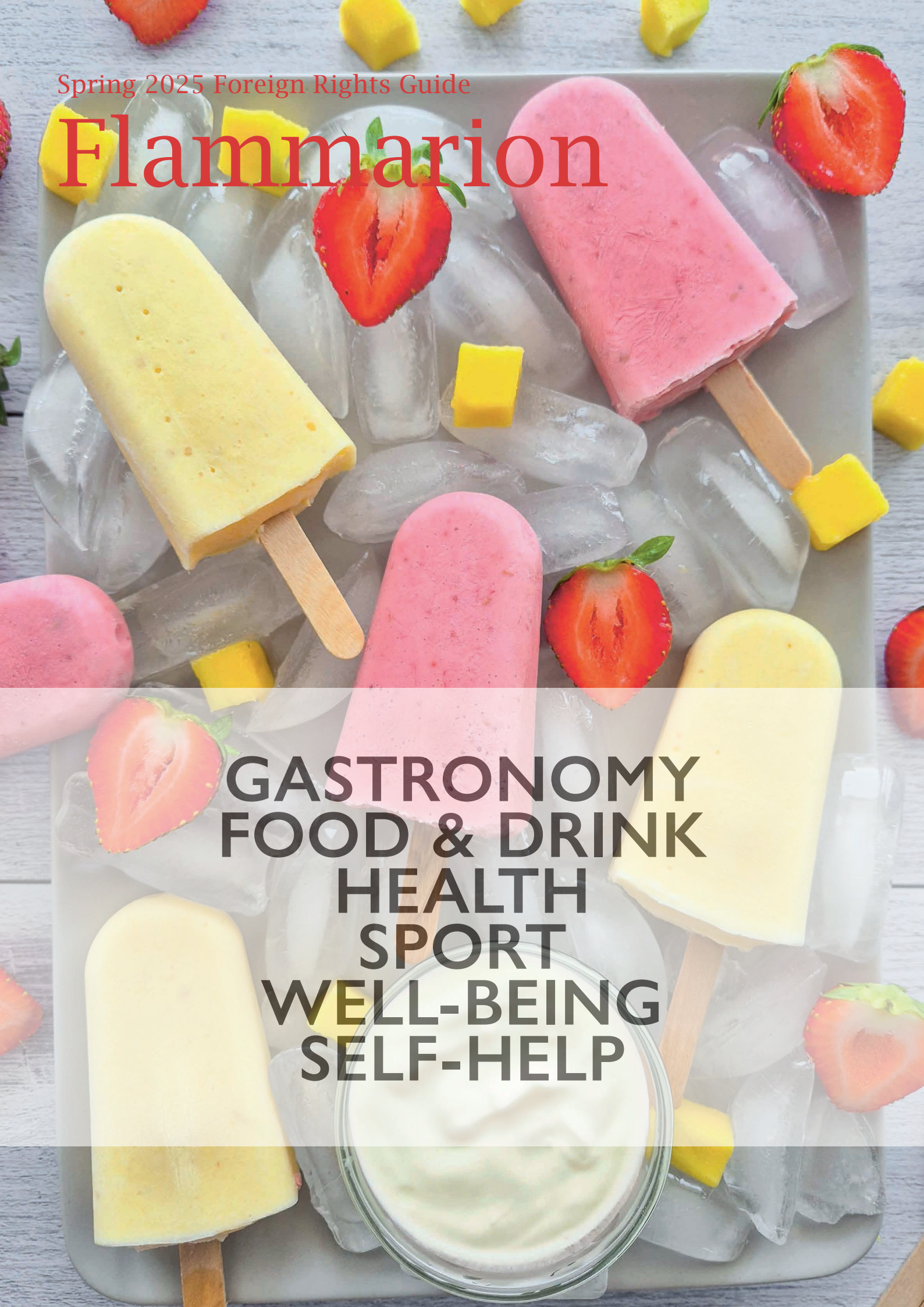
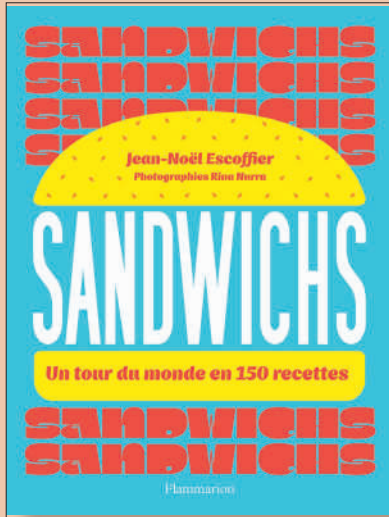


