

On Becoming, Evolution, and Time

Anne Fagot-Largeault is a philosopher, member of the French Académie des sciences and honorary professor at the Collège de France. She is also a practicing psychiatrist, continuing throughout her career to quietly provide emergency care in a hospital setting.



Anne Fagot-Largeault is a philosopher as understated as she is recognized and respected.

Here, she presents a book on becoming, which might seem austere, coming from the lofty abstractions of ontology. Through her writing, the subject becomes astonishingly clear. Classic themes are masterfully demystified; the author organizes a dialogue with and between authors, ancient and modern, condensing into a few luminously explained quotations complex arguments that appear beyond our grasp.

Though the book deals with the notion of becoming and its ontology – the old opposition between the being and the future – it is illustrated with the ontology of wines: “you can count your bottles, you will learn to classify them”. Academism immediately approaches the everyday.

Here, the reader travels through great pages of philosophy almost effortlessly, with the constant impression of discovering vast panoramas and of understanding them better.

- A book of philosophy in which both the general public and specialists will find material enlightenment and enrichment.
- Difficult, abstract subjects are approached by an author who manages to make them not only accessible and intelligible, but also attractive with remarkably clear writing.
- A dialogue with classical and modern authors on great questions in philosophy and science, whose ever-renewed relevance and importance are rendered accessible to the reader.

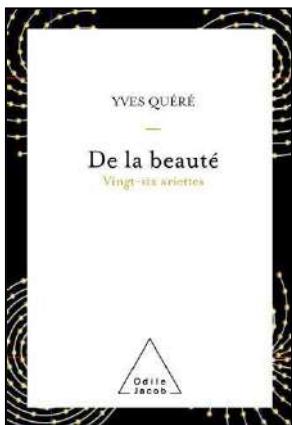
Yves QUERE

PHILOSOPHY

On Beauty: Twenty-Six Ariettas

Does beauty reside in aesthetic contemplation, intellectual depth, technical achievement? 26 intersecting miscellanea for intellectual happiness.

Yves Quéré is a physicist and member of the French Academy of Sciences. He has conducted important research on the physical properties of metals. An esteemed writer for a popular audience, he has published many works on teaching science to the youngest students and on the relationships between science and language.



Beauty is the quality the sense of which is most widely shared among human beings, and yet it is the most enigmatic. Is beauty found in aesthetic contemplation, intellectual depth, technical achievements?

Rather than attempting to pin it down by a fruitless attempt at definition, Yves Quéré offers the reader twenty-six miscellanea, gems of reflection on our relationship with the Beautiful.

The enjoyment of learning, the minutia of the scientist, the joy of contemplation, come together here and transport us on a unique literary journey. Painting, music, history, literature, science, teaching, everyday life, landscapes and geography, etc., sometimes intersecting in superb historical depth, these 26 ariettas are truly enchanting.

A book to give as a gift or to keep close at hand, in an age when “only beauty can save us.”

- A contemplative and learned book that inspires us to leave behind our bad days.
- Exceptional and profound writing, a fine-tuned analysis
- An original book by an author already known for his works written for a general audience.

Lluis QUINTANA-MURCI

and Vinciane PIRENNE-DELFORGE (ed.)

Civilizations

Questioning Identity and Diversity

ANTHROPOLOGY

COLLEGE DE FRANCE

Edited by **Vinciane Pirenne-Delforge** and **Lluis Quintana-Murci**.

Contributors: Dario Mantovani, Henry Laurens, Céline Spector, François Héran, Francesco d'Errico and Solange Rigaud, Jean-Jacques Hublin, Raphaëlle Chaix, Thomas Römer, Anne Marie Moulin, Aparecida Vilaça, Anne Lafont, Pap Ndiaye, Anne Cheng, Étienne Patin, Samantha Besson.



The noun “civilization” entered Western European vocabulary in the Eighteenth Century, and at that time denoted a stage of material, social, and cultural evolution to which humanity would aspire.

Without completely losing the teleological dimension of its emergence when it appeared in the singular form, the term in the plural now designates human communities historically determined by characteristics considered to be specific. Lucien Febvre, Émile Benveniste, and Fernand Braudel made the Collège de France a place for reflecting on this notion.

In an attempt to fully grasp the current scope of the term “civilization” (in the singular and plural) and to explore its relevance, the autumn colloquium of the Collège de France in October 2020 was devoted to it. The questions that this word raises relate to concepts gleaned from various fields of research and to the different meanings it conveys in terms of human identity and diversity.

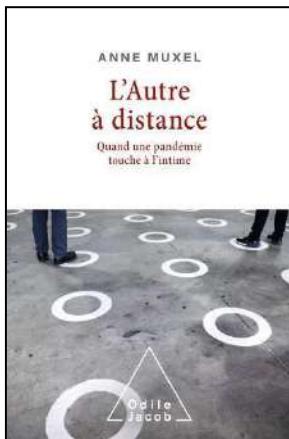
- **The October colloquium brought together researchers in biology, paleontology, history, cultural anthropology, law, medicine, philosophy, and sociology**
- **A subject which the current health crisis has rendered particularly relevant.**

The Other at a Distance

When a Pandemic Affects Intimacy

A sociological analysis that looks in depth at the upheavals brought about by the pandemic that have affected the intimate side of our existence and our relationships with others.

Anne Muxel is head of research in sociology and in political science at the CNRS [Centre National de la Recherche Scientifique](CEVIPOF- Center for Political Research/Sciences Po). Her work in the fields of sociology and political science deals with the fabric of individual and collective identities and the forms of the connection individuals have with the democratic system. Her research sheds light on societal evolutions that are most characteristic of our democracies. Her work has led to several publications, such as *Individu et mémoire familiale* [The Individual and Familial Memory], *Avoir 20 ans en politique* [Being 20 in Politics], and *Croire et faire croire* [Believing and Making Others Believe].



The Covid-19 pandemic, which the entire world and our society have had to confront for more than a year, is an unprecedented experience on such a scale. It has been a collective trial, but also an individual challenge, a common experience that has contributed to redefining us even in our most intimate worlds. The distancing associated with health restrictions, lockdowns, and barrier gestures have changed all of our personal -- family, friends, romantic partners --, social, and professional lives.

This book questions the anthropological changes associated with the pandemic and also seeks out its most intimate traces that have affected our inner lives and our relationships with others. Learning, working, being cared for and dying, loving and getting together, so many situations in which the virus has forced us to stay at a distance, and will have gotten the better of our most habitual ways of being and doing.

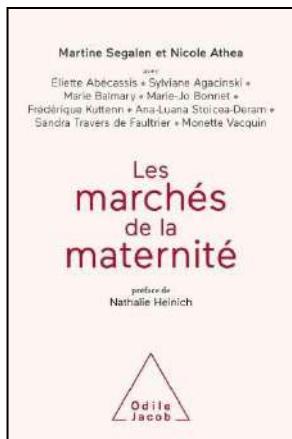
L'Autre à distance – keeping the other at a distance -- which the pandemic has forced us all to do, will it forever change our intimacy, our ways of being and doing, and more broadly, our ways of creating society? This is what the present book urgently asks.

- **What the Covid-19 pandemic has upended in our habits and our lifestyles, and the lasting changes it might cause.**

The Markets of Motherhood

Against surrogacy: an impassioned illumination from multiple angles to understand the debates and implications, and the practical realities with which it confronts us.

Martine Segalen is emeritus professor at the University of Paris Nanterre; she is the author of many works including, co-authored with Claudine Attias-Donfut: *Grands-parents. La famille à travers les générations* [Grandparents : The Family through the Generations] (3rd ed. 2014), and *Avoir 20 ans en 2020* [Being Twenty in 2020] (2020) published by Éditions Odile Jacob. **Nicole Athéa** is a gynecologist and endocrinologist, former intern and chief resident at the Hôpitaux de Paris, co-author of *Le Magasin des enfants* [The Children Store] (Gallimard, 1994), and of several books on sexuality.



In just a half-century, our certainties and knowledge concerning pregnancy, from conception to the moment a child is born, have been radically shaken up. Today, in the name of a desire for a child and of the primacy of subjective rights, the demand for the abolition in France of the ban against surrogacy is becoming increasingly vocal. But shouldn't we above all first focus on the reality of this practice, its history, its risks, and the consequences it has for individuals, primarily women, and for society?

