

LESTER AGENCY

NON FICTION

SPRING 2024

HIGHLIGHTS



Colette Maciet

HAUTE COUTURE

(Haute Couture)

288 pages, Jan-24

Michel Lafon

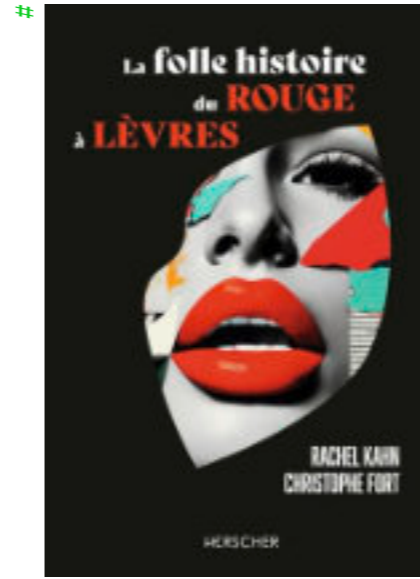
Romania (Baroque Books)

It is the story of a woman who embodies the emancipation of women through work over the last 50 years, and, on the strength of her talent, was able to dream of a different destiny from the one to which she seemed destined.

WELCOME BACKSTAGE AND INTO THE INCREDIBLE WORLD OF HAUTE COUTURE! BEYOND THE GLAMOUR AND THE FOLLIES, A JOURNEY TO THE HEART OF THE GOLDEN AGE OF FRENCH FASHION, BUT ALSO TO THE INCREDIBLE METAMORPHOSIS OF AN ENTIRE SOCIETY.

Madame Colette was a Première d'Atelier, a distinction as prestigious in the world of Couture as a Michelin star in gastronomy. Starting as a seamstress at Chanel, where she quickly rose through the ranks during the last decade of the reign of Mademoiselle, she accompanied Karl Lagerfeld's prolific and revolutionary first years with the legendary house. She then joined the immense Hubert de Givenchy and lived through the last years of classic Haute Couture, before Galliano and MacQueen rocked in and made a clean sweep of the past... A new world was born, a heady mix of high jinks and balance sheets. Tired of the sometimes exhausting eccentricities of the two designers, Colette joined Yves Saint Laurent, the great master, and accompanied him until the end.

Hairdressing or sewing? COLETTE DUVAL was 14 when she was asked the question that would shape the rest of her life. She chose couture, almost by chance. As Première d'Atelier, the person who knows, interprets and sets to music the designer's creativity, she has worked side by side with most of the Great, from Coco Chanel to Galliano. A meteoric rise and a rare longevity in the profession - in a career spanning almost fifty years - that has seen her dress some of the biggest names in the world. Now retired, she sheds light on the work she has loved with a passion.



Rachel Kahn

LA FOLLE HISTOIRE DU ROUGE À LÈVRES

(The Mad History of Lipstick)

208 pages, Oct-23

Humensis

More than a book: an immersive experience into the world of lipstick.

With its unrivalled visual richness and compelling narrative, this book is a must-have for anyone interested in the history of beauty, the evolution of cultural norms, and the changing role of women over the centuries.

A RICH AND DETAILED EXPLORATION OF THE HISTORY OF LIPSTICK. PACKED WITH CAPTIVATING, ARTISTIC IMAGES - FROM ANCIENT PORTRAITS TO MODERN ADVERTISEMENTS - THIS REMARKABLE BOOK IS AN INVITATION TO A UNIQUE JOURNEY THROUGH TIME, TRACING THE PATH OF THIS SYMBOL OF FEMININE BEAUTY AND POWER.

Rachel Kahn and Christophe Fort take us from the banks of the Nile, where Cleopatra used lipstick as an instrument of seduction, to our modern cities, where lipstick has become an essential part of the make-up bag. The reader is guided through this fascinating history by iconic figures such as Marilyn Monroe, Elizabeth I of England, Queen Victoria and Rita Hayworth, whose personal stories and stunning images enrich the narrative. The journey of the modern lipstick, from its creation by French perfumer Guerlain in 1920 to its current ubiquity, with nearly two billion tubes sold worldwide every year, is revealed in detail. The authors highlight its constant transformation to meet a variety of needs, such as those of black populations in the 90s, while responding to ecological concerns and gender issues. The Mad History of Lipstick also shines through its collection of in-depth, wide-ranging interviews. From leading figures such as René Koch, founder of the Lipstick Museum in Berlin, and Nicolas Gerlier, pioneer of eco-responsible



Sylvaine Delacourte

LE SECRET DES PARFUMS

(The Secret of Perfumes)

224 pages, Apr-24

Humensis

LEARN ABOUT THE ORIGINS OF PERFUME, ITS USE THROUGHOUT THE CENTURIES AND THROUGHOUT THE WORLD AND THE HISTORY OF THE MAIN FRAGRANCES.

When it comes to one's sense of smell, "it's all over" before the age of seven. It is during the first years of their lives that children memorise the aromas that will condition their reaction to fragrances. Sylvaine Delacourte looks back over her 30-year career as a fragrance designer for Guerlain. We learn about the origins of perfume, its use throughout the centuries and throughout the world, the history of the main fragrances, how perfume is produced, marketing concepts... The author reveals what goes on behind the scenes of this fascinating yet mysterious domain, and recounts anecdotes about some of the legendary perfumes. Furthermore, she brings her knowledge and experience to bear when talking about the current problems facing the industry.

Sylvaine Delacourte worked for over 15 years as Head of Fragrance Design for Guerlain. She then created her own brand based on a unique concept: using the iconic raw materials of perfumery in several extremely original ways.



Alexandra Bachand

JARDINS DE SENTEURS

(Scented Gardens)

208 pages, Mar-24

L'Homme

The author is a visual artist and professional perfume creator: she is the owner of La grange du parfumeur – Maison de parfum.

The book contains 25 pages of information describing aromatic plants: a practical how-to-grow segment; perfumed varieties; harvesting tips; connection with perfumery.

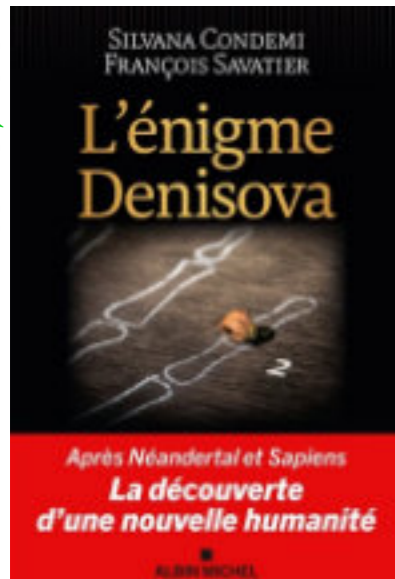
A number of do-it-yourself projects (rose jelly, lavender bouquets, etc.), outlined step by step, to extend enjoyment beyond the summer.

Plans for gardens or scented arrangements of all shapes and sizes, from your balcony to a country plot!

Alexandra Bachand is a perfumer. She trained in Paris and dreamed of founding a luxury perfumery house that would only use healthy ingredients. Thus was born La Grange du Parfumeur, in Magog. The company's first perfume, Rêve à Paris, was chosen to be part of the prestigious collection at the Osmothèque, the international perfume conservatory in Versailles, France. The company has since earned many

FRAGRANT PROJECTS AND PERFUMERY SECRETS. RECREATE A PERFUMER'S FAIRY-TALE GARDEN AT HOME!

Smell is a special sense. It has the power to bring back memories: the smell of a woodfire at the cottage, the intoxicating scent of lilacs from our childhood, the aroma of a delicious dish reminiscent of family cooking... In an instant, it can trigger a lively emotion or, on the other hand, calm us down. Directly linked to memory and taste, our sense of smell colors our lives in unique ways. Perfumer Alexandra Bachand knows something about this: each year, when she opens the doors of her studio and gardens to the public, she bears witness to her visitors' range of emotions. Get ready to meet the author and follow her on her wholly natural exploration of the world of fragrance. In this magnificent book, she presents her favorite scented flowers and plants, grown near her studio to provide her with a little boost of fragrance. Along with advice on growing plants, the book includes small handicraft projects to prolong enjoyment beyond the summer season. Alexandra Bachand also suggests arrangements inspired by her years in perfumery, and plans for fragrant beds to replicate. You too will be able to recreate, in the city or in the country, scented gardens large and



Silvana Condemi

L'ÉNIGME DÉNISOVA

(The Denisovan Enigma. After Neanderthal and Sapiens, the Discovery of a New Humanity)

304 pages, Apr-24, Albin Michel

A TOPICAL INVESTIGATION, ON THE TRACKS OF OUR COUSIN FROM THE EAST AND THE HISTORY OF THE POPULATING OF THE PLANET.

In December 2010, humanity received an incredible Christmas gift: a DNA sequence, contained in a tiny phalanx, found in Siberia in Denisova Cave. This series of genes indicated that 50,000 years ago, Sapiens shared the planet with Neanderthal and a third species, the 'Denisovan', defined for the first time by genetics and not by fossil characteristics. This cousin from the East once populated an impressive geographical zone for hundreds of thousands of years. Where did Denisovans come from? How did they live? How can we explain that up to 5% of the DNA of the inhabitants of New-Guinea is of Denisovan origin? Did Sapiens really first appear in Africa? To answer these questions, the authors launched an ambitious scientific investigation. A fascinating epic, which changes the outline of our long evolution history.

Silvana Condemi is a paleoanthropologist, research director at the CNRS in Marseille. François Savatier is a journalist with the magazine Pour la Science where he covers notably the sciences of the past. Their first book, Néandertal, mon frère, received the Grand prix du livre d'archéologie in 2017. Their second, Dernières nouvelles de Sapiens (2018), was a wide success, translated into a dozen languages.



Miho Janvier

LES SECRETS DU SOLEIL

(The Sun and Its Secrets)

160 pages, Oct-23

Leduc

With its 80 spectacular illustrations and exclusive new content, this book invites us to explore the mysteries and secrets of this enigmatic star, such as its unexplained phenomena like solar flares and storms, its activities and its impact on the Earth and the interplanetary environment.

A captivating and informative title full of surprises and wonder, perfect for fans of space and astronomy, and readers of Stephen Hawking's!

Ms. Miho Janvier is a renowned solar and space physicist at the European Space Agency where she works for the Solar Orbiter mission. She is also part of the Institut d'Astrophysique Spatiale (France), specializing in the Sun and solar storms and their influence on the surrounding planets (also known as space weather). Named WIRED UK Innovation fellow in 2016 and is a TED Fellow since 2017, here is the link to one of her

SINCE THE DAWN OF TIME, OUR EYES HAVE BEEN FOCUSED ON THE SUN, YET SCIENCE CONTINUES TO REVEAL SURPRISING NEW PHENOMENA THAT HAVE A DIRECT IMPACT ON OUR LIVES.

What do we really know about this star? About its formation, its constitution? What role and significance has it had for civilizations throughout history? And what does it mean to live close to a star like the Sun?



Daniel Cohen

UNE BRÈVE HISTOIRE DE L'ÉCONOMIE

(A Brief History of The Economy)

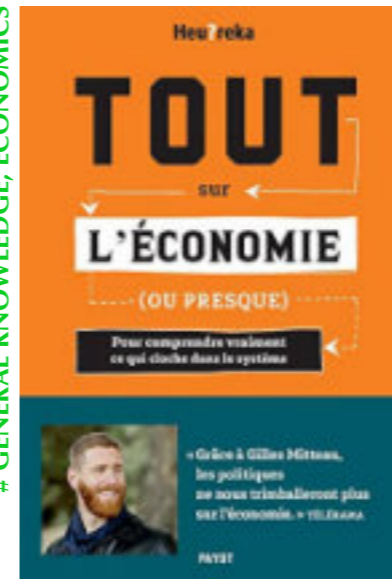
176 pages, Feb-24

Albin Michel

A SPARKLING, INDISPENSABLE ESSAY TO UNDERSTAND THE HISTORY OF ECONOMICS.

Daniel Cohen devoted a long reflection to this book, then wrote it in one flow just a few months before his sudden death, for his daughter, his wife, his friends, his colleagues and... his readers. Here, he takes up the challenge of summarising his work in 176 pages, before exploring new themes. Hence around twenty books - describing the evolution of our society from the plough to the digital age - are condensed, grouped and analysed to finally reach the core of his reflection in these last years: is man capable of resisting machines ?

A French economist greatly appreciated for his teaching talents, Daniel Cohen was Director of the Economy Department at the École normale supérieure, President and founder member of the Paris School of Economics. He published several successful books with Albin Michel including *La prospérité du vice* (2009), *Homo economicus* (2012), *Le monde est clos et le désir infini* (2015), *Il faut dire que les temps ont changé* (2018) and *Homo Numericus* (2022). His books have been translated into 15 languages.



Gilles Mitteau

TOUT SUR L'ÉCONOMIE, OU PRESQUE

(Everything You Need to Know About the Economy, or Nearly)

384 pages, Jan-24

Payot Rivages

42,000 copies sold for the first edition.

In a clear and informative style, based on reader-friendly infographics, Gilles Mitteau, explains the inner workings of a system that is poorly understood, even though its influence on our lives is omnipresent.

THE REVISED AND ENLARGED EDITION OF THE BEST POPULAR ECONOMICS BOOK OF THE 2020s.