Spring 2025 Foreign Rights Guide

Flammaron

**GASTRONOMY
FOOD & DRINK
HEALTH
SPORT
WELL-BEING
SELF-HELP**





Around the World in 150 Sandwich Recipes

Sandwichs

Un tour du monde en 150 recettes

210 x 280 • 304 p • Hardcover
87 000 words approx. • 100 illustrations
35 € • April 2025

A comprehensive guide to the art of sandwich-making.

This book offers 150 recipes for savory, vegetarian, and sweet sandwiches, along with breads and sauces, showcasing the sandwich as a versatile and innovative dish.

It highlights iconic global creations like the club sandwich, banh mi, doner kebab, and lobster roll, while exploring their cultural significance through engaging anecdotes.

A valuable resource for professionals and enthusiasts, it combines culinary inspiration with practical recipes to elevate menus and concepts.

Jean-Noël Escoffier

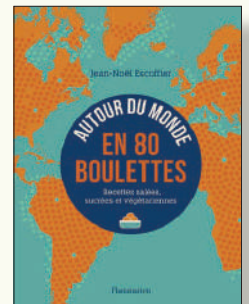
Enthusiastic traveller and gourmet, the author takes great pleasure in satisfying his curiosity and interest in recipes from popular cuisine around the world.

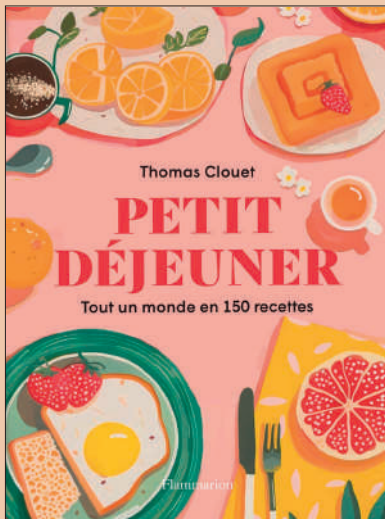
- 150 recipes classified by continent.
- Stories and anecdotes about the origins of sandwiches.
- Savoury, vegetarian and sweet recipes.

North America
Central & South America
Europe
Africa & Middle East



Already published by the same author:





Around the World in 150 Breakfast Recipes

Petit déjeuner
Tout un monde en 150 recettes

210 x 280 • 304 p • Hardcover
59 000 words approx. • 133 illustrations
35 € • September 2024

150 breakfast recipes from all over the world to enjoy during the week and at the weekend, at the office or at home, alone, with family or friends, healthy, traditional, on the go or as a proper meal.

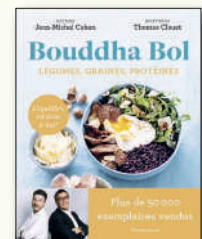
Each recipe is introduced by context or anecdotes to offer background information.



Thomas Clouet is a chef and a food stylist, coach and food critic, he hosts several cooking shows on TV and has established a name for himself as the French specialist of finger food and street food.

Claire Fauvain is an independent graphic designer and illustrator.

*By the same
author:*



50,000 copies sold

Spreadable

Amlou (Morocco)
Peanut butter (United States)
Soft salted butter caramel
Strawberry jam
Dulce de leche (Argentina)

Drinks

Api morado (Bolivia)
Bellini (Italy)
Bloody Mary (United States, Great Britain)
Breakfast Martini
Ca phe sua da (Vietnam)

Cereals, seeds, pasta

Açaí na tigela (Brazil)
Balaleet (Saudi Arabia, United Arab Emirates)
Birchermüesli (Switzerland)
Home-grown cereals (International)
Champorado (Philippines)
Chia pudding