As the questions surrounding surrogacy involve multiple intersecting realms of study, this book assembles the expertise of women who are recognized in their fields and who, through their contributions, analyze the social, medical, juridical, philosophical, and political implications of such a practice. This is the goal of the present book: to reveal the implications and the risks of motherhood markets.

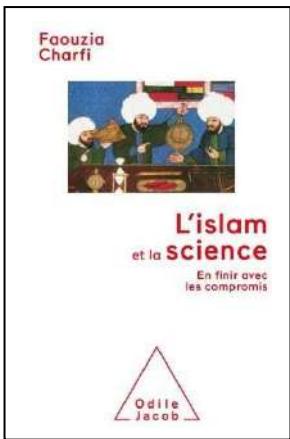
- The view from the social sciences on issues of surrogacy and parenting.
- Impressive female figures committed to women's issues: Eliette Abecassis, writer – Sylviane Agacinski, philosopher – Marie Balmay, psychoanalyst and writer – Marie-Jo Bonnet, author of books on love between women – Frédérique Kuttenn, professor of endocrinology, co-reporter of the working group on the evaluation of techniques of medical help and procreation – Ana-Luana Stoicea-Deram, sociologist and university professor – Sandra Travers de Fautrier, Ph.D. in law and the humanities – Monette Vacquin, psychoanalyst.

Faouzia CHARFI

Islam and Science

SOCIAL ISSUES / RELIGION

Faouzia Charfi is a physicist and professor at the University of Tunis. Named Minister of State for Education in the provisional government of January 2011, she resigned shortly afterwards to regain her freedom of speech and action. She is the author of *La Science voilée* [Veiled Science] and *Sacrées questions!* [Really Big Questions!] both published by Odile Jacob.



In this book, Faouzia Charfi continues her reflections, begun in *La Science voilée*, on the passionate and tumultuous relationships formed between Islam and science. Going one step further in her criticism of official orthodoxy, she takes a stand against a nostalgic and essentialist vision of a golden age of "Islamic science," which hardly masks the current failure of research and teaching in Arab-Muslim countries.

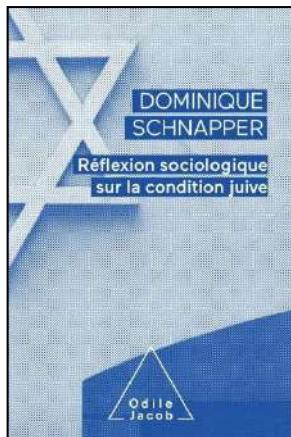
Faouzia Charfi first sketches a mixed portrait of the golden age of science in Arab countries (Tenth and Eleventh Centuries), which, following a great period of creativity, underwent a gradual decline linked notably to: the disappearance of certain institutions such as the dar al-ilm (houses of knowledge) in favor of madrasas (which train professionals to proclaim Islamic law), the militarization of power and the resumption of conquests, the subordination of science (medicine, optics...) to practical ends. She then denounces the ambiguous compromise of the Muslim reformists of the Nineteenth Century, who believed they could forego the separation of religion and science.

The conclusion is clear: science is only possible for those who are able to escape this illusion...A message that is addressed quite specifically to the younger generations, too often seduced by a warped Islam thriving on social networks.

- A book that makes widely available a too-little-known corpus of Arab scientists and intellectuals, from the Middle Ages to the present.
- A politically involved scientist, Faouzia Charfi is an important female voice.
- Deeply shaken by the assassination of Samuel Paty, Faouzia Charfi here points the finger at the historical responsibilities of Islam for the difficulties experienced by societies and individuals in promoting science worthy of that name.

Sociological Reflection on the Jewish Condition

Sociologist, head of research at the EHESS [École des hautes études en sciences sociales – The School for Advanced Studies in the Social Sciences], former member of the Constitutional Council of France, **Dominique Schnapper** is currently President of the Council of the Sages of Secularism at the French Ministry of National Education. She is the author of many works in sociology, notably *De la démocratie en France: République, nation, laïcité* [On Democracy in France: Republic, Nation, Secularism] (Editions Odile Jacob, 2017), and *Puissante et fragile, l'entreprise en démocratie* [Powerful and Fragile: The Undertaking of Democracy] co-authored with Alain Schnapper (Editions Odile Jacob, 2020).



Following the “days of suspicion” initiated in 1967 by the speech of General de Gaulle, which put an end to a form of accord between France and the State of Israel, we are now experiencing a time of anxiety, induced by acts of aggression against Jews in France and with the profound feeling that the pact with the French Republic is being challenged.

How have we arrived here? Should the tensions be seen as the effects of the porous nature of the interminable Arab-Israeli conflict and the dissemination of anti-Zionist policies? Are they related to the presence of a large, mostly unassimilated Muslim population and, even more so, to the danger of a red (Left)-brown (Right) anti-Semitism, an alliance against the effects of Islamic fundamentalism?

The sociologist Dominique Schnapper reflects on the development of this anxiety and the forms that it assumes in different sectors of social life. She shows how the social climate has gradually deteriorated.

- **But it is not just a question of looking backwards. D. Schnapper recalls a recurring fact: throughout time and history, the threats against Jews have preceded crises in democracy.**
- **The author provides ways to fight against the often irrational representations that pollute the public debate whenever there is a question of identity (Jewish, French, or Muslim), to enable the reader to broach these questions of religion, culture, and political education with a cool head and by using rational discourse.**

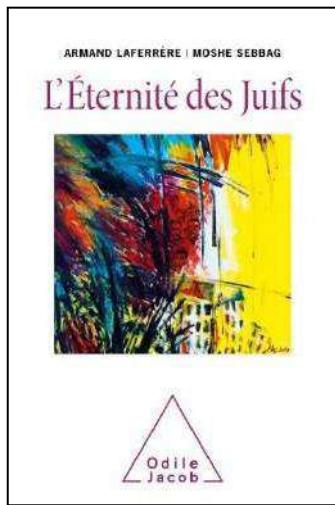
Armand LAFERRERE and Moshe SEBBAG

Jews and Eternity

RELIGION

A graduate of the École normale supérieure and the École nationale d'administration, **Armand Laferrère** is a member of the editorial board of the journal *Commentaire*. He is notably the author of *Lecture politique de la Bible* (A Political Reading of the Bible).

Moshe Sebag, trained as an engineer, is currently the rabbi of the Synagogue de la Victoire in Paris. *L'Eternité des Juifs* is Moshe Sebag's first book.



The survival of the Jewish people, in spite of the countless tribulations they have endured throughout history, is an enigma for anyone who studies the destiny of civilizations. In this clearly-written book whose tone is that of an investigation, Armand Laferrère and Rabbi Moshe Sebag attempt to shed light on the mystery.

If “particular forces... deep within the culture” in part explain this “collective eternity” promised to Jews, not as individuals, but as a people, mightn’t our Western civilizations, increasingly obsessed with the prospect of their decline, find reasons to be inspired by it?

Aren’t civilizations mortal? Probably, but the Jewish people endure; in this world where everything passes on, their endurance best resembles eternity.

- An overview accessible to anyone interested in the unique aspects of the Jewish people, their culture, and their history.
- An original reflection on historical continuity and its importance, between respect for the freedom of individuals and the preservation of the unity of a people.
- A reflection that looks first at the anthropological structures of the Jewish people, then at their political and social organization throughout history, before focusing on their spiritual and ethical values.
- A work that not only addresses the Jewish community wanting to understand itself, but which also presents that community as one that might be used as a model for civilizations concerned with their own survival.

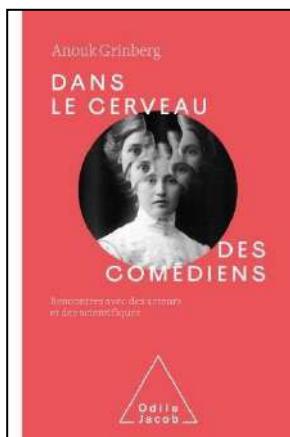
Anouk GRINBERG

THEATER

The Brain of the actors

Neuroscience and the art of play

For more than forty years, **Anouk Grinberg** has been a stage and film actress. She began to act when she was a child, without attending any acting school. She has received many awards for her performances. In addition to her acting career, she paints and exhibits regularly. She is the editor of a collection of letters of Rosa Luxemburg (L'Atelier, 2009), and an anthology of “raw art” writings *Et pourquoi moi je dois parler comme toi?* [And Why Must I Talk Like You?] (Le Passeur, 2020)



How does one inhabit the skin of another? To what degree must actors believe in what they are playing to be believed? How can they act on demand those emotions so elusive to us all? Do the stories they play become real for them, as real as real life?

