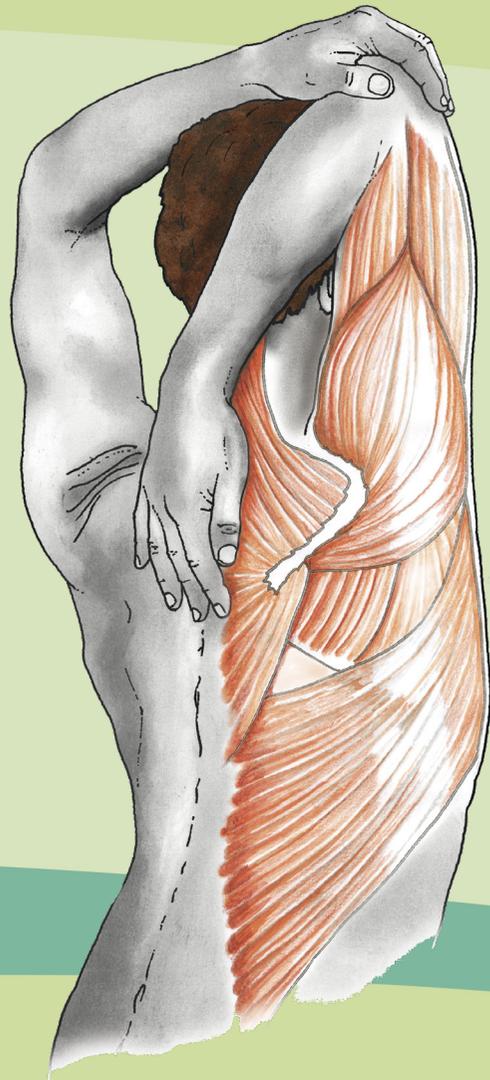


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2024

DÉSIRIS



Exercices pour corriger un pied pronateur ou supinateur

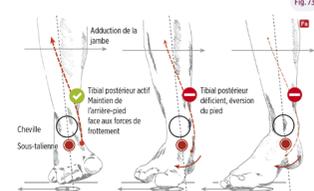
Consignes d'exécution

- Produire une légère inversion du pied afin de décoller la tête du premier métatarsien (première colonne/premier rayon), ce qui a pour conséquence de porter davantage l'appui sur l'extérieur de l'arche antérieure du pied. En cas de difficulté, imaginer que nous avons une poussoir sous le premier métatarsien nous obligeant à allonger cette zone.
- À partir de cette position, ramener le pied droit contre le pied gauche en le faisant glisser sur la partie antéro-externe de l'avant-pied (côté antérieur) (Fig. 72). Le pied est à l'image d'une cuillère ramenant du sable (Fig. 73).



Zone en contact avec le sol lors du glissement

Fig. 72



Adduction de la jambe

Fig. 73

Tibial postérieur actif
Maintien de l'arrière-pied face aux forces de frottement

Tibial postérieur déficient, eversion du pied

Chèvre

Sous-taliers

Les forces de frottement génèrent une contrainte d'inversion

Contact localisé au niveau de la partie antéro de l'arche antérieure

Eversion du pied prononcée

99

● ● ● Pratique en fin

Contracter les multifides pour répartir le mouvement dans la Torsion ou *Marychiasana*

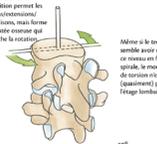
Cette posture présente de nombreuses variantes. On observera ici celles qui mobilisent la colonne en rotation (torsion) en repartant d'abord que la possibilité de ce mouvement n'existe pas partout dans la colonne.



Fig. 72

La torsion localisée au niveau lombaire. On peut regarder le tronc de bas en haut. Les premières vertèbres, dans la région de la taille, sont les lombaires.

Leur forme, à l'arrière, voit des articulations semblables verticalement comme des tronçons de cylindre. Cette disposition permet les flexions/extension/inclinaisons, mais forme une barre osseuse qui empêche la rotation.

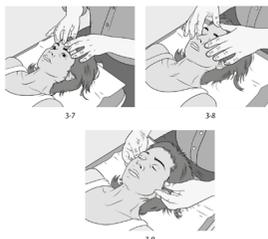


Même si le sacro-vertébral pour être plus à ce niveau en forme de spirale, le mouvement de torsion (rotation) (également) peu à l'étage lombaire.

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Ostéopathe non structurale

Étude comparative droite/gauche essentielle dans le diagnostic de notre technique.



3-7

3-8

3-9

Voici trois exemples (Fig. 3-7, 3-8 et 3-9) où l'analyse se fait sur deux parties symétriques du crâne. Ceci bien sûr, en ostéopathe crânienne, que le thérapeute établit ses diagnostics:

- sur la Fig. 3-7, la prise crânienne est celle de l'os frontal avec étude comparative droite/gauche;
- sur la Fig. 3-8, elle analyse les maxillaires supérieurs et,
- sur la Fig. 3-9, les dents os temporales.

Cette analyse comparative est (presque) infallible. Le constat lésionnel sera basé sur cette étude comparative, droite/gauche, riche en informations.



Blandine Calais-Germain

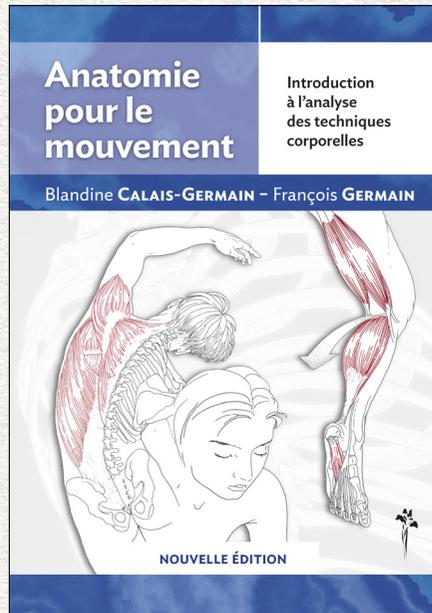
Physiotherapist and dance teacher, Blandine Calais-Germain developed an original teaching method linking anatomy and body techniques. For 35 years, she has given anatomy training courses. Author of several books such as: *Anatomy of Movement, Breathing, Female Perineum, Abdos without Risk, etc.*, translated into 19 languages, she takes part in the forum postural anatomy of the magazine *Esprit Yoga*.

In 2015, she launched the diploma course AnatomYoga®, a comprehensive training in applied anatomy for yoga teachers.

AnatomYoga® Diploma Course: comprehensive training in descriptive and functional anatomy ensure professionals to work in the knowledge and respect of the body's structure.

Teaching and conferences in institutions or schools:

Eva Ruchpaul Institute, institution of higher education (Yoga) - Training course: *Les ailes du Yoga* (Ashtanga Yoga - Paris) and BYC (Barcelona Yoga Conference).



This book includes QR-codes giving access to videos illustrating the descriptions given by the author.

**NEW ÉDITION
WITH QR-CODES !**

Anatomy of Movement, volume 1

An Introduction to the analysis of body techniques
A new edition enriched by 100 QR codes

Updated nomenclature and clearer diagrams

302 pages - 2023 - 50 755 words

MORE THAN 1 MILLION COPIES SOLD OVER THE WORLD

Rights Sold: German, Chinese (complex, simplified), Korean, Italian, Romanian, English (USA), Hebrew, Slovenian, Spanish, Greek, Russian, Polish, Dutch

For almost forty years now, and through 5 successive editions, this book has provided easy access to the bases of anatomy for all people studying anatomy and/ or practicing a body technique.

It describes the musculoskeletal system with abundant illustrations: over 1100 commented drawings show the bones, joints, and muscles in direct relation with the movement situations that concern them.

The following areas are addressed:

The trunk: Spine, pelvis, rib cage.

Upper extremities: Shoulders, elbows, wrists, hands.

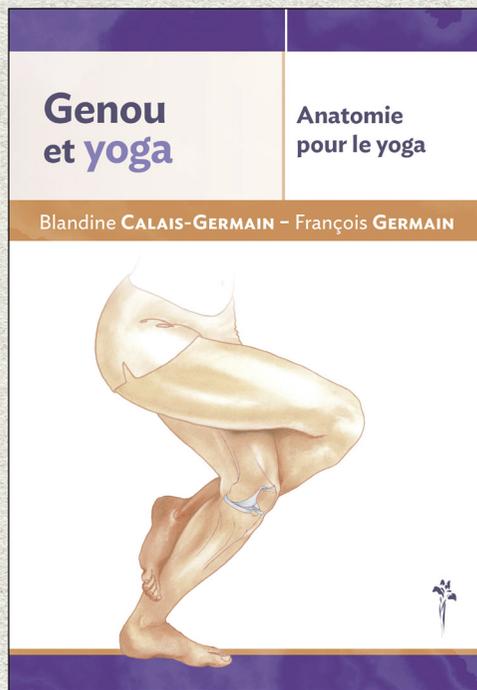
Lower extremities: Hips, knees, ankles, feet.

For each area, comments deal successively with:

- * The morphology of the area
- * Movements made by this part of the body
- * Bones, joint structures and the different muscles involved

The new edition of this reference book – translated into 19 languages, and sold in over 40 countries – is enhanced with 100 QR codes that provide the reader with a better view of the structures described in the text, thus constituting a new tool for understanding anatomy.

**RELEASE IN FRANCE :
AUTUMN 2023**



This book includes QR-codes giving access to videos illustrating the descriptions & exercises given by the author.

Knee & Yoga

Yoga Anatomy

224 pages - 2022 - 31 000 words

Rights Sold: Italian (Epsilon), Russian (Popuri), Spanish (Kairos)

The knee in yoga...

Many yoga postures are beneficial and actively help our knees align. Yet, sometimes, the knees can, contrarily, suffer constant forcing, tightness and overloading. This book exposes how these elements must work together in order to create the right balance of this large and complex joint. It observes all this in yoga: numerous postures are analyzed, with suggestions on how to warm up, adapt and take precautionary measures to limit over exposure and therefore prevent injury. This is a highly informative guide on yoga, that will enable readers to take better care of their knees while carrying out yoga postures and poses.

Muscles and yoga

Yoga Anatomy

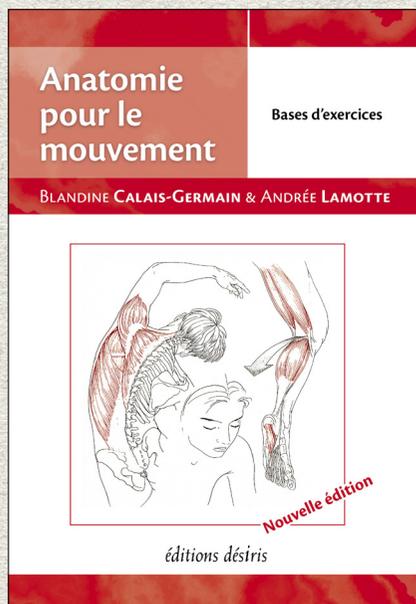
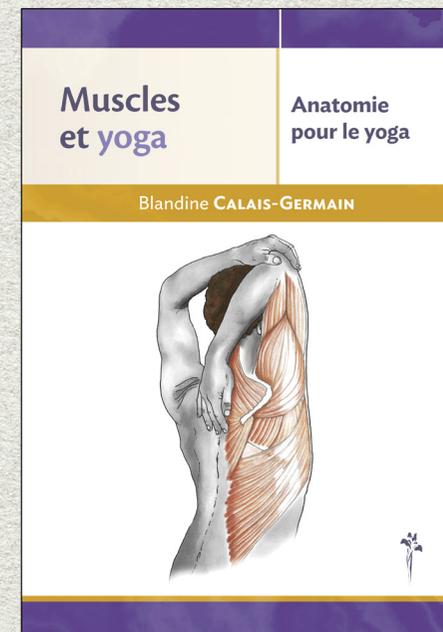
"On the occasion to reprint the title "Anatomie pour le yoga" we have decided to interchange the title and subtitle which is in fact the title of the collection. So instead of « Anatomie pour le yoga " the title will now be "Muscles et yoga"."

224 pages - 2017- 39 000 words

8500 copies sold

Rights Sold: Romanian (Polirom); Korean (YeongMun), Italian (Epsilon), English (USA - Eastland Press) - Chinese complex (Taiwan- Ho chi books), Chinese simplified (Beijing), German (Roemerverlag), Spanish (Liebre de Marzo), Polish (A-TI), Hebrew (Trachel), Russian (Popuri), Slovenian (Emanat)

Going from posture to posture, when doing yoga, our muscles guide our bones, maintain our joints, protect our nerves, suspend and lift our body parts, etc. This book is a guide to the different roles that muscles play in yoga practice. With the help of the examples that illustrate postures and how each one solicits one or more muscles, the reader is able to distinguish and appreciate their various roles. This volume allows the reader to experience a more enlightened yoga practice through developing a better understanding that will lead to greater benefits. Muscles guiding bones, maintaining joints, protecting nerves, lifting up and down body parts... Yoga has many functions. Through sheets and examples observing each muscles and their roles, this reference book help perceiving fully all yoga's aspects.



Anatomy of Movement, volume 2

Exercises

304 pages (new editions in **2014**) - Updated nomenclature and clearer diagrams - 41500 words

New, updated edition with over 800 drawings !

Rights Sold: German, Chinese (complex, simplified), Korean, Italian, Romanian, English (USA), Hebrew, Slovenian, Spanish, Greek, Russian, Polish, Dutch

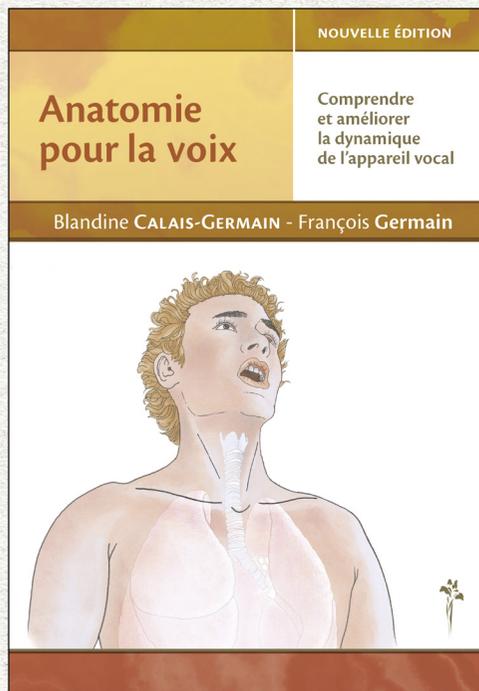
In the past few years, we have become increasingly aware of our bodies and of how they work and move. ANATOMY is no longer a subject reserved for specialists alone, rather, all who regularly practice a sport or do other bodywork can also benefit from its study.

In a very lively manner, this book gives a panorama of the bones, joints, and muscles directly linked to movement. It relies heavily upon the illustrations in the volume.

These illustrations have captions, which may be used in one of two ways: for a quick overview, or for more in-depth study.

This is a basic book that enables the reader to quickly grasp the basics of anatomy, essential to all bodywork and sports.

It is a complete guide for body techniques including, martial arts, dance, gymnastics, physical therapy, mime, psychomotricity, sports, theatre, and yoga.



Anatomy of Voice

Understanding and improving vocal system dynamics

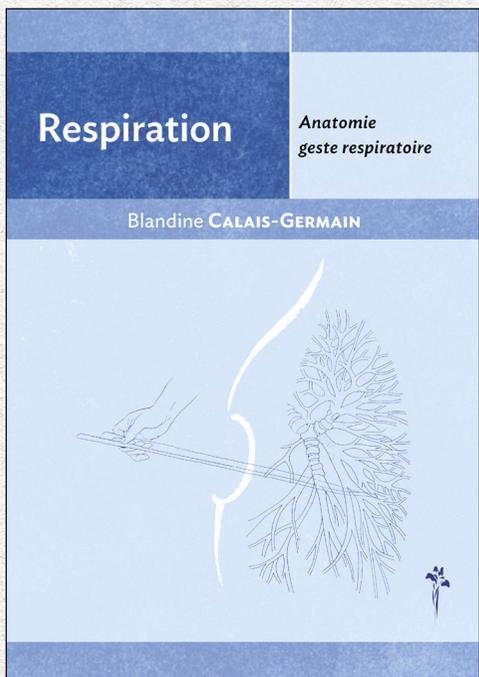
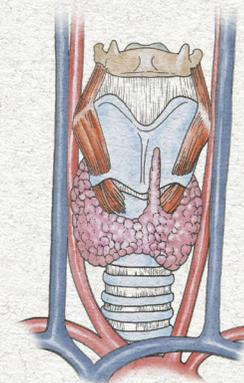
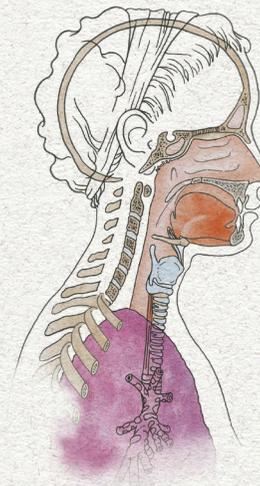
296 pages - 2019 - 52 000 words

9000 copies sold

Rights Sold: Korean (Yeongmun), English (USA - Inner Tradition), German (Helbling Verlag), Chinese simplified (Henan Science and Technology Press), Italian (Epsilon), Spanish (La Liebre de Marzo), Russian (Popuri), Portuguese (Thieme)

“Anatomy of Voice” deals with the anatomical knowledge in relation to human voice system.

