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2022

# FOIRES DU MONDE\*

\* WORLD BOOK FAIRS 2022 • SEMESTER 1  
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## Lifestyle

Art | Comic Books & Graphic Novels | Children's Books, Young Adult  
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## Albin Michel Pratique [www.albin-michel.fr](http://www.albin-michel.fr)



**PHILIPPE ETCHÉBEST**

*The principles of the Mentor method created by the chef, as well as 100 easy-to-make recipes!*

CUISINEZ BIEN ACCOMPAGNÉ :  
AVEC MA MÉTHODE MENTOR

# COOK IN THE RIGHT COMPANY

WITH MY MENTOR METHOD

"With the right organization, tools, and products, you can perform miracles!" This book is an exceptionally complete guide for all lovers of cooking, regardless of your skill level. Discover how to optimize your time in the kitchen; choose ingredients carefully; create the ideal cupboard; make sure you have the best knives and utensils; learn to combine rigor, organization, efficiency, and cleanliness in the kitchen, etc. 100 recipes for everyday life: sure-fire successes, affordable, quick, and easy to make.

9782226464545 | 2021 | 301 PAGES | 20 X 25,5 CM | 19.90 €

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Éditions de La Martinière [www.editionsdelamartiniere.fr](http://www.editionsdelamartiniere.fr)

## INFINIMENT PÂTISSERIE : AU FIL DE LA JOURNÉE



PIERRE HERMÉ

Discover the secrets of  
gourmet pastry-making  
with 66 original recipes by  
acclaimed French pastry chef  
Pierre Hermé!

# PASTRIES

## ANY TIME OF THE DAY

With this collection of haute-pâtisserie creations by the renowned French pastry chef Pierre Hermé, including pastries for breakfast, snack time, lunch, teatime, and dinner, readers can make every moment of the day into a gourmet experience. Imagine starting the day with a "Brioche infiniment citron" and ending it with the incredible lightness of a "Soufflé Montebello," with of course a little "Lait infiniment melon" in between.

9782732498003 | 2021 | 240 PAGES | 22 X 28,5 | 35.00 €

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› **Flammarion** <https://editions.flammarion.com/>



**FANNY BRIANT  
EMMANUELLE DELACOMPTÉE  
CHRISTIAN REGOUBY**

*A gastronomy critic invites his grandson Guillaume, a struggling aspiring journalist, to paint the portraits of eight of the most famous French chefs for a culinary magazine.*

› **SACRÉS CHEFS ! : VOYAGE FABULEUX AU CŒUR  
DES PLUS GRANDES CUISINES FRANÇAISES**

# GREAT CHEFS!

**A JOURNEY OF INITIATION  
TO THE MOST RENOWNED  
FRENCH RESTAURANTS**

Alain Ducasse, Arnaud Donckele, Alain Dutournier, Gilles Goujon, Michel Guérars, Laurent Petit, Anne-Sophie Pic, and Guy Savoy open the doors of their restaurants to the young newbie for one day, sharing with him their art and philosophy. Beyond visiting the backstage of the gastronomy world, Guillaume discovers each chef's very singular culinary esthetic sensibility, always deeply rooted in a terroir. A new universe opens to him, where textures, colors, and flavor blossom with every bite.

**FLAMMARION LIVRES ILLUSTRÉS | 9782081492516 | 2021  
224 PAGES | 19,8 X 26,8 CM | 25.00 €**

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**MARIN MONTAGUT**

*Artist and designer  
Marin Montagut takes us  
inside some of his favorite  
quintessentially Parisian  
locations, seemingly  
untouched by time...*

› **LE PARIS MERVEILLEUX DE MARIN MONTAGUT :  
ÉCHOPPES ET ATELIERS D'ANTAN**

# TIMELESS PARIS

**ATELIERS - EMPORIUMS  
- SAVOIR FAIRE**

Discover 19 studios and shops where artisans handcraft and sell exquisite items on-site in charming Parisian locations where skills have been passed on for decades – or centuries. These often-hidden gems provide unique details that will inspire designers, artists, and creative minds from all horizons.