Here, actors will tell us what goes on in their heads and their bodies. Neuroscientists will tell us how our brains work “in a normal state.” We will discover along the way that our brains are constantly acting without our knowledge. To exist in the world is always to create films for oneself. To live is to imagine a lot. Fiction is at the heart of our lives.

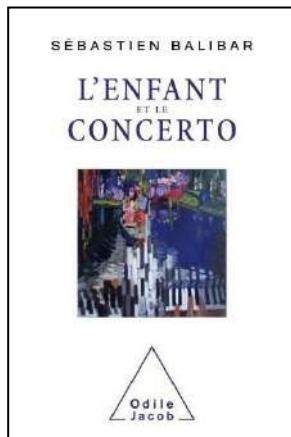
Step by step, we will seek to understand how the entire brain works on its metamorphoses, from the most developed layers to the most ancient strata: consciousness, the power of words, intuition, empathy, the subconscious, emotions, the memory of the species...

- **The activity of an actor viewed from the wings, told from the inside by one of the greatest French actresses.**
- **Enhanced with the accounts of many major figures in contemporary theater, illuminated by the contributions of different eminent neuroscientists, a sharp, vibrant, sometimes funny analysis of our strange brain that adores imagining life, even sadness, playing with emotions and sincerity, creating truth with the false, lying or allowing itself to be duped.**
- **A reflection on our need, even when we're not actors, even when we don't go to the theater or movie theaters, to tell ourselves stories.**

Sébastien BALIBAR**MUSIC****The Child and the Concerto**

A novel of apprenticeship: a subtle and touching evocation of sometimes bitter-sweet family relationships, in which music plays a central role

Sébastien Balibar is a musician. He is also a researcher in the physics department of the École normale supérieure (Paris), and a member of the French Academy of Sciences. He is the author of: *La Pomme et l'atome* [The Apple and the Atom] (2005); *Savant cherche refuge* [Scholar Seeking Refuge] (2019); and, co-authored with E. Brézin, *Demain la physique* [Tomorrow, Physics] (2009).



This is the story of a concert, rather of an entire life summed up in a concert.

An amateur pianist performs the Concerto in D-minor by J. S. Bach in front of an audience. The narrative describes his anxiety, the way he relaxed into his playing, and also the memories that assailed and distracted him, in particular those of the loved ones who were not in attendance. The book thus weaves an autobiographical story that intertwines the present of the concert, told as it unfolded, and of the inner monologue of the performer, with different episodes from his past: through successive fragments, it reconstitutes a musical and emotional childhood, recounts musical memories, exchanges with the great pianist Maria Joao Pires, and ends up telling the story of a life.

Underneath the surface, one also finds evocations of war, anti-Semitism, and different elements of the ambiance of a childhood (he was born in 1947), of an adolescence and of a social world, written with suggestive strokes, as delicate as secrets.

- A moving book that will delight music lovers, but which through the quality of the writing should be of interest to a much broader audience.
- A very personal book by a prominent scientist.

Philippe SIOU Living

An account from the field written in an unrestrained tone by a practitioner dealing with a patient's end of life

Philippe Siou practices internal medicine at the American Hospital in Paris, Neuilly-sur-Seine. A doctor to the stars and to unknowns, he was inspired by his uncommon path to write a poignant work, one that reveals ethical dilemmas and a chronicle of a hospital world far from the one we think we know.

When Dr. Vlaminck, an experienced doctor, encounters Françoise Berthier, he is the only one who sees this patient as a person who deserves to continue living. Whereas the machine in the hospital is preparing to take her on her final journey, he undertakes a mission against death, in defiance of all therapeutic evidence and defeatist opinions.

Caught between the certainty of death and his convictions as a man and a doctor, Vlaminck confronts his peers and his own doubts in a poignant story that leads him to the edges of a doctor's mission: whom to take care of? Up to what point? Can death be a remedy?

Out of this story in which fiction blends with reality, one does not escape unscathed. Philippe Siou makes us question this conundrum of our era: is it always more humane to keep someone alive than to allow that person to die?

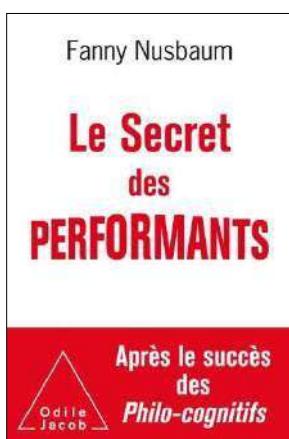
- **The author is a doctor with an atypical path, whose narrative is largely inspired by real facts that are more incredible than fiction.**
- **An unprecedented questioning of the deontology of a doctor and the intricacies of our hospital system through the eyes of a practitioner written in an unrestrained tone.**
- **A forceful style that pushes one to question one's own ethical positions.**

Fanny NUSBAUM

The Secret of High Performers

A new and contemporary approach of the notion of intelligence: intelligence is performance!

Fanny Nusbaum has a Ph.D. in psychology, and is a researcher in psychology and neuroscience at the Université Lyon-1. She is the founder and director of the Centre PSYRENE and the Fonds PSYRENE pour l'intelligence. She is the co-author, with Olivier Revol and Dominic Sappey-Marinier, of the best-selling *Les Philo-cognitifs*.



High performers are people for whom nothing is impossible, who succeed at what they undertake while seizing the light and making their mark on their time, who seem to possess something greater, which makes them exceptional. Something that forcefully impels them to act and to live.

When we see them at work, we can't help being fascinated. Victories, accomplishments, awards, applause, financial success: their results, whether in the world of sports or business, in the realms of science or art, impress by the apparent ease with which they are achieved.

What, then, is the secret of high performers? How can their feats be explained? Do they possess qualities that others don't? Greater intelligence? More energy? A higher level of awareness? Better emotional control?

What if, quite on the contrary, high performance, far from depending on this or that ability, was in fact *a state*, just like a meditative or loving state, which some are able to achieve more easily than others, granted, but which in truth is within the grasp of everyone, provided one allows oneself to be open to them?

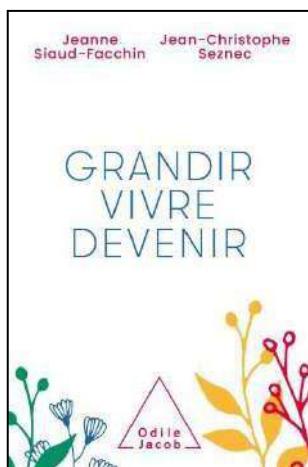
- **Psychology and neuroscience as scientific support for a new understanding of high performance, by an author who is both a clinician and a researcher.**
- **Advice for allowing oneself to rise to the highest level of self-fulfillment.**

Jeanne SIAUD-FACCHIN and Jean-Christophe SEZNEC Growing, Living, Becoming

A book that provides answers to the big question: how to progress in life? How to lead a life that is suited to oneself?

Jeanne Siaud-Facchin is a clinical psychologist, psychotherapist, and founder of the Cogito'Z centers. A recognized expert in the gifted, she is notably the author many huge international bestsellers such as *Trop intelligent pour être heureux?* – 300.000 copies sold in France.

Jean-Christophe Seznec is a psychiatrist in private practice in Paris. He teaches mindfulness at the University of Lorraine and Paris-Sud-Kremlin-Bicêtre. He has written several books on well-being and self-management.



A book of reflections shared between a psychologist and a psychiatrist.

Having had thousands of encounters with their adult and adolescent patients, listening to existential questioning, accounts of suffering, answering calls for help, Jeanne Siaud-Facchin and Jean-Christophe Seznec redefine the mission of the therapist.

Through their exchanges on their life experiences, they draw the outlines of a psychology better adapted to the expectations and needs of patients, and to the demands of our contemporary lives. A constructive, lively exchange, whose goal is to respond in a concrete and helpful way to the question: what is it to grow? How can one live one's life for the better?

This book written by four hands sets a path that will help every one of us to better understand how we are built, to learn how to negotiate the present moment, and to fulfill ourselves according to our values.