Pancakes

Aloo paratha (India, Pakistan)
Baghrir or thousand-hole pancakes (North Africa)
Bánh trắng nướng (Vietnam)
Blinis (Russia)
Crumpet (Great Britain)

Cheese, vegetables, fruit, meat, fish

Akara (Nigeria)
Baked beans (Great Britain, United States)
Breakfast burrito (United States, Mexico)
Breakfast sandwich (International)
Chilaquiles (Mexico)

Cakes, biscuits and pastries

Alfajores (Argentina)
Bambalouni (Tunisia)
Banana bread (United States)
Boflotos (Ivory Coast/Togo)
Bougatsa (Greece)

Eggs

Changua (Colombia)

Cilbir (Turkey)
Cloud eggs
Dan bing (Taiwan)
Egg bhurji (India)

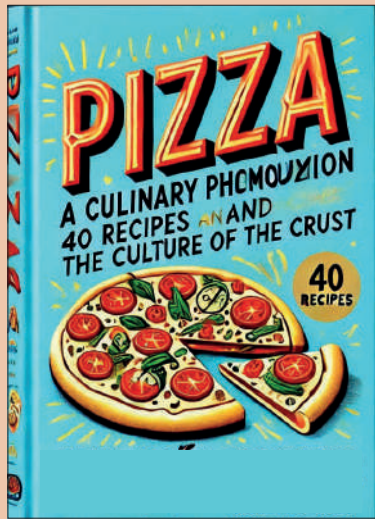
Bread

Arepas de queso (Venezuela, Colombia, Bolivia)
Bánh-mì (Vietnam)
Bread and butter pudding (Great Britain)
Pretzel (Germany/France)
Eish or Aish baladi (Egypt)

Toast

Avocado toast (Australia)
Huevos motulenos (Mexico)
Pan con tomate (Spain)
Smørrebrød (Denmark)
Chocolate vermicelli toast (Netherlands, Dutch Belgium)
Tartine charentaise (France)
Welsh rarebit (Wales)

(more recipes in every topic)



Provisional cover

All About Pizza

Tout sur la pizza

220 x 290 • 360 p • Flexibound
 82 000 words approx. • 300 illustrations
 24.90 € • October 2025

Pizza is much more than a simple dish—it has become a cultural phenomenon that continues to capture the world’s imagination. This title takes a deep dive into the many layers of pizza, from its classic dough recipes to creative innovations. It explores the debate between white sauce and tomato, revealing how each option brings its own unique character to the pizza. It delves into the rising trend of sweet pizzas, showing how this unexpected twist is gaining popularity. Most importantly, it celebrates pizza’s prominent place in pop culture and answers some of the most common pizza-related questions, such as why it’s round but delivered in a square box. Featuring **40 diverse recipes** from 12 different contributors, this book offers a range of styles and techniques, beautifully illustrated with drawings and photographs that bring the art of pizza making to life.

Ezéchiel Zérah, former editor-in-chief of the gastronomy pages at *L'Express* French Magazine, is the creator of the online magazine *Pomelo*.

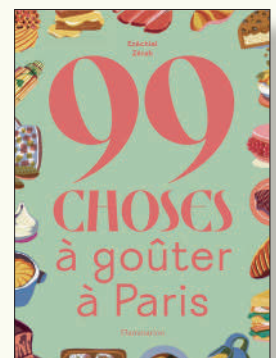
- 40 pizza recipes and expert tips from 12 contributors.
- Insights into the cultural history of pizza.

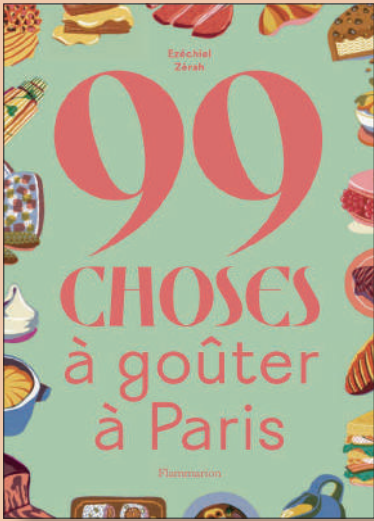


Provisional layouts



Already published by the same author:





99 Must-Taste in Paris

99 choses à goûter à Paris

130 x 180 • 128 p • Softcover
 12 000 words approx. • 99 illustrations
 9.99 € • October 2024

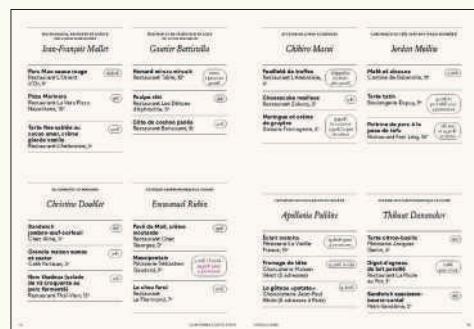
An insider's guide to the best dishes in the best places in Paris, with the contribution of 30 names from the culinary scene sharing their best secrets.

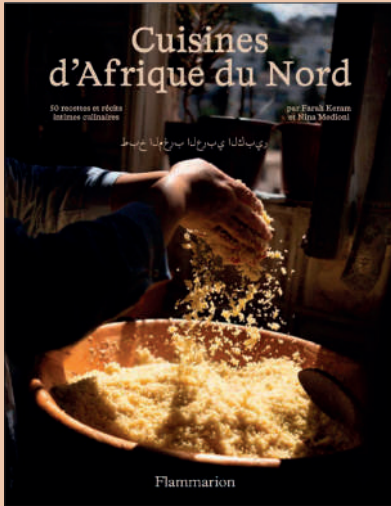
A selection spanning bistros, restaurants, canteens, palaces, patisseries, cheese shops, and grocery shops. From the €2.60 Fontainebleau in the 17th arrondissement to the €75 prime rib in the 4th arrondissement, there is something for every taste and budget.

33 contributors including: François-Régis Gaudry, Jean-François Mallet, François Simon, Zazie Tavitian, and Chihiro Masui...

Ezéchiel Zérah, former editor-in-chief of the gastronomy pages at *L'Express* French Magazine, is the creator of the online magazine *Pomelo*.

- Comprehensive culinary guide with a selection of 99 top culinary delights across Paris.
- Featuring insights and favorite spots from thirty renowned contributors in the culinary scene.





North African Cuisine

50 Recipes & Personal Culinary Accounts

Cuisines d'Afrique du Nord

50 recettes et récits intimes culinaires

190 x 240 • 192 p • Softcover
45 500 words approx. • 125 illustrations
29.90 € • April 2025

A rich culinary journey through North Africa, featuring **50 emblematic recipes** like Chakchouka, Mtehem dumplings, Karentika, Harira, Tajine, and Msemen bread.

In addition to these traditional dishes, the book also delves into **50 unique cultural and sociological accounts**. These narratives explore themes of culinary transmission, the pivotal role of women in North African cooking, and the sacred seasonality that influences the region's cuisine.

Farah Keram is a culinary journalist who traced the footsteps of the women in her family to collect fifty recipes deeply rooted in seasonality and reflective of her cultural heritage.

• An embodied book with a strong personality.

The Southern Shore

The southern shore of the Mediterranean, also known as North Africa, containing recipes and stories unique to this region.

Story #1: What is North Africa? What are its culinary boundaries and multiple influences?

Recipes

Story #2: Sacred Seasonality

Story #3: A Cuisine by Women – The Beauty of the Gesture

Story #4: Transmission and Silence in the Kitchen

The Grey Zone

The ambiguous area typical of any dual identity, featuring suspended recipes that fit the stories included in this section.

Recipes

Story #5: Food Rites and Rituals

Story #6: Couscous, Sacred Ancestral Art – Couscous is a Celebration

Story #7: Bread, the Binding Element

The Northern Shore

Recipes created here and themes that align with the northern shore.