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**Larousse** [www.editions-larousse.fr/foreign-rights](http://www.editions-larousse.fr/foreign-rights)



**ERIC KAYSER  
MASSIMO PESSINA**

*50 bread recipes with "new" organic flours: buckwheat, spelt, quinoa, rice, chickpea, and the list goes on!*

LE PAIN SELON KAYSER

# BREAD ACCORDING TO KAYSER

Maison Kayser's winning recipe: unique and traditional flours, water, a leavening agent, and a certain level of dexterity!

9782036006140 | 2021 | 192 PAGES | 20 X 27 CM | 19.95 €

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› Eyrolles [www.editions-eyrolles.com](http://www.editions-eyrolles.com)



**LAURENCE BONNET**

*18 adorable animals to sew, each with an array of outfits and accessories to sew, knit, or crochet.*

› LE MONDE POÉTIQUE DE ROSE MINUSCULE :  
18 PAGES ANIMAUX À COUDRE

# THE POETIC WORLD OF ROSE MINUSCULE

## 18 ANIMALS TO SEW

A super soft bunny holding her baby in her paws, a bear on a tightrope, a little mouse flying off in a hot-air balloon... Follow Rose Minuscule's step-by-step instructions and bring these endearing characters to life, each with a multitude of stories to share. All of the techniques used are presented in images and actual size patterns are included.

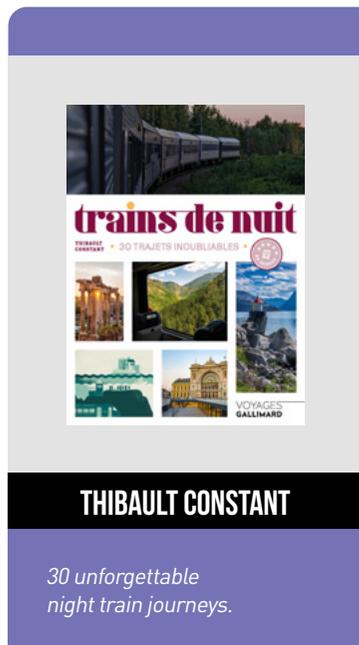
9782416000423 | 2021 | 176 PAGES | 19 X 25 CM | 19.90 €

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› Gallimard Loisirs [www.gallimard.fr](http://www.gallimard.fr)



› TRAINS DE NUIT :  
30 TRAJETS INOUBLIABLES EN EUROPE

**NIGHT  
TRAINS**  
30 UNFORGETTABLE  
GETAWAYS IN EUROPE

Traveling via night trains is always an adventure. Does the vacation start the day of departure, or the day of arrival? Time in a night train is like that of dreams. The night train is an ode to slow speeds: to avoid awakening the passengers, the train moves slowly, gently rocking the sleepers with progressive accelerations and long brakes. And yet, we never sleep too soundly in a night train, probably so as not to deprive ourselves of the sensation of traveling and because a surprise awaits whenever we wake up.

9782742463398 | 2021 | 320 PAGES | 17,8 X 23,7 CM | 25.00 €

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# Well-Being

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› 24 HEURES DANS LA VIE D'UNE FAMILLE HÉRISSON : DES SOLUTIONS PRATIQUES POUR UNE VIE DE FAMILLE SÉRÈNE

## 24 HOURS IN THE LIFE OF A HEDGEHOG FAMILY

PRACTICAL SOLUTIONS FOR A CALM FAMILY LIFE

Both moving and funny, this book is a guide to considerate upbringing, brimming with practical advice to make family relationships smoother. In the hedgehog family, they love each other, but they do not always understand each other! Through 10 situations with a potential for conflict (mornings, leaving for school, friends, meals, homework, quarrels between siblings, games, bath time, bedtime, being scared at night, etc.), the author deciphers the emotions, constraints, and each individual's rhythm.

9782226465238 | 2021 | 125 | 21,5 X 28 CM | 15.90 €



› 70 GESTES SANTÉ : PRÉVENIR PLUTÔT QUE GUÉRIR

## 70 WAYS TO STAY IN GOOD HEALTH

PREVENTION OVER HEALING

DR. VINCENT VALINDUCQ

*Thanks to a few simple and scientifically proven changes to your habits, preserve your health for many years to come!*

In this practical guide, the author gives a wealth of advice and preventive actions to adopt in various domains of your daily life: food, hygiene, physical activity, sleep, etc. For each subject, the author presents:

- The latest scientific advice
- Concrete changes to be made
- The direct benefits for your health

A book for the general public, based on the latest research, presented in a relaxed and playful manner by Dr. Valinducq.