- **A book infused with life, full of energy, rich with meaningful anecdotes; a conveyor of reflections that can be transformed into a catalyst for action for each of us.**
- **The lively, engaged, and engaging writing of two psychotherapists which inspires optimism.**

Patrick CLERVOY Truths or Lie?

Why do we believe lies? Would it be more uncomfortable for the human mind to admit the truth?

Patrick Clervoy is a psychiatrist, psychotherapist and associate professor at Val-de-Grâce Hospital in Paris. He was involved in several important military war zones. He is the author of works on the phenomena of psychic trauma and of unconscious mechanisms of collective violence. In 2018, Odile Jacob published his very successful book *Les Pouvoirs de l'esprit sur le corps* [The Power of Mind over Body] : this bestseller offers a completely new approach on the role and the power of the mind in healing.



Would it be more uncomfortable for the human mind to admit the truth? How can the success of “fake news” be explained? How is it possible that established knowledge, such as the Earth being round, can be challenged?

Lies and their consequences are often dramatic. In this book, Patrick Clervoy reveals the mechanisms of this constant in individual and collective behaviors. However, to detect a lie, to understand its role, one must be able to watch, analyze, and at the same time, doubt. This is not an easy task. To lead us onto the path of clairvoyance – this is the goal of Clervoy’s book.

In these times of post-truth and of counter-truths, beyond postures of indignation, it is useful to understand why the human mind appears so complacent about lies. A fascinating demonstration of our complex relationship with truth.

- **A lie has a function for human beings. It is instructive to recognize its different aspects if we wish to understand the success of fake-news, counter-truths, conspiracy theories, etc.**
- **This book, which explores the mechanism of a lie, reads like a collection of stories.**
- **The text is constructed very methodically from various examples: current events such as the Lance Armstrong affairs, Donald Trump or from historical facts and clinical cases, all of which illustrate an aspect of lies, their use, or the way in which we embrace them.**

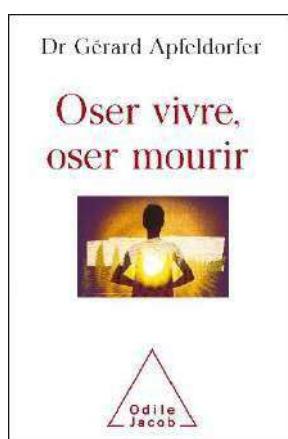
“In a world where we no longer know what to believe, publishers are giving out keys so as not to not be fooled by false information... Based on examples of “fake news”, questioning of established knowledge and current orhistorical facts, Patrick Clervoy leads the investigation, asking “what's the point of a lie?”” – Livres Hebdo

Gérard APFELDORFER

Dare to Live, Dare to Die

Healing from the fear of death with cognitive-behavioral therapies so one can live one's life fully

Gérard Apfeldorfer is a doctor, psychiatrist, psychotherapist, and a member of the French Association of Behavioral and Cognitive Therapy. He is the author of many bestselling books, notably the classic *Maigrir, c'est simple et c'est dans la tête*, *Mangez en paix* and *Les Relations durables*.



How can one learn to confront death in a society that doesn't want to touch it? That enormous task is tackled in this book. Our modern societies, which place value on the quest for happiness and success, consider death to be an anomaly. But the more one refuses to think about death, the more disturbing it becomes. The many stories recounted here testify to this. And yet, it is possible to embrace death. If one accepts the idea that there is an end, one can live one's life fully.

This is the message offered in Dr. Apfeldorfer's book, which is based on the therapeutic work he has undertaken with patients. Cognitive-behavioral therapies have shown progress in the treatment of phobias, and the fear of death is no exception. **Eradicating that fear and the disorders it engenders – anxiety disorders, hypochondria, insomnia, and depression – is possible.**

This book proposes a concrete, two-part approach to deal with the inescapable question: the first part discusses how religious and philosophical traditions, as well as science, have sought to master a fear of death; and the second part, focusing on therapeutics and practical implementation, proposes a path for escaping a fear of death. It is **accompanied by a self-therapy manual and therapeutic audio files**. A book that also doesn't avoid the question of choosing to die.

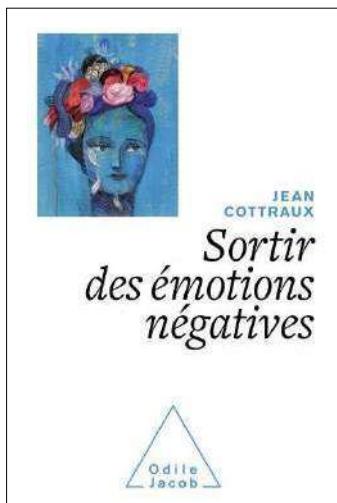
- **A practical book for reflection accompanied by a self-therapy manual, with audio meditation texts to successfully carry out this personal work of “embracing.”**
- **A generous book with lively prose, including many anecdotal stories.**
- **The delicate issue of choosing to die is raised, explained, and critiqued.**

Jean COTTRAUX

Get Rid of Negative Emotions

A close analysis of negative emotions and a self-management program to overcome them, based on cognitive methods and positive psychology

Jean Cottraux is an honorary hospital psychiatrist, a former lecturer at the Université Lyon 1, and founding member of the Academy of Cognitive and Behavioral Therapies in Philadelphia. He is a pioneer of the neuroscientific approach to human emotions. J. Cottraux is the author of close to twenty books, including: *La Force avec soi. Pour une psychologie positive* (The Force with You: For a Positive Psychology) ; *Les Ennemis intérieurs. Obsessions et compulsions* (The Enemies Within : Obsessions and Compulsions) ; and *La Répétition des scénarios de vie* (The Repetition of Life Scenarios), all best-sellers.



Negative emotions such as anxiety, guilt, sadness, grief, regret, shame, anger, contempt, jealousy, resentment, or hatred are part of life, but they can destroy us or others. And ignoring them only makes them worse. Since the beginning of the century, there has been an increase in anxiety, resentment, hatred, and depressive resignation: four emotions which are powerfully fanned by social networks. The pandemic of Covid-19 has further weakened a society that was already anxious about the announced ecological disaster. To be able to live with these toxic emotions it is better, then, to really know them and to learn to confront them.

Emotions are movements that are at the same time biological, psychic, and behavioral. They reflect changes in our moods and our attempts to adjust to an environment that is sometimes unfair, but they can become destructive to ourselves and to others.

This book proposes to face emotional toxicity with a **program of self-management of negative emotions (PAEN)**. This **original program** based on cognitive methods and positive psychology will help everyone to establish new and secure anchors for better living. It brings together **techniques that are easy to put into practice in everyday life**, and **advice for confronting negative emotions** and for channeling their strength toward more creative pursuits.

- How to channel our negative emotions in order to live better.
- A program validated by cognitive-behavioral techniques to take charge of negative emotions oneself.

Hélène ROMANO

When the Mother is absent

The difficult relationship between mother and child

To better comprehend and heal the wounds associated with the mother-child relationship

Hélène Romano is a clinical psychologist and psychotherapist. A specialist in trauma, recognized expert on the subject, she is the author of many works on the subject of psychic wounds, notably when they involve children and adolescents. She is the author of the recently published *Quand la vie fait mal aux enfants* [When Life Harms Children].



For every child, it is fundamental to be able to feel safe with those around him, notably with his parents. This apparent truism is, however, not so simple, in particular as regards mothers, upon whom our society projects so many expectations.

Why, then, do some women struggle or aren't able to become "mothers," that is, figures of security and protection for their children? What forms can this maternal "inadequacy" take, an inadequacy that can sometimes lead to the most serious abuse, even infanticide? What are the consequences for the children?

How can one reconstruct oneself after having had a psychically absent and sometimes abusive mother? Finally, how, if possible, can these women after years of being unavailable or absent, be helped to develop solid and lasting bonds?

In this work, Hélène Romano, with compassion but clarity, approaches the disturbing issue of maternal abuse, to help us better comprehend it and, also, to repair wounds associated with the mother-child relationship.