What happens when I take out a loan? Where do the banks get the money they're lending me? What do we mean by debt? What are bonds? Why do countries feel so strongly about "saving" banks? And why is it important for ordinary citizens like us to understand the inner workings of the economy and the world of finance? This book should be required reading so that everyone can better understand current issues and reconsider the rules that capitalism has established as immutable laws, but that urgently need to be called into question. With solid additions on Covid and its consequences, inflation, the war in Ukraine, the energy question and shadow banking.

Gilles Mitteau, a former Wall Street trader, became a popular-science writer in the field of economics in order to share his knowledge and understanding and to challenge preconceived notions about the economy and the world of finance. Intent on helping people understand the inner workings of fields that are generally seen as arduous and uninspiring, in 2015, he launched a YouTube channel called Heu?reka, that has been tremendously successful.



Hirc Gurden

SENTIR

(Our Sense of Smell)

260 pages, Apr-24

Les Arènes

A serious book that's accessible and relevant to everyone.

Hirc Gurden is the scientific referent for the Anomie.org associations, and speaks 5 languages.

In the spirit of Cueilleur d'essences by Dominique Roques (18,000 copies sold).

Director of Research in Neuroscience at the CNRS, Hirc Gurden is a specialist in the brain mechanisms of the five senses, particularly the sense of smell. He is the leading scientific advisor of the associations "Anomie.org", for patients suffering from disorders of the sense of smell, and «Culture et Hôpital», in geriatrics, for the development of olfactory stimulation workshops for the elderly and Alzheimer's patients.

MEMORIES, EMOTIONS, PLEASURE, FOOD, DISEASE... CNRS RESEARCHER HIRAC GURDEN GUIDES US ON AN EXPLORATION OF THE FASCINATING POWERS OF OUR NOSES.

Of all our five senses, smell is the most misunderstood and underestimated, yet it is one of the most important. Many people affected by COVID have become anosmic, experiencing the catastrophe of living without a sense of smell. Smells feed our memories and emotions. Our sense of smell stimulates the pleasures of eating, smelling flowers or our favorite perfume, but it can also detect dangers, such as the smell of something burning. At birth, the bond between mother and baby is strongly linked to the sense of smell. Hirc Gurden is a neuroscience research director at the CNRS and a specialist in how the sense of smell works. He has given numerous public lectures in academic contexts around the world, and he has appeared on television, disseminating his discoveries to the widest possible audience. By writing this unique book on the sense of smell, he has taken a new step in the transmission of scientific knowledge.



Jean-Claude Poizat

PRO STEAK

(Pro Steak Carnivorism Is a Humanism)

33§ pages, Apr-24

Albin Michel

AN AUDACIOUS PHILOSOPHICAL APPROACH AND AN ORIGINAL DEFENCE OF MEAT-EATING AGAINST VEGETARIANISM/VEGANISM, WHOSE PITFALLS AND DANGERS THE AUTHOR UNDERLINES.

Some of today's militant vegetarians would like to portray meat-eaters as potential criminals, as bloodthirsty barbarians. But, by imagining themselves as ethereal creatures, vegetarians are forgetting our common human condition, which is terrestrial and incarnate. Jean-Claude Poizat declares that radical and moralising vegetarianism is the by-product of a form of contemporary loss of cultural identity that is sweeping away our most civilised lifestyles. Tracing the history of the meat-based diet in human society, from Prehistory to the present day, the author defends the vital role this culinary heritage has played in our culture and traditions through a profound philosophical reflection.

Jean-Claude Poizat is an associate professor of philosophy with a PhD in Political Science at Science Po in Paris. He is co-founder and member of the editorial board of the journal Le Philosophoire. Among other books, he authored Hannah Arendt : une introduction (Pocket, 2003, 2013).



Antoine Houlou-Garcia

ET LA POMME NE TOMBA PAS SUR LA TÊTE DE NEWTON

(And The Apple Didn't Fall On Newton's Head)

272 pages, Feb-24

A fresh look at science and its place in society.

THE LITTLE LIES THAT MADE THE HISTORY OF SCIENCE. HOW THE MYTHS CREATED AROUND GREAT SCIENTIFIC DISCOVERIES HAVE SHAPED OUR IMAGE OF SCIENCE.

The history of science is brimming with surprising anecdotes. Who has never heard of Newton's apple, or taken a photo of the Tower of Pisa without thinking of Galileo? Who, when they got a poor mark at school, did not feel reassured thinking of Einstein, also a poor student? Except that all these stories, and many others, are completely false: no apple fell on Newton's head, Galileo did not drop a weight from the top of the Tower of Pisa and Einstein was never the dunce people describe. Not only does this book set the record straight by refuting these scientific legends, it also analyses how twenty false stories became so successful as to shape the history of science.

Antoine Houlou-Garcia is a professor at the University of Trento and the Institut du management public et politique in Paris, winner of the Tangente prize for his *Mathematikos* (2019). Editions Albin Michel published his books: *Une histoire de la manipulation par les chiffres de l'Antiquité à nos jours*; *21 énigmes pour comprendre enfin les maths*; *La politique – manuels à l'usage des citoyens qui n'y comprennent plus rien*.



Yann Mambrini

LA NOUVELLE PHYSIQUE

(New Physics Understanding the Ultimate Laws of the Cosmos)

368 pages, Mar-24

Albin Michel

AN EXCEPTIONAL PANORAMA OF THE IMMINENT REVOLUTION OF PHYSICS, AND ITS FUTURE.

Two persistent questions have haunted humans ever since they first looked up at the sky: what is the Universe? What is the nature of the matter this world is made of? Throughout the 20th century, physics tried to answer those questions by redefining key notions such as space, time and the atom, not without some astounding technological triumphs. Yet today, the accepted models in cosmology and quantum mechanics are stalling. The Big Bang, the expansion of the Universe, dark matter, dark energy, the rest mass of neutrino, the fifth force, unification of fundamental interactions: the clues pointing to the existence of 'new physics' are on the increase. In this masterly yet accessible summary, the author gives detailed accounts of the flaws and the unknowns that affect our conception of the infinitely large and the infinitely small. In quest of an ultimate theory, he evokes the paths explored by physicists today to rebuild the edifice.

Yann Mambrini is a theoretical physicist, research director at the CNRS at Orsay and associate scientist with the CERN. He has penned more than 100 scientific papers for international journals and teaches at the Polytechnique post-graduate school and at the ENS. Also a magician, he practices the art of illusion in several shows each year. His most recent book, *Newton à la plage*, was published by Dunod in 2021.



Renaud Evrard

EXPÉRIENCES DE MORT IMMINENTE

(Near Death Experiences Life Review, Leaving the Body, Visions... What Science Says)

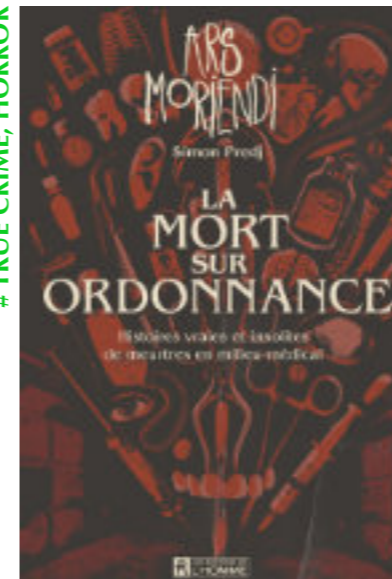
336 pages, Apr-24

THE TESTIMONIES OF THOSE WHO HAVE EXPERIENCED NDES ARE STILL AS ENIGMATIC AS THEY ARE DISPUTED: EXPLORE THE ARCANA OF NDE SCIENCE.

What do we really know about near death experiences (NDE)? Is it just a con or an extra life offered to the lucky few? These astonishing incidents, which have gained in popularity over the past fifty years, sketch the promise of a “life after life”, if not of an easy death. The spiritual aspects fascinate certain scientists; others strive to understand what these phenomena tell us about the functioning of the brain or the psyche.

Denouncing approximations and manipulations, the author responds by probing the major witnesses of these experiences. He also compares the views of all the neurobiologists, clinicians, philosophers and many others who have encountered them. In this book, he reveals the seemingly growing scientific consensus concerning the boundaries between life and death.

Renaud Evrard is a senior lecturer and thesis director in psychology at the University of Lorraine (Laboratoire de psychologie de l'interaction et des relations intersubjectives, InterPsy). He is also a clinical psychologist, and in 2023, Éditions humenSciences published his *Phénomènes inexplicés*.



Simon Predj

LA MORT SUR ORDONNANCE

(Death on Prescription: True and unusual stories from the world of medicine)

304 pages, Mar-24

In-depth case studies with no details left out.

A book in the same vein as the *Ars Moriendi* podcast and the author's first book,

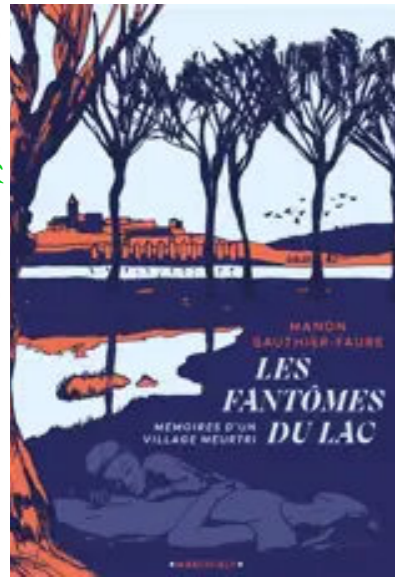
A *Legacy of Death (La mort en héritage)*.

A harrowing foray into the world of medicine, its advances and its unsettling failures. Stories that will keep you on tenterhooks thanks to the author's effective style.

Ars Moriendi is a Quebec podcast that looks back at some of the most bizarre murders in our history. A fan of horror movies, its producer Simon Predj discovered a passion for criminal cases while examining the actual facts on which a number of films are based. Since then, he has been bringing these cases back to life, paying close attention to the truth, and helping us, through them, to deal with death.

EXPLORE THE ART OF DEATH AND THE SOMETIMES TERRIFYING WORLD OF MEDICINE, WITH *ARS MORIENDI!*

Human beings are obsessed by anything to do with death. They constantly try to push back the fateful hour of their demise by putting their fragile lives into the hands of science, and more specifically medicine. But are we really safe with doctors? Negligence, the lure of profit, concern about protecting reputations, or simply the urge to kill—any excuse will do when it comes to violating the oft-cited Hippocratic oath. A doctor is responsible for more victims than lives saved; a healthy typhoid carrier contaminates all of her employers; a neurosurgeon promises to treat various mental illnesses with a new method, but instead indulges in mutilation; an experiment on syphilis lets hundreds of patients die to advance the research; a pediatric nurse is suspected of murdering several toddlers; a police raid on an abortion clinic turns into a nightmare... These are just a few of the 12 shocking stories told by the author as he continues to explore human darkness and provide us with food for thought. A book that will make you postpone your next visit to the doctor!



Manon Gauthier

LES FANTÔMES DU LAC

(The Ghosts of the Lake)

166 pages, Feb-24

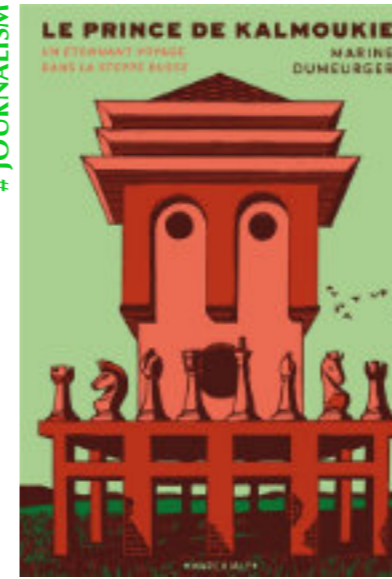
Marchialy

In a delicate balancing act between archival work and an oral corpus of paranormal phenomena, Manon Gauthier offers up an investigation at the crossroads between a novel by Simenon and an episode from *The X-Files*.

ANATOMY OF A RUMOR

This is the story of a rural rumor that reaches Manon's ears. Two sisters, between the ages of 8 and 10, were found drowned in 1974 in a pond near a small village. People say they were found hand in hand, wearing first communion clothes. This tragedy could have been forgotten except for the fact that their ghosts are often seen in the local retirement home, by the residents and some of the caregivers.

Manon Gauthier was born in Paris in 1988. Passionate about miscellaneous news items and human interest stories since her teenage years, she specialized in this field while studying journalism. Now an independent journalist, she works for different newspapers and contributes to projects for radio and television. After *The Missing Pieces* (Marchialy, 2021), *The Ghosts of the Lake* is her second book.



Marine Dumeurger

LE PRINCE DE KALMOUKIE

(The Prince of Kalmykia)

250 pages, Mar-24

Marchialy

Through this incredible story, Marine Dumeurger paints the portrait of this astonishing republic, mangled by history, a thousand leagues from our ideas and representations of Russia.

A JOURNEY ON THE FOOTSTEPS OF A PUSHKIN'S DESCENDANT THROUGH THE STEPPES OF KALMYKIA.