The study of the voice is introduced here with the same perspective as the author’s other best-seller *Anatomy of Movement*, with clear and precise illustrations. This highly visual approach makes the topic as clear as possible for all kind of readers. This reference book is aimed mainly at people such as : singers, choir singers, actors, orators, teachers and in general to anyone interested in the topic of human voice system for professional and personal reasons.



Breathing

Anatomy - breathing movement

224 pages - 2005 - 42 000 words

23 000 copies sold

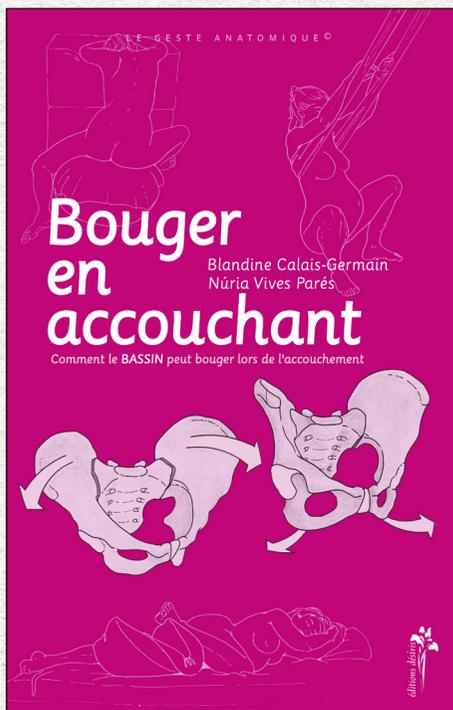
Rights Sold: Korean (YeongMun), English (Usa- Inner Tradition), Italian (Epsilon), Chinese simplified (Beijing), Spanish (La Liebre de Marzo), Russian (Popuri)

This reference book proposes to explore breathing gestures: by describing the process, explaining the anatomic systems, and identifying the forces at play through the practice of numerous exercises.

There are at least a hundred ways to breathe... and even more...

Breathing is an extremely diversified action. Most of the time, we are not aware of our breathing, because we are so intimate with it, and because it becomes a part of something we are doing – a body movement that entails more than breathing alone. The reader will learn that there are no bad ways of breathing, that each, in its own way, is important : each will accompany our movement in certain situations, and be appropriate for achieving specific goals.

This book is aimed at all professionals who use breathing in their work: physical therapists, midwives, psychomotor specialists, P.E. teachers, water-gym instructors, yoga and body consciousness teachers, professionals in the living arts (music, singing, theatre, dance, mime, circus) as well as teachers, journalists, lawyers, phoniaticians, speech therapists, relaxologists, sophrologists, psychiatrists, psychotherapists, psychologists and psychoanalysts.



Preparing for a gentle birth

How the pelvis can move during childbirth

176 pages - 2009 - 35 500 words

8 000 copies sold

Rights Sold: German (Elwin Staude Verlag), Korean (YeongMun), English (USA- Inner Traditions), Italian (Epsilon), Chinese simplified (Beijing), Spanish (La Liebre de Marzo), Polish (Wseit)

A reference book which focuses on the PELVIS during childbirth.

This is a new, three dimensional vision of the pelvis in movement.

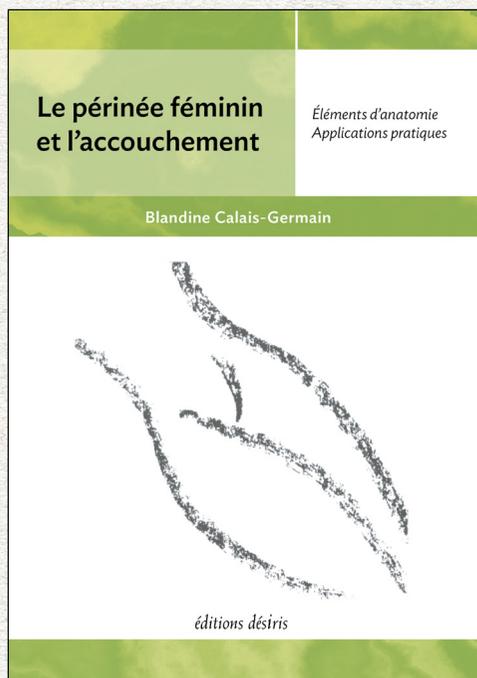
15 years of research, exchanges and verification throughout workshops given in hospital maternity wards in Spain, France and Uruguay have enabled the authors to specify how some movements and positions enable the pelvis to change its form to better accompany the foetus delivery. How to encourage, and not obstruct these changes when delivering.

This book is aimed at:

- midwives, obstetricians ;
- pregnant women who wish to become familiar with their pelvises and prepare it for this event, as well as all people who are preparing to accompany a woman in childbirth.

All professionals specialized in movement who teach pregnant women: Yoga professionals, Qigong, dance, prenatal singing, water birthing preparation, etc.

Nuria Vives, a psychomotor therapist, teaches anatomy for movement to hospital and maternity ward staff, and particularly in the context of preparing for childbirth.



The Perineum and the Delivery (New Edition 2021)

Anatomy - Practical applications

160 pages - 2004 - 30 000 words

24 000 copies sold

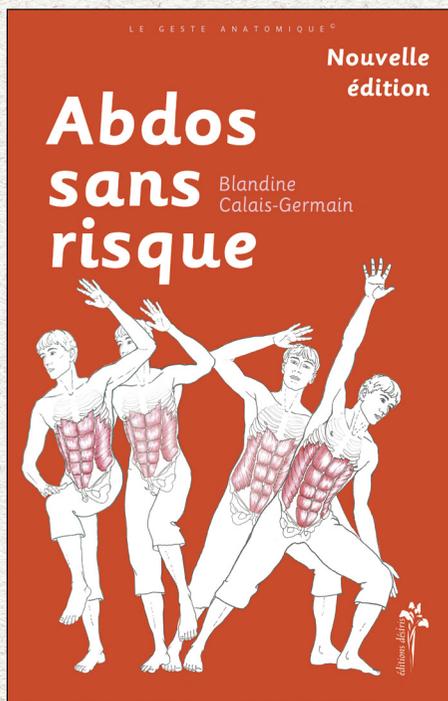
Rights Sold: Korean (YeongMun), English (USA- Inner Tradition), Italian (Epsilon), Japanese (Medical press), Chinese simplified (Beijing Science & technology press), Polish (Wseit), Spanish (La Liebre de Marzo), Russian (Eksmo)

The female perineum lives and reacts to any age of women's life, especially through sexuality, childbirth and its consequences.

This reference book is aimed at all women, through a process of awareness and reasoned experimentations, for a better understanding of their bodies.

A simple language, specific anatomical explanations and practical exercises allow an easy understanding and an accuracy in terms of physiology.

Professional such as: doctors, physiotherapists and midwives will find in this book an accessible introduction on the perineum, childbirth and its aftermath.



No-risk Abs

160 pages - 2019 - 37 500 words

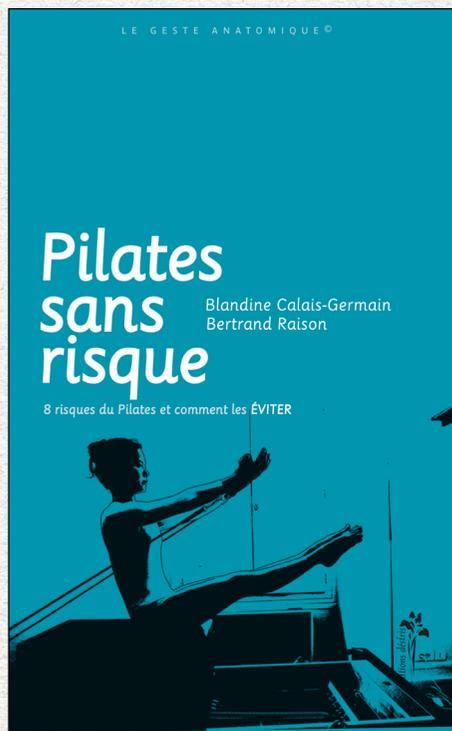
12 500 copies sold

Rights Sold: Korean (YeongMun), English (USA - Inner Tradition), Italian (Epsilon), Chinese simplified (Posts and Telecom Press Co.), Spanish (La Liebre de Marzo), Flemish (Bohn Stafleu), Russian (Popuri)

No-risk Abs deals with a new type of Abs, designed with respect for the body's anatomical structure, questioning commonly accepted ideas regarding these notorious muscles, about which we really know very little.

“Abs” are those exercises you do in fitness centers and health clubs most of the time to be fit, and maintain a flat stomach. But it is important to know that the strength alone of the abdominal muscles is not enough to keep a stomach flat and that constantly working to make these muscles stronger is not without risk: out of control or poorly executed, abs can even damage the perineum, the stomach walls and the intervertebral discs. Nevertheless, it is true that if the muscles here lack strength, working on abs would be useful. Thanks to the three reading levels, No-risk Abs spells out the precautions to observe when doing the most common exercises and enables you to find the best possible practice to achieve the goals you set.

The book is aimed at all those who do abs in yoga, dance, aqua gym, circus, singing, martial arts, but also, physical therapists and P.E. teachers.



No-risk Pilates

8 risks of Pilates and how to avoid them

112 pages - 2010 - 18 755 words

5 000 copies sold

Rights Sold: Korean (YeongMun), English (USA - Inner Tradition), Italian (Epsilon), Chinese simplified (Beijing), Spanish (La Liebre de Marzo)

This book explains the connection between human anatomy and pilates exercises. By taking into consideration body structure, it highlights the risks involved and offers possible prevention measures, always tying practice to theory.

Each chapter deals with one specific risk related to a type of exercise, exposes the reasons, offers solutions, and lastly describes similar exercises using the reformer or mat where the same risk occurs. The eight chapters enable the reader to memorize exercises by associating practices and anatomy.



Therapeutic Running

Running to shape yourself and shaping yourself for running

192 pages - 14 x 21 cm -
18 755 words

Rights Sold : Russian (Popuri)

More than just running, it's the way that matters and that shapes us. Developing a "natural" forefoot or mid-foot stride is a long process during which a slow transformation of the body takes place. This period of adjustment combines an adjustment of gestures that improve cushioning of each stride, but also, through transference, body dynamics of daily life for practicing sports (reactivity, tonicity, etc..) right through to locomotor ease in senior citizens.

This stride is a new therapy that is part and parcel of a new art of running. But running economics are not solely founded on technique, it also depends on posture and more precisely, within the context of this book, of the freedom and balance of the pelvis, the suppleness and elasticity of the thorax, strong back muscles and trunk solidity – all elements that develop with quadruped or climbing exercises and that improve the dynamics of running.

RELEASE IN FRANCE :
AUTUMN 2023

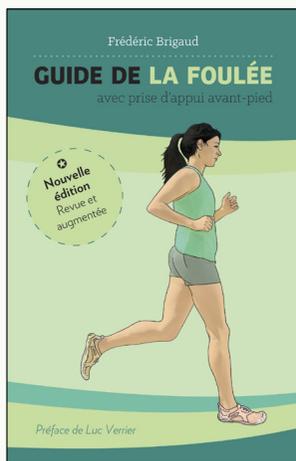


Frédéric Brigaud

The consultant of human biomechanics **Frédéric Brigaud** assists high-performance athletes with **D.O (Osteopathic Medicine)** since 1994.

He has designed postural-dynamic principles for a better management of the body and the biodynamical strategies in the movement. His methods are suitable for any sport activity. Brigaud's pedagogy addresses both professionals and amateur and is easy to understand and further enhanced with illustrations.

General public books



The Stride's Guide

with a Forefoot Strike

256 pages - 2016 - 40 000 words

10 000 copies sold

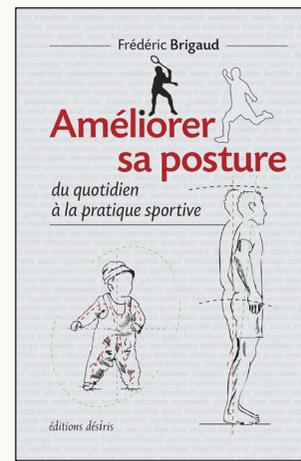
Rights Sold : Italian (Gremese).

A stride with support from the forefoot, it is also the minimalist or natural stride. It does not only resume itself to another position of the foot, but really allows a better running experience.

The support from the forefoot's technique will allow you to run more efficiently and comfortably.

This practical guide has numerous illustrations and exercises. Videos are accessible online through **QR codes**. An efficient guide for professional and amateur.

Codes QR



Guide to good Posture

from everyday life to sports activities

256 pages - 2016- 21 000 words

Rights Sold : Italian (Epsilon).

Good posture is an important part of our long-term health. This practical book makes sure that we hold our body the right way, whether we are moving or still, can prevent pain, injuries, and other health problems.

The author explains here how to improve, maintain and tone our posture, how to connect different parts of the body for better physical health. Posture is the expression of our learning and our repetitive gestures, which have the effect of gradually modeling our body and stere

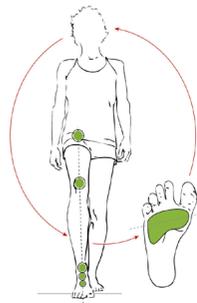
Codes QR

Technical books

Corriger la posture

et les instabilités articulaires

Frédéric Brigaud



éditions désiris

Rectify the Posture and joint instabilities

288 pages - 2019- 75 000 words

Rights Sold : Chinese simplified (Beijing Science Technology press), Korean (Yeongmun), Italian (Piccin Nuova Libreria)

The body allows a thousand and one gestures and postures to carry out the same action but nothing guarantees us to spontaneously automate the most adapted and the most effective from a physiological and biomechanical point of view. For a more effective action, it is enough to have a more precise conceptualization of the functioning of the body and to know where we are located, towards what we can strive and the means at our disposal.

By intervening on the technical part of the gesture, we act on the posture, correct the articular instabilities, and rebalance the body to prevent the non traumatic lesions of the osteo-articular apparatus, for more performance and ease or aesthetic. Postural defect or articular instability must be seen as the automation of a technical defect in the course of the gesture which, to be corrected, simply requires a new learning.

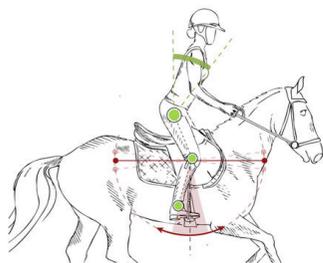
This book focuses on the legs, pelvis and spine. While some concepts have been explained in *Walking and Sport Performance*, now unavailable, the scope and protocols are much broader and expanded here.

Codes QR

Repenser l'équitation

Gestes, postures & performance

Frédéric Brigaud
Joséphine Lyon



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Rethinking Horse Riding

Gestures, postures and performing

320 pages - 2021- 103 700 words

Book co-written with **Joséphine Lyon**

What horse-rider has not dreamed of practising fluid, efficient riding, without any jerkiness and or pain?

Such a goal requires a threefold approach:

- Understanding the ins and outs of horse riding to gain greater control and not let your training be driven by chaotic chance;
- Being aware of the means to efficiently interact with one's horse in every situation;
- Understanding the gestures to put into action in order to optimise the rider/horse relationship but also to preserve one's body as well as the horse's, being aware of your limits.

Horse-riding is far from being an ordinary sport: Remaining in a state of harmony with one's horse and winning a competition requires both skill and subtlety. This book will give you the keys to: Analyse your own body language, become aware of right and wrong gestures, and learn solutions to correct errors.

Reading this book will change the way you see horse-riding and your practise, which will never be the same.