- **A taboo subject approached head-on, without idealism, but with humanity, to demonstrate the importance and above all the complexity of creating mother-child bonds.**
- **Positive perspectives to be able to rethink one's life beyond a "mother illness" and allow oneself to live -- and be happy to live -- regardless of the nature of one's bond with one's mother.**

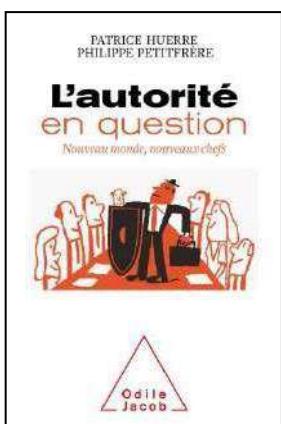
Patrice HUERRE and Philippe PETITFRERE

The Authority in Question

New world, new leaders - at School, at Home, in Business

What type of authority do we really need? Why leaders, what leaders, and to do what?

Patrice Huerre is a psychiatrist, psychotherapist, and psychoanalyst. For more than thirty years he has specialized in preventative actions and care for adolescents and young adults. He is the author of many books for the general reader. **Philippe Petitfrère**, a former corporate leader, participates as an advisor and facilitator of transformative dynamics workshops for various companies.



The world is changing at a speed that is leaving behind the historical models for the exercise of power. The post-internet generation has disrupted social codes and in particular the notion of the leader. The leaders of the past are seeing their authority challenged at home, at school, at work, and in politics.

The feeling of not being able to make a decision, to convey it, and to hold to it affects parents at home, professionals in a position of power, and those responsible for political action. The challenges are the same.

The complementary approach of a psychotherapist, a specialist in intra-familial relationships and adolescents, and a corporate leader sheds light on the disruptions to the exercise of authority that have been occurring over the past fifty years. The demand for more authority goes hand in hand with the rejection it inspires, and this is true in all strata of society: family, company, and in citizens' relationships with power.

This is why it is no doubt time to revisit the foundations on which relationships of authority are built, starting at the beginning of life, in order to better prepare those of tomorrow, while imagining the advantages of a new world, with new challenges, and perhaps new leaders.

- An increasing demand to review relationships of authority has been emerging over the past fifty years.
- A work of reflection addressed both to parents, who question their role, and to leaders and executives in industries confronted with millennials.

Didier PLEUX

How to Escape the Dictatorship of a Reptilian Brain

As victims of the pleasure principle and of immediate gratification, how can we overcome our reptilian brain? By relearning how to wait and to think.

Didier Pleux is a doctor of developmental psychology, a clinical psychologist, psychotherapist, and a referenced author for subjects in education. He is director of the Institut français de thérapie cognitive. He is the author of many best-selling books, including: *Exprimer sa colère sans perdre le contrôle* (Expressing Your Anger without Losing Control); *Un enfant heureux* (A Happy Child); *Les 10 commandements du bon sens éducatif* (The 10 Commandments of Good Educational Sense); *Le Complexe de Thétis* (The Thetis Complex).



Children and adolescents suffer increasingly from substandard education. In adults, an inability to tolerate frustrations creates a great deal of emotional or pathological dysfunction. Weakness in the face of frustrations or the vicissitudes of life, seeking pleasure, a refusal of anything that is “unpleasant,” are very human tendencies.

The neurosciences confirm this: in the center of our brain there is a sort of natural guide – the striatum - that pushes us always to seek more pleasure. The constant appeals from our consumer society make us even weaker. And new technology, especially screens, constantly stimulate our demand for immediate gratification. A person gradually falls victim to his or her reptilian brain, and is no longer in charge of things. A victim of the pleasure principle, no longer thinking about his or her life.

How can we control our “reptilian” brain and return power to the cortex, to the “strength of the Conscious”? How can we learn to “restrain ourselves” when necessary? Didier Pleux, drawing from cases in his clinical practice or from his experience, shows the way to a certain morality which has become necessary in our society, one that is faced with the excesses of our quest for immediate gratification.

- Didier Pleux shows the harmful consequences of our race toward immediate gratification: exacerbated egocentrism, lack of civility, consumption and addictions of all kinds, lack of concern for the environment.
- This book is a continuation of the work that Didier Pleux has been carrying out on intolerance to frustrations and the need for education: for children, but also for adults.

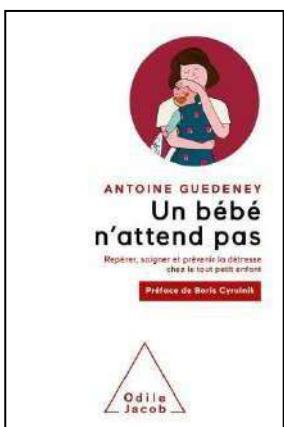
Antoine GUEDENEY

A Baby Doesn't Wait

Identifying, Treating, and Preventing Distress in the Very Young Child

Preface by Boris Cyrulnik

Antoine Guédéney is a pediatric psychiatrist, professor of child and adolescent psychiatry at the University of Paris. For twenty years he has been director of the Polyclinique Ney Jenny Aubry, associated with the Hôpital Bichat in Paris, which was the first center for the study of separation and deprivation in children, and where Françoise Dolto and Myriam David have worked. Internationally recognized for his work on early psychopathology and attachment disorders, he is the recipient of the Grand Prix for research from the Institut de France, and the René Spitz Research Award from the WAIMH (World Association for Infant Mental Health), of which he was the second French president following Serge Lebovici.



A baby exhibits psychological development that is extraordinary in its range, its rapidity, and its resilience. In less than three years, thanks to his interactions with his environment, notably with his parents, when all goes well, he becomes a being of language, sociability, full of curiosity and inventiveness. The other side of the coin is a baby's very great sensitivity (still too often underestimated) to the "failures of a relationship."

How can we identify the first signs that something isn't right in a baby, sometimes only a few months old? How should relational withdrawal be considered an incontestable expression of suffering that cannot be expressed through words? How can it be identified, how can it be measured?

Long convinced that a baby cannot wait for the conditions of his environment to be good or better for someone to pay attention to him, A. Guédéney in this book returns to the trajectory of his life, the one that led him to focus on the distress of very young children, notably through the development of an original and innovative scale, the Alarm Distress Baby Scale (ADB), currently used throughout the world.

- **Illustrated with many stories of little patients in distress, an analysis of the importance of attachment, especially at the very beginning of life.**
- **The adventure of The Alarm Distress Baby Scale, which has become a formidable tool for prevention in perinatal and early childhood care.**
- **Concrete advice, scientifically supported, to further improve the well-being of babies.**

Jean-Luc AUBERT

How to Motivate Your Child at School

Jean-Luc Aubert is a psychologist who specializes in child and adolescent psychology. He is also a lecturer and occasionally appears as a commentator on radio and television. He recently created a YouTube channel – “Questions de psy” – where he addresses a range of subjects concerning education, the family, children, and adolescents. He is the author of many works, including *Mon ado et moi* (My Teen and Me).



It doesn't interest him... She's not motivated... He doesn't want to learn...: lack of motivation at school is a frequent reason professionals are consulted, because it is something that rightfully concerns both parents and teachers.

This book addresses that concern.

It explains how the “natural” motivation to learn is born; shows why it is crucial to stimulate it as early as possible so that a child will be motivated throughout his or her school years; and it proposes solutions to revive a waning interest in school and learning in children and teenagers.

Let's not forget, the author reminds us, that the need to discover and learn is an innate need in each one of us. If a child has sufficient support for this epistemophilic impulse during early childhood, then his or her desire to learn will continue because the feedback provided for this initial need will have been a pleasurable experience.

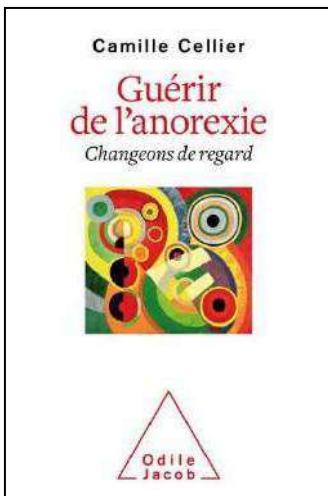
- **The impulse and pleasure at the heart of learning at school.**
- **The critical role of the first 7 years for a development of the desire to discover and to know innate in all children**
- **The crucial importance of adults to stimulate spontaneous motivation in children.**
- **Practical suggestions for parents and teachers to help children maintain a taste for learning during the early years, or to later revive sluggish motivation.**

Camille CELLIER

Healing Anorexia

A personal account of overcoming anorexia, contrary to all institutional treatments

Camille Cellier teaches at the University of Caen and is a psychiatric practitioner. She works with young women suffering from anorexia.