Have you ever heard of Kalmykia? A small Russian federal republic, where chess is the national sport and vestiges of the USSR rub shoulders with Buddhist temples against a backdrop of arid steppes... Serge, who lives in southwest France, knows very little about this country until the day he is designated and hailed as... the Prince of Kalmykia in the flesh! Eager to reconnect with his White Russian family history, Serge takes a one-way ticket to the lands of Kalmykia, while its inhabitants are doing everything in their power to flee the worn-down republic and the war in Ukraine, just a few kilometers away.

An independent French journalist, Marine Dumeurger regularly writes for *Society*, *Géo*, *La Revue dessinée*, *Libération*, and *XXI*. She has written numerous reports on Russia, where she lived for several years. *The Prince of Kalmykia* is her first book.



Valérie Benaïm

IL N'EST PAS CELUI QUE VOUS CROYEZ

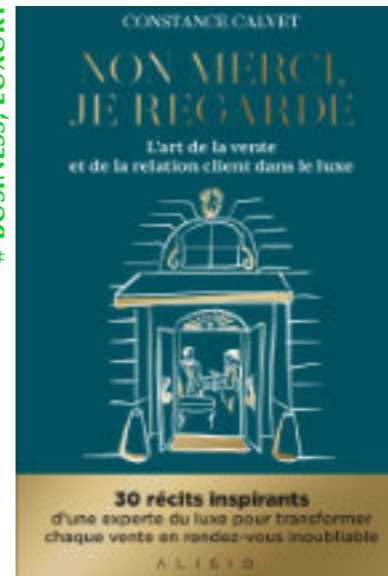
(He Is Not who You Think He Is Women who Fall in Love with Serial Killers)

342 pages, Feb-24, Fayard

WHO ARE THESE WOMEN AND WHAT ARE THEY LOOKING FOR? CAN ANY OF US FALL UNDER THE SPELL OF THESE MEN?

Among us, many are fascinated by men accused of the most terrible crimes, such as Ted Bundy or Nordahl Lelandais. Sometimes, far from being totally repulsed, some women feel compassion, affection and even love for these convicted men. At first, Valérie Benaïm was flabbergasted. But then, as a journalist, she decided to find out what was at play in this Bonnie and Clyde syndrome and, ultimately, what it had to say about our society. She spent months meeting these women, who were sometimes prepared to break the law themselves if it meant living out their passion, and listened to them, trying to understand their motivations. She also interviewed lawyers, police officers, psychologists, and prison guards in order to gain a better understanding of this phenomenon.

Valérie Benaïm is a well-known French journalist, a TV and Radio personality. She is a frequent columnist on the French live television talk show "Touche Pas à Mon Poste" on C8.



Constance Calvet

NON MERCI, JE REGARDE

(No thanks, I'm just looking)

340 pages, Jan-24

Alisio

An effective style: 30 short chapters divided into two parts, one centred on sales and the other on coaching

Each chapter starts with a personal story, followed by an analysis of the situation which makes for a dynamin reading experience

Constance Calvet shows how culture, attention and care for others play a key role in the world of luxury.

Constance Calvet has been working in the world of luxury sales and training for 30 years. She is a descendant of the founder of the Christofle goldsmiths and the granddaughter of a French ambassador. She now runs luxury retail consultancy, The Wind Rose, which works with all the prestigious players in the sector (over fifty clients, including Baccarat, Berluti, Chanel, Cartier, Céline, Dior, Hermès, Louis Vuitton, La Samaritaine, Mont-Blanc, Yves Saint-Laurent Beauté....) Entreprenre magazine featured her in its March issue 2023: women leaders. She speaks French, English, Spanish and Japanese

FOLLOWING THE ADAGE "PEOPLE LOVE TO BUY BUT HATE TO BE SOLD", CONSTANCE CALVET, A COACH IN THE LUXURY INDUSTRY FOR 30 YEARS, SHOWS THAT THE ART OF SELLING IS A CONVERSATION, REQUIRING ACTIVE AND SINCERE LISTENING, RATHER THAN A TRANSACTIONAL EXCHANGE WITHOUT SOUL.

Through 30 real-life anecdotes, she passes on the tricks of the trade, and highlights the skills to be developed, those that make the difference between a good salesperson and a great salesperson. Skills that can be applied in a wide range of industries!



Valentina Tamborra

IL NASCOSTI

(The Hidden)

165 pages, Jan-24

Minimum Fax

FULL ENGLISH TRANSLATION
AVAILABLE.

«I VENTURED BEYOND THE ARCTIC CIRCLE, IN FINNMARK, TO LISTEN TO THE STORY OF THOSE WHO HAD BEEN VOICELESS FOR TOO LONG. TODAY I AM TRYING TO GIVE IT BACK THROUGH FACES, WORDS, IMAGES, AND I DO NOT KNOW IF I WILL BE ABLE TO DO IT IN THE BEST WAY BECAUSE TALKING ABOUT OTHER PEOPLE'S STORIES IS ARDUOUS, YOU ALWAYS FEEL SOMEHOW INADEQUATE. HOWEVER, SOMETHING MAKES ME FEEL I CAN TRY: I COME FROM A BORDER MYSELF, I LEARNED EARLY ON WHAT IT MEANS TO BE ON THE MARGINS.»

Narrowed to eighty thousand souls, the Sámi are a generally nomadic people that lives on reindeer herding and freely moves in the vast Arctic landscapes between Norway, Sweden, Finland, and Russia. Valentina Tamborra reached them, took pictures and interviewed them, sharing their life during four trips in four consecutive years, and she built an unparalleled photographic and narrative reportage, showing their life and traditions, their resistance against a long process of forced integration, their daily problems connected to climate change and to its apparently unstoppable progress.

Valentina Tamborra was born in 1983 in Milan, where she lives and works. A photographer and a journalist, she's active in the fields of reportage and portrait, mixing narrative texts and images. She collaborates with some of the most important ngos and organizations such as amref, Médecins sans Frontières, Albero della Vita, Emergenza Sorrisi, and the Italian Red Cross. Her projects have been exhibited in Milan, Rome, Venice, and Naples.



Anne-France Dautheville

ROULE MA POULE !

(Motorcycle Muffin! My Magical Jaunts on a Motorcycle)

192 pages, Mar-24

Payot Rivages

Fifty years ago, Anne-France Dautheville became the first woman to motorcycle solo around the world.

In 2016, the couture house Chloé made her the heroine of their fall-winter collection.

A biopic is currently in production in the U.S.A.

Anne -France Dautheville described her first expedition in *Et j'ai suivi le vent* (And I Followed the Wind, Payot). She also wrote a book about a Tour de France of friendship, *La vieille qui conduisait des motos* (The Old Lady Who Drove Motorcycles, Payot).

SMALL ROADS, BIG THRILLS! THE MOST FAMOUS FEMALE BIKER IN FRANCE REVISITS THE PLACES THAT GAVE HER HER BIGGEST THRILLS ON HER MOTORCYCLE.

In riding her motorbike, Anne-France Dautheville found a kind of purity. Motorcycles fit her into her place in the order of the earth, an order from before people, an order of air, water, rocks and plants. That is the joy of biking. Following random little roads chosen at whim, mostly in France but elsewhere too, she describes the magical places that revealed themselves to her, like one near Crest, in the Drôme. "Narrow and free of cars, the little local road undulated south along a river on my left. Sometimes thickets cheered it on, their delightful coolness caressing my cheeks. I can see myself emerging from the forest and discovering a kind of prairie, a gray cliff with a village plastered against the rocks, like those birds on the coast of Iceland that find shelter high above the waves. A village whose houses are petrified creatures; to reconnect with the world when they come back to life, the mountain offered them a powerful arch that spans the river, touching terra firma and its grasses browned by the sun. I stop, I look, the bike is whispering, not too loud, as though the world, once again, had fallen asleep here."

BIOGRAPHIES

AUTOBIOGRAPHIES



ENGLISH SAMPLE AVAILABLE

Thomas Pesquet

MA VIE SANS GRAVITÉ

(Zero Gravity)

380 pages, Oct-23

Flammarion

61,000 copies sold

396 DAYS IN SPACE. A LIFETIME OF DREAMS AND EFFORTS TO SUCCEED.

Thomas Pesquet tells his own story in an autobiography that feels like an adventure novel: from his happy childhood in the Seine-Maritime region, a long way from rockets and spaceships, to his two missions to the ISS in 2017 and 2021, without forgetting his epic astronaut training and his close relationship with his family, friends and colleagues... This space genius, also an eternal joker with a deeply-rooted fight for the preservation of our planet, hides nothing from us and lifts the veil on a life in the fast lane, from dream to reality.

Thomas Pesquet was the first French commander of the International Space Station (2021). His latest book, *The Earth in Our Hands*, was published by Flammarion in 2022.



Patrick Besson

ALBERTINE SARRAZIN, LA FUGITIVE

(Albertine Sarrazin, The Fugitive)

200 pages, Jan-24

JC Lattès

Patrick Besson, who enjoys studying exceptional, unusual, unique individuals, paints a tender and passionate portrait of a gifted writer and an extraordinary woman in *Albertine Sarrazin, la fugitive*.

ALBERTINE SARRAZIN IS NOTABLY THE AUTHOR OF THE BESTSELLING CULT CLASSIC *L'ASTRAGALE*, WHICH WAS FIRST PUBLISHED BY PAUVERT IN 1965 AND REISSUED IN 2013 WITH A PREFACE BY PATTI SMITH, WHO DESCRIBES IT AS A BOOK THAT SHAPED HER LIFE.

Who was Albertine Sarrazin? She was the novelist who wrote, among others, *L'Astragale* and *La Cavale*, but she was also an armed robber, a prostitute, and a prisoner. A woman whose future was shattered by her death at age 29. She was passionate, adored scandal and falling in love. Patrick Besson has written a biography in her image, infinitely sensitive. "Abandoned at birth in Algeria on September 17th, 1937, a runaway, thief and prostitute at age 15, imprisoned for theft and attempted murder in December 1951, sentenced to 7 years behind bars on November 22, 1955, escaped from Doullens prison a year and a half later, an escape during which she met her future husband Julien, arrested again in 1958... thus continued Albertine's life until the publication of her first two novels, written in prison, *L'Astragale* and *La Cavale*. The books were an immediate success that lasted two years until, following gross medical negligence, she died on the operating table."

Patrick Besson is the author of over thirty novels, among which *DARA*, *LES BRABAN*, *LETTRE À UN AMI PERDU*, *BELLE-SOEUR*, *LE MILIEU DE TERRAIN*, and of several works of non-fiction (about Mike Tyson, Marilyn Monroe, Novak Djokovic...) He has earned numerous literary awards: Grand prix du roman de l'Académie française, Prix del Duca, Prix Renaudot... He writes a weekly column for *Le Point*.

HISTORY



Georges Bensoussan

LES ORIGINES DU CONFLIT ISRAËLO-ARABE (1870-1950)

(The Origins of the Israeli-Arab Conflict (1870-1950))

128 pages, Jan-23, Humensis

50,000 copies sold.

If it was at the end of the First World War that what was not just the clash of two nationalisms crystallized, but a cultural confrontation overlaid by a "religious" conflict and countless polemics on the nature of the Zionist project, it was well before 1914 that it took shape in the discourse of Arab elites, the old Sephardic Jewish community and Eastern European Zionists. Georges Bensoussan shows that these discourses, dominated by propaganda, are far removed from any real historical knowledge. In so doing, he highlights the importance of the cultural and anthropological dimension in understanding a conflict that none of the classic explanatory schemes - from nationalism to colonialism to imperialism - has really managed to account for.

Agrégé d'histoire HDR, Georges Bensoussan is professor of history and editor-in-chief of the Revue d'histoire de la Shoah. His books include Juifs en pays arabes. Le grand déracinement 1850-1975 (Tallandier, 2012) and Histoire intellectuelle et politique du sionisme 1860-1940 (Fayard, 2002). And in "Que sais-je?", Histoire de la Shoah (n° 3081, 7th edition, 2020).



Philippe Josserand

LES SEPT VIES DE JACQUES DE MOLAY

(The Seven Lives of Jacques de Molay)

192 pages, Sep-23

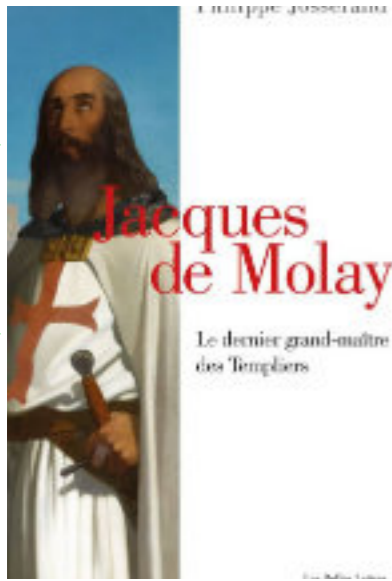
Belles Lettres

A polyphonic narrative that paints portrait after portrait of the last Grand Master of the Templars, and revolutionises the way history is written.

IN THIS NEW BOOK, THE HISTORIAN TAKES THE BIOGRAPHICAL METHOD AND THE QUEST FOR KNOWLEDGE ONE STEP FURTHER, COMBINING HISTORICAL WORK WITH LITERARY WRITING. UNDER JOSSERAND'S PEN COME TO LIFE THE TESTIMONIES OF SEVEN PEOPLE CLOSE TO JACQUES DE MOLAY, WHO TELL THE STORY OF "THEIR" MOLAY THROUGH LETTERS, DIALOGUES AND MONOLOGUES.