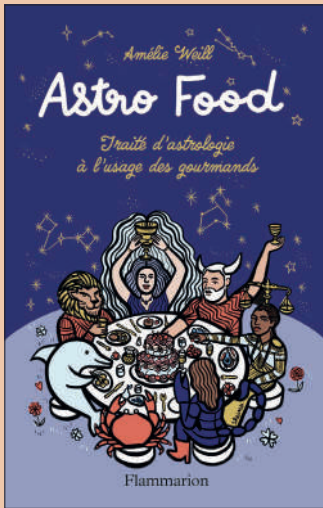
Recipes

Story #8: Migration and Its Flavor in Cuisine

Story #9: The Taste of Diasporas

Story #10: Back and Forth: Not Quite Here, Nor There?





Astro-Food

A Handbook On Astrology For Food Enthusiasts

Astro Food

Traité d'astrologie à l'usage des gourmands

135 x 210 • 192 p • Softcover

36 000 words approx. • 15 illustrations

18.90 € • January 2025

When astrology meets cuisine.

What does our sun sign say about our relationship with food? What does our moon sign reveal about our culinary emotions?

Through the lens of cooking, astrology guides us to better understand ourselves and find harmony with others. In a cheerful and dynamic tone, Amélie Weill unveils the secrets of the dining table based on the signs of the Zodiac, revealing how to treat loved ones at the next dinner party.

Amélie Weill is an astrologer and food journalist for *Time Out*. She also shares her knowledge through various workshops, talks, and publications, guiding people to better understand themselves and their relationships with others through astrology and gastronomy.

- Astrology, an exploding trend.

Purpose of astrology and its link with cuisine

(seasonality, celestial, earthly food)

How to use this book and understand your birth chart

Seasonal cuisine

Sun Sign in Astrology: Inner core and outward radiance

Spring

Aries, Taurus, Gemini: personality, dining traits, favorite dishes

Zodiac Signs' Picnic

Summer

Cancer, Leo, Virgo: personality, dining traits, favorite dishes

Zodiac Signs' Barbecue

Autumn

Libra, Scorpio, Sagittarius: personality, dining traits, favorite dishes

Zodiac Signs' Forest Return

Winter

Capricorn, Aquarius, Pisces: personality, dining traits, favorite dishes

Zodiac Signs' Christmas Dinner

Eating your emotions

Moon Sign in Astrology: emotions, comfort food, and memory

The 12 Moon Signs: rituals, ideal comfort meals

The starred menu

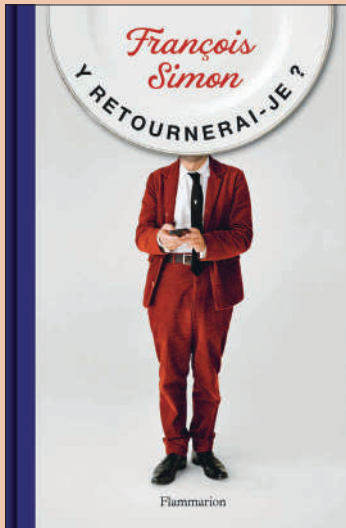
Ascendant and North Node: paths to potential

12 Ascendants: paths and anecdotes

12 North Nodes: best cooking practices

In the Zodiac tavern

Astrology and drinks: cocktails for each sign



Will I Return?

Critic's Picks: Unforgettable Places & Hidden Gems

Y retournerai-je ?

Les Choix du critique : adresses inoubliables & pépites cachées

155 x 237 • 240 p • Softcover
 47 000 words approx. • 66 illustrations
 26 € • May 2025

"Will I return? I have never had immediate answers to this question. Because, each time, the place visited astonishes me, going to a restaurant, a cinema, a beach, a clothing store, or a perfume shop, and never guessing what will happen. Opening up within oneself, a candor, a vulnerability. Never knowing everything. At the limit, never thinking. This is somewhat the object of this book and these lines scribbled on a cinema chair during the commercials. I don't even know what will follow, thus embracing the delightful formula of Julien Green: I write a book to know what is in it."

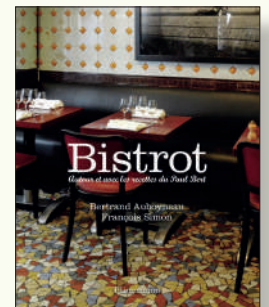
Every day, on Instagram, food critic François Simon proposes a restaurant, a hotel, a shop or a destination to his 355,000 followers, always asking himself the same question: Will I return? This book gathers the best addresses, sharp remarks, whimsical thoughts, photos, and poetic moments from the man whose face no one knows.