Why another book on anorexia? Because this book relates the true healing of a young woman.

In it she tells of her journey as a combatant in overcoming anorexia, how she got back on her feet in reality, alone, without a therapist, through studies, work, and fighting against received ideas: "Anorexia cannot be cured ..."

Beyond offering a personal account, this book also takes a critical look at the treatment methods currently being used in hospitals which for many are based on coercion, infantilization, and the patient's isolation from her family. It denounces these practices which are the outcome only of theoretical prejudices, and which mistreat the patient.

This is the first time an "ex-anorexic" has picked up her pen to fight these theories which, for some, confine the person in a determined "meaning" (relationship to the mother, failed sexual identification) or in an inescapable protocol (hospitalizations, family therapies).

A useful and unusual approach that demonstrates that one can overcome, escape anorexia. An rewarding and open life is possible after anorexia.

- **A book written in direct and lively prose that testifies to the fact that after several years of suffering from anorexia, one can be cured and live a satisfying life.**
- **A critique of the traditional treatments of anorexia.**

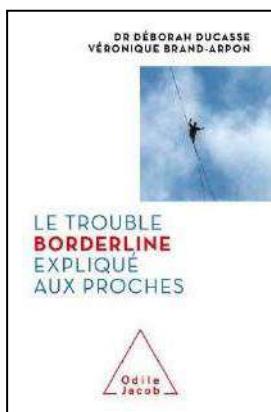
Dr Déborah DUCASSE and Véronique BRAND-ARPON

Borderline Personality Disorders

Explained to One's Family and Friends

Living with a person exhibiting borderline personality disorder: two pioneering authors come to the rescue of friends and families

Déborah Ducasse is a practicing psychiatrist and psychotherapist. **Véronique Brand-Arpon** is a psychotherapeutic nurse with a Ph.D. in health biology. Both authors practice at the University Hospital of Montpellier. They have developed innovative psychotherapeutic practices, including the creation of the first center specializing in borderline personality disorder. They have co-authored the best-selling *Borderline: cahier pratique de thérapie à domicile*, translated into English by The Johns Hopkins University Press [The Borderline Personality Disorder Workbook: Understanding Your Emotions, Managing Your Moods, and Forming Healthy Relationships].



Following *Le Cahier pratique de thérapie à domicile*, which was written for the patient, borderline personality disorder is approached in this new work in response to frequent requests for help from family and friends.

Because the consequences for the patient can be serious, with a high risk of suicide, the authors, recognized experts in the field, respond to many questions in order to explain the behaviors and fluctuating emotional states characteristic of the person exhibiting this disorder.

Conceived as a form of consultation between an expert and the people sharing the daily life of a patient, the book enables the reader to acquire psychological knowledge to help and better communicate with the patient. This very precise elucidation of the disorder and the advice provided will help the reader take care of the other while also taking care of him or herself.

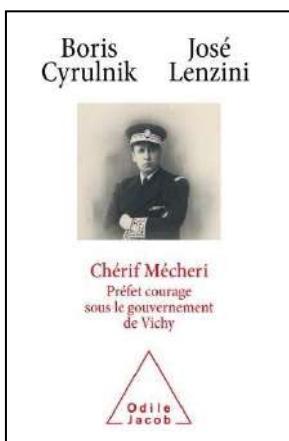
- **Borderline personality disorder is common: 4 to 6% of the population is afflicted, 10% of those people consult a psychiatrist.**
- **Pioneering authors on dealing with borderline personality disorder.**
- **A work developed from the many questions collected from families and friends, in consultation and in group sessions.**

Boris CYRULNIK and José LENZINI

Chérif Mécheri, a Muslim Prefect Under Vichy

A remarkable analysis of the behavior of public figures in a time of crisis

Boris Cyrulnik is a neuropsychiatrist, author of many best-selling works. Among the most recent, *Des âmes et des saisons* [Souls and Seasons] and *France-Algérie* [France-Algeria] (co-written with B. Sansal). **José Lenzini**, writer and former correspondent with *Le Monde* and *La Tribune* in the Var, maintains close connections with his native Algeria.



"Explanations that are too clear have always made me uneasy," writes Boris Cyrulnik. It is difficult to separate white from black when looking at the Vichy regime. Not a book of history, nor an indictment, this work offers a remarkable analysis of the behavior of public figures in a time of crisis, when choices have a far-reaching impact.

It raises the question of obedience, of loyalty to the authority that has promoted you when that authority goes against fundamental values. The book sheds lights on such a dilemma by describing two positions.

The book focuses on Chérif Mécheri (1902-1990), the first Muslim prefect of the French Republic, a Vichy bureaucrat who attempted to thwart the regime's destructive activities. On the other side, there are the zealous soldiers of ordinary collaboration, and more complex and ambiguous figures such as Maurice Papon. Trapped by his ambition and an uncritical submission to power, he became emblematic of the troubled figures of Pétain's France.

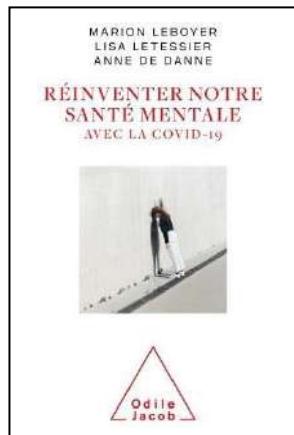
- Boris Cyrulnik excels at probing motivations and ambiguities.
- The motivations and psychological mechanisms that influenced the behaviors of those working under Vichy.
- How banal conformism can lead to compromises that go from the ambiguous to the monstrous, under the effect of emotional influences or submission to the doxa.
- A remarkable analysis of the behavior of public figures in a time of crisis, when choices have a far-reaching impact.

Marion LEBOYER, Lisa LETESSIER and Anne de DANNE Post-Covid, Reinventing Our Mental Health

In mental health, as in so many other areas, the Covid-19 pandemic calls for self-reinvention.

Marion Leboyer is a psychiatrist with training in neuroscience, a university professor – clinical practitioner working at the Paris XII hospital, and head of the division of psychiatry and addictology at the Henri-Mondor university hospital since January 2007.

Lisa Letessier is a cognitive behavioral psychologist specializing in mindfulness and in schema therapy. She practices in Paris, primarily at the European Hospital Georges-Pompidou.



Covid-19 has upended our society in many ways. Never has a pandemic elicited so much research and work showing how a “simple” virus affects us. First, indirectly: the climate of anxiety, social isolation, and economic instability have contributed to weakening mental health throughout the world. A large portion of the population, men and women, young and the less young, health care workers or students, have developed new depression, anxiety, or sleep disorders. The connection between the infection and the appearance of mental disorders seems to have been largely neglected. It is, however, one of the essential discoveries of immuno-psychiatry as described in this book. But in France, the taboo of mental illness has inhibited the dissemination of advances in research.

Dozens of official reports have already sounded the alarm about the insufficiencies of the mental health system. The Covid-19 pandemic is an opportunity to review it. What resources can we mobilize? What critical information can be given to decision-makers to carry out this reform?

- This book offers concrete advice to follow: provide information to battle the false representations of mental illness; create pathways for care to improve prognoses and reduce hospitalizations.
- Supporting research is indispensable: the genetic and environmental factors for vulnerability; the dysfunction of the immune system and brain connectivity; therapeutic innovations from e-health to brain stimulation... all sources of progress.

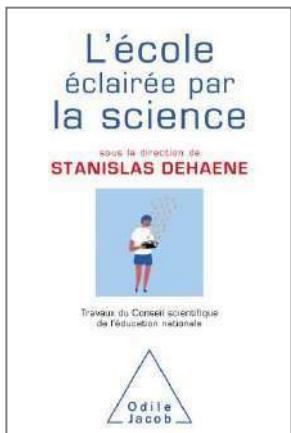
Stanislas DEHAENE (Dir.)

and CSEN (French Trade Union Confederation of National Education)

Science Helping Schools

Applications of scientific knowledge for better educational practices

Stanislas Dehaene is professor at the Collège de France where he holds the chair in experimental cognitive psychology. A member of the French Academy of Sciences, he is the author of *Les Neurones de la lecture* [The Neurons of Reading], *La Bosse des maths* [The Math Bump], *Le Code de la conscience* [the Code of Consciousness], and more recently, *Apprendre!* [Learn!], all best-sellers.



"In every country, an idea is beginning to take root: the importance of using science and scientific methods in order to facilitate progress in pedagogical practices.