Between 1120 and 1312, twenty-three Grand Masters succeeded one another at the head of the Order of the Temple. Jacques de Molay was the last of them, a figure steeped in myth. Philippe Josserand has unravelled its historical truth in a biography that is now an authority, the updated edition of which was published recently.

Philippe Josserand, who holds an agrégation in History and is a former member of École Normale Supérieure, is today a senior lecturer in the History of the Middle Ages at Université de Nantes. A recognized expert in the Crusades and military orders, he coordinated, with Nicole Bériou, Prier et combattre. Dictionnaire européen des ordres militaires au Moyen Âge (Fayard, 2009), and recently co-directed The Templars and



Philippe Jossierand

JACQUES DE MOLAY, LE DERNIER GRAND-MAÎTRE DES TEMPLIERS

(Jacques de Molay, the Last Grand Master of the Templars)

592 pages, Sep-19

Belles Lettres

Winner of the Prix Daniel Ligou d'Histoire politique, sociale et maçonnique, 2019

Based on serious sources that the author has systematically studied and compared to various existing memoirs, this book promises to throw new light on the Grand Master: rid of stereotypes, Jacques de Molay can finally emerge from the shadows.

This book is divided into three parts. The first deals with representations of the dignitary, revealing how, from the early 19th century on, an archetype of him as a tragic hero came about. The second, beyond the character, focuses on the man, and explores the path of his life to establish how he became the leader of the Temple with whose fate—from the Holy Land to the jails of Philippe le Bel—he identified. Lastly, Jacques de Molay's commitments form the

Philippe Jossierand, who holds an agrégation in History and is a former member of École Normale Supérieure, is today a senior lecturer in the History of the Middle Ages at Université de Nantes. A recognized expert in the Crusades and military orders, he coordinated, with Nicole Bériou, *Prier et combattre. Dictionnaire européen des ordres militaires au Moyen Âge* (Fayard, 2009), and recently co-directed *The Templars and their Sources* (Routledge, 2017), *Entre horizons terrestres et marins. Sociétés, campagnes et*

EVEN TODAY, JACQUES DE MOLAY CONTINUES TO FASCINATE. OF THE TWENTY-THREE GRAND MASTERS WHO SUCCEEDED EACH OTHER AS HEAD OF THE ORDER OF THE TEMPLE FROM 1120 TO 1312, HE IS UNDOUBTEDLY THE ONLY ONE STILL RECALLED BY HISTORY BUFFS.

Maurice Druon's book, *Les Rois maudits*, immortalized him, and recent works, from the *Da Vinci Code* to *Assassin's Creed*, have spread his name throughout the world. Although he may be rooted in myth, Jacques de Molay has hardly captivated historians. Traces of his actions, however, are far from sparse. His support of the Latin East and the defense of his Order, which he strove to adapt as best he could to a situation fraught with perils, were the priorities of a staunch and enterprising man, one very unlike the inept person that too many authors describe.



Frédéric Martinez

DEUX VIES, UN RÊVE NEIL ARMSTRONG ET IOURI GAGARINE

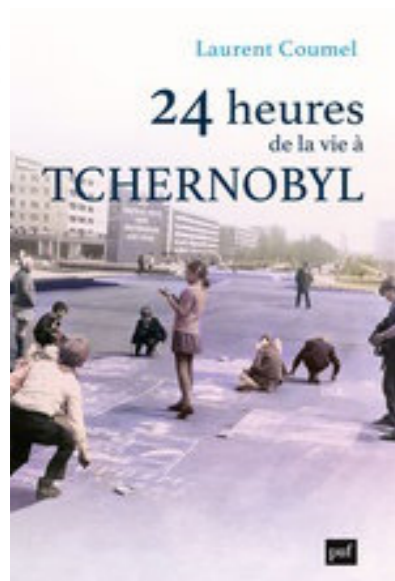
(Neil Armstrong et Iouri Gagarine, Two lives, one dream)

300 pages, Feb-24, Humensis

THE FASCINATING DESTINIES OF TWO CONQUERORS OF SPACE AGAINST A BACKGROUND OF THE COLD WAR.

April 12, 1961. Soviet Yuri Gagarin piloted the first crewed flight into space. On July 21st, 1969, the American Neil Armstrong was the first man to walk on the moon. The two men were united by the same dream, to fly ever higher and ever farther. Veritable superstars of space exploration, they incarnate the opposition waged between the superpowers of the Cold War. But who were these two men? Apart from space, Gagarin, the fun-loving son of a muzhik and hero of the Soviet Union, a world-wide star whose own notoriety overtook him, was the total opposite of the cold, secretive Armstrong, engineer and pilot with nerves of steel, passionately interested in space to the point of withdrawing from Earth. It took Frédéric Martinez's delicate analysis and unique style to represent the lives of these two men, with their tragedies and accomplishments, as well as the context in which they lived. By comparing the lives of its greatest heroes, the author pens an astounding narrative of the conquest of space.

PhD, editor, Frédéric Martinez authored biographies of Paul-Jean Toulet and Kennedy, both praised by the critics and successful in the bookshops. He also wrote *Portraits d'idoles*, as well as a selection of short stories, *L'Amérique*, and, with Folio, *Petit éloge des vacances*.



Laurent Coumel

24 HEURES DE LA VIE À TCHERNOBYL

(24 Hours in the Life of Chernobyl, USSR April 25, 1986: on the eve of the accident)

250 pages, Feb-24, Humensis

A STUNNING IMMERSION IN A WORLD THAT HAS NOT, PERHAPS, ENTIRELY DISAPPEARED.

The explosion of the number 4 reactor at the Chernobyl nuclear power plant, on April 26, 1986, took place one year after the arrival of Mikhail Gorbachev to the presidency. His watchwords, perestroika (restructuring) and glasnost (open discussion), very probably led to the collapse of the Soviet empire. But to understand that final crisis of the USSR, we must study not only the governors and the governed, but even more closely those towns of the atom, such as Pripyat, the model dormitory town of the nuclear power plant at Chernobyl. Here, Laurent Coumel tells us the story of that urban society directed by the Communist ideology of 'progress'. What was the way of life at Pripyat? What were the aspirations, nourished by real economic and technological success, of the men and women who lived there? What fragilities and tensions did they experience? How did they spend their day in the shadow of Chernobyl and Soviet Communism?

Laurent Coumel is an assistant professor at the Institut national des langues et civilisations orientales, associated with the Europe-Eurasia Research Centre. He recently edited *Pouvoirs et Environnement. Entre confiance et défiance, XVe-XXIe siècle* (Presses universitaires de Rennes, 2018).

ESSAY



Pascale Thumerelle

RÉCHAUFFEMENT DES ESPRITS. LA RESPONSABILITÉ SOCIÉTALE DES INDUSTRIES CULTURELLES

(Warming Minds. The Social Responsibility of the Cultural Industries)

208 pages, Jan-24

Actes Sud

IF GLOBAL WARMING IS A REAL THREAT TO LIFE, IT'S ALSO A THREAT TO MINDS.

Too many stereotypes, hate speech and misinformation act as pollutants, damaging individual development and social cohesion. The concentration of cultural production in the hands of a small number of players also runs the risk of formatting our imaginations, dampening creativity and weakening our critical faculties.

Pascale Thumerelle is a pioneer of social responsibility in the cultural industries, distinguished by The Economist in 2015. In 2018, she founded Respethica, a sustainable value creation consultancy that supports companies in their corporate social responsibility initiatives. She has created a course, which she teaches at ESCP Business School and Sciences Po.



Fanny Lederlin

ÉLOGE DU BRICOLAGE

(In Praise of DIY)

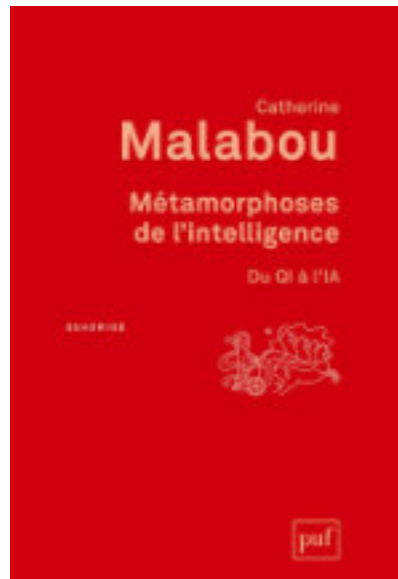
176 pages, Sep-23

Humensis

FANNY LEDERLIN URGES THE READER TO FOREGO THE PERFECTIONISM OF AN "ENGINEERING" APPROACH TO HUMANITY AND NATURE, IN FAVOR OF A MORE DOWN-TO-EARTH WAY OF LIVING WHICH FINDS FULFILMENT, AND EVEN FREEDOM, IN THE FLAWS OF OUR REALITY.

This is not a DIY book. It contains no advice on how to make or repair objects, no suggestions for creative workshops, and no tips on how to furnish or decorate your home. It's a philosophical essay on DIY as a way of thinking and acting in opposition to the 'engineering logic' (calculating, instrumentalist, programmatic and planning) that dominates our age. An alternative way of thinking and acting, driven by curiosity, attention and a practical concern for others, both living beings and things. From collecting to recycling, from trial and error to resourcefulness, from gleaning to poaching, DIY could pave the way for a fairer, freer and more sustainable relationship with the world and with nature. This book can be read from cover to cover, but you can also browse through its short chapters under headings that invite you to make your own path, your own way of understanding and practicing DIY.

Fanny Lederlin was born in 1976. After fifteen years in the corporate world, she went back to school to do a doctorate in political philosophy. Her first book was Les Dépossédés de l'open space. Une critique écologique du travail (Puf, 2020).



Catherine Malabou

MÉTAMORPHOSES DE L'INTELLIGENCE DU QI À L'IA

(Metamorphoses of Intelligence from QI to IA)

204 pages, Mar-21, Humensis

Failing to define intelligence, psychologists set out to measure it. After the failure of measurement tests, biologists looked for it in genes. Genetics remaining silent, it was the brain and its epigenetic development that built the new laboratory of the mind. Today, intelligence can be simulated by synaptic chips. The Human Brain and Blue Brain programmes aim to map the human brain in its entirety, until one day producing an artificial consciousness capable of self-transformation by accessing its source code. Leaving aside any technophobic lamentations, *Métamorphoses de l'intelligence* engages in a dialogue between autonomy and automatism, opening up the promising path of experimental democracy for intelligence.

Catherine Malabou teaches at the Centre for Research in Modern European Philosophy, at Kingston University in England.



Hélène Daccord

QUAND LA MUSIQUE FAIT L'HISTOIRE

(When Music Makes History)

256 pages, May-23

Humensis

RESEARCHER AND MUSICIAN HÉLÈNE DACCORD HAS COMPILED A LIST OF SOME 15 EVENTS SPANNING MORE THAN SIX CENTURIES. PLACED IN THEIR HISTORICAL CONTEXT, AND REINTEGRATED INTO THE MOVEMENT OF IDEAS, CONFLICTS AND GEOSTRATEGIC ISSUES, SHE DETAILS THE POLITICAL AND SOCIAL CONSEQUENCES OF THESE SOMETIMES SEEMINGLY INSIGNIFICANT BUT OFTEN DECISIVE EPISODES.

What role does music play in the concert of nations? Since the 18th century, rivalries between states have been expressed as much on the military stage as in music. Even notes devoid of words have a political echo. This unique book looks back at fifteen legendary moments when music replaced cannon fire. From Napoleon's coronation in 1804, which earned the emperor the lifelong enmity of the composer Beethoven, to the New York Philharmonic Orchestra's visit to North Korea in the midst of the nuclear crisis, via the symbolic figures of Verdi and Wagner, who, in the 19th century, Rostropovich's impromptu concert in front of the Berlin Wall in 1989, Hélène Daccord recounts with intelligence and fantasy these memorable scenes in which the clash of arms gave way to the harmony of instruments.

Hélène Daccord is a Graduate of the École normale supérieure in geopolitics and a musician.

WOMEN'S PERSPECTIVES FEMINISM



Corinne Maier

ME FIRST ! MANIFESTE POUR UN ÉGOÏSME AU FÉMININ

(Me First! Manifesto for Women Selfishness)

176 pages, Jan-24, Humensis

Offer from Italy.

In this feminist and socio-historical manifesto, Corinne Maier proposes to reappropriate a term too often forgiven by men, but reviled by women: selfishness.

Since teaching care and empathy to little boys doesn't work, or doesn't work fast enough, go on strike, ladies, rise up and learn to put yourself first - and thus, from this individualistic gesture, collective good will be born.

Corinne Maier is an economist, psychoanalyst and author of several essays, including the bestsellers *Bonjour paresse* (Michalon, 2004) and *No Kid, quarante raisons de ne pas avoir d'enfant* (2007).

AS BENOÎTE GROULT ONCE SAID, "SELFISHNESS IS GOOD FOR YOUR HEALTH" - AND YET WE HAVE TO ADMIT THAT WOMEN STILL FORGET THIS ALL TOO OFTEN, TRAPPED AS THEY ARE IN THEIR CONCERN FOR OTHERS. WOMEN OF ALL COUNTRIES, STOP SACRIFICING YOURSELVES; BECOME SELFISH!