9782226465184 | 2021 | 174 PAGES | 16,5 X 22 CM | 16.90 €

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## Albin Michel Pratique [www.albin-michel.fr](http://www.albin-michel.fr)



**CHARLINE VERMONT**

*The first guide to positive sexual education for all families.*

› CORPS, AMOUR, SEXUALITÉ :  
LES 100 QUESTIONS QUE VOS ENFANTS  
VONT VOUS POSER

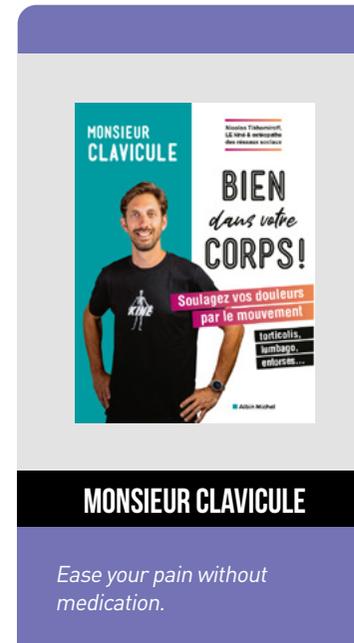
# BODY, LOVE, SEXUALITY

## 100 QUESTIONS THAT YOUR CHILDREN ARE GOING TO ASK YOU

An inclusive, considerate, and fundamental book. Approved by professionals in the fields of health and education, this book is constructed around 100 questions and answers – adapted to each stage of a child's development – on the themes of the body, consent, sexual orientation, love, puberty, pleasure, and reproduction. With pages specifically written for parents and others for children between the ages of 5 and 12, the contents evolve according to the child's age and maturity (with a clear color code).

9782226466535 | 2021 | 207 PAGES | 17,5 X 22,5 CM | 15.90 €

## Albin Michel Pratique [www.albin-michel.fr](http://www.albin-michel.fr)



**MONSIEUR CLAVICULE**

*Ease your pain without medication.*

› BIEN DANS VOTRE CORPS ! :  
SOULAGER VOS DOULEURS PAR LE MOUVEMENT

# FEEL GOOD IN YOUR BODY!

## EASE YOUR PAIN WITHOUT MEDICATION

Cramp in the neck, backache, or painful shoulders? Monsieur Clavicule explains how to deal with all of these little everyday problems. A book based on the most recent scientific research to sweep away our preconceived ideas and help us stay in shape through numerous exercises, shown in photos. Keeping the whole body in mind, the author provides advice for sleeping better, practicing a sport, and meditating. Bonus: the right postures to adopt when telecommuting!

9782226461605 | 2021 | 207 PAGES | 18,5 X 23,5 CM | 16.90 €

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› FÉMINITÉ SACRÉE : ORACLE THÉRAPEUTIQUE DE LA FEMME SORCIÈRE

## SACRED FEMININITY

### THE WITCH WOMAN'S THERAPEUTIC ORACLE

By choosing to open this oracle, you are deciding to take charge of your destiny as a wild woman by freeing yourself from all of your conditioning and constraints in order to rediscover total freedom and thereby fully embrace your destiny and your dreams. This is an invitation to take on one of the greatest challenges of your incarnation by revealing your unexploited potential. With its life workshops, this book will guide you and help you to continue along your life path.