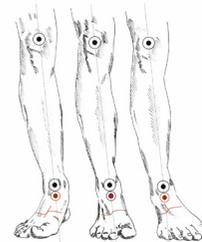
Codes QR

Corriger le pied

sans semelle

Frédéric Brigaud

Nouvelle
édition
augmentée



éditions désiris

Correct the foot without a insole

240 pages - 2019- 54 000 words

Rights Sold : Korean (Yeongmun), Chinese simplified (Beijing Science Technology)

Codes QR

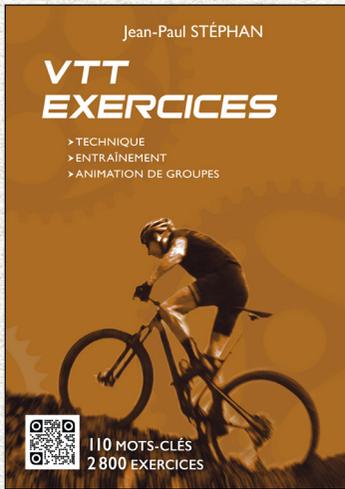
A flat foot with pronation or hollow foot with supination is not a fatality: it is basically only the result of a "defect posture", that it is possible to correct.

This book introduces a new concept of the foot's functioning, in order to go beyond the usual and wrong idea that the foot is a block and that pronation and supination has no other solution than wearing insoles or corrective shoes.

A functional foot provides an effective junction with the ground and enhances the taking of support, by a better support of the "ankle" and thus plays a role in the prevention of sprains. In addition, it increases the leeway in case of lack of balance and allows to develop a more dynamic support.

This new book reviews the analysis and correction procedures of the previous edition, now out of print, integrates the additional information published in the meantime and develops the elements of the book : " La course à pied ", now unavailable, which specifically concerns the foot's biomechanics.

Others titles : sports books



Codes QR

VTT Exercices

Techniques, training, group leadership

Jean-Paul Stéphan

320 pages - **2021** - 78 600 words

Ten years after the success of *VTT Rouler plus vite*, Jean-Paul Stéphan offers here a complete book of 2,800 exercises to improve in the training, technique and organization of mountain bikers' groups.

The exercises' order in 110 keywords makes it easy to find the wanted subject. A practical guide with more than 50 QR-codes giving access to videos that introduce the suggested exercises and thus complete some technical explanations.

A book for all mountain bikers, from beginner to high level, eager to progress technically and physically, but also for instructors, coaches and PE teachers involved in mountain biking.

More than 50 videos linked to QR-codes on the publisher's Youtube page (more than 800 subscribers, 400,000 views) to better watch the suggested exercises.



VTT Rouler plus vite

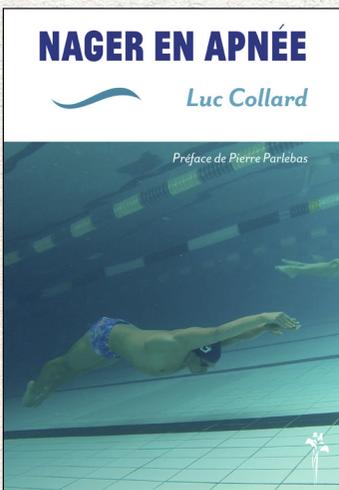
Jean-Paul Stéphan

Training, nutrition, ethics

432 pages - **2008** - 256 000 words

The reference book on mountain biking

Training cross-country riders is complex, and requires taking physical, technical, psychological, nutritional, and relational aspects all into account at once. It is exactly this complexity that makes the adventure so exciting and always different. Mountain bikes: gaining speed is an interesting contribution for spreading cross-country training know-how. The book contains numerous tips, theoretical analyses, concrete situations, and a series of exercises for making progress, etc. Above all, it pushes one to reflect.



Underwater Swimming

Luc Collard

128 pages - **2020** - 31 257 words

Most publications on swimming underwater concern lung control.

"Underwater Swimming" provides a different approach by focusing on propulsion beneath the surface. The sport is taking over underwater swimming - the 5th stroke.

The analysis presented here reveals the trials and errors but also the findings, with the stated aim of making swimmers want, upon closing the book, to try this new way of swimming, with or without flippers.

Codes QR



Non-Structural Osteopathy

Listening to the Body: An Evolution of the Poyet Method

Jean & Anne-Paule Marchandise

128 pages - **2015** - 28 100 words

Rights Sold : Russian (Eksmo), Italian (Piccin Nuova Libreria)

Two types of osteopathy exist: Structural, manipulative osteopathy and non-structural, fluid, energetic osteopathy. Structural osteopathy is based on a palpatory analysis of deep tissue; the therapeutic action essentially relies on trust (rapid and precise structural manipulation.)

Non-structural osteopathy defined and described in this book, analyzes primary breathing, to which gentle, non-threatening curative changes are applied in order to cause the body to self-correct.

The book offers an energetic technique that activates the body's autoregulatory physiological mechanisms. Designed to illustrate a corrective session, it offers the reader many images, and provides all the information needed to understand and apply this technique, which promises surprising results. After having followed the work of Maurice Poyet, Doctor Jean Marchandise practiced the "Poyet method" for a long time, at the same time he continued to develop his own research and observations. Thanks to this long experience, he was able to make the method evolve and now offers fluid, energetic osteopathy, referred to as À l'écoute du corps® (Listening to the Body.) This osteopathy is the fruit of more than thirty years of daily practice and will provide practitioners new light on articular anatomy and physiology.



Herbalist Guide

A practical manual on health through plants

Patrice de Bonneval

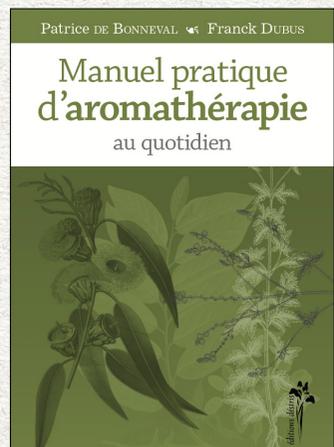
416 pages - New edition - **2006** - 112 600 words

A reference guide which deals with the essential aspects of herbs and the important role that plants play therapeutically. It provides us with many necessary notions for recognising, picking and preparing them.

A complete overview on aromatherapy, natural beauty products as well as herbal medicine for pets, without forgetting old-fashioned recipes and traditional products. Lastly, the Herbalist contains many appendices (trace elements, vitamins, etc...) which make this guide very complete, easy to read and understand, essential for anyone who is interested in using properly of plants.

Patrice de Bonneval founded l'École Lyonnaise de Plantes Médicinales (The School of Medical Plant of Lyon).

He is also president of the Natural Herbal Trade Union. In this book he shares his long experience acquired and enriched over the years by his everyday herbal practice.



A practical manual for everyday aromatherapy

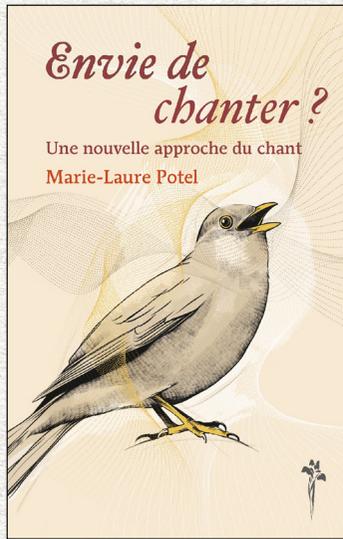
Patrice de Bonneval & Franck Dubus

288 pages - **2014** - 78 000 words

Essential oils are now in everyday use – but do we know enough about them to use them properly? This work takes the reader on a discovery of essential oils and their everyday use, and aromatic cosmetics. It explains the potential and limits of essential oils, and how to make the most of them safely, while taking a global approach to health.

Patrice de Bonneval founded l'École Lyonnaise de Plantes Médicinales (The School of Medical Plant of Lyon).

He is also president of the Natural Herbal Trade Union. In this book he shares his long experience acquired and enriched over the years by his everyday herbal practice.



Codes QR

So You Want to Sing

128 pages - 2021 - 74 000 words

A new approach to singing

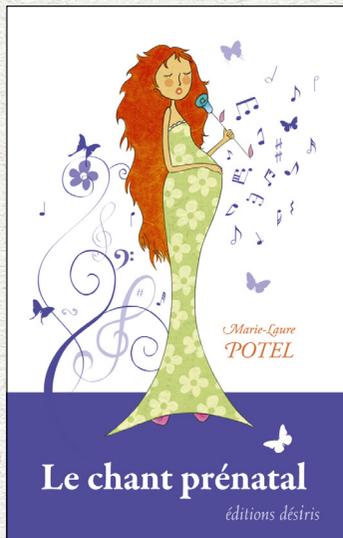
So you want to sing?

This book is firstly an invitation to review the place that singing holds in your life.

Why sing? Because it is an integral part of life. Everyone has the ability and can further develop it.

How do you sing? The body is a musical instrument that we need to discover and become skilled in using. Being familiar with the body and its role in singing is essential for singing well.

Besides, singing is a personal approach that draws on psychological, emotional and relational aspects, hence the need for each person to have their own learning experience.



Pre-natal singing

160 pages - 2011 - 51 620 words

Expect and deliver your baby singing, what a great idea! Pre-natal singing gives this opportunity to pregnant women and to future fathers!

A pregnancy is not only a perfect time to discover or develop your singing voice, it can also be the ideal moment to develop your repertory of songs to accompany your child in utero, then in the following months and years of its life.

This book begins with the story of pre-natal singing, and covers all aspects: physiological, psychological, and practical. It explains the whys and hows for each stage of development. Pre-natal singing workshops offer original exercises based on the voice and breathing that enables pregnant women to fully live their pregnancy and that major and unique life event; delivery.

Pre-natal singing has been on the rise for four years now, so this book devoted to is being released with perfect timing.

Marie-Laure Potel



Marie-Laure Potel is a musician and trained very early in psychophony and pre-natal singing, which she helped develop. She is particularly involved in the refinement of this corporal approach to the voice, open and accessible to all.

She is constantly working with the medical profession. She leads prenatal singing workshops in maternity hospitals and in a music association. From babies to the elderly, she intervenes in various centers as well as in professional training.

The diffusion of prenatal singing is one of her priorities. She trains prenatal singing animators and also transmits it in Spain.

As a mother of four children, she has experienced prenatal singing for herself. She came out of it even more convinced of its benefits.



Artificial Intelligence

An Outline of a General Artificial Intelligence Theory

Alain Bretto

Rights Sold: Arabic (Dawen Publishing House)

126 pages - **2021** - 51 620 words

In just a few decades, what we call artificial intelligence has become an inescapable factor of modern society. To a novice, this form of intelligence can seem to be a difficult, abstruse, even frightening subject. Artificial Intelligence encompasses several scientific fields including intelligence, conscience, reason, intuition, etc.

This essay can be situated somewhere between philosophy, history of calculus and sciences. It approaches the foundations (data, information) and the superstructure (algorithmic calculation,) and objectively sheds light on artificial intelligence realities.

The layman reader will find this essay attractive and reflective as it enables one to demythify and understand artificial intelligence as well as analyse its implications for society.

The more informed reader will discover an outline of a general artificial intelligence theory based on data and calculations. The themes covered in this book, and the different reading levels give an original approach to this intelligence — on which we are now reliant.

Medical Investigations & Evaluation of Medicines

From inadvertent error to the art of fraud

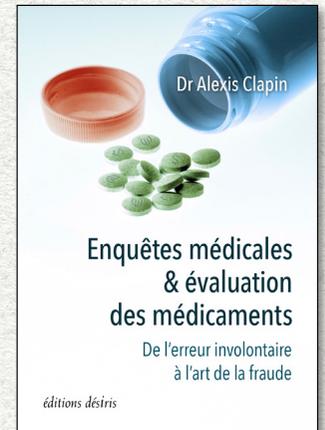
Dr Alexis Clapin

264 pages - **2018** - 80 700 words

A critical reading of clinical studies. An impressive number of biases and their consequences are explained with the support of diagrams.

From the involuntary error, even inevitable, to the art of conscious fraud, here is deciphered how we can, in a more or less subtle way, distort the results of the studies in order to sell a medicine on the market, ignoring the interest of his patients. A book that offers simple solutions to prevent ineffective medicines from being sold.

Alexis Clapin is a neurologist doctor who has been working for twenty years in the pharmaceutical industry and mainly in the medical marketing. He has evaluated numerous studies and surveys extolling the qualities of drugs.



Quantum physics: A Paradox of Relativity?

The formulas know more than we do

Jean Perdijon

144 pages - **2014** - 41 500 words

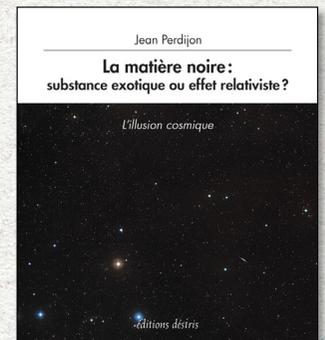
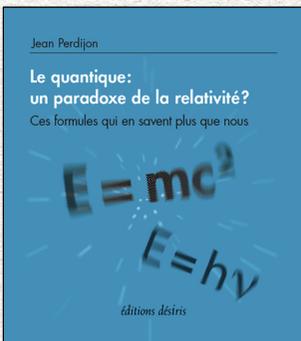
In 1905, Einstein developed the two formulas – $E = mc^2$ et $E = h\nu$ –, that everyone has accepted for a century. The first led to a new interpretation of mass and energy. The second led to the discretisation of energy and to the photon. Two opposed conceptions, that string theory cannot reconcile. Before hunting for a supertheory, is it not simpler to explain the bizarreness of the quantum world as one of the paradoxes of relativity?

Dark Matter: Exotic Substance or Paradox of Relativity ?

Jean Perdijon

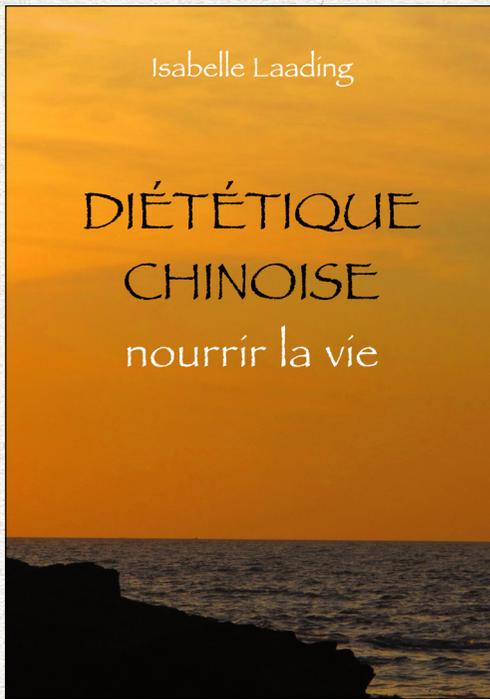
144 pages - **2015** - 40 000 words

In the presence of an anomaly, three attitudes are possible: Negation, invention or reflection. Regarding dark matter, rare are the negationists; almost all scientists propose the existence of an exotic substance... which has maliciously shied away from their detectors for the past 50 years. But mightn't dark matter quite simply be the manifestation at a galactic scale of the acceleration horizon predicted by the theory of relativity?



Médecine chinoise

Isabelle
Laading



Chinese Nutrition

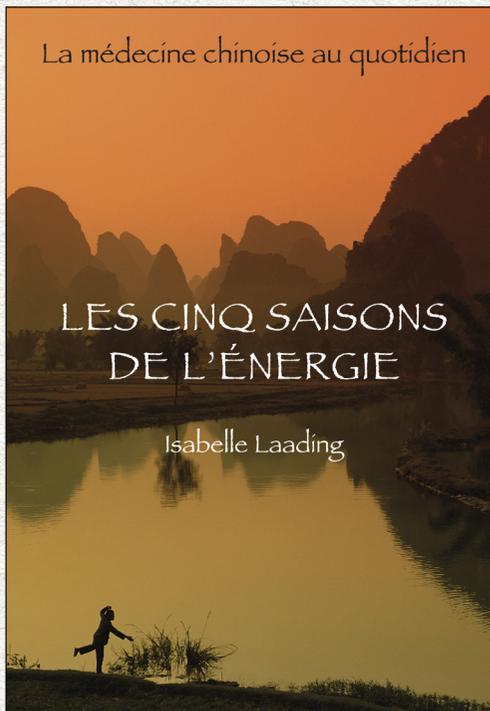
To Nourish Life

354 pages - 2018 - 142 230 words

A pedagogical approach to traditional Chinese nutrition. A practical book to learn how to adapt our way of eating to our needs.