Why is it that, despite all the talk about equality of the sexes and equal opportunities, women's professional lives and personal fulfillment still too often take second place? The figures speak for themselves: 17% of unemployed women leave their jobs to look after a loved one, compared with 1% of men; 75% of part-time jobs are held by women, often arranged after childbirth; only 18% of companies are run by women... The common denominator in all this data? The altruistic sacrifice of women ready to set aside their ambitions to care for their children, parents, spouse... These "alienated by love" unwillingly reproduce centuries of sexual disparity.



Pauline Ferrari

FORMÉS À LA HAINE DES FEMMES

(Trained to Hate Women)

350 pages, Nov-23, JC Lattès

A dizzying plunge into the heart of the spiral of masculinist ideology with its seduction coaches, suffering youths, survivalist camps and conspiracy theories.

A movement hardly limited to a few small groups but one that is politicized, organised and powerful.

Pauline Ferrari is an independent journalist who works for several media outlets (Le Monde, Causette, 20 Minutes, Usbek and Rica). She studies new technologies, gender identity and online culture.

FOR THE FIRST TIME, A RIGOROUS INVESTIGATION INTO THE ONLINE MASCULINIST AND ANTI-FEMINIST MOVEMENTS. FROM FRANCE TO NORTH AMERICA, THROUGH SWITZERLAND AND ENGLAND, A RESOURCED, DOCUMENTED FIELD INVESTIGATION, ENRICHED WITH PERSONAL TESTIMONY AND EXPERT VIEWPOINTS.

From the Incel movements to the popular concept of the alpha male, the online manosphere is littered with groups united around the same cause: to showcase and combat the alleged suffering of men under the threat of feminism through the violent hatred of women. Far from a uniquely North American phenomenon, the masculinist discourse has been developing and reconfiguring for several years. It can now be found on TikTok and Instagram and its adepts are getting younger as do their fears about our society where women's rights are so often threatened? How do they spread their ideas and to what extent are Internet platforms and their algorithms responsible? How is it possible that more and more young people adhere to a misogynist discourse at a time when discussion on equality between men and women has never been more prevalent?



Élise Thiébaud

CECI EST MON TEMPS

(This is My Time Menopause, andropause and other climatic adventures)

240 pages, Mar-24, Au Diable Vauvert

Alert, committed, intelligent and well-documented: an essay that's as relevant as it is literary, by one of France's leading feminist writers.

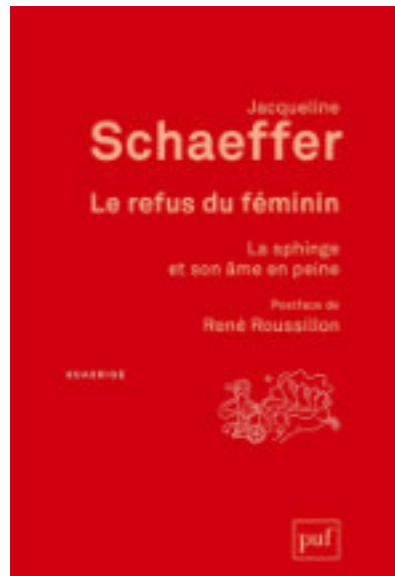
After THIS IS MY BLOOD, A SHORT STORY ABOUT MENSTRUATION, THOSE WHO HAVE IT AND THOSE WHO MAKE IT (La Découverte, 2017, 20.000 copies sold, 7 translations).

She also founded the Nouvelles Lunes series at Le Diable Vauvert (title represented by the agency).

Élise Thiébaud is a journalist and author. Her publications include CECI EST MON SANG, followed by LES RÈGLES, QUELLE AVENTURE, (for teenagers), with Mirion Malle. She then published MES ANCÊTRES LES GAULOISES, an autobiography of France, followed by L'AMAZONE VERTE, the novel by Françoise d'Eaubonne and AU BONHEUR DES VULVES with midwife Camille Tallet in 2021. She is the author of the comic strip VIERGES ! LA FOLLE HISTOIRE DE LA VIRGINITÉ, published by Le Lombard. She is also a regular contributor to the feminist magazine La Déferlante.

ELISE DECONSTRUCTS THE COMMON IDEA OF MENOPAUSE AND ANDROPAUSE IN A PERSONAL TONE, WITH HUMOR AND COMMITMENT.

Seven years after CECI EST MON SANG, which exploded the taboo of menstruation, Élise Thiébaud tackles the menopause, and the least we can say is that there are surprises in store once again. Through history, cultures and customs, this well-documented essay is a delight to read, revealing the little-known underbelly of menopause, but also of andropause. From the "second spring" that, in Chinese tradition, is menopause, to the most recent developments in hormones, testicular transplants and the life of killer whales, we discover the powers of the female and the roots of the male. Between hot flashes and global warming, this personal, humorous and sensitive experience of the climaterie, as this biological turning point is called, will speak to women and men, young and old, and all those who refuse to let themselves be defined by stereotypes.



Jacqueline Schaeffer

LE REFUS DU FÉMININ

(The Refusal of the Feminine)

312 pages, Jan-22

Humensis

"FREUD REFERS TO THE 'REFUSAL OF THE FEMININE' AS A 'ROCK', PART OF THE 'ENIGMA OF SEXUALITY'.

The enigma is not so much that of the refusal of the feminine as that of the erotic, genital feminine and its creation through sexual enjoyment.

Just as gender equality must be demanded in the political, social and economic sphere, the creation of a male-female couple relationship is a psychic creation that implies the exalted recognition of the otherness of the difference between the sexes.

The constitutive conflict of the feminine is expressed as follows: the female sex wants to be frightened, demands large quantities of libido, 'defeat' and erotic masochism, but her ego hates all that. It is the masculinity of a man, antagonistic to the phallic, that creates the femininity of a woman by tearing away her defences and sexual pleasure.

The quality of the sexual, emotional and social relationship that is established between a man and a woman bears witness to a veritable 'work of culture'.

Jacqueline Schaeffer is a French psychoanalyst. She has devoted much of her work to the question of gender difference and feminism..



Geneviève Fraisse

À CÔTÉ DU GENRE, SEXE ET PHILOSOPHIE DE L'ÉGALITÉ

(Alongside Gender, Sex and the Philosophy of Equality)

588 pages, Mar-22, Humensis

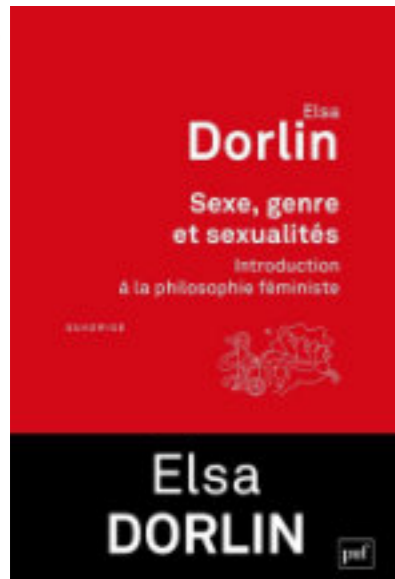
Geneviève Fraisse is seen as a leader of contemporary thought.

Her idea of gender equality lies between theory and practice, concepts and historicity.

Geneviève Fraisse (born 1948, Paris) is a French feminist philosopher. Author of around 20 books, her work focuses on the political epistemology of feminist thought. Her research led her to postulate concepts on the "domestic service", "exclusive democracy," "women's reason", the "two governments", the "mixing of the sexes", "habeas corpus" and "consent". The complexity of the debate on gender led her to work closely

OVER THE LAST FEW DECADES, CONTEMPORARY DEMOCRACY HAS BEEN INVITING US TO THINK ABOUT SEX AND GENDER. THE LEGITIMACY OF THIS REFLECTION IS FINALLY ASSERTING ITSELF.

In this book, which brings together LA CONTROVERSE DES SEXES, LA DIFFÉRENCE DES SEXES and a collection of previously unpublished articles, the approach favours a search for definitions and identities 'on the side'. The conceptual shift from 'sex' to 'gender' requires a critical distance. The author identifies and develops the philosophical questions by identifying the places in the history of philosophical, literary and factual thought. The aim is to understand what arises when equality and freedom are revealed as issues, in politics and creation, economics and the body, thought and action. The long history of philosophy, some contemporary literary scenes, and the testing of recent debates, all contribute to restoring the importance of feminist emancipation in the eyes of the world.



Elsa Dorlin

SEXE, GENRE ET SEXUALITÉS, INTRODUCTION À LA PHILOSOPHIE FÉMINISTE

*(Sex, Gender and Sexuality. Introduction to Feminist
Philosophy)*

176 pages, Apr-23 Humensis

This volume focuses on the feminist theories of the last fifty years, whose richness and commitment make them one of the most innovative fields of current research: Marxist feminism, feminist epistemology and ethics, feminist history and philosophy of science, black feminism, post-modern feminism and queer theory.

Taken together, these forms of thought now constitute a veritable field of contemporary philosophy, and this book provides a particularly enlightening introduction and analysis of it.

SEX COMMONLY REFERS TO THE BIOLOGICAL SEX WE ARE ASSIGNED AT BIRTH (MALE OR FEMALE), THE SEXUAL ROLE OR BEHAVIOUR THAT IS SUPPOSED TO CORRESPOND TO IT (GENDER) AND, FINALLY, SEXUALITY.

Feminist theories focus on problematising these three intertwined meanings of sex. They work on the historically established distinctions between sex, gender and sexuality, and on their constructions and relationships. Is it a causal relationship: does biological sex determine gender and sexuality? Is it a relationship of non-binding simultaneity between biological sex and sexual identity (gender and sexuality)? Is it a relationship of normalisation? Is reproductive heterosexuality the legal, social and medical norm against which the categories of sex and gender can be deconstructed, challenged and overturned?

Elsa Dorlin (1973) is a French philosopher and professor. She won the CNRS bronze medal for her work on feminist theory and philosophy of gender. Dorlin's 2017 book *Se défendre : une philosophie de la violence* (transl. *Self-defense: A philosophy of violence*) won the Frantz Fanon Book Prize from the Caribbean Philosophical Association in 2018. Verso Books is publishing an English edition.

HEALTH

MIND

BODY

SPIRIT



Sylvie Lefranc

MES SECRETS DE BEAUTÉ HOLISTIQUE

(My Holistic Beauty Secrets)

224 pages, Feb-24

Leduc

A very practical book, with inspiring graphics, photos and colours, reflecting the five elements

Using Chinese energy and the 5 elements to restore the imbalances that have a direct impact on our faces Instructions for ultra-practical application: protocols for acupressure, facial yoga and Face Taping, the use of stones and crystals, and how to apply them, as well as nutrition tips and other beauty tricks.

An expert in facial yoga, Chinese energy, and a facialist, Sylvie Lefranc has created a unique holistic method of facial yoga, which she has trained several hundred practitioners in.

Committed to providing advice and treatments designed to reveal the natural beauty of every face, she is the author of bestselling YOGA DU VISAGE, JE M'INITIE AU YOGA DU VISAGE and MES CARTES YOGA DU VISAGE, all published by Leduc.

THE BEST ALTERNATIVE TO COSMETIC SURGERY: A SPIRITUAL, NATURAL AND HOLISTIC APPROACH TO BEAUTY, FOR A RADIANT FACE THANKS TO THE FIVE ELEMENTS.

Imperfections and signs of ageing are seen as fatalities that we do our best to treat from the outside, as if our face were a superficial envelope disconnected from our body and our emotions. Instead, Sylvie Lefranc offers a way of combining beauty and the care of the soul, and reconnecting with the magic of daily rituals, with insights on the body's balance and the role of the elements of Chinese energy on our face, as well as instructions for ultra-practical application - acupressure, facial yoga and face taping protocols, the use of stones and crystals, and the foods to choose. What if we turned our gaze inwards to care for, beautify and rejuvenate our faces? Drawing on a wealth of traditional knowledge, Sylvie Lefranc suggests combining wellness, beauty and care of the soul, and reconnecting with the magic of daily rituals.



Christian Flèche

NOS MAUX SONT NOTRE HISTOIRE

(Our Ailments are Our Story)

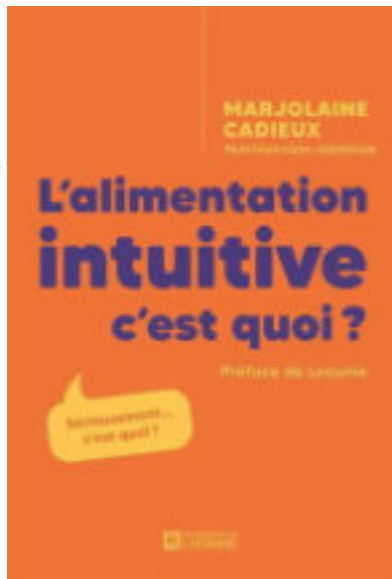
304 pages, Oct-23

Leduc

BIOLOGICAL DECODING IS THE POETRY OF MEDICINE. WHAT IF OUR ILLNESSES WERE SOLUTIONS CREATED BY OUR BODIES TO CONTAIN THE WOUNDS, BLOCKAGES, AND STRESSES OF OUR PAST?