9782212573299 | 2020 | 224 PAGES | 12,5 X 17 CM | 22.90 €

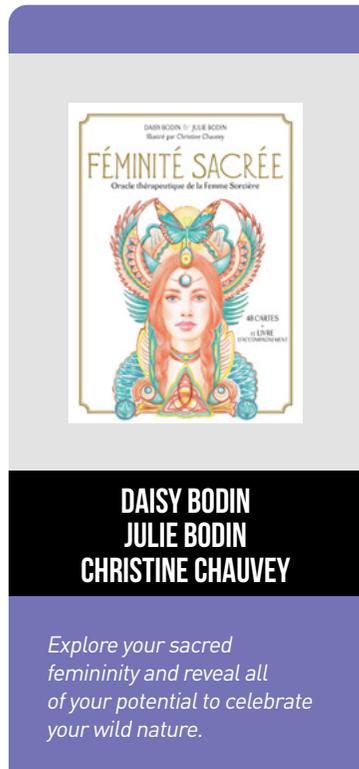
› LES BONHEURS DE L'ART : 18 PAGES OEUVRES MAJEURES POUR CHANGER SON REGARD SUR LA VIE ET ÊTRE HEUREUX

## THE HAPPINESS OF ART

### 18 MAJOR WORKS TO CHANGE YOUR OUTLOOK ON LIFE AND BE HAPPY

Through a selection of emblematic works, Saverio Tomasella invites us on a journey to stimulate our imagination and dreams. No need for artistic expertise to feel, perceive, and appreciate. Each work resonates with the viewer and passes on a message. Each painting reveals a fragment of happiness. Saverio Tomasella invites us to discover our deepest selves in a bouquet by Séraphine de Senlis, the first steps of childhood in a scene by Vincent Van Gogh, or the path of our desires in a sculpture by Camille Claudel.

9782212572261 | 2021 | 168 PAGES | 21 X 29 CM | 16.90 €



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**NATACHA DZIŁOWSKI**

*My secrets for getting older without getting old.*

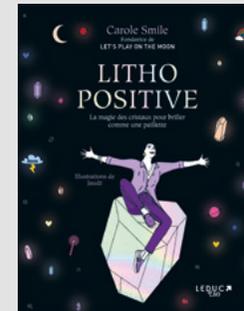
› BELLE & BIEN DANS SON ÂGE :  
MA MÉTHODE POUR PRENDRE DE L'ÂGE  
SANS VIEILLIR

## COMPLEX-FREE AT 50

HOW TO GET OLDER WITHOUT GETTING OLD

To deal with the fast-paced rhythm of our lives, we need to help our bodies so that they can help us in return. The sooner we start the better, but it is never too late. Youth is, above all, about energy. Getting older does not necessarily mean getting old. On the agenda: understanding, helping, and loving your body; working with your body as a team; eating right; boosting your metabolism and health; looking after your skin and hair; thinking positively; and working on your mental game.

9791028522360 | 2021 | 252 PAGES | 15 X 21 CM | 19.90 €



**CAROLE SMILE**

*The benefits of 40 crystals to achieve well-being.*

› LITHO-POSITIVE : LA MAGIE DES CRISTAUX  
POUR BRILLER COMME UNE PAILLETTE

## LITHO-POSITIVE

THE MAGIC OF CRYSTALS TO SHINE LIKE A STAR

The author shares the secrets of lithotherapy by identifying 40 essential crystals to help you find balance in your life, emotions, mood, and see life through rose-colored glasses and glow! You will learn all about each stone: its benefits, how to use it and clean it, the most advantageous associations with other crystals, etc. A 100% well-being book, for the widest possible readership!

9791028522735 | 2021 | 191 PAGES | 17 X 22 CM | 20.00 €



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MARILYN BRETEGANI

*An ancestral herbalist's handbook to take care of your health with plants and Celtic medicine.*

PLANTES DES CELTES :  
SAGESSES DU MONDE VÉGÉTAL SAUVAGE:  
GUIDE D'HERBORISTERIE ANCESTRALE  
POUR SE SOIGNER AUJOURD'HUI

# PLANTS OF THE CELTS

WISDOM FROM THE WILD PLANT  
WORLD: A GUIDE TO ANCESTRAL  
HERBAL PRACTICES FOR HEALING

This book of ancestral herbal practices invites you to rediscover rituals, treatments, and initiations using the plants of Celtic medicine. You will find:

- 1) All you need to know about traditional herbal practices: the history, structure, cycle, soil, and landscape of archaic healing plants, and rituals with plants
- 2) Plants in sacred slots on the wheel of Celtic medicine: the circle as a healing form, the 4 directions, the 4 seasons, the 4 elements
- 3) 8 Celtic rites of passage

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