This movement, called '**evidence-based education**', notably proposes to evaluate the effects of different pedagogical practices through rigorous experimental methods.

True translational research in education is beginning to emerge, at the interface between basic research in sociology, experimental economics, and the cognitive sciences, with its practical application in the classroom." S. Dehaene.

- **From the laboratory to the classroom: a scientific method to help teachers and, of course, students; a method whose fields of application are varied, from the development of critical thinking to the schooling of disabled students!**
- **A status report, a method and proposals on four themes: translational research in education; education for critical thinking; supporting remote teaching in the current health crisis context; the inclusive school vis-à-vis disabilities and the teaching in France of students who are deaf or hard of hearing.**
- **Contributions by Stanislas Dehaene, Elena Pasquinelli, Elizabeth Spelke, Marc Gurgand, Gérald Bronner, Christine Petit and Caroline Huron**

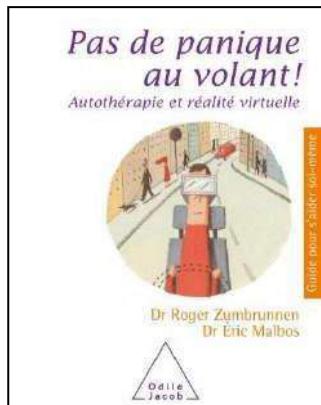
Roger ZUMBRUNNEN and Éric MALBOS

Stop Panicking at the Wheel!

New Edition 2021

New methods to effectively treat the fear of driving

Roger Zumbrunnen is a psychiatrist, specializing in anxiety disorders, and the author of two self-help Guides. **Éric Malbos** is a psychiatrist, professor, and researcher in the psychiatry unit of the CHU Conception, APHM (Marseille) and at the Institut Fresnel of the Université Aix-Marseille. For more than fifteen years he has practiced therapy through exposure to virtual reality for psychiatric disorders in a clinical setting and in research.



The fear of driving, or amaxophobia, is thought to be one of the most widespread irrational fears.

It has many forms: panicking while learning to drive; being afraid to drive after a car accident; feeling sick while driving at night; “freaking out” when finding oneself on an unfamiliar road; having the impression of suffocating when stuck in traffic; avoiding tunnels, bridges, highways, large cities...

This book offers a practical method to overcome all these fears. Anti- panic tools enable one to stop anxiety, and to rediscover the self-confidence needed to drive with peace of mind and more safely.

In this new edition: an update on the latest scientific advances and new treatment methods. An entire chapter is devoted to the **use of virtual reality** to treat the fear of driving. The realistic simulation of computer-generated synthetic environments (highway, tunnel, driving, at night) facilitates a gradual exposure to the driving experience. A therapy of the future particularly well-adapted to treatment of this fear.

- A self-help guide that has become a classic to understand and treat this phobia; regularly reprinted.
- A new edition enhanced with an entire chapter devoted to therapy through virtual reality: the use of 3D environments is particularly well-adapted to the treatment of the fear of driving.
- Close to 10% of adults with drivers licenses suffer from a form of fear of driving. According to a study, 85% of women aged 30 – 48 suffer from these phobias.

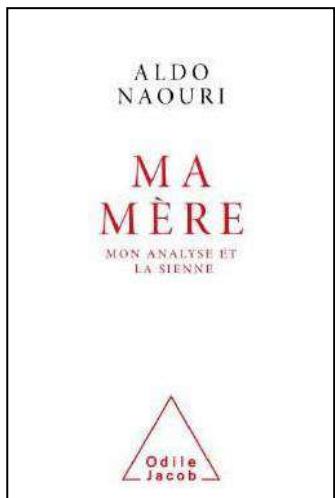
Aldo NAOURI

PSYCHOANALYSIS

My Mother

My Psychoanalysis and hers

Aldo Naouri, a famous pediatrician, is the author of *Les Filles et leurs Mères* [Girls and Their Mothers], *Éduquer ses enfants* [Raising One's Children], *Les Pères et les Mères* [Fathers and Mothers], *L'Enfant bien portant* [The Healthy Child], and *Entendre l'enfant* [Hearing the Child], all of which have been best-sellers.



In this new book, Aldo Naouri explores the mother/son bond a bit more deeply.

He looks back at his childhood memories and the trajectory of his life.

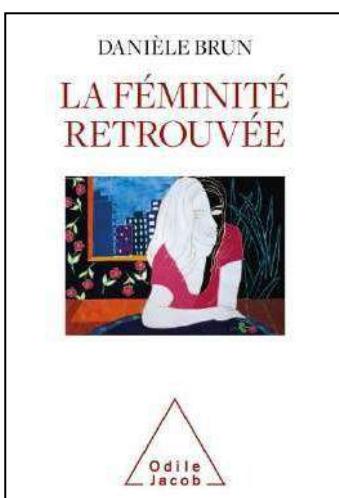
In the light of his experience with psychoanalysis, he shows how the mother, that great Other who is with us in the very first days of our life, shapes us, builds us, marks us with her imprint; an unconscious imprint that is stamped on/in us. What does this imprint hold for us? What does it tell us about our life story? How can we access it, and how does it help us better understand the maternal love we have received?

- An exploration of the mother figure, based on the life of Aldo Naouri.
- A quest for meaning involving themes dear to the author: the mother-relationship; children and their mother; siblings; childhood; the secrets of the words in the mother tongue; access to culture; dreams and their interpretation, psychoanalysis.

Femininity Restored

A psychoanalyst's look at femininity, a notion that today is unpopular and above all misunderstood

Danièle Brun is a psychoanalyst, member of Espace Analytique, and professor emeritus at Paris-Diderot University. She is president of the Société Médecine et Psychanalyse. She is the author of best-selling books such as *La Passion dans l'amitié* [Passion in Friendship], *Les Enfants perturbateurs* [Disruptive Children], and *Une part de soi dans la vie des autres* [A Part of Oneself in the Lives of Others].



If one need only say the word ‘femininity’ for everyone to apparently know what it means, the power it exercises or that which is bestowed on it continues to exude a sense of danger.

For a long time associated with that which makes a woman even more of a woman, often wrongly confused with the feminine, femininity is not an easily graspable notion.

In this book, Danièle Brun, a psychoanalyst, aims to understand the reasons for the relegation to which femininity has been subjected both by feminists and in Freudianism.

Where does this tension vis-à-vis femininity, a notion considered “dangerous,” come from, when Freud was the first to listen to women and to develop his theory from his interpretation of their symptoms? Why does femininity seem so difficult to ponder, even by feminist movements, when it encompasses a promise of self-fulfillment, regardless of one’s gender?

Its manifestation in language, whether in the writing of Marguerite Duras or in the words of patients in psychoanalysis, is a privileged path of access, highlighting this notion, recognizing its qualities, and returning it to its rightful place.

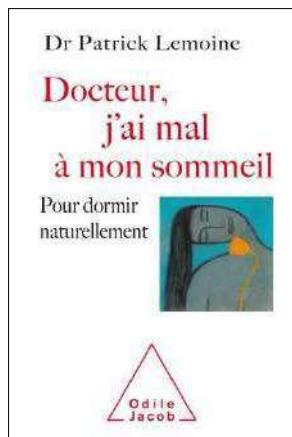
- **The rehabilitation of an unpopular, misunderstood notion, one that has a rightful place in an understanding of our inner lives, whether we are a woman or a man.**
- **A reflection that enables the reader to return to the origins of Freudian theory and to better understand its genesis.**

Patrick LEMOINE

Rediscovering Natural Sleep

To sleep well, get rid of your medication ! All the tips by an uncontested specialist in sleep!

Patrick Lemoine is a psychiatrist, Ph.D. in neuroscience, former researcher at Stanford and in Montreal, and associate professor in Beijing. He is the author of some thirty books, including *Le Mystère du placebo* and *La Santé psychique de ceux qui ont fait le monde*, both best-sellers. But his specialty as a practicing clinician is uncontestedly sleep, its disorders and their treatment. Though he has already published several books on the subject, the present one stands apart: it is the result of experience spanning more than thirty years at the bedside of those who suffer from sleep disorders.



Here is undoubtedly the only book on sleep written by a university professor who dares to take aim at the “sleeping pill,” that drug which has caused so much damage.