The art of eating is one of the main principles of Chinese Civilisation. Chinese nutrition has been consistent for the past 2000 years and is founded upon unchangeable laws that preside over life: Dynamism, Adaptation and Transformation. Eating to preserve or recuperate good health simply requires following these laws, taking into account the specific properties of the foodstuffs we eat and how they are prepared in terms of their energetic flow.

A practical book issued by a 45 years experience, practices and teachings of traditional health arts such as : Yoga, Shiatsu, Chinese Medecine, Acupuncture and Phytotherapy.



The Five Seasons of Energy

Daily Chinese medicine

224 pages - 2004 - 85 787 words

Rights Sold : Russian (Popuri)

A reference and practical book for a better understanding of chinese medicine.

This books relates all the experience acquired by the author in traditional chinese medicine. Through traditional chinese medicine, which exists since 4000 years, the author introduces the reader into an healthy lifestyle directly related to natural cycles. The five energy's seasons is a practical guide drawing its lessons from the very heart of chinese traditions, and conciling it with modern requirements. Easy to understand, with the perfect balance in between theory and pratice, this work allows you to be creative through your every-day life.

50 000 copies sold since publication !

Since 1968, **Isabelle Laading** has been studying and practicing traditional arts of oriental medecine.

She started with Yoga, Mysore style, and then the teaching of BKS Iyengar at the European center of yoga with J.B. Rishi. Over the years, she studied: Do In, Chinese Psychology, Korean Relaxation, Qi Gong, Sotai, Tuina (clinical experience at Shu Guang Hospital in Shanghai.)

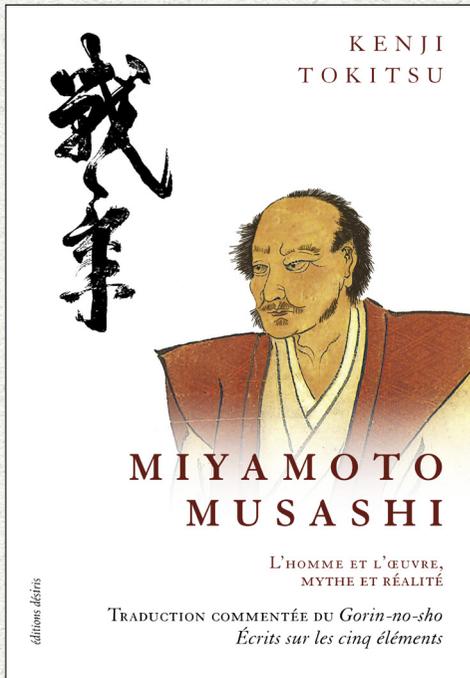
In 1983, she began shiatsu training with Rex Lassalle (Hara Shiatsu International School). She continued in shiatsu and traditional Chinese medicine (acupuncture, pharmacopoeia, Chinese dietetics) with Tokuda Sensei. In 1994, Master Tokuda

entrusted her with the responsibility of divulging his teaching, with the wish of creating a Nonindo-France Institute, which today connects a network of practitioners trained in Tokuda Sensei Shiatsu as part of the *Bateau Ivre* workshops.

More information about her workshops and training sessions:

<http://www.shiatsu-nonindo.fr/>

Martial arts culture



Miyamoto Musashi

The man and the work - myth and reality
412 pages - 2023 - 176 898 words

Codes QR

Rights Sold : English (Shambhala), Spanish (Paidotribo)

A new edition enriched by QR codes : This new edition includes QR codes leading to videos demonstrating Miyamoto Musashi's sword techniques as described in his work.

The adventurous life of Miyamoto Musashi has inevitably made him into a mythical figure in Japanese culture. Famous for his combats, master in the art of the sabre, this warrior was also a calligrapher, painter, sculpture, and author of an influential work.

Miyamoto Musashi became famous in the 20th Century for he was responsible for lifting numerous controversies and polemics that clouded the line between myth and reality.

Kenji Tokitsu holds a PhD in Oriental Languages and Civilizations and is himself a sabre master and specialist in martial arts, and strives to get the best out of both.

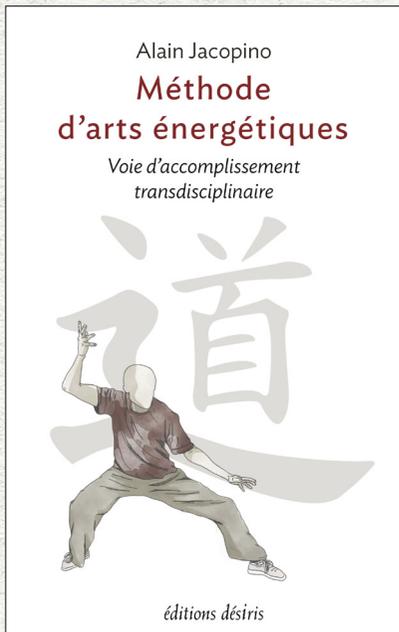
From a new, commented translation of Miyamoto Musashi's work and through his personal experience in martial arts, Kenji Tokitsu paints an original portrait of this legendary character whose life was lived during the period when feudal wars were on the wane in Japan.

Miyamoto Musashi is the story of an exceptional warrior but also of martial arts in a Japanese society that is in the midst of living a new page in its history.

Kenji Tokitsu

A sabre adept, a master of martial arts and the founder of the Tokitsu Ryu International Martial Arts Academy, Kenji Tokitsu gives us here an in-depth reflection on a notion profoundly rooted in the history of his country, revealing the underlying meaning of many Japanese values.

By the same author



The Energetic Method Arts - A cross-disciplinary path of personal development

192 pages - 2024 - 65 000 words

Inner arts elicit numerous questions: fantasy subjects for some, completely rejected by others, but they are backed by a history that stretches back thousands of years in which the author found a real path of personal development.

The long experience of Alain Jacopino in martial arts, his daily practice of inner arts – accompanied, at different times, by Gérald Ansart and Kenji Tokitsu – and the training he himself gives, have enabled him to offer original methods of essential themes to these arts: TaiChi for health and longevity, perfect movement, the role of breath, different aspects of Qi and its integration into daily life, the influence of the ego, training difficulties, etc. All of which are aligned with traditional Chinese medicine, something the author also practices.

The *Energetic Arts Method* is both a theoretical and practical book that offers clear and concrete answers to questions, which all practitioners could ask and gives the means to improve, not only one's movement and health, but also mental, emotional and energetic qualities as well.

RELEASE IN FRANCE : FEBRUARY 2024

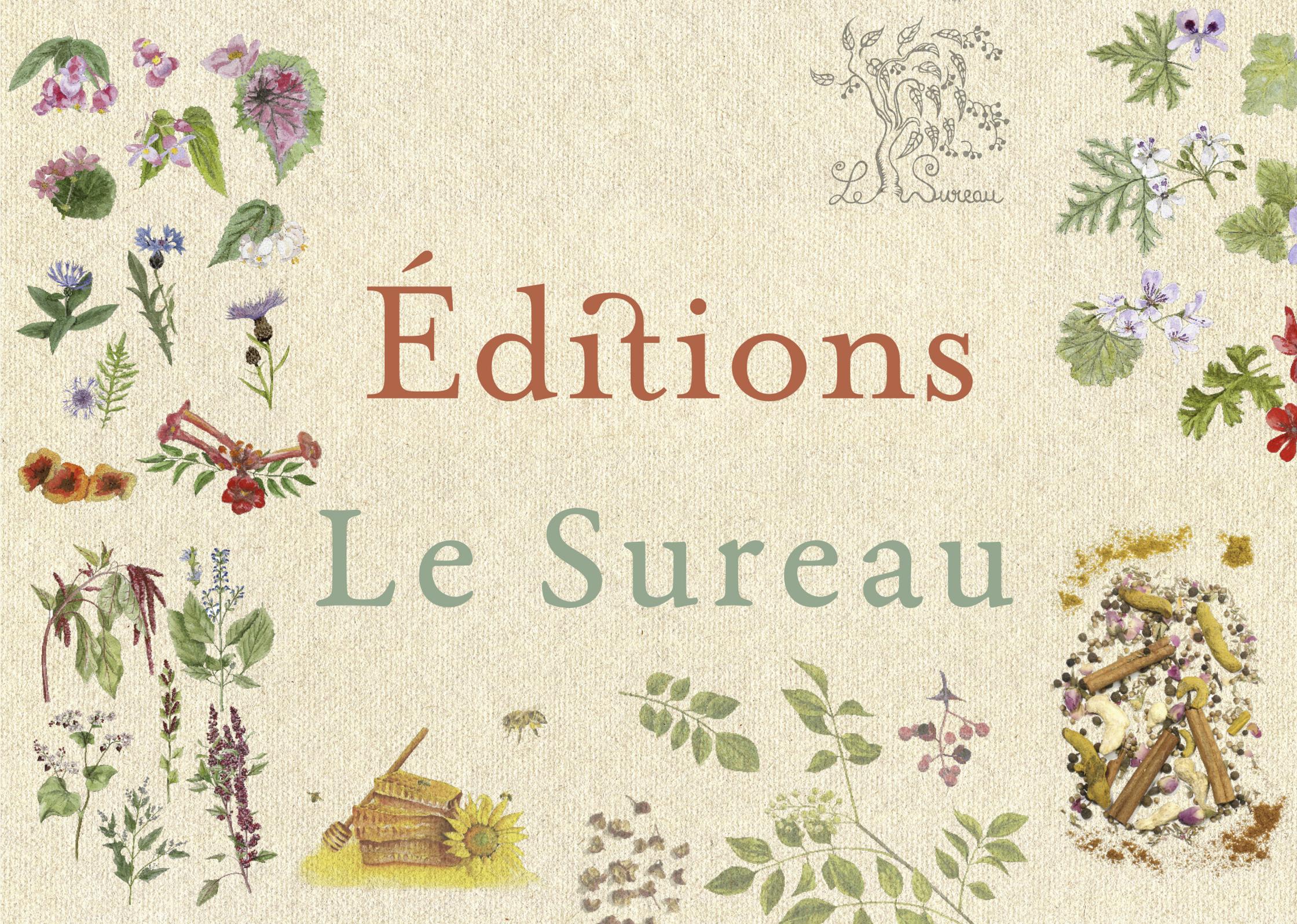
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Éditions

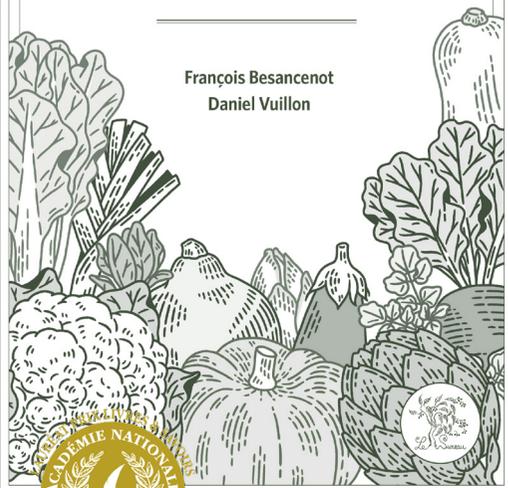
Le Sureau



Légumes des terroirs

histoire, vertus & mode d'emploi

François Besancenot
Daniel Vuillon



Local Vegetables and their Terroir: History, virtues and uses

Awarded with The Grand Prix by the National cooking Academy in 2023 : "Books and Knowledge - category Product"

François Besancenot
Danil Vuillon

264 P. - 16 X 23 CM

Each vegetable is an original story, of differing cultures, culinary or medicinal uses, ways of preparing – and a specific savouriness!

Often treated separately, all sides of vegetables can be found here together in this book that provides necessary keys for understanding from where the vegetables originate, their available varieties, their nutritional and culinary virtues, but also how to choose them in order to conserve all their qualities, from the soil to the plate! The book includes examples to show all this up in the form of sixty original and commented recipes that open the way for optimal consumption of vegetables – where health allies with taste!

Local Vegetables and their Terroir is the product of the collaboration of two men, both passionate about the history, culture and best uses of vegetables.

Aubergine

SOLANUM MELONGENA L.

Comme le piment, le poivron, la pomme de terre et la tomate, l'aubergine est une plante potagère vivace de la famille des Solanacées. Elle est cultivée comme une annuelle dans les pays tempérés. Seul son fruit se mange, de préférence cuit.

Devenue l'emblème des régions méditerranéennes, tant pour ses exigences culturales que ses traditions culinaires, elle demeure un légume d'exception. A condition bien entendu de savoir comment la préparer...

« Cèpe du pauvre »

À l'encontre du poivron, de la pomme de terre et de la tomate, l'aubergine est le seul légume de la famille des Solanacées qui ne vienne pas d'Amérique mais d'Asie. Consumée dans ce continent depuis 2500 ans, sous la forme de petits fruits amers, elle fut domestiquée dès 700 avant notre ère. L'aubergine à gros fruits trouve son origine en région indo-irannienne et celle à petits fruits, en Chine. La forme sauvage est, du reste, toujours présente dans la province de Madras en Inde.

Si les Grecs et les Romains ne connaissaient pas l'aubergine, les commerçants arabes et persans l'échangèrent déjà sous l'Antiquité. Introduite d'abord en Afrique, elle sera ensuite diffusée dans toute la Méditerranée : en Espagne en Italie, elle fut le plus souvent consommée.

Les aubergines étaient souvent très amères. On leur ôta ces tannins en les faisant cuire sur une braise très chaude et rendre frou, en rajoutant des Solanacées, à laquelle appartient le jusquiame et mandragore. Aussi l'aubergine est-elle devenue une plante d'ornement : décorée de fleurs et de fruits.

L'aubergine prit ainsi divers noms : « pomme des fous » (à cause de son goût amer) ou « pomme de la mort » (à cause de son goût amer). Elle fut ensuite très appréciée en France, où elle fut introduite par les marchands parisiens.

Le cresson de fontaine est un légume à feuilles vertes qui provoque de tout petits trous dans les feuilles, il est toutefois très peu sujet aux maladies et aux attaques de parasites. Il ne contient donc quasiment jamais de résidus phytosanitaires lors de la vente.

Des terroirs plus que des variétés

C'est le cresson reproductible par semis (diptéroïde) et non par bouturage (triploïde) qui a été développé en France. L'objection a été de sélectionner des variétés plus productives en hiver, fleurissant moins en été et essant vertes avec des feuilles persistantes toute l'année.

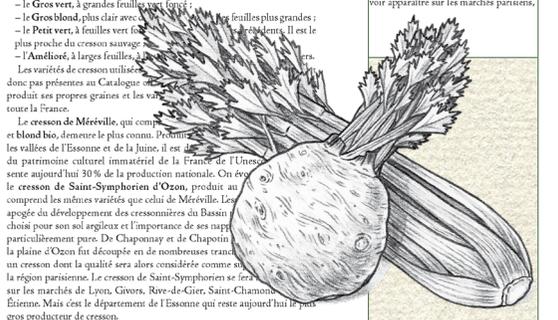
Les variétés de cresson se distinguent aujourd'hui par la qualité de leur terroir, la largeur de leurs feuilles, leur arôme, leur piquant et leur couleur, plus ou moins verte ou jaune. Parmi les variétés de cresson de fontaine les plus cultivées, on trouve :

- Le **Gros vert**, à grandes feuilles vert foncé ;
- Le **Gros blond**, plus clair avec des feuilles plus grandes ;
- Le **Petit vert**, à feuilles vertes foncées et plus tendres. Il est le plus proche du cresson sauvage ;
- L'**Ambrosia**, à larges feuilles et à tige rouge. Il est le plus proche du cresson sauvage ;

Les variétés de cresson utilisées dans les recettes de ce livre sont donc pas présentes au Catalogue National des produits agricoles de France.

Le cresson de **Miréville**, qui comprend le cresson de **Miréville**, le plus connu. Il est produit dans les vallées de l'Essonne et de la Juine, il est inscrit au patrimoine culturel immatériel de la France et de l'Union européenne à hauteur de 30 % de la production nationale. On distingue :

– le cresson de **Saint-Symphorien d'Ozon**, produit au sein d'un cresson dont la qualité sera alors considérée comme celle de la région parisienne. Le cresson de Saint-Symphorien se trouve sur les marchés de Lyon, Givors, Rive-de-Gier, Saint-Chamond, Étienne. Mais c'est le département de l'Essonne qui reste aujourd'hui le plus gros producteur de cresson.