François Simon is a French traveler, writer, journalist, and food critic known for his mysterious restaurant reviews. Simon has written several books exploring the connections between food and life and has contributed to major publications like *Le Figaro* and *Le Monde*. On Instagram, he shares restaurant, hotel, and shop recommendations with his large following, all while maintaining an air of mystery.

- Authored by the legend of journalism and gastronomic criticism.
- François Simon, the real-life inspiration for the critic Anton Ego in the animated film *Ratatouille*.



Already published by the same author:



Rights sold in: English World, Italian, Simplified Chinese, Brazilian Portuguese



French Bistro

Seasonal Recipes

Bistrot
Autour et avec les recettes du Paul Bert

200 x 250 • 218 p • Hardbound with jacket
17 000 words approx. • 100 illustrations
29.90 € • October 2011

Rights sold in: English World, Italian, Simplified Chinese, Brazilian Portuguese

A homage to the classic gastronomic bistro, featuring the quintessential characteristics and tantalizing recipes that embody this casual style of French cooking. *The French bistro* provides an irresistible dining experience, combining fresh, traditional dishes with a friendly atmosphere. With its checkered tablecloths, chalkboard menus brandishing the plats du jour, emblematic wooden chairs, and an endless supply of crusty baguettes, the gastronomic bistro has firmly established itself as a culinary institution.

Bertrand Auboyneau, the owner of Bistrot Paul Bert in Paris, offers a seasonal selection of 60 hearty recipes. Starters include rustic country pâté with cognac and wild mushroom confit, and scallops cooked in their shells with a piquant twist. An extensive selection of main courses ranges from shoulder of lamb en cocotte to duck breast with cherries and roasted new potatoes. After a dazzling cheese platter, if you still have room for dessert, you can indulge in an assortment of delicious classics, such as Paul Bert's signature Paris-Brest or Île flottante, an island of poached meringue floating in Tahitian vanilla crème anglaise. To accompany the recipes, revered food critic François Simon outlines the Ten Commandments that rule a true bistro, such as the importance of an inspirational owner and a highly experienced chef, as well as impeccable waiters and the art of creating an authentic décor. Photographs feature both recipes and the lively spirit of a dozen classic Parisian bistros.

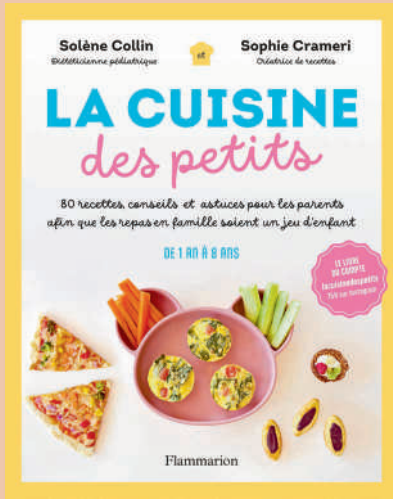
Bertrand Auboyneau is the owner of the famous Bistrot Paul Bert in Paris.

François Simon, a renowned food critic, writes for numerous publications including Le Figaro.

Christian Sarramon is a distinguished lifestyle photographer.

- The reputation of Bistrot Paul Bert, rated as one of the best bistros in Paris by visitors and the press – both French and international.
- Featuring 60 typically French recipes that are easy to make.





Cooking for Children

80 Recipes, Tips, and Tricks for Parents to Make Family Meals a Piece of Cake

La Cuisine des petits

80 recettes, conseils et astuces aux parents pour que les repas en famille soient un jeu d'enfants

190 x 240 • 208 p • Softcover
51 000 words approx. • 80 illustrations
26.90 € • March 2025

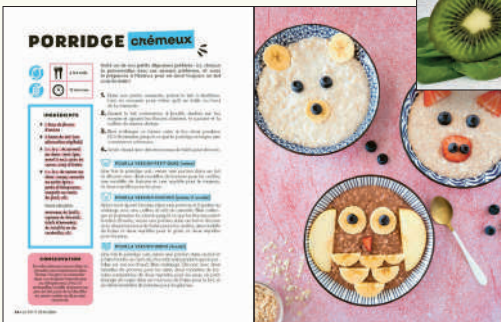
A cookbook for parents who care about nutrition and pleasure for their children. It includes **80 quick, easy, and healthy recipes** for every mealtime of the day that fit into a busy daily routine. Perfect for parents feeling overwhelmed by countless recommendations and dealing with children whose tastes change every day. This guide offers balanced and playful menu ideas, along with tips and tools to help children enjoy their meals while staying healthy.