Indeed, according to Patrick Lemoine, we must immediately stop prescribing sleeping pills and tranquilizers, poisons responsible for millions of deaths, take them off the shelves, and, finally, learn how to sleep naturally again.

“Today, we have available ample means to do without those molecules and to use front-line solutions: psychotherapeutic techniques, plants, nutritional supplements such as melatonin, high-tech devices,” the author explains throughout the pages of this little bible of rediscovered sleep.

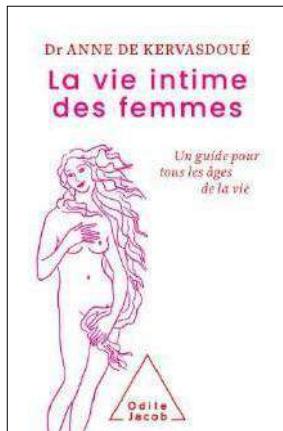
- **By an uncontested specialist in sleep, a scientifically supported evaluation of all the solutions, from the most traditional to the most advanced, for learning how to sleep naturally again.**
- **A courageous book, which doesn't hold any punches, for the good of those who sleep badly, in criticizing the deleterious use of prescription drugs.**
- **Written in precise, uplifting, sometimes funny, and always accessible prose.**

Anne de KERVASDOUE

The Intimate Life of Women

Responses to 1001 questions that women ask about their health and their well-being, at every age in life

Anne de Kervasdoué is a gynecologist. With a great deal of clinical experience both in hospitals and in her private practice, she has always wished to inform her patients as thoroughly as possible; to that end, she has written many books on women's health, including *Questions de femmes* (Women's Questions), which was a best-seller, in France and abroad.



Having listened to women for forty years, Anne de Kervasdoué, a gynecologist, knows their health issues, from the most trivial to the most serious; she knows what worries them and accompanies them during their lives, while their concerns evolve.

Based on the most recent scientific knowledge, this book informs and attempts to correct certain false information that circulates almost everywhere. It answers all the questions on contraception and the many recent developments in birth control, on sexuality, breast cancer, cystitis, menopause, cervical cancer, or disorders such as endometriosis, in a clear and informed way, always accessible and reassuring; here, every woman can find the specific answer she is seeking.

- **A book for all women, of any age, and in every situation that might arise throughout a woman's life.**
- **All the experience and knowledge of a gynecologist who has been listening to women for 40 years.**
- **A book written for women, by a woman.**

Jocelyne ROLLAND

What To Do After Breast Cancer?

Concrete answers and adapted exercises, guided by a physiotherapist specialized in working with women who have had breast cancer.

Jocelyne Rolland is a physiotherapist specialized in working with women and in their rehabilitation.



How can one get back a satisfactory body, the sign of a return to life, following breast cancer? One of the very crucial questions asked by women who have had breast cancer.

Other questions, dealing with things as simple as the choice of a bra, movements to make and not to make, what to wear or not to wear, exercises to do to avoid pain, muscles to strengthen, those to stretch, sports to do or to avoid -- everything involving a return to everyday life which is not addressed by medical professionals, since follow-up at the hospital mainly focuses on treatment of the disease. However, each one of these questions is crucial for a better life after breast cancer.

With her extensive experience working with women who have undergone various cancer treatments, Jocelyne Rolland responds to all their questions in order to provide them, at every stage of their recovery, the necessary support and concrete advice to help them advance in their rehabilitation as smoothly as possible.

- **A book to make up for the lack of support in hospitals to deal with practical issues, everyday life, questions beyond the scope of medical treatments, yet crucial for a return to normal life.**
- **Concrete answers, adapted exercises guided by a physiotherapist specialized in working with women who have had breast cancer, and in listening to them.**
- **Illustrated exercises for getting back in shape.**

Pr Eric BOULANGER

I've Decided to Age Well

An eminent professor of geriatrics helps us understand the signs of aging and the positive and innovative idea of “active aging.”

Professor Éric Boulanger, a specialist in the biology of aging, is head of the department of geriatrics at the University Hospital of Lille. He also leads a research team that works with the Institut Pasteur in Lille.

No one likes aging, but it is possible to see this natural process in a different way. One's chronological age no longer has the same meaning today. Thanks to advances in the medical, biological, and psychological sciences, aging is no longer inevitable. It is, in fact, possible to disassociate one's chronological age from one's physical condition.

Thus, the research undertaken by Professor Éric Boulanger and his team has enabled him to define a **new model of aging based on three categories: robust, fragile, dependent**. By better understanding the factors involved in aging, we can do a lot not to suffer from it, and remain in or return to the first category.

Following a presentation of the mechanisms that lead to an aging of our functions, this book explains what we can do to increase our chances of aging well and enjoying life.

- **A positive and dynamic perspective on aging.**
- **Understand everything about the factors involved in aging in order to remain active.**
- **Act to prevent Alzheimer's Disease, and to limit the risk of dependency as much as possible.**
- **By an eminent specialist on the subject.**

Jacques FRICKER and Patrick ASSYAG

The Heart

Having a top-performing heart is essential for good health: the expertise of two eminent physicians

Dr. Jacques Fricker is a practicing nutritionist, the author of highly popular books on nutrition and weight-loss, including *Le Guide du bien maigrir* [The Guide to Effective Weight Loss]. **Dr. Patrick Assyag** is a practicing cardiologist and angiologist at the Saint-Antoine hospital in Paris; he was president of the French Fédération de cardiologie.



What is the best way to eat to avoid cardio-vascular problems? What are the tried-and-true diets? What foods should you choose? And what should we think about fasting?

One-fourth of all deaths are caused by cardio-vascular diseases. They are the second cause of death among men, and the first among women. High blood pressure represents a major risk factor for cardio-vascular complications.

There is a real need to sound the alarm about these illnesses, to explain well everything it is possible to do to prevent any risk. This reality inspired Dr. Jacques Fricker, a recognized nutritionist, and Dr. Patrick Assyag, an eminent cardiologist, to share their expertise, presenting everything you need to know to take care of your heart and arteries.

Most important is the way in which we eat. But the book doesn't deal with just that. It also explains, in clear and accessible writing, the important principles involved in order not to fall ill, as well as what we need to know about risk factors, warning signs, screening, how to deal with emergencies, and the role of Covid-19. Particular attention is paid to the cardio-vascular risks affecting women, risks that have long been underestimated.

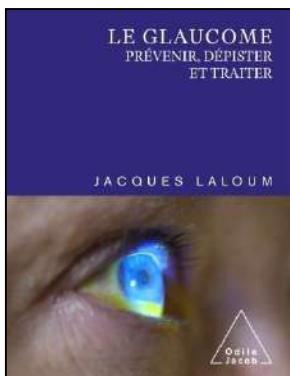
- Practical nutritional advice, physical activities to avoid reaching critical conditions
- How to deal with emergencies
- Each chapter augmented with essential information

Dr Jacques LALOUM

Glaucoma

Prevention, Detection, and Treatment

Dr. Jacques Laloum is an ophthalmic surgeon at the Rothschild Foundation Hospital. He is one of the foremost specialists in glaucoma surgery, teaches in the field, is the author and co-author of several publications intended for professionals. He is a member of the French Ophthalmological Society.



For the first time, a book of information written for a general audience and for patients, by one of the foremost specialists of this disease.

This disease which affects the optic nerve is particularly insidious. The risk: the loss of one's sight. Thus, it is of utmost importance that it be detected as early as possible, especially since the sign of its onset, an increase in intra-ocular pressure, is generally painless.

The goal of the present book is to explain this pathology and to help the reader understand the importance of its early detection and treatment. In it, the patient and his or her family will find explanations regarding the symptoms, diagnosis, follow-up, and treatments for the principal forms of glaucoma, as well as helpful information for understanding test results. There is simple advice to help patients follow their treatment, and certain rules of daily hygiene, as well as tips gleaned through experience, and from the experiences of patients, themselves.

With a chronic disease such as glaucoma, it has been demonstrated that a better understanding of the disease and of what is at stake greatly improves a patient's treatment and his or her quality of life. To these ends, a dialogue with one's ophthalmologist is essential. This book, whose tone is very positive, aims to encourage and enrich such dialogue.

- **In Europe glaucoma represents the primary cause of blindness.**
- **For the first time an informative book written for a general audience and for the patient, to help him or her better follow an often life-long treatment.**
- **A companion text for discussing one's case with an ophthalmologist.**

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