LÉGUMES DES TERROIRS

Betterave marinée à la menthe

Préparation : 15 min - Marinade : 12 h

- | | |
|------------------------------|-----------------------|
| 500 g de betterave crue | 2 feuilles de laurier |
| 30 cl d'huile d'olive | 3 branches de thym |
| 10 cl de vinaigre balsamique | 3 branches de menthe |
| 4 gousses d'ail | |

Une autre manière de consommer la betterave crue, cette-fois en la coupant en fines lamelles puis en la faisant mariner une nuit entière, afin que la chair devienne plus tendre. Cette technique permet, non seulement de conserver les qualités nutritionnelles de la betterave, mais aussi de la rendre plus onctueuse et de l'imprégner de saveurs et d'arômes avec des condiments qui lui conviennent parfaitement.

• Éplucher les gousses d'ail et les couper en deux. Confectionner le vinaigrette en mélangeant le vinaigre balsamique, le sel et le poivre puis en versant progressivement l'huile d'olive.

• Ajouter ensuite les feuilles de laurier, le thym et l'ail. Ajouter un peu d'eau et mélanger pour réaliser une bonne émulsion.

• Laver et éplucher la betterave. À l'aide d'une mandoline ou d'un économe « rasoir », couper de très fines lamelles qui seront immédiatement incorporées à la vinaigrette et laisser mariner au moins une nuit.

• Ajouter la menthe. Égoutter les lamelles de la betterave et les accompagner une salade de tomates, de fraises ou de pommes.



Panais sautés à l'huile de noix

Préparation : 10 min - Cuisson : 20 min

- | | | |
|----------------------|----------------------|----------------|
| 800 g de panais | 2 cc d'huile de noix | 1 gousse d'ail |
| 1 cs d'huile d'olive | l'ail | |

Afin qu'il reste ferme et fondant et conserve un maximum de nutriments, le panais est ici sauté à la poêle pendant un temps relativement court. On veillera à ne pas brûler la peau ni la chair en surface. L'ail et l'oignon ajouteront des antioxydants mais aussi de l'arôme et s'accorderont de la saveur sucrée du panais. L'huile de noix, connue pour convenir parfaitement aux artères et aux saveurs du panais, ajoutera à la préparation une bonne quantité d'oméga-3.

• Chauffer l'huile d'olive dans une poêle. Laver, broser et couper les panais en petits cubes. Les froter au sel. Éplucher l'oignon et le ciseler. Éplucher et râper l'ail.

• Faire sauter les morceaux de panais et l'oignon pendant une dizaine de minutes à feu moyen en mélangeant régulièrement. Poursuivre la cuisson une dizaine de minutes à couvert et à feu doux.

• Ajouter l'ail peu avant la fin de la cuisson et continuer de mélanger. Lorsque la cuisson est terminée, ajouter l'huile de noix et poivre.



LÉGUMES DES TERROIRS

Gnocchis de butternut

Préparation : 10 min - Cuisson : 25 min

- | | |
|--------------------------------------|-----------------------------|
| 600 g de butternut | 100 g de parmesan |
| 300 g de farine de blé semi-complète | huile d'olive ou beurre |
| 1 œuf | 3 pinces de noix de muscade |

Cuite d'abord à la vapeur puis incorporée à une préparation à base de farine et d'œuf, pochée enfin très brièvement dans l'eau bouillante, la courge conservera une grande partie de ses qualités nutritionnelles. Cette recette permet également de faire ressortir le bon goût de noisette propre au butternut et d'obtenir des gnocchis à la fois goûteux, colorés et légèrement sucrés.

• Faire chauffer un fond d'eau dans une casserole pour la cuisson à l'étouffée ou à la vapeur du butternut. Le couper en deux, à l'endroit qui commence à s'élargir, là où se logent les graines. Retirer celles-ci à l'aide d'une cuillère.

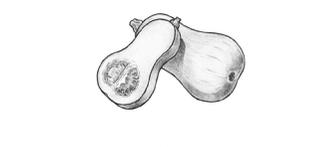
• L'éplucher avec un couteau économe toujours de type « rasoir ». Le couper en petits cubes et le faire cuire pendant une quinzaine de minutes.

• Faire chauffer de l'eau salée dans une grande casserole.

• Écraser la courge une fois cuite puis ajouter l'œuf, la farine, le parmesan, la noix de muscade, le sel et le poivre. Mélanger jusqu'à obtenir une pâte homogène.

• Mettre la pâte dans une poche à douille. Pocher les gnocchis dans l'eau bouillante en coupant aux ciseaux, au-dessus de la casserole, des tronçons d'environ un centimètre de long.

• Les gnocchis sont cuits lorsqu'ils remontent à la surface. Les égoutter et les servir immédiatement avec de l'huile d'olive ou du beurre.



Courgette

CUCURBITA PEPO L.

Plante annuelle de la famille des Cucurbitacées, la courgette, appelée courge à la moelle, est cultivée pour ses fruits immatures.

Elle fait partie des courges du groupe Pepo, comme la citrouille, spaghetti, le patidou et le pétaillon.

Arrivée tardivement en France, la courgette est désormais la courge la plus connue.

Cependant, les variétés les plus couramment vendues sont trop petites, c'est-à-dire longues et vertes. Or, les variétés de formes, de couleurs et de goûts ne manquent pas à l'appel.

La plus récente des courges, devenue aussi la plus célèbre

Les courges du type Pepo, dont est issue la courgette, sont originaires d'Amérique centrale. Déjà cultivées plusieurs milliers d'années avant notre ère, elles offrent aujourd'hui une très grande diversité de formes. En Europe au XVI^e siècle, elles furent identifiées avant les courges de Maximilien (poireton, potimarron...) et celles du groupe Moschata (butternut, ...). La courgette nait véritablement dans l'Italie du XVI^e siècle à partir d'une courge Pepo brillante et agressive, cueillie très jeune et décrite, notamment par le semencier Maurice de Vilmorin, qui lui a donné le nom de courge d'Italie. Si la classification des courges devient alors plus précise, la courgette sera diffusée sans restriction dans toute l'Europe, elle sera appelée courge d'été, en France, ou courge d'été, entre autres, les citrouilles et les courges d'hiver, pour la première fois, dans le livre de cuisine d'Arnaud, paru à Marseille en 1600.

En France, la courgette est devenue la courge la plus connue. Elle est devenue aussi la plus célèbre. Elle est devenue aussi la plus célèbre. Elle est devenue aussi la plus célèbre.

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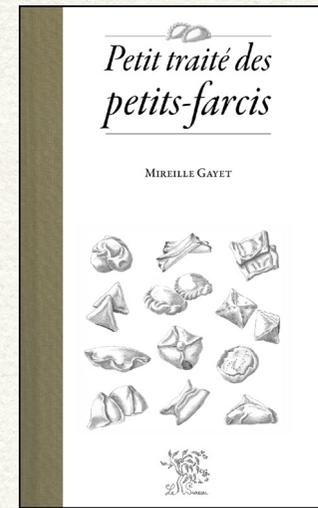
En France, la courgette est devenue la courge la plus connue. Elle est devenue aussi la plus célèbre. Elle est devenue aussi la plus célèbre.

Discover the Little and Great treaties

A multi-award-winning collection !



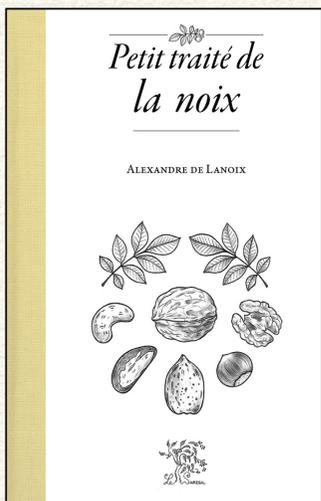
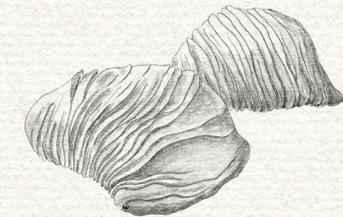
Each "Petit traité de..." deals with a culinary subject from every possible perspective: history, economics, vocabulary, tradition, science, and so on. The aim of the collection is both to expand the reader's knowledge and to provide a work that is both practical and enjoyable. Each topic covered is accompanied by old, traditional or recent recipes, enhanced by elegant illustrations. An original collection that renews the art of the cookbook. In the same editorial line, the "Grands traités de..." deal with other themes in a more exhaustive way: more richly illustrated, the "Grands traités de..." are intended to offer a considerable amount of information and a real aesthetic pleasure.



Little-dumplings

Marie-France Bertaud

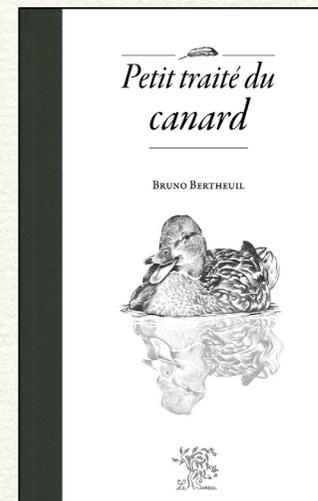
4th prize Gourmand world cookbook award 2023 - Food culture - Innovation & creativity



Nut

Alexandre de Lanoix

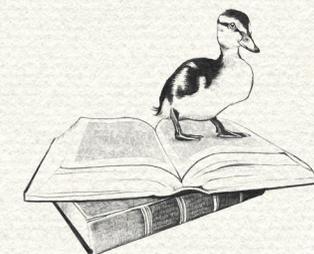
2nd prize Gourmand world cookbook award 2023 - Food culture - Best fruits book

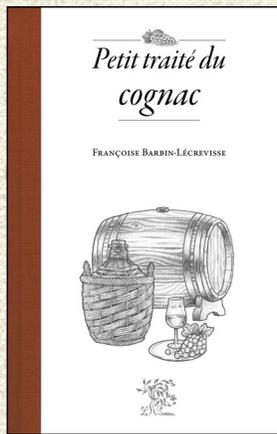


Duck

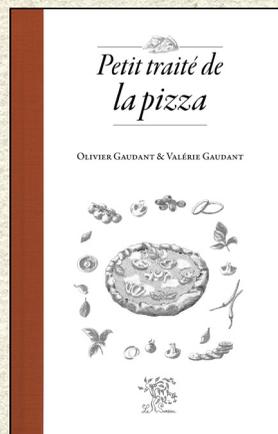
Bruno Bertheuil

Best Meat Cook in France 2023 - Gourmand world cookbook award 2023

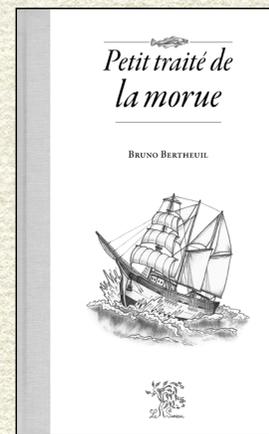




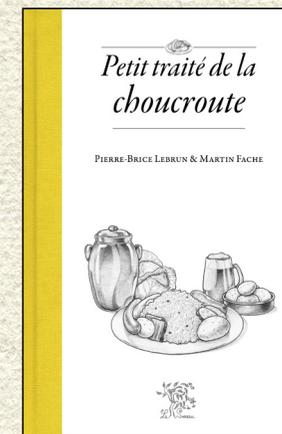
Cognac
Françoise Barbin-Lécrevisse



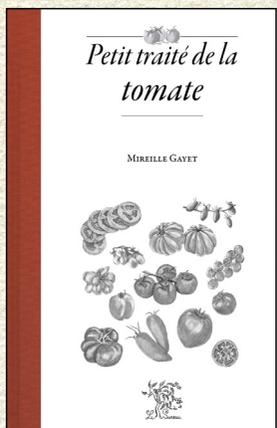
Pizza
Oliver Gaudant & Valérie Gaudant



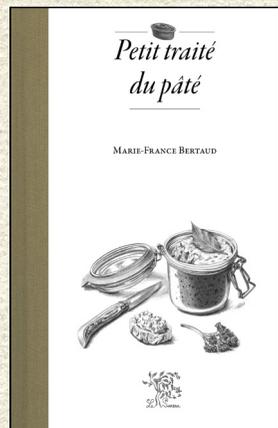
**Dried Cod
a.k.a. Morue**
Bruno Bertheuil



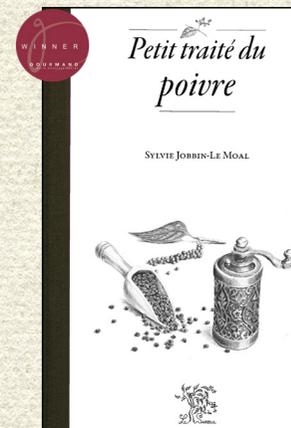
Sauerkraut
Pierre-Brice Lebrun & Martin Fache



Tomato
Mireille Gayet

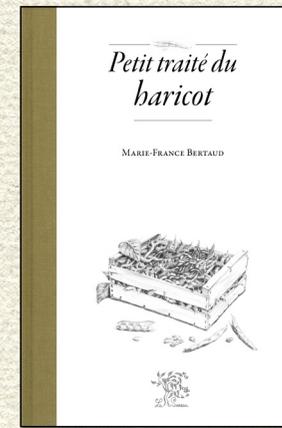


Bread Spreads
Marie-France Bertaud



Pepper
Sylvie Jobbin-Le Moal

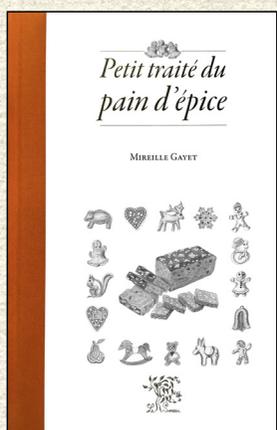
*1st prize Gourmand
world cookbook award
2022 - Food culture -
Spices category*



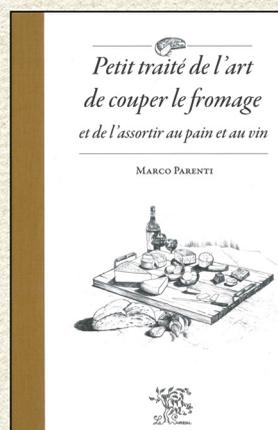
Bean
Marie-France Bertaud



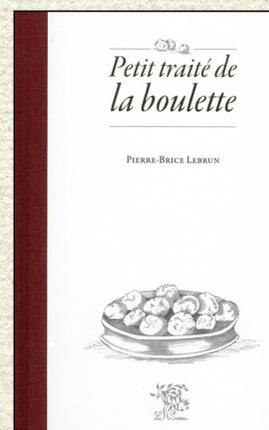
*Gourmand Essay Award
Eugenie Brazier 2019*



Gingerbread
Mireille Gayet

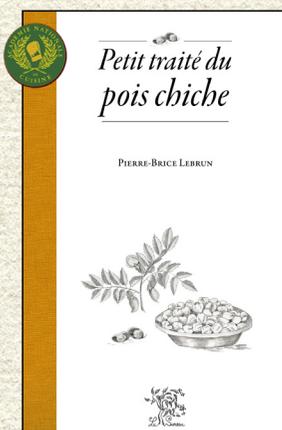


**The art
of cutting
cheese**
Marco Parenti



Meatballs
Pierre-Brice Lebrun

*Cerise sur le gâteau
Award 2009 by the
Festival des littératures
Gourmandes*

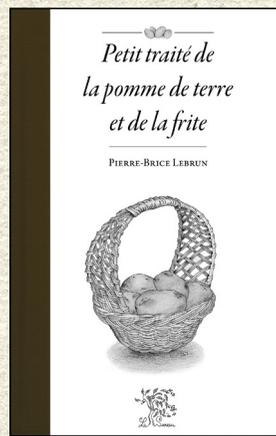


Chickpea
Pierre-Brice Lebrun

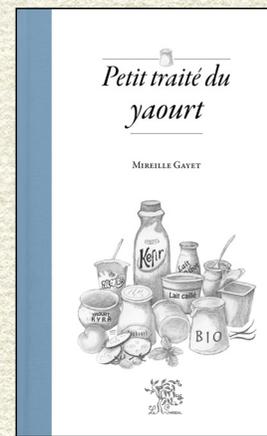
*Awarded by the
National Cooking
Academy in 2011*