Solène Collin is a pediatric dietitian specializing in food disorder.

Sophie Crameri is a creator of healthy and delicious family recipes.

- A guide supporting parents in fostering healthy eating habits and a love of good food—without the guilt.
- 80 quick, easy, and healthy recipes for every mealtime.

- Breakfast
- Lunch
- Desserts
- Snacks
- Dinner
- Aperitif & Picnics





Over
7,500
copies sold

Pastry Renaissance

Healthy and Tasty

Révolution Pâtisserie

Enfin un livre pour réaliser des pâtisseries saines et gourmandes

210 x 280 • 256 p • Hardcover

40 illustrations

35 € • September 2023

Rights Sold in:

English World, Brazilian Portuguese

If pâtisserie is a culinary art of excellence where technique is put at the service of beauty and flavour, it is now possible to think of healthy pâtisserie.

Johanna Le Pape, 2014 World Champion of the Sweet Arts, approaches pâtisserie from a new angle, that of dietetics and micronutrition. She offers an embodied, plural and committed vision based on 5 pillars:

- **Diversification** by integrating a wide variety of ingredients (plants, seaweed, flours, sugars, etc.).
- **Balance** between sugars and fibers for a low glucid index.
- **Innovation** by preserving micronutrients through adapted transformation and cooking processes.
- **Upcycling** our waste into new resources.
- **Sourcing** seasonal ingredients from committed producers.

Johanna shares, for each family of ingredients that can be used in her pastry, their nutritional value and glucid index information, their origin, taste and technical specificities before rejoicing with 50 recipes: from dough to macarons, meringues, travel cakes and cream-based desserts.

Flours

Sugars and sweeteners

Seeds, oleaginous fruits & beans

Dairy and vegetable products

Fruits and vegetables

Aromatic herbs

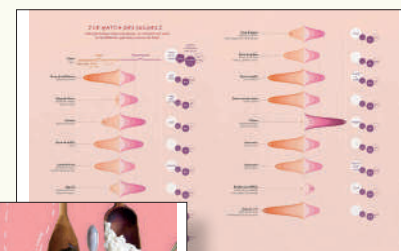
Flowers

Spices

Texturizers and natural colorants

Different cooking methods

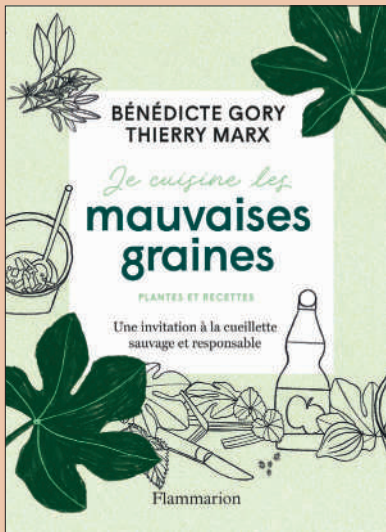
Johanna's recipes



Johanna Le Pape is a talented pastry chef. She began her career at Lutetia, then at Le Meurice with Cédric Grolet and Maxime Frédéric. She continued her adventure at Ladurée and won the World Cup of Sweet Arts in 2014. She founded the Aurore workshop, and devotes herself to creation, consulting and training. Now settled in San Francisco, she takes part in TV shows and created a podcast on Healthy Pâtisserie. She recently was part of the organising committee of Pâtisserie World competition that won the prize "Book and Knowledge" by the French academy of cuisine.

Mélanie Fréchon is a dietitian nutritionist, specialised in sports nutrition.