During his studies at nursing school, Christian Flèche was guided by intuition, and took the time to really get to know his patients, delving into their emotional history to understand the origins of their ailments. At the time, he was deemed too ineffective and dismissed. Fifteen years later, he created Biological Decoding, which is now used in 24 countries and has helped thousands of people to transform and heal. In this book, Christian Flèche tells us how this intuition turned his life upside down and encourages you, too, to look deep within yourself for the keys to your healing.

Christian Flèche is a trained nurse, NLP master practitioner, metaphor practitioner and educational director of the French and International School of Biological Decoding: Flèche Biodécodage Academy®. Together with Philippe Lévy, he has created new protocols, making Biological Decoding™ an original method of emotional diagnosis. He is the author of numerous best sellers, including Mon corps pour me guérir (Le souffle d'or, 2005) and Le Décodage biologique des maladies (Le souffle d'or, 2019).



Marjolaine Cadieux

L'ALIMENTATION INTUITIVE, C'EST QUOI ?

(What exactly is Intuitive Eating?)

224 pages, Feb-24

L'Homme

An easy-to-understand and reassuring presentation, attracting a large readership. The author is a member of the Ordre des diététistes- nutritionnistes du Québec (ODNQ).

A colorful, dynamic, and engaging look. Concrete examples drawn from the author's practice, in which readers will recognize themselves.

A personality active on Instagram: nearly 23,000 followers.

Marjolaine Cadieux is a dietician-nutritionist and member of the ODNQ. She has practiced in a private clinic since 2018, the same year she launched her blog and her Instagram account Les pieds dans les plats. A figure popular on social media for her relevance and humor, she informs the public about intuitive eating with great sensitivity.

A BALANCED GUIDE WITH ADVICE FOR REJECTING DIETS, IMPROVING YOUR RELATIONSHIP WITH FOOD, AND MAKING INTUITIVE EATING PART OF YOUR LIFE.

Once you have rejected diets and the unhealthy culture surrounding them, how do you learn to eat differently? Intuitive eating, a caring and positive approach, is the answer. But what is it exactly and how do you apply it in your own life? In this book, dietician-nutritionist Marjolaine Cadieux helps us understand the principles of intuitive eating and dispels a number of beliefs surrounding it. She also tackles a range of related topics: the rejection of diet culture, emotions, hunger, weight, the body, and alternative solutions “that- are-not-diets-but-in-the-end-maybe-yes-they-are”. The author is the creator of the colorful content behind the popular Instagram account Les pieds dans les plats and is known for her clear and humorous explanations. She takes us straightforwardly through the process of improving our relationship with food and our wellbeing. She practices her specialty in a private clinic in Montreal, and skillfully bridges theory and practice, while illustrating her ideas with recent cases and concrete examples. An easy-to-follow book on a complex subject.



Serafina Willow

MAGIE SEXY

(Sexy Magic: Romantic rituals and spells)

200 pages, Feb-24

L'Homme

A dynamic and lively layout to attract youth from 16 to 30.

More than 75 rituals and romantic spells to try, with easy-to-find ingredients.

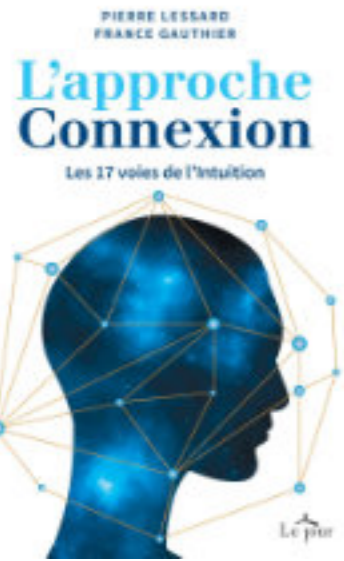
Publication coincides with Valentine's Day, shortly before the new HBO Harry Potter TV series, which will trigger renewed public interest in everything to do with magic.

An essential book for modern young wizards and witches who want to discover their magical powers.

Serafina Willow, a nomadic witch, lover of the heavens and stars, is especially interested in white magic. Her passion for wicca has taken her all over the world in search of new knowledge and practices related to magic and witchcraft. Through her practice, she seeks to balance the connection between individuals and the positive energies that surround them.

A LITTLE BOOK OF SPELLS TO SPICE UP YOUR ROMANTIC RELATIONSHIPS.

Do you have a powerful desire to attract the man or woman of your dreams? Do you want to discover the love of your life without waiting any longer? Know who your future lover is? Triumph over your rivals, male or female? Heal your broken heart? If so, Serafina Willow has the spell or enchantment you need. This small, intriguing, and elegant guide contains a multitude of concoctions, love potions, rituals, and ceremonies to make your wildest dreams come true. By becoming attuned to higher energies and occult forces, you'll discover white magic, a powerful tool you can use to your advantage to cast a spell on the men or women who arouse your senses. So, apprentice wizards and witches, pick up your wands—love and passion may be just around the corner! True love is within your reach!



France Gauthier

L'APPROCHE CONNEXION

(The Connection Approach: The 17 pathways of Intuition)

224 pages, Mar-24

L'Homme

A powerfully spiritual book, that probes the quest for meaning characteristic of our time, creates new neural pathways in our cluttered minds, and broadens our views.

Authors well known in the world of spirituality.

A book that fits into a niche whose popularity is undeniable: spirituality and esoterism.

France Gauthier is an author and lecturer. She has written a dozen books, some on her own and others with co-writers.

Pierre Lessard is an author, teacher and spiritual guide. For 35 years, he has devoted his energy to the evolution of individuals, focusing on opening the heart and increasing awareness. His work encompasses lectures, workshops, training, initiation journeys, and a dozen spiritual books.

DISCOVER YOUR INTUITIVE POTENTIAL IN ORDER TO BECOME YOUR BEST SELF.

We all have a “sixth sense”, an intuition that appears in various forms. Some people have a subtle, more refined view of nature; that is, they have the ability to see images on their mental screen, and even physical manifestations of subtle energies through their physical eyes. Others are clairaudient and have the ability to hear (or have the impression of hearing) messages from the spirit world in their internal ear. Still others are clairsentient and feel what is happening through subtle bodily sensations. And in addition to these intra-sensory abilities, there are people who are aware of having out-of-body experiences, visiting other dimensions of their being or the universe, speaking with light guides, or displacing remote objects or changing matter using the power of consciousness. This inspiring book looks at the process involved in these visions, at the inspirations and even the clairvoyance that anyone can develop through 17 unique pathways, which will be described in detail. You will find teachings and anecdotes about connecting with unseen worlds, as well as exercises for exploring this field of play that gives us access to the master of wisdom existing within each of us.



Florence Pinheiro-Ortolan

ANXIÉTÉ, FAIGUE, DOULEURS... AGISSEZ SUR VOS NEUROTRANSMETTEURS

(Anxiety, Tiredness, Pain... Get to Work on Your Neurotransmitters!)

224 pages, Apr-24

Albin Michel

THE FIRST MAINSTREAM BOOK ON NEUROTRANSMITTERS, TO TAKE CONTROL OF YOUR HEALTH IN CONCRETE TERMS.

We often hear people talking about dopamine, melatonin, serotonin, adrenalin... But do we know what purpose they serve? And do we know if we produce enough of them? These chemical messengers in our brain are neurotransmitters: they control our mood, our cerebral abilities, our energy; they condition our sleep, our motivation, our libido... in a nutshell, our well-being. • Discover the repercussions of neurotransmitters on our physical and mental health. • Establish your neuropsychological profile thanks to targeted questionnaires. • Learn how to balance your neurotransmitters in concrete terms: food, way of life, relaxation techniques, natural dietary supplements.

Florence Pinheiro Ortolan is a naturopath, micronutrition practitioner, trainer and confere-ncier. She helps individual patients to improve their health in a natural, global, causal and pro-active manner. She also trains professionals.

PARENTING



Cosette Gergès

LES PETITS MANGEURS INTUITIFS

(Little Intuitive Eaters)

208 pages, Jan-24

L'Homme

The first book in French on intuitive feeding for children, an approach sensitive to children's needs. The book explains how and why to introduce foods to babies.

It's written for new and future parents of full-term, healthy babies, but also for anyone else involved in their care (grandparents, teacher, etc.).

The authors are followed on social media: their pediatric nutrition site, "Nutritionnistes en pédiatrie", has more than 21 K followers on Facebook and Instagram.

Cosette Gergès has been a pediatric nutritionist for 20 years and is the mother of three boys. Combining science, real-life experience, and good old-fashioned common sense, she sets out the best dietary approaches for families. Mélissa Larivière has been a nutritionist for over 15 years. After giving birth to twin girls in March 2012 she became interested in pediatric and perinatal nutrition.

BREASTFEEDING OR BOTTLE? TRADITIONAL WEANING OR LED BY THE CHILD? NO NEED TO PICK A SIDE; ANY ROAD WILL GET YOU THERE!

The arrival of a child changes our areas of interest and our concerns. Suddenly, we think only about giving our baby the very best, starting with food. Unfortunately, it's not always easy to figure out what to do and have confidence in ourselves, what with the advice we're given, family habits, the mass of information on the Internet, and recommendations on social media. Feeding oneself is an essential activity and a learning process through which you'll learn to communicate with your baby. But how do you do it? What's the BEST method? The truth is that no method is better than any other. There are as many paths to discovering food as there are spices in your pantry. To find the one that is best for your children, observe them and have confidence in your parental instinct. Discovering how they react to foods and to what others do at mealtimes, how they develop their tastes and learn to chew, and decoding their body signals, will help you understand them better and intervene more effectively. The book contains information the authors would have loved to have themselves when they became mothers, with a touch of humor and a generous dollop of easy-to-



Mélanie Fortier

PETITS HUMAINS, GROSSES ÉMOTIONS

(Little Humans, Big Emotions: Accepting feelings and preventing misbehavior)

224 pages, Feb-24

L'Homme

Many tools to help young children develop their emotional intelligence. Boxed text to help parents better accept their own powerful emotions.

Family activities and exercises for putting the content into practice.

A dynamic online community: more than 26,000 followers on the Ouikid Instagram page.

Mélanie Fortier is a mom, specialized educator, columnist for La Semaine magazine, family support for the popular show Si on s'aimait encore and the very proud founder of Ouikid. She has been able to improve the daily lives of several thousand parents through her many Web training sessions and her highly regarded podcast Apprivoiser l'enfance les doigts dans le nez.

THE ULTIMATE GUIDE ON HOW TO STAY CALM AT ALL TIMES, EVEN IN THE MIDST OF YOUR CHILD'S WORST TANTRUMS.

Honestly, those stupid emotions! In addition to having to understand our own, we also have to help our little ones through their daily outbursts. Let's be honest, it can get downright ugly, especially when the tantrum happens in the frozen food aisle at the grocery store! Written using a nonjudgmental approach with a touch of humor, this book will help readers become masters of the art of accepting, understanding, and normalizing their children's emotions. The many strategies and multiple examples presented—the worst temper tantrums, the most absurd fears, and misbehavior caused by overexcitement— will help you respond to your child calmly, with patience and confidence. The book will help children handle their emotions with ease and independence, understand themselves better and understand others more. After all, emotions are healthy, normal, and they must be expressed. Offering a safe space where our children can vent them without being judged, without fear, without hiding themselves, and without shame, means we will all live in a much healthier society!



Bernadette de Gasquet

CE QUE LE PÉRINÉE DIT DE NOTRE VÉCU

(What The Perineum Tells Us About Our Experience)

256 pages, Feb-24

Albin Michel Pratique

LISTEN TO YOUR PERINEUM FOR DEEPER SELF-UNDERSTANDING AND BETTER SELF-CARE.

Bernadette de Gasquet's research done since the 1980s has revealed the essential role of the perineum: the symptoms felt in the perineal area can also signal psychological and physical trauma from the past. Different means such as yoga and other therapies can help to be reconciled with the perineum. Included in the book are QR codes to access a complete yoga session.

Bernadette de Gasquet is a doctor and a yoga teacher. She has published several books, particularly with Albin Michel: Pour en finir avec le mal de dos; Bien-être et maternité; Féminité, maternité, comment les femmes sont manipulées. With Marabout: Accouchement, la méthode de Gasquet; En pleine forme après bébé; Mon cours de préparation à l'accouchement; Abdominaux arrêtez le massacre!; Périnée, arrêtez le massacre; La puissance insoupçonnée du gainage (with Teddy Riner).



Laurence Pernoud
J'ATTENDS UN ENFANT

(I Am Expecting a Baby)

480 pages, Feb-24

Albin Michel Pratique

Rights sold in Chinese simplified characters/Trustbridge Publishing.

Since its launch, J'attends un enfant has remained the market leader in maternity books. It is often cited as the "bible" for future parents.

THE REFERENCE BOOKS FOR NEW PARENTS SINCE 1956!

In 1956, Laurence Pernoud, a visionary journalist, authored "I Am Expecting A Baby", the first reference book devoted to maternity. In 1965, it was followed by "I Am Bringing Up A Child". These two books are the perfect companions for new parents, with essential reference guides to live these periods of life in the best way. These new editions are updated with topics such as psychological support for pregnant women, postpartum periods, children and social networks and the importance of physical activity.

In 1956, visionary journalist Laurence Pernoud, working with a multidisciplinary team, wrote J'attends un enfant, the first book devoted to maternity. It was an immediate success: she received a prize from the Académie de Médecine, and the book was published in over 70 countries in French and translated into 40 languages. In 2009, her collaborator Agnès Grison took up the torch, updating the book each year with the help of a renewed committee of experts.