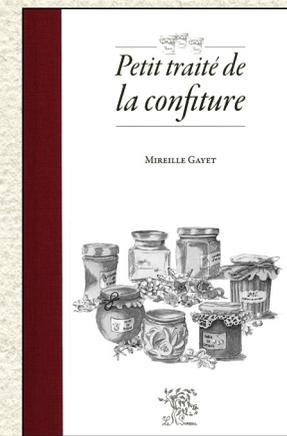
Sardine
Mireille Gayet



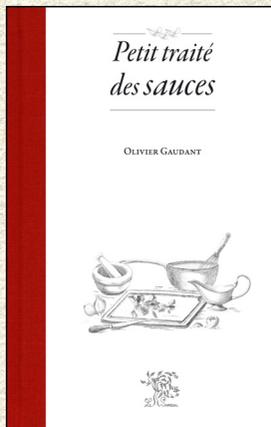
Potatoe and French Fries
Pierre-Brice Lebrun
Prize for the author's cookery book at the Salon du livre de cuisine de Cordes-sur-Ciel (2017)



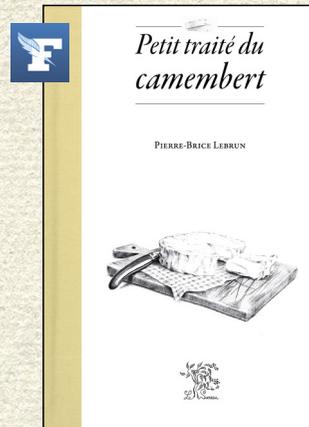
Yoghurt
Mireille Gayet



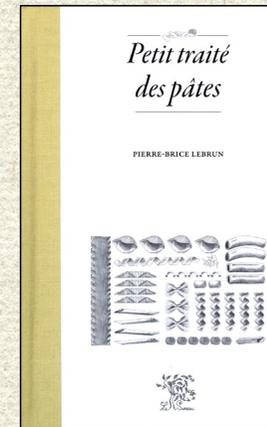
Jam
Mireille Gayet



Sauces
Olivier Gaudant



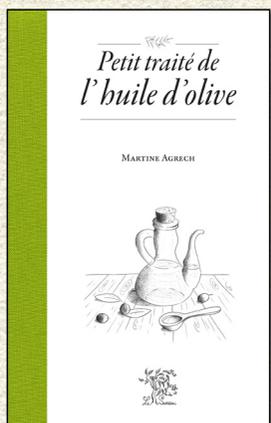
Camembert
Pierre-Brice Lebrun
Gourmand Award Figaro 2017 - category Terroir Award



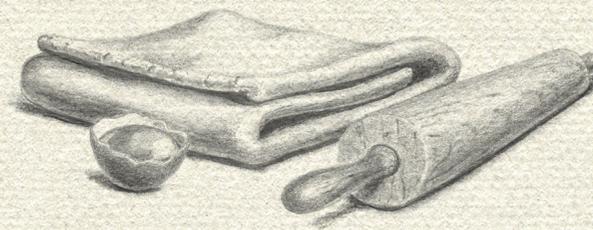
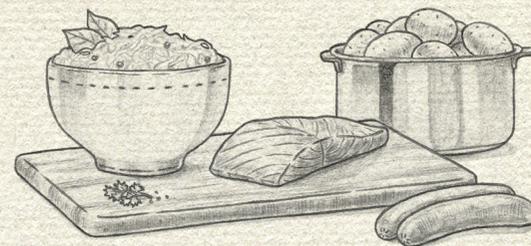
Pasta
Pierre-Brice Lebrun



Wholemeal flour
Martine Agrech



Olive Oil
Martine Agrech





Coffee

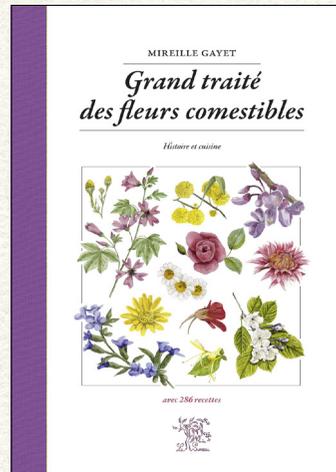
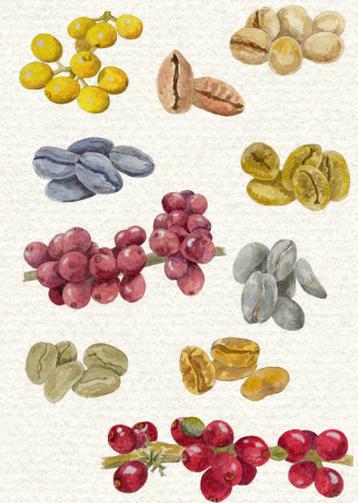
Mireille Gayet - Préface d'Yves Coppens

Awarded with The Grand Prix by the National cooking Academy in 2015

Rights Sold: Chinese Simplified (Rightol)

Coffee offers infinite combinations depending on the rites and customs of social, medical, cultural, economic and political trends.

This book is a journey through time and space between Ethiopia and America, Europe and Asia, of initiation to various forms of coffee-drinking that differ from country to country and era, a rich discovery of the numerous botanic varieties, diverse methods of preparation, and also evokes artists in coffee shops.

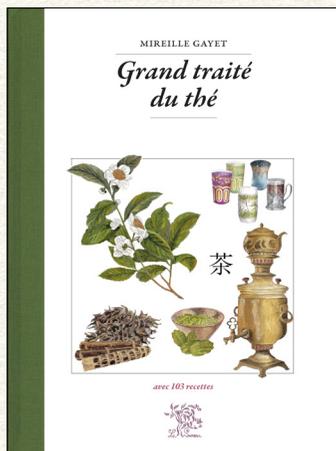


Edible Flowers - History and Cuisine

Mireille Gayet

Rights Sold: Polish (A-TI)

Gastronomically speaking, aesthetics is as important as taste and colourful flowers raise the flair of a dish, delighting our view and exciting our taste buds. Among the 250 edible flowers, this Grand Treatise lingers on those flowers one is most likely to have in a backyard garden or growing on a terrace, and which are easily recognisable and found in nature. Guests are sure to be delighted!



Tea

Mireille Gayet

Tea, a word rich in meaning that whets imaginations ! The story of the little leaves, the first infusion of which has been lost somewhere between history and legend, and is presented here according to its travels from original China and neighboring countries journeying all the way to the West and beyond. Appreciated or defamed according to the period, pure, blended or flavored, linked from its origins to Buddhism, tea remains associated with nature, calm, serenity and has become the vehicle of ceremony, tea is present on all tables around the world, from the wealthiest to the more modest.





Spices

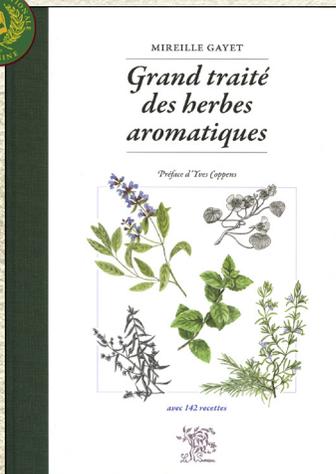
Mireille Gayet - Préface d'Yves Coppens

Winner of the International Cookbook Award 2010 for its illustrations.

Rights Sold : Arabic (Jarrous Press)

232 P.

"Spices". Almost magical word which takes us to distant lands. It is from the various definitions of "spice", from medical history and culinary revised since the earliest times to the present, the chemical approach most recent science, but also from the good popular sense, what have been selected spices to flavor the book. An invitation to discover their extraordinary world.



Aromatic herbs

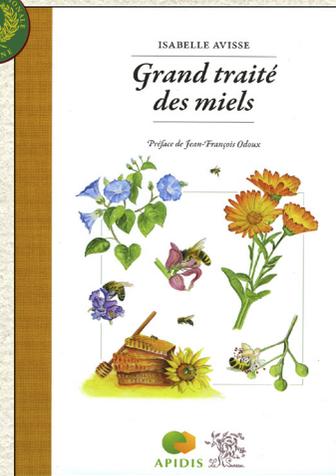
Mireille Gayet - Préface d'Yves Coppens

Awarded by the National cooking Academy in 2012

Rights Sold : Arabic (Jarrous Press)

232 P.

This book, which presents over 90 herbs, is both a book of botany and history, that of the discovery of the plant and its use in medicine, and especially in the kitchen; over a hundred recipes allowing the user to discover all the benefits. Original illustrations will help readers appreciate the classics as well as more subtle herbs in our kitchens and yet within easy reach.



Honeys

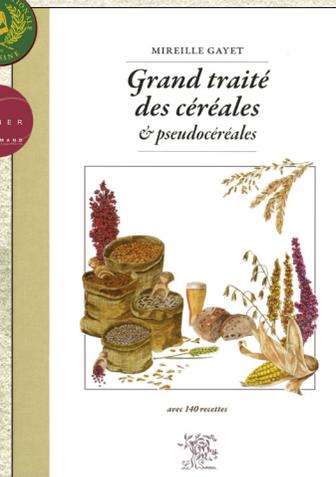
Isabelle Avisse

Préface de Jean-François Odoux

Awarded with The Grand Prix by the National cooking Academy in 2012

344 P.

This book explores the symbiotic relationship of the plant world and honey bees, the alchemical transmutation of pollens, the nectars and other sweet exudates in the humming athanor of the beehive, and sets out with the goal of highlighting the intrinsic properties of honeys, their varied uses in the past and present in medicine, cooking and beauty products on the one hand, and on the other, their synergistic associations with other products of the beehive.



Cereals

Mireille Gayet

Awarded with The Grand Prix by the National cooking Academy in 2016

«Single Subject Book» of Gourmand World Cookbook Award 2016

344 P.

This Big Treatise covers, in an exhaustive manner, edible grasses and other grains of various species, cereals and pseudo-cereals. The author deals with all aspects of the subject — its religious and political history, its botanic aspects, its agricultural and gastronomical sides. The author also takes an interest in secondary cereals, important in their countries of origin, and which are slowly arriving in our stores. This is a very comprehensive work, both practical and aesthetic, with amazing illustrations.

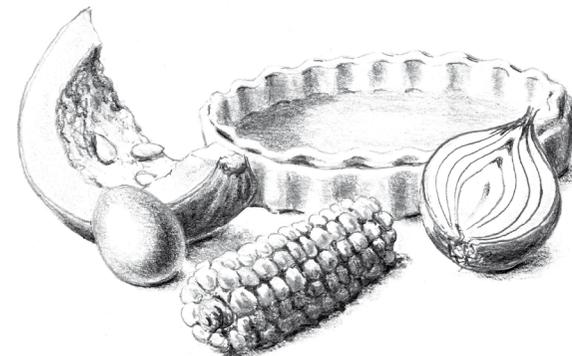
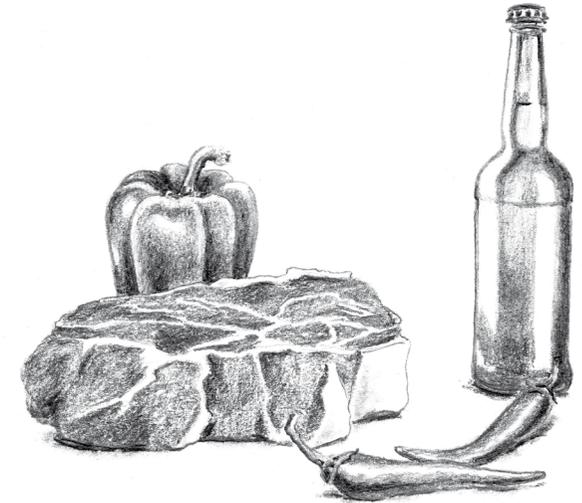
The Art of Being the Perfect Host

David Chenuet

Finalist for **Best in the World 2021** competition in the category “entertaining” of the **Gourmand World Cookbook Awards**.

How to properly receive your guests? This book provides all the tips, techniques or secrets for successfully spending time with those people who are most dear to us. Prefaced by Régis Marcon, Georges Blanc and Éric Guérin and written by 3 Michelin-starred chefs and 5 *Meilleurs ouvriers de France*.

64 pages.



Collection « Je vous aime... »

Citrus fruits, I Love You...

Béatrice Vigot-Lagandré



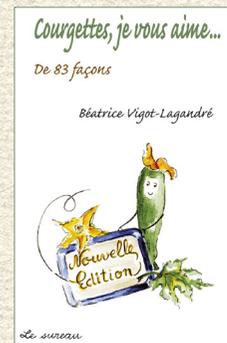
Carrots, I Love You...

Aude Mairey
& Olivier Gaudant



Zucchini, I Love You...

Béatrice Vigot-Lagandré



«I Love You...» is an original thematic series about how to cook in detail a particular ingredient or category of ingredients in 72 pages. Lavishly illustrated, each book presents more than seventy original recipes. Today the collection counts 34 successful titles.

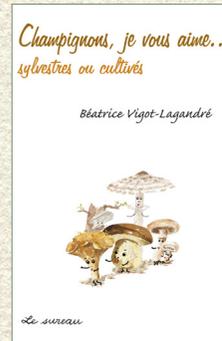
Eggplants,
I Love You...

Béatrice Vigot-Lagandré



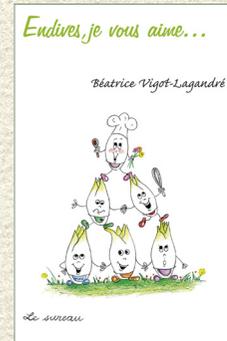
Mushrooms, I Love You...

Béatrice Vigot-Lagandré



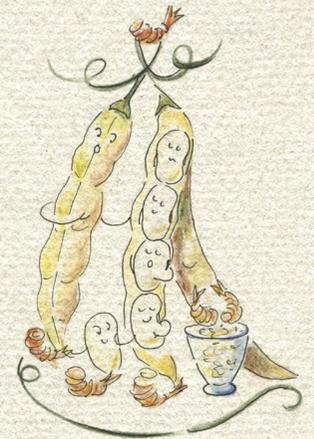
Chicory, I Love You...

Béatrice Vigot-Lagandré



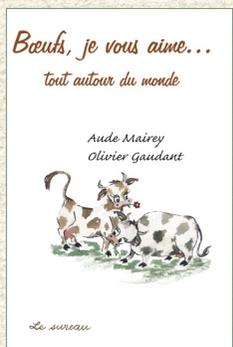
Fennel, I Love You...

Béatrice Vigot-Lagandré



Beefs, I Love You...

Rosita Telly, Aude Mairey & Olivier Gaudant



Cookies, I Love You...

Rosita Telly



Spinach, I Love You...

Béatrice Vigot-Lagandré



Redberries, I Love You...

Béatrice Vigot-Lagandré



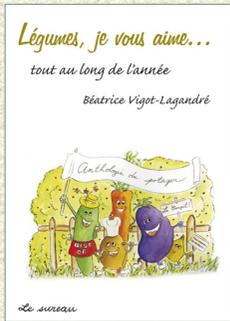
Flowers, I Love You...

Mireille Gayet



Vegetables,
I Love You...

Béatrice Vigot-Lagandré



My cabbages,
I Love You...

Béatrice Vigot-Lagandré



Apples and Pears,
I Love You...

Béatrice Vigot-Lagandré

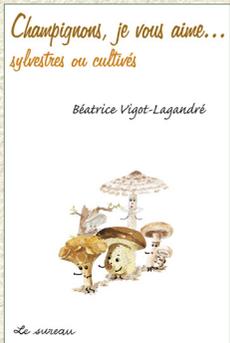


*Original approach, great quality
illustrations, healthy recipes and elegant
design.*



Heritage Vegetables,
I Love You...

Béatrice Vigot-Lagandré



Leeks and Onions,
I Love You...

Béatrice Vigot-Lagandré



Pumpkins, I Love You...

Béatrice Vigot-Lagandré



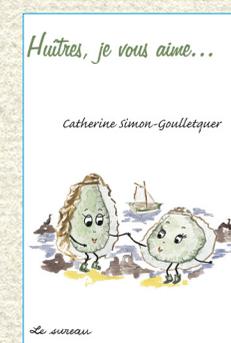
Tofu,
I Love You...

Béatrice Vigot-Lagandré



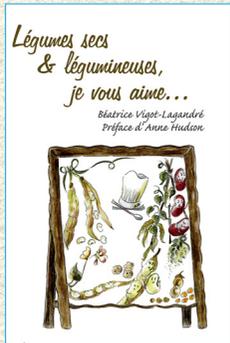
Oysters, I Love You...

Catherine Simon-Gouletquer



Dried beans and Leguminous
Plants, I Love You...

Béatrice Vigot-Lagandré



Peppers,
I Love You...

Béatrice Vigot-Lagandré



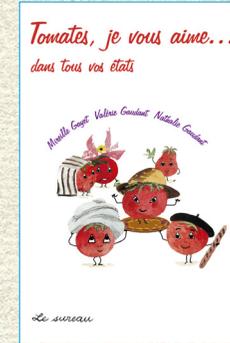
Rice, I Love You...

Aude MAIREY & Olivier
Gaudant



Tomatoes, I Love You...

Mireille Gayet, Valérie Gaudant
& Nathalie Gaudant

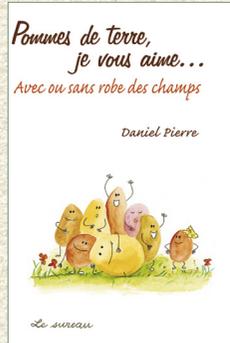


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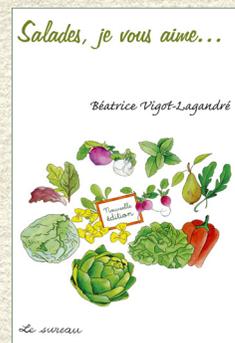
Pasta, I Love You...
Line De Smet & Olivier Gaudant



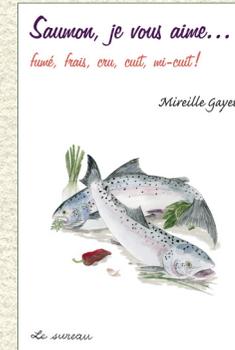
Potatoes, I Love You...
Daniel Pierre



Salads, I Love You...
Béatrice Vigot-Lagandré



Salmon, I Love You...
Mireille Gayet



Blue-Fishes, I Love You...
Mireille Gayet



Squids, cuttlefishes and octopus,
I Love You deeply...
Line De Smet & Olivier Gaudant



Fishes, I Love You...
Mireille Gayet, Aude Mairey &
Olivier Gaudant



Mussels, I Love You...
Mireille Gayet



Fishes, Coldly... I Love You...
Mireille Gayet, Valérie Gaudant &
Nathalie Gaudant



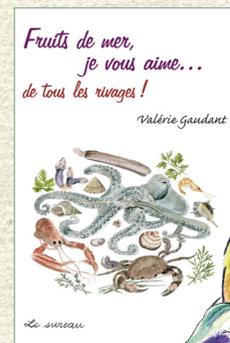
Scallops, I Love You...
Valérie Gaudant



Soups, I Love You...
Aude Mairey
& Olivier Gaudant



Seafoods, I Love You...
Valérie Gaudant



1

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1900 À 1950

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1950 À 2000

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HISTOIRE
DE L'ÉCRITURE
TYPOGRAPHIQUE

ÉDITION INTÉGRALE

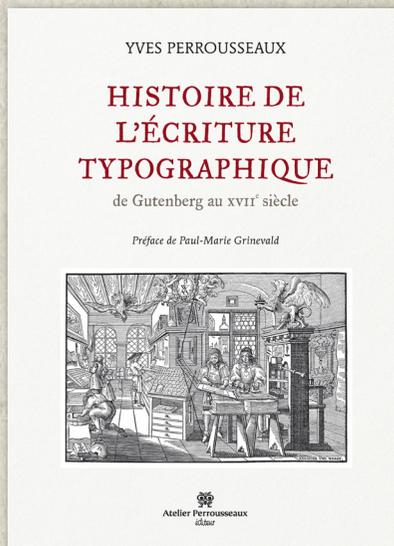


ATELIER
PERROUSSEAU
[ÉDITEUR]

History of Letterpress Writing

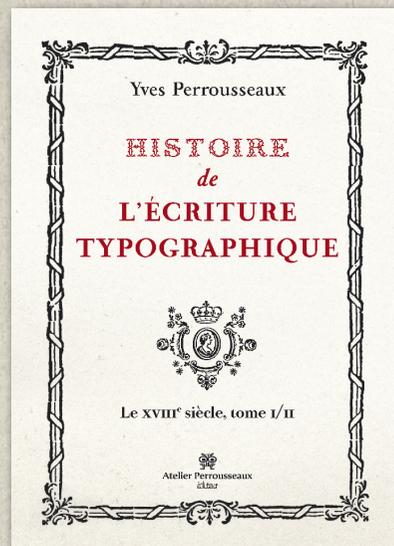
« From Gutenberg to Twentieth century »

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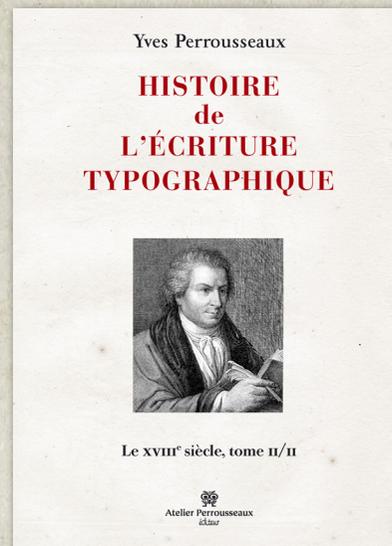
Tome 1
From Gutenberg to the XVIIth century

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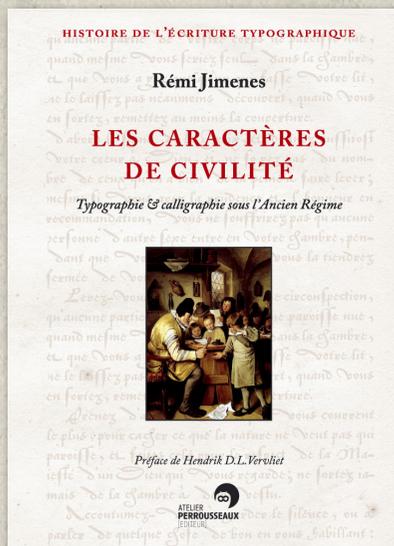
Tome 2
The XVIIIth century, part 1

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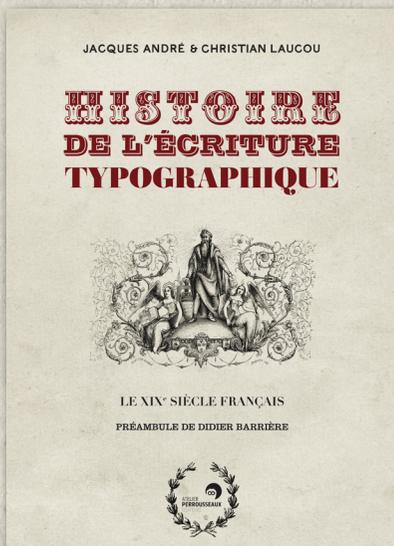
Tome 3
The XVIIIth century, part 2

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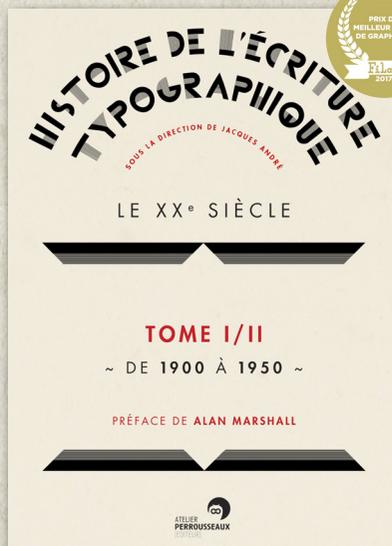
Tome 4
Typographic lettering for civility

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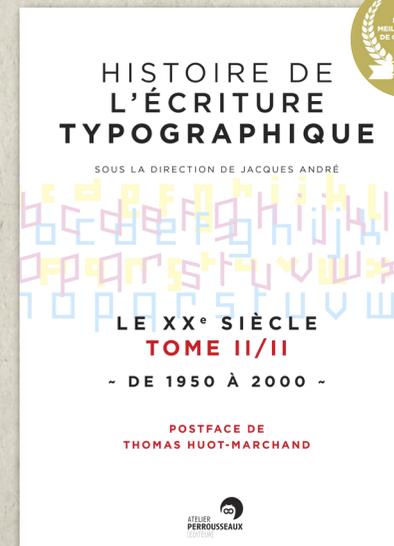
Tome 5
The French XIXth century

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Tome 6
The XXth century, 1st: from 1900 to 1950

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Tome 7
The XXth century, 2nd: from 1950 to 2000

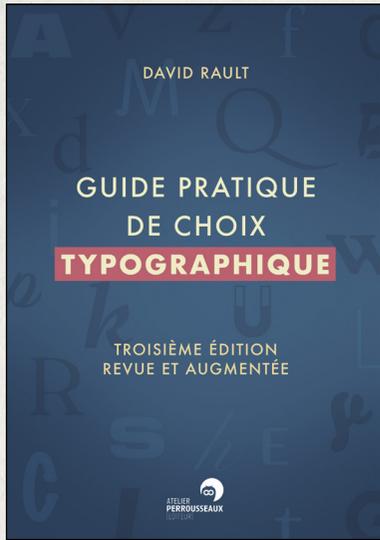
Six centuries of typographic art.
More than 3,000 illustrations on over 1,900 pages.
An unrivalled historical and technical summary in publishing, written by nineteen specialists



FILAF Prize for the best graphic design book 2017



Typographical Culture



Practical Guide of Typographical choices

David Rault
256 pages - 2022 - Rights Sold : Italian (Ronzani)

5 000 copies sold

This guide is for anyone who wants to resolve a professional problem, but also for font-lovers who would like to know more about the letters we read.

Each type has its own past, carries its own cultural, historical and social background, and through its very presence on a page, creates a real ambience beyond just the meaning of written words. Because of this, it directly influences the interpretation of the text and demands that the dummy maker or graphic artist be well acquainted with type.

Professor of typography, graphic artist and journalist, **David Rault** gives readers all the keys for making judicious choices depending on the needs of the work, and for producing distinctive and aesthetic page layouts. About sixty typefaces are presented here and analyzed in detail; obviously only a partial selection, but which proves more than sufficient in most cases.



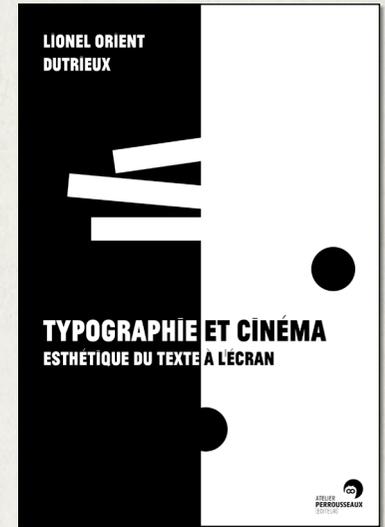
Typography and Cinema -

The Aesthetics of Text on Screen

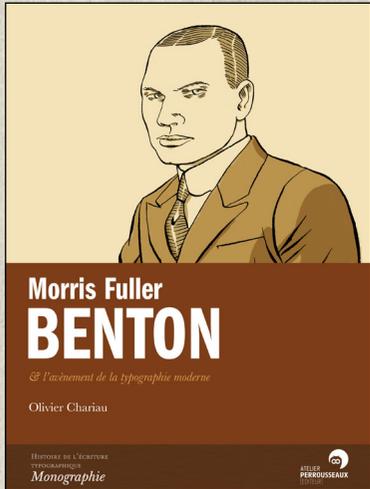
Lionel Orient Dutrieux
160 pages - 2015

Interactions between sound and text are the basis of cinema. Text appears in the credits as well as in the subtitles, but also on posters and other advertising media. Text never appears in the absolute: rather, it always comes in a form that is shaped by a culture, a society, or a story. The type of character, its movement and where it appears on the screen all participate in its meaning: they give it added significance. Very often disregarded – due to lack of understanding – the choice of typography has an influence on the film's overall style, beyond its purely cinematic nature.

This book deals with the characteristics of writing, with its roles on the screen, and approaches it from two aspects, the shape (typography) and the media (cinema). *Typography and Cinema* offers an overview of the possibilities and constraints of the media. It is meant for filmmakers who wish to expand their handling of text on the screen, and for graphic designers who are interested in the cinema.



Typographical monograph



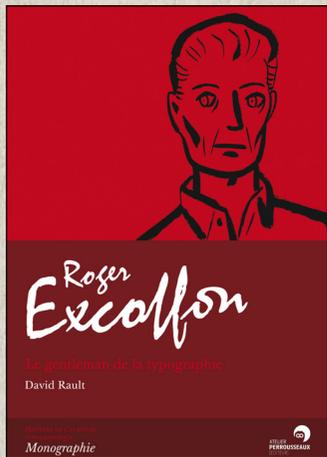
Morris Fuller Benton

Olivier Charreau
120 pages - 2019 - Right Sold: Italy (Ronzani)

Morris Fuller Benton is a major name in the American typography's history; he is however little known by the general public. In his forty-year career, from 1897 – 1937, he designed more than 200 block prints for one of the largest type foundries in the United States, the American Type Founders (ATF).

Along with his father Linn Boyd Benton, they both contributed to creating high-quality steel punches cutters and type moulds, designing a large number of typefaces considered today as references for both their aesthetics and their functionality – Gothic Franklin, Souvenir, Century Schoolbook, etc.

The design history of these major classics – that we regularly find in print works, whether newspapers or magazines – still spark as much interest and curiosity amongst people interested in graphic design and industry professionals.



Roger Excoffon

David Rault
240 pages - 2011 - Right Sold: Italy (Ronzani)

Roger Excoffon was a very talented typographer and advertising man, he designed hundreds of posters and logos, such as the one of Air France. His typefaces were whole, inhabited by an unusual force and personality; they were used largely in the 1950s and 1960s, profoundly French, esthetically dazzling, they are integral to our history and culture.

This bilingual French and English monograph by David Rault (graphic designer and journalist, director of the "Atelier Perrousseaux" collection, member of ATypI and author of Guide pratique de choix typographique), includes a biography based on an unpublished interview Roger Excoffon gave to François Richaudeau in 1977; an important iconography (including rare photographs by Jean Dieuzaide and never before published paintings from private collections).

Jean-François Porchez

120 pages - 2014

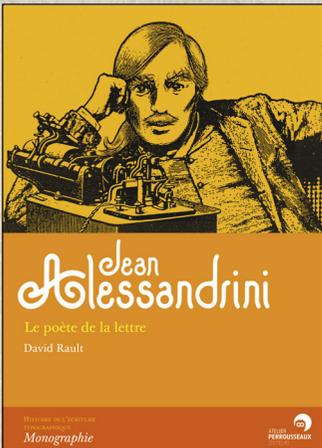
Few typeface designers can be proud to embody the typography of an entire country ; Jean François Porchez is among those. The logos and typefaces created by Jean François Porchez have appeared and continue to appear in publications such as Le Monde, The Baltimore Sun and Wired, in the halls of the Paris Metro and BHV, Louis Vuitton leather goods, Yves Saint Laurent Beauté's public relations, Boston Consulting Group, Peugeot, La Banque Postale, etc.



Jean Alessandrini

David Rault

120 pages - 2013 - Right Sold : Italy (Ronzani)



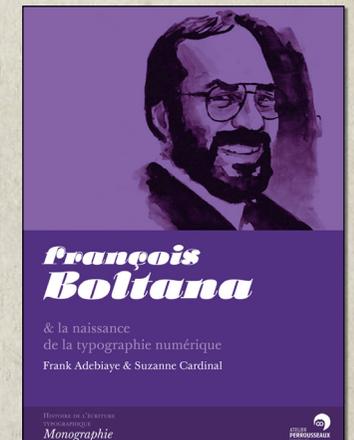
A retro-futuristic illustrator for the French magazines, Pilote and Elle, this talented writer who wrote both children's books - winning the Goncourt literary prize for Children's Literature in 1994 - and detective novels, is above all a creator of typefaces. He is also known for being the author of the famous The Alessandrini Classification of Typefaces: Codex 80, which earned him, at the time, the disgrace of his peers...

Today, besides the infrequent short biographical note or occasional drawings, no documentation exists for those who would like to learn more about Jean Alessandrini. His alphabets are also unavailable as they have never been digitalized.

François Boltana

Frank Adebaye & Suzanne Cardinal - 120 pages - 2011

François Boltana (1950-1999) was a veritable "type geek", he decoded in 1989 the calligraphy of the Englishman Joseph Champion and introduced the following year a complete and computerized version - it was the OpenType. He was also among the first to sell his typefaces, paving the way for independent typography as we know it today. This book tells the fascinating destiny of this unknown creator who nevertheless knew, among the first, how to combine the mastery of calligraphy with technological ease in the greatest tradition of the Latin letter.