Laurence Pernoud
J'ÉLÈVE MON ENFANT

(I Am Bringing Up A Child)

528 pages, Feb-24

Albin Michel Pratique

Rights sold in Chinese simplified characters/Trustbridge Publishing.

Since its launch, J'élève un enfant has remained the leader in the maternity guide market.

THE REFERENCE BOOKS FOR NEW PARENTS SINCE 1956!

I Am Bringing Up a Child is a companion to new parents by giving them the essential reference points on early childhood. The key updates in this edition concern: - Breast feeding: advice, frequent difficulties, mixed feeding... - Children's food: latest recommendations on allergies, when and how to introduce new foods... - Day nursery: helping children adapt to the change in rhythm, to life in a community, to separation. - Kindergarten: the beginnings of eco-responsibility. Understanding and assisting a child's new autonomy and learning, especially awareness of environmental protection. - Children and social networks: the right to one's image and private life. - Children's growth: the importance of physical activity for harmonious development and good health. - Focus on conditions that are becoming more frequent: autism.

In 1956, Laurence Pernoud, a visionary journalist assisted by a pluridisciplinary team, authored J'attends un enfant, the first reference book devoted to maternity. It was an immediate success: she received the Académie de Médecine prize in 1956 and the book was translated into 40 languages. When she died in 2009, her colleague Agnès Grison took up the torch and every year, she oversees the update of the book with the help of a new team of experts.



Sonia Krief

J'ACCUEILLE MON POST PARTUM

(I Welcome the Post-Partum Period)

272 pages, Mar-24

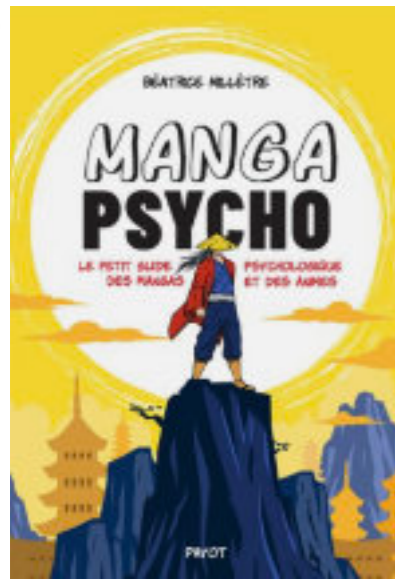
Albin Michel Pratique

EXPERIENCE THE POSTPARTUM PERIOD IN SERENITY (AT LAST)!

In this book, Sonia Krief is a gentle companion to young mothers, without denying the real difficulties, the doubts and questions of the postpartum period. Discarding taboos, she evokes the upsets in the body (loss of blood, episiotomy) and the soul (baby blues, afterpains). With benevolence, she invites new parents to take care of themselves and relax. Bonuses: - Advice and opinions from 8 experts on maternity and perinatal: psychologist, midwife, osteopath, physical therapist... - Moving testimonies from parents. - Practical files: shopping lists, recipes, visits, or-organisation of the home, yoga exercises and much more!

Sonia Krief has been a childcare auxiliary for more than 40 years. She became known to the public with Thalasso Bain Bébé, a practice she teaches to professionals all over France in her 'Bien Naître' school. She authored J'accueille mon bébé (Albin Michel, 2021, 40,000 copies sold). Alix Lefief-Delcourt authors practical health guides.

PSYCHO-
 LOGY
 SELF HELP



Béatrice Millêtre

MANGA PSYCHO

(Manga Psycho: The Little Psychological Guide to Manga and Anime)

240 pages, Nov-23, Payot Rivages

Rights sold in Spanish.

This personal-development book is aimed at two different readerships: for young people, it offers to explore subjects they're preoccupied with (friendship, helping each other, self-esteem, dreams, loneliness, stress, sexual orientation, harassment, love, shyness, attempted suicide and more) and offers solutions drawn from dozens of manga – some well-known, others worth finding out about.

For parents, it provides explanations and elements for communicating with their children.

Béatrice Millêtre, with a Ph.D. in psychology, is a specialist in cognitive science and a psychotherapist. She obviously has a daughter who is totally into manga.

THE FIRST PSYCHOLOGICAL GUIDE TO MANGA AND ANIME FOR TEENAGERS (AND THEIR PARENTS)

Manga and anime help young people feel good about themselves. They allow children and teens to feel less tethered to a world where they don't always feel that way. Manga and anime have moral values and they provide role models. They bring hope. They're inspiring. Teens already know that perfectly well. But their parents don't. And parents often don't see what their children get from them – for- getting that their own parents used to ask the same question about their favorite TV shows!



Christophe Haag

LE POUVOIR DE LA SURPRISE (MÊME MAUVAISE !)

(The Power of Surprise (Even Unpleasant!) An Emotion That Helps Us to Feel Alive)

256 pages, Mar-24, Albin Michel

PROTECTING OURSELVES FROM SURPRISES STIFLES LIFE.

Christophe Haag, a specialist of emotions, plunged into the universe of surprise, assisted by esteemed scientists. He met a survivor from death row, a former GIGN negotiator, a Russian ex-spy; he travelled to the Arctic Circle, visited the studio of a well-known magician and a laboratory of the CNRS. With him, we discover the dynamism of the surprise and its effects on the brain, offering the reader concrete tools and mental schemas to tame the unexpected: how can we reintroduce this essential emotion into our daily lives? How can we inject it into our emotional lives to make them richer? How can we digest surprise when it is unpleasant, to make it a strenght? At all levels - work, health, romantic life, creativity - surprise is an essential energy of emotional intelligence. It lies at the heart of discovery and of life.

Christophe Haag is a Professor and researcher of Social Psychology at EMLYON. A specialist of emotional intelligence, he co-founded Génération QE. Among other books, he published La contagion émotionnelle and Provoque ta chance (Albin Michel).



Géraldyne Prévot-Gigant

LES FEMMES ET L'AMOUR

(Love & Women)

240 pages, Sep-23

Leduc

Readers will find clear, guilt-free explanations for their situation so that they can move forward more freely in their lives.

Thanks to this book, each woman can realise that she is far from alone in her journey as a modern-day woman.

The author also offers advice on how to make your way through the jungle of digital dating and find fulfilment in real life, whether you're single or in a relationship.

Géraldyne Prévot-Gigant - A psychotherapist for over twenty- five years, Géraldyne Prévot-Gigant specialises in all forms of love, celibacy and emotional dependency, as well as spiritual hypersensitivity. A pioneer in awakening women's consciousness, she founded the Groupes de Parole pour les Femmes® in 1999, and is the author of over a dozen books on the subject.

ÉRALDYNE PRÉVOT-GIGANT BRINGS HER 25 YEARS OF EXPERIENCE AS A PSYCHOLOGIST SPECIALIZING IN HYPERSENSITIVITY AND RELATIONSHIPS TO THIS ESSENTIAL GUIDE TO LIVING A BALANCED, HAPPY LIFE AS A WOMAN LIVING IN THE TIMES OF DATING APPS, GHOSTING AND ZAPPING.

Every day, in our clinics, women talk about their painful emotional situation. Whatever their age or social background, they suffer from society's injunctions and preconceived ideas: invisibility, misogyny, objectifying, etc. While digital developments offer the possibility of meeting a soulmate at any time, and modernity should offer women more choice, the reality is very different. Social pressure, shrouded in patriarchy, permeates even the dating algorithms. These injunctions to love and relationships as the ultimate values push women to make bad choices. As long as their history, their past and their trans-generational experience get involved, it's a vicious circle of disappointment that destroys what little self-esteem they have left.



Josée Blondin

AMOUR ET PORTEFEUILLE

(Love and Money)

224 pages, Mar-24

L'Homme

A venture into the world of financial psychology applied to couples.

Exercises and food for thought for developing good psychological reflexes where money is concerned.

Josée Blondin is an organizational psychologist, lecturer, and president of the Transfert 360 group, a Quebec management company specializing in business transfers, as well as in change and human resource management. She supports her clients through their life transitions. Her services focus on concrete actions in line with best management practices.

A PSYCHOLOGICAL APPROACH, WITH EXERCISES, TO HELPING COUPLES THRIVE FINANCIALLY.

If it's true that money is one of the common causes of tension in couples, then you will need good tools to avoid headaches and learn to express your needs and wants in an effective and sensitive way, while still listening to your significant other. In this book, the author sheds light on a number of taboos that still persist when it comes to purchases, expenditures, savings, earnings, losses, etc. She explains the impact of each partner's beliefs and values on household money management, the relationship issues that have to be fully grasped, and the differences between men and women that still exist today. This book will give couples a clearer understanding of the reasons why money sometimes causes conflicts and will help them develop a harmonious relationship and good reflexes for building wealth together. Fascinated by organizational psychology, Josée Blondin also suggests strategies to encourage couples to develop their own management plan. The book's many examples will no doubt remind you of your own experiences, and exercises will point you in the direction of innovative wealth-building solutions for you and your spouse, as well as your family.



Aline Laurent-Mayard

POST-ROMANTIQUE

(Post-Romanticism)

304 pages, Jan-24

JC Lattès

A reflection on the beginnings of the myth of romantic love, society's injunction to be a couple in love and the price we pay to obey it.

By explaining how recent the idea of romantic love is, the author opens several new interpretations. sharing her own experience, digging into history, delivering statistics and facts, interviewing people who choose to love their way, the reader ends this book understanding that our society would be more tolerant if we could shift the perspective and accept that love is so much more than romantic love.

As radical as it is joyful, Aline Laurent-Mayard proves that our obsession with the ideal romantic couple is a political decision that is up to us to overturn.

Aline Laurent-Mayard is an independent journalist who writes about the treatment of minorities, particularly LGBTQ+. She is the author of the successful podcast Free from desire– or how asexuality made me free (Paradiso Media). She has also co-authored a guide entitled Gender explained to those who are confused/Le genre expliqué à ceux qui sont perdus (Bouchet-Chastel).

WHAT WOULD HAPPEN IF WE RECONSIDERED LOVE? IF WE COULD SEE THAT ROMANTIC LOVE, LOVE IN A COUPLE, IS JUST ONE OF MANY FORMS OF LOVE.

Between the ages of 15 and 30, Aline Laurent-Mayard fully expected to fall in love, but it didn't happen. She needed time to accept that reality and that she was actually happy as a single woman. As she set about to clarify this feeling, she discovered that romantic love is a recent invention, a myth born in the 19th century. Aline Laurent-Mayard began searching for people who did not fit the standard mould: Men and women who are single by choice or friends raising a child together, or people for whom friendship comes first or those who simply prefer to be alone. She describes their lives, their pleasures but also their difficulties in a country where, according to statistics, the standard of living of a couple with no children is 1.4 times superior to that of two singles.

Post-romantique is not an indictment of the couple or of romance, rather it is an invitation to reconsider their intrinsic value; to reinvest in all forms of relationships and, through political reflection, imagine new ways of being family and society.



Catherine Testa

OSEZ L'OPTIMISME

(Dare to be optimistic!)

168 pages, Jan-19

Michel Lafon

A TOP 50 Amazon Best-seller / Personal Development

With its addition of practical examples and positive mantras, this simple yet life-changing book is a breath of joy.

A FUN BOOK THAT WILL TEACH YOU HOW TO SEE LIFE ON THE BRIGHT SIDE

Breathe Move Give Smile Thank Slow Create Meditate Project Love These are the 10 keys that will help you reenchant your daily life.

Catherine Testa is a globe-trotting entrepreneur, a coach and co-founder of the CHO (Chief Happiness Officers) Club.



Brigitte Lavoie

SE RELEVER, CHANGER ET ÊTRE PLUS HEUREUX MAINTENANT

(Getting Back on Your Feet, Changing, Being Happy)

280 pages, Mar-24, L'Homme

A book designed specifically for men.

A useful book for professionals working with a male clientele. Themes that appeal to all men: becoming an adult, life as a couple, work stoppage, sick leave, heartbreak, fatherhood, depression, violence, anxiety, suicide, mourning.

An approach based on successes, timely actions, and the desired future.

A non-judgmental and non-blaming tone, full of compassion and empathy.

Brigitte Lavoie is a psychologist and trainer who has specialized in short-term therapy and crisis intervention for over 30 years and is the Director General of the Centre de prévention du suicide. Passionate about adapting practices to male realities, she has participated in creating a toolbox for more effectively reaching out to men on mental health issues, and gives lectures on the topic in Quebec, as well as in Belgium and France.

A GUIDE FOR MEN WHO WANT TO FEEL BETTER

This book is written for those men who have never taken any interest in books on personal development. It contains stories about men who made decisions and changes in order to emerge stronger after a tragic event, overcome suffering, or simply feel better. They all moved forward to become more like the father, spouse, or man they wanted to be. Among the themes discussed, you will find anxiety, depression, violence, relationship break-ups. But being happier doesn't just mean sorting out problems and surviving hardships; you also have to learn to focus your attention elsewhere. All through the book, the author offers analogies men will understand, while at the same time capitalizing on their strengths. For example, men have the reputation of talking less and wanting to see rapid changes. Is this a problem? Absolutely not, says Brigitte Lavoie, since these are the actions that are important when you want to turn a corner. Although the book is written for men, women readers can also benefit from it and find ideas for connecting better with the men who share their lives and a number of insightful suggestions they can put into practice for themselves.