ÉDITIONS GRÉGORIENNES





Saint Mary Magdalene, Apostle of apostles

Jean-François Froger - Jean-Michel Sanchez - Jean-Paul Dumontier. *Préface de Fr. Thomas Michelet O.P.*

The person of Mary Magdalene has interested and has fed the dreams of many theologians, writers, poets, and especially artist-painters. There is an abundant bibliography on her and an over abundance of pictorial representations of her.

Mary-Magdalene however, remains a figure, at the same time, known and unknown: some exegetes have they not distinguished three women when the authors of this work see only one? This sort of divergence in interpretations is easily explainable: either one uses an outside text-critical source that situates the theoretical distinction — and no historical-critical proof can establish that the three persons were, in fact, one and the same, because of the disparity of the New Testament texts ; or, one tries to understand the significance of the texts and discovers, through the power of inner reasoning, that the only explanation is that they all refer to the same person, Mary of Bethany.

This work follows the latter line of reasoning, corroborated by the opinions of several Fathers of the Church (like Saint Gregory the Great) and by the work of Maria Valtorta.

Nevertheless, the story of Mary-Magdalene’s exile to Provence follows the classical historical approach.

This work is made up of two parts: the first explains the theological and anthropological implications of the Revelation; the second develops the historical fruits of Mary-Magdalene’s presence in Provence, how Christianity became rooted in this beautiful Roman province, and the earnest devotion to Mary-Magdalene — the most important woman from the New Testament, after Mother Mary — whose importance has not ceased to grow over the centuries.

The authors’ different approaches are what give this work its great anthropological, historical, and iconographical affluence, leading the reader to understand why Mary-Magdalene was chosen to be the Apostles’ Apostle, through the revelation of the mysteries of the Resurrection.

Sainte Marie-Madeleine Apôtre des apôtres

Jean-François Froger - Jean-Michel Sanchez
Jean-Paul Dumontier
Préface de Fr. Thomas Michelet O.P.



More than 60 photographs
Format : 22 x 27
128 pages



Saint Joseph, Image of the Father

Jean-Michel Sanchez - Jean-François Froger - Jean-Paul Dumontier

Up until the end of the Middle Ages, Saint Joseph was not honored by any specific feast, cult, nor publicly recognized devotion. Nevertheless, he received an exceptional mission from God: to be the spouse of the Virgin Mary by maintaining the virtue of chastity and through this, becoming the adopted father of he who would be revealed as the Messiah, Son of God, Jesus. Now, in the human family, the father ultimately obtains his paternity from God, recognized as the “Father”.

The Church is a Body established by Christ; the doctrine and devotions of which have become ever clearer throughout the years. At the beginning of the modern era, Saint Joseph left his state of discretion, which he seems to have lived by devotion, despite his role as spouse and father, emphasized in the Gospels, to benefit from the homage of a particular cult, which the Church offers followers of this Saint, who exhibited a paternity bequeathed from God by excellence.

Saint Joseph is also the completion of an entire genealogical line, revealing true fatherhood, and stemming from the Old Testament through the patriarch, Jacob, his son Joseph, but also a line of figures like Moses and David. Moreover, the Church proposes the meditation through several other virtues of the saint: model for workers, patron saint of good death, patron saint of the universal Church, etc.

These roles and virtues are admirably illustrated by artists who have offered their art to serve faith and who have also largely contributed to making Saint Joseph better known and loved.

The exceptional illustrations by **Jean-Paul Dumontier** complete the historical background by **Jean-Michel Sanchez**, Doctor of Art History and specialist of sacred art ; and anthropological details contributed by **Jean-François Froger** ; their art together lets one reread the Scriptures dealing with feminine-masculine differences, and recognize the human nature of «fatherhood» in the union of “one single flesh”.

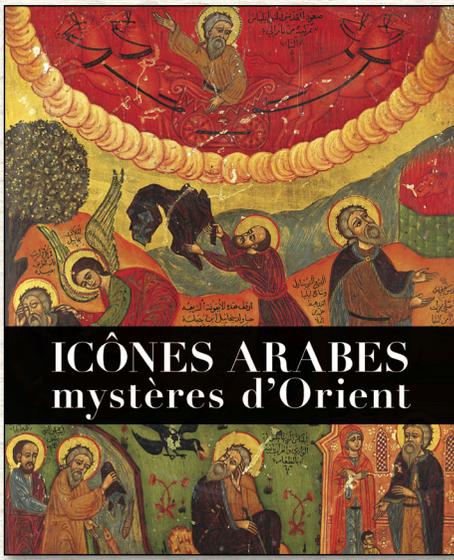
Saint Joseph image du Père

Jean-Michel Sanchez - Jean-François Froger
Jean-Paul Dumontier



More than 60 photographs
Format : 22 x 27
128 pages



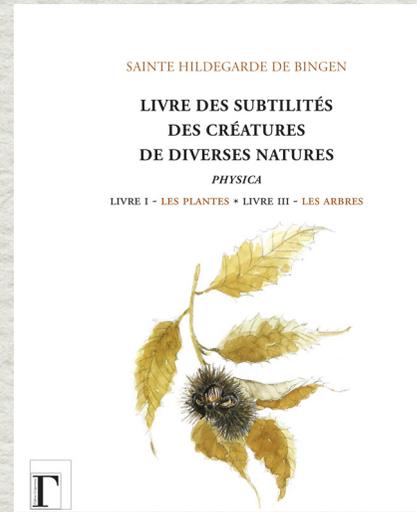
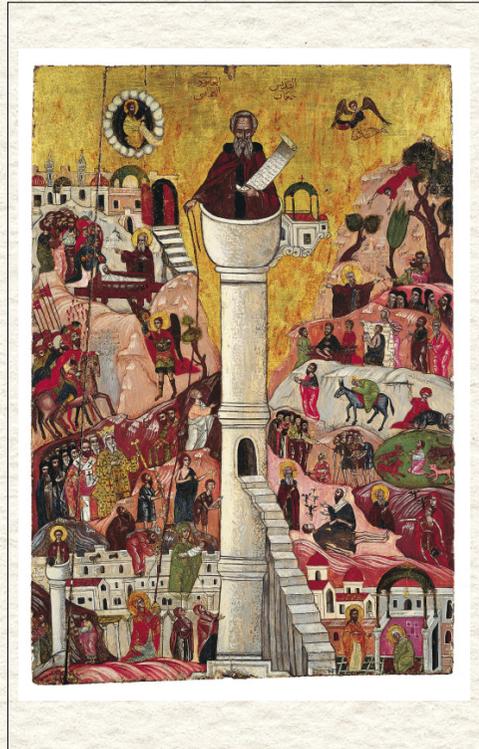


224 pages
 Format : 24 x 30 cm
 ISBN : 2914338090

Arabic Icons, Mysteries of the Middle East

Sœur Agnès-Mariam de la Croix
 Rights sold : Italy (Jaca Books), Polish (Sedno)

They indicate to our eyes the common heritage of the past, which today represents a message for the future — such is how cultures fertilize one another for their shared enrichment. Presented here is a plentiful selection of some 150 icons from throughout Lebanon and Syria; many for the first time.

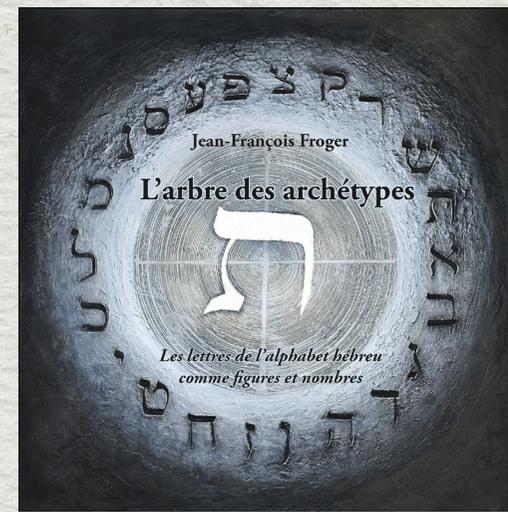


The Book of Subtleties of the Diverse Natures of Living Things - Physica

New Translation
 Sainte Hildegarde de Bingen

"Nature is a temple where living pillars sometimes emit confusing words."

Hildegard of Bingen is well acquainted with those "confusing words," and subtleties of nature being expressed as the diversity of a cosmology constantly examining the relationship between macrocosm and microcosm, between nature and man. The therapy that ensues can surprise. This medicine is heir to the antique tradition, with qualities defined by the Hippocratic Collection and the importance assigned to body humours. These texts were also revealed in the abbess of Bingen's inspired visions.



The Tree of Archetypes

Letters of the Hebrew alphabet as figures and numbers

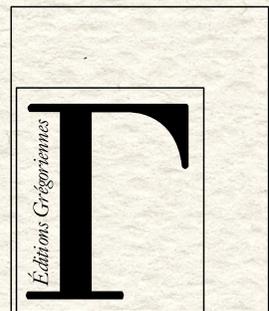
Jean-François Froger et Bernadette Main

The Tree of Archetypes shows the meaning of the letters of the Hebrew alphabet, which seems to be a system of signs leading to a deep knowledge of anthropology, studied here through the alphabetical Psalm 145. The letters follow each other in the alphabet according to a set order that enables one to count, but that also uncovers a teaching on the archetypal representations which we use to think the world.



248 pages
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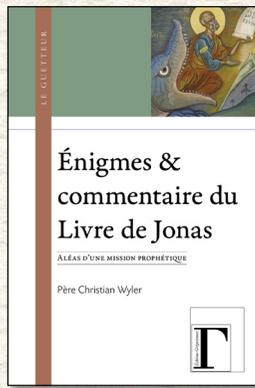
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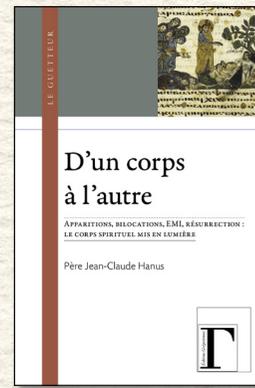
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Six pathways to wisdom and intelligence, searching for the Beatitudes
Jean-François Froger



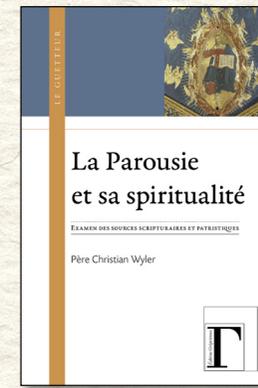
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Enigmas and Remarks on the Book of Jonas
Père Christian Wyler



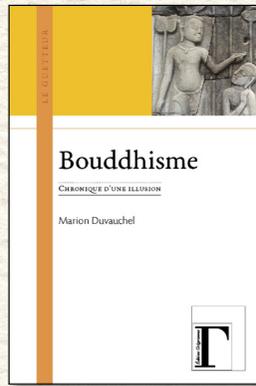
512 pages

From one body to the other
Père Jean-Claude Hanus



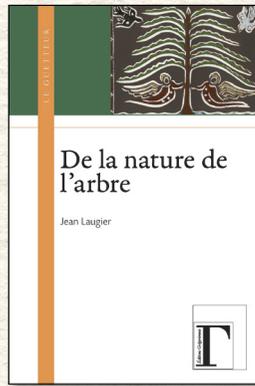
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Marion Duvauchel



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Jean Laugier



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Jean-François Froger



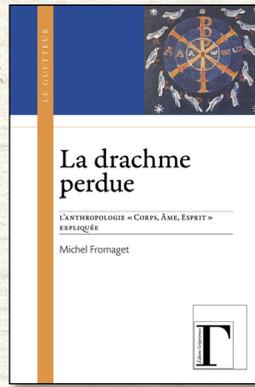
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Today, I come to Dwell with You
André Braunstedter



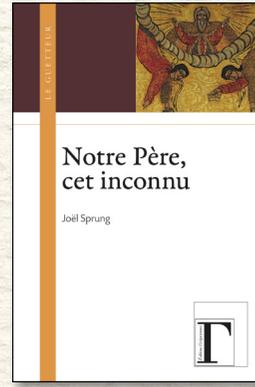
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Spiritual Struggle to Deification
Jean-François Froger



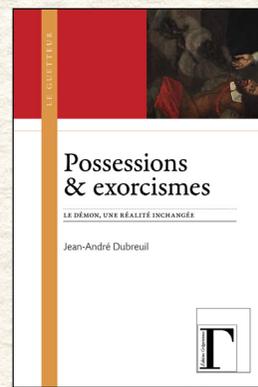
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Michel Fromaget



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Joël Sprung



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Possessions and Exorcisms
Jean-André Dubreuil



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Ou la révélation de Jésus Grand Prêtre
dans l'épître aux Hébreux



512 pages

A New Vindication of Christianity - Remarks for integrative logice - Jean-François Froger

Life comes from God and it is possible that it transpires into Eternal Life through participating in the Life that is God: "In truth, in truth, I tell you, for one who keeps my word, will never see death." Is such a promise even credible?

A vindication from the Christian Revelation precisely consists in showing credibility. Ideas of God, His existence or essence, His will or intent, all these ideas can only be true if they are put right by the Revelation.

"Jesus said to them: If I glorify myself, my glory is valueless. It is my Father who glorifies me, He of whom you say: "He is our God." You do not know Him, but me, I know Him. If I said that I do not know Him, I would be a liar like you. But I know Him and I keep His word." Any vindication claiming to be based on independent reasoning of the Book of Revelation is therefore a lie.

In this work, we have shown, through a process of logic, that human knowledge is describable by a dynamic (Quaternary) relational structure and that this necessarily carries an "unknowable category" except that of receiving a direct revelation of its content.

Contrarily, to claim that the Revelation should be believed without any effort whatsoever, in order to prove credibility, is pure nonsense.

The High Priest's Crown - Parables from the Kingdom of God - Jean-François Froger

Does the title of "High Priest" given to Jesus in the epistle to the Hebrews shine light on the teachings he transmitted through the Gospels? By studying a suite of parables from the heavenly kingdom and exploring their anthropological implication, it is easy to see that the perfect human nature of Jesus comes through in all circumstances.

Now, perfect human nature supposes that priestly and high priestly characteristics be put into action. These categories are intelligible provided one truly grasps the meaning of human nature.

This book is the sequel to the Book of Human Nature and uses new thought processes derived from Quaternary logic. It shows, via an entire series of texts from the Desert Fathers of the East and West tradition (from Saint Isaac de Ninive to Saint Bonaventure) that the coherence emphasised by modern thought was present in the loving contemplation of the Scriptures as early as the first centuries of Christianity. These texts have been brought together by Father Francisco José Lopez Saez, Professor of Spiritual Theology of the Eastern Churches at the San Damaso Ecclesiastic University.

The Saint Angels - Sermons on the Celestial World - Translated, introduced and annotated by Bernard Verten - Saint Bonaventure

This third volume of sermons by Saint Bonaventure is composed of eight writings — never before translated up until now — dedicated to Angels and the Angelic Hierarchy.

Angels hold an important place in our human imaginations. Very often the images we hold of them are those of winged beings. Those wings, however, signify that they belong to the spiritual world: Angels are pure spirit. In order to know them, we must be willing to let go of these simple images.

The two great 13th Century theologians, the Franciscan Saint Bonaventure, and the Dominican Saint Thomas Aquinas, respectively called Doctor Seraphic and Doctor Angelic: which refer to the Celestial Hierarchy where the most elevated position is that of the Seraphim, the closest to the Divine, while Angels hold the place closest to the human world. This shows the importance the angelic world held for theology at the time, but also throughout all of Christianity.

Saint Bonaventure shows how the Angelic Hierarchy receives Divine light, transmits it, from heart to heart, all the way to the Ecclesiastical Hierarchy, the Earthly reflection of the spiritual world. Thus immediately arises an ascending movement where man is guided by the Angels to return to God, the goal of Bonaventurian theology, the sheer aim of faith.

The Book on Human Nature - Or the Revelation of Jesus, the High Priest in the Book of Hebrews - Jean-François Froger

Is there a unique characteristic in humanity that distinguishes it from the animal world? Biology teaches us that the human species is different from higher order mammals through its number of chromosome pairs, whence one could think that man is simply more talented than other animals.

Biology does not entirely answer the question though. In fact, anthropology reveals that all peoples have universally established rituals. Rituality becomes clear in language and ceremonies, whether through the diversity of religions or through sciences. The ultimate ritual is that of the thinking process: Logic.

This book intends to show that it is the rituality of man that defines his human nature.

The author bases this theory on Rabbi Shaoul de Giscalá's Letter to the Hebrews. Here we see that the rituality linked to the Temple of Jerusalem is the perfect example that shows Human Nature and how it becomes chaotic when it is not understood.



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