Guillaume Le Blanc

OSER PLEURER

(Let Your Tears Flow)

270 pages, Feb-24

Albin Michel

A study of the meaning of tears and its evolution throughout history .

COULD IT BE THAT TEARS, RATHER THAN LAUGHTER, ARE WHAT MAKE US TRULY HUMAN?

By analyzing "solitary weeping" or romantic tears, the author establishes a philosophy of weeping: weeping is life itself, the mark of humankind. Guillaume Le Blanc investigated different kinds of tears in various social and historical settings to understand how this act has acquired a different meaning throughout time and how it explains our very essence.



Nicolas Beffort

TOUT SUR L'ENNÉAGRAMME

(All About the Enneagram)

280 pages, Mar-24

L'Homme

An interactive book offering explanations and instructions for becoming familiar with the system. A practical guide with a large number of varied exercises. An author who has taught the enneagram for many years and is an expert on the subject.

A TRIED AND TESTED METHOD FOR INTERACTING BETTER WITH OTHERS AND DEVELOPING YOUR FULL POTENTIAL.

Based on the in-depth observation of nine psychological profiles linked to nine motivations and nine basic avoidances, the enneagram is a system for getting to know ourselves better and understanding our deep motivations, as well as the interpersonal dynamics in our relationships with family, friends, and colleagues. This tool can also help us become aware of our automatic reflexes and better manage our emotions. What's more, for those interested, the enneagram can act as a guide toward a new path for personal growth. In this very thorough book, the author encourages readers to assimilate the system's theoretical foundations and then to familiarize themselves with it by doing a number of exercises that touch on all areas of life: couplehood, family, work, friendship, etc.

Nicolas Beffort is the founder of Coaching Québec. He has an MA in Communication, and has trained thousands of people in coaching, neurolinguistic programming, and the enneagram, both individually and in many companies. He was trained in the Enneagram in France and Canada, and currently teaches it in Quebec, Europe, Morocco, and Japan.



Nathalie Hanot

MON GUIDE D'ART THÉRAPIE

(My Guide to Art Therapy A creative course to overcome life's ordeals)

248 pages, Mar-24

A WONDERFUL TOOL FOR TRANSFORMATION, TO PUT COLOUR AND WORDS ON YOUR PAINS.

When one has experienced a big upset in life, turning to art can bring great benefits – to physical health as well as mental force. In this practical book, the reader is guided into creative exercises by three fictional characters (an artist, a doctor and a wise man) throughout the course of 12 key stages (the turnaround, refusal, the transformation of emotions, meta-morphosis, the new equilibrium, etc...). This book allows the reader to elaborate the narrative of his path of illness, all the way to the point of saying 'yes' to life once again.

Élisabeth Sannié is a painter and an art-therapist. She works with adults and teenagers, especially at the Maison des patients at the Institute Curie, the Maison de soin de support at the Institute Line-Renaud, at Foch Hospital and in schools. Nathalie Hanot is a psychologist, leader of creative workshops and author of several books including, with Editions de l'Homme, Le journal créatif du burn-out (2021) and Carnet de deuil (2019).

ALEXANDRE MARS

Alexandre Mars**PAUSE****PAUSE: MES CONSEILS POUR UNE VIE ALIGNÉE***(Take A Break! My Tips To Align Your Life)*

250 pages, Mar-24

Fayard



In the midst of all the current crises, you probably felt the need to take some time out; the need to reflect on yourself and on our society; the need to find some purpose in these challenging times. In a nutshell, the need to take a break! In this book, successful entrepreneur Alexandre Mars speaks to those who doubt. He demystifies success, which sometimes seems overwhelming. After all, if we see the glamour and power in success, we often overlook the years of struggle, the hard work, the lack of inspiration, the doubts, and the failures behind. In order to do this, Alexandre Mars draws not only from his own experience, but also on the extraordinary lives of people such as explorer Mike Horn, rugby player Antoine Dupont and Chef Thierry Marx. Through these shared experiences, the readers gain valuable insights and advice on how to refine their aspirations and align themselves with their goals. After all, taking a break in life is salutary.

Alexandre Mars is the founder of blisce and Epic, a start-up dedicated to changing the lives of disadvantaged young people. He has already published *La Révolution du partage* and *Ose!* (Flammarion, 2018 and 2020).

**Bastien Bricout****J'AI CHOISI D'ÊTRE LIBRE, POURQUOI PAS VOUS ?***(I Chose to Be Free... Why Not You?)*

288 pages, Jan-24, Albin Michel

THE KEYS TO MAKE MONEY ONLINE, WHEREVER AND WHENEVER YOU WANT.

Are you bored with your job? Fed up with reporting to your hierarchy? Do you feel your aspirations, creativity and projects are being crushed? Do you dream of giving it all up to live on the other side of the world? That's exactly what Bastien Bricout felt like a few years ago, so he decided that his life no longer suited him. This book is a down-to-earth, practical guide to launch one or more money-making activities online, inspired by the author's experience who travels the world half of the year, enriched by the revenue from his multiple activities on the Internet.

Bastien Bricout used to be a therapist. After a burn-out in 2013, he quit his practice and devotes all his time to online entrepreneurship. He shares his experience on YouTube and in extremely popular coaching sessions. He has authored two books, *Devenez mentaliste* (2017) and *Manipuler, pourquoi, comment* (2013), published by J'ai lu.

PHILOSOPHY

PHILOSOPHY, FEMINISM



Élodie Pinel

MOI AUSSI JE PENSE DONC JE SUIS

(I Think, Therefore I Am Woman)

336 pages, Feb-24

Stock

EXCLUDED FROM THE CANON, DISCOVER HOW FEMALE PHILOSOPHERS NEVERTHELESS DEVELOPED RICH AND ORIGINAL IDEAS!

Simone de Beauvoir, Hannah Arendt, Simone Weil... and the list of widely known female philosophers ends there. No doubt because the majority of them didn't have the good fortune to be accorded the noble status of "philosopher". Instead, they were referred to as "women of letters" or at best "thinkers" and "intellectuals". And for the lucky few who have graced the philosophy hall of fame, they are all too often only known for a fraction of their ideas or reduced to their feminist thought. This work invites the reader to change their perspective and retrace the history of thought through the eyes of female philosophers, who were either excluded from institutions or prevented from their work by men. It is high time that we took them seriously, fully embraced their bodies of work and campaigned for their inclusion in school curriculums so that their ideas can finally permeate society.

Élodie Pinel holds the prestigious "agrégation" teaching qualification in literature and philosophy and is also a doctor of French literature. She is a specialist in female authors and previously published *Pour en finir avec la passion* (Amsterdam, 2023).



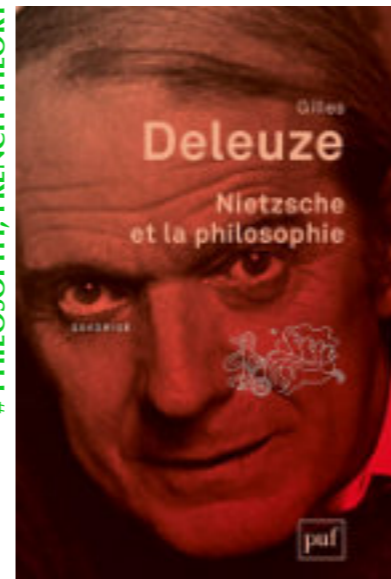
Christophe Bouriau
KANT ÉCOLOGISTE

(Kant and Ecology)
194 0/1 pages, Jan-24
Humensis

A SURPRISING APPROACH TO THE PHILOSOPHER'S WORK, HIGHLIGHTING ITS CONCEPTUAL RICHNESS FOR THE CONSTRUCTION OF A CONTEMPORARY ENVIRONMENTAL ETHICS.

This book presents itself as a challenge. What connection can there be between Kant and ecology, approached from the angle of environmental ethics? Because our relationship with nature is not only technical or utilitarian, but also ethical, we have duties towards it, and towards the natural elements of which it is composed. These elements may even be granted rights that ensure their better protection. In contrast, Kant draws a radical distinction between things and people, and recognizes only interpersonal duties. To all appearances then, everything seems to separate environmental ethics from Kantian ethics. However, we intend to show that Kantian ethics is in many respects a possible source of inspiration for environmental ethics itself, and that the latter has much to gain by listening to the Königsberg philosopher.

Christophe Bouriau is professor at the University of Lorraine (Metz site), member of the Archives Poincaré, and director of the collection "Philosophie allemande : une autre histoire", published by the University of Lorraine (EDUL). Latest publication: Kant, qui es-tu ?, Paris, Cerf, 2022.



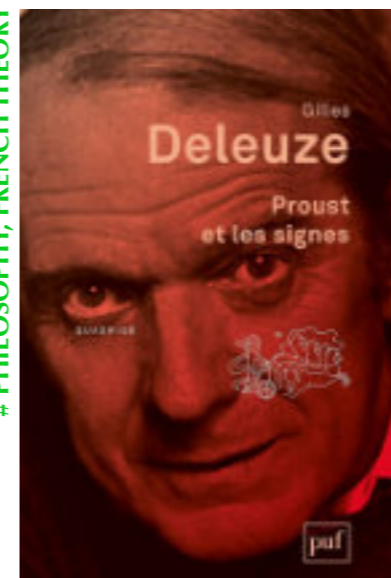
Gilles Deleuze
NIETZSCHE ET LA PHILOSOPHIE

(Nietzsche and Philosophy)
324 pages, Feb-14, Humensis

This rigorous and critical analysis of Nietzsche's philosophy is a brilliant introduction to the work of a philosopher too often reduced to nihilism, the will to power and the image of the superman.

"NIETZSCHE'S MOST GENERAL PROJECT IS TO INTRODUCE THE CONCEPTS OF MEANING AND VALUE INTO PHILOSOPHY. [...] NIETZSCHE NEVER HID THE FACT THAT THE PHILOSOPHY OF MEANING AND VALUES HAD TO BE A CRITIQUE."

Gilles Deleuze observes that "modern philosophy presents amalgams, which testify to its vigour and vivacity, but which also entail dangers for the mind" and that the strength of Nietzsche's philosophical project in the "overcoming" of metaphysics is "to denounce all the mystifications that find in dialectics a final refuge. Nietzsche's philosophy is highly controversial."



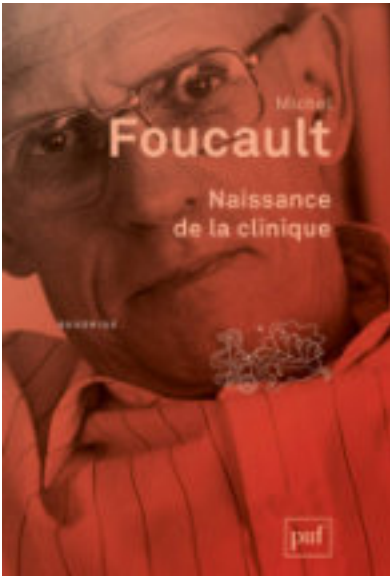
Gilles Deleuze
PROUST ET LES SIGNES

(Proust and Signs)
208 pages, Feb-14, Humensis

Proust's work is not an exercise in memory, whether voluntary or involuntary, but, in the strongest sense of the term, a search for truth that is constructed by learning signs. It is not a question of reconstructing the past, but of understanding reality by distinguishing the true from the false.

THE WORD "SIGN" IS ONE OF THE MOST FREQUENT IN LA RECHERCHE, PRESENTED AS AN EXPLORATION OF DIFFERENT WORLDS OF SIGNS, ORGANISED IN CIRCLES AND OVERLAPPING AT CERTAIN POINTS.

For signs are specific and constitute the material of one world or another. The unity of all worlds is that they form systems of signs emitted by people, objects and materials; we discover no truth, we learn nothing, except by deciphering and interpreting.



Michel Foucault

NAISSANCE DE LA CLINIQUE

(The Birth of the Clinic)

300 pages, Apr-15

Humensis

Paul-Michel Foucault (1926 – 1984) was a French philosopher, historian of ideas, writer, political activist, and literary critic. Foucault's theories primarily address the relationships between power and knowledge, and how they are used as a form of social control through societal institutions. His thought has influenced academics, especially those working in communication studies, anthropology, psychology, sociology, criminology, cultural studies, literary theory, feminism, Marxism and critical theory.

"THE RESEARCH UNDERTAKEN HERE THEREFORE INVOLVES THE DELIBERATE PROJECT OF BEING BOTH HISTORICAL AND CRITICAL, INsofar AS IT IS A QUESTION, WITHOUT ANY PRESCRIPTIVE INTENTION, OF DETERMINING THE CONDITIONS OF POSSIBILITY OF MEDICAL EXPERIENCE AS IT HAS EXISTED IN THE MODERN ERA."

"Once and for all, this book is not written for one medicine against another, or against medicine for the absence of medicine. Here, as elsewhere, it is a study that attempts to identify the conditions of its history in the depths of discourse". (Michel Foucault)

Through a historical and critical analysis of the constitution of the subject, the patient, as he can become an object of knowledge, *Naissance de la clinique* constitutes the birth of a philosophical work that will have a lasting impact on contemporary international thought.