- **Bible of healthy pâtisserie.**
- **Complete introduction on sugar and its different forms.**
- **Health advisor to the chef of NBA star Ruby Gobert.**
- **A media savvy chef who lives between Paris and Los Angeles.**



Cooking with Wild Plants

An Invitation to Wild and Responsible Harvesting

Je cuisine les mauvaises graines

Une invitation à la cueillette sauvage et responsable

152 x 210 • 224 p • Softcover
19.90 € • May 2025

This book offers a thoughtful exploration of wild and sustainable foraging, focusing on plants often overlooked in fields, forests, or even home gardens. Bénédicte Gory, founder of *Le Jardin est la recette*, delves into **20 carefully selected plants**—such as nettle, meadowsweet, sumac, linden, pine needles, wild carrot, and juniper—providing practical insights on their harvesting seasons, unique characteristics, and therapeutic benefits.

Complementing this knowledge, renowned chef **Thierry Marx shares around 20 inventive recipes** that showcase how wild plants can elevate everyday meals. From cacao powder made from linden fruit to roasted hazelnut catkin toppings, dry pesto, and gomasio, his simple yet creative dishes highlight the natural flavours and nutrients of wild ingredients, making this title both an inspiring guide and a practical resource for connecting with nature through food.

Bénédicte Gory, a botany enthusiast and founder of *Le Jardin est la recette*, has set up an industry for wild garden crops and plants.

Thierry Marx, a 3-star Michelin chef, the president of the hospitality union, created a space menu for the ISS in 2017. A black belt in judo and a pioneer in molecular cuisine, he's also a judge on *Top Chef France* and author of numerous titles at Flammarion.

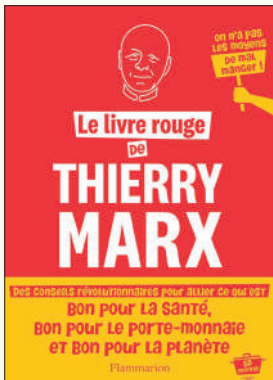
- 20 wild plants with harvesting tips, unique properties, and therapeutic benefits.
- 20 creative condiment recipes, from cacao powder to dry pesto.
- A practical and inspiring guide to sustainable foraging and natural cooking.





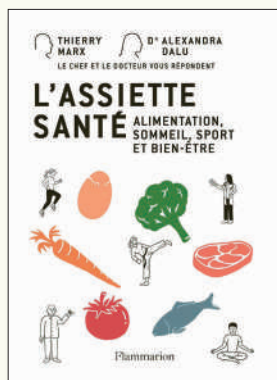
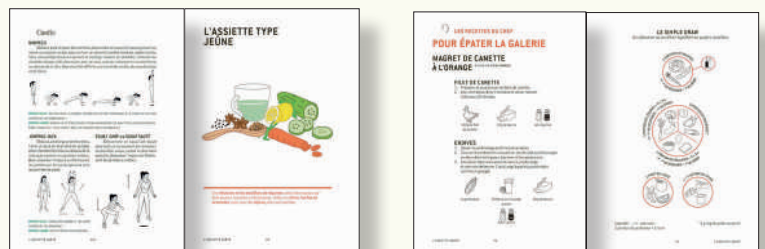
**BEST-SELLING
AUTHOR**

Thierry Marx, a renowned chef with 3 Michelin stars, now leads “Madame Brasserie” on the Eiffel Tower’s first floor and the sustainable restaurant Onor in Paris. He has been elected president of the Union of trades in the hotel industry. In 2017, the European Space Agency invited him to create a gastronomic menu for the International Space Station. An enthusiast of martial arts, he holds a black belt in judo. Known for his contributions to molecular cuisine, Marx has authored Easy Marx and Planet Marx. As a celebrity chef, he also judges the French version of Top Chef.



150 x 210 • 192 p • Softcover
19.90 €

Thierry Marx presents a gastronomy guide advocating for a rethink of our food habits. He emphasizes that eating well doesn't equate to higher costs and promotes returning to simple, unprocessed foods. The book offers practical advice on smart consumption, storage, and anti-waste, along with 50 easy, healthy, and eco-friendly recipes. It's a pathway to benefits for health, budget, and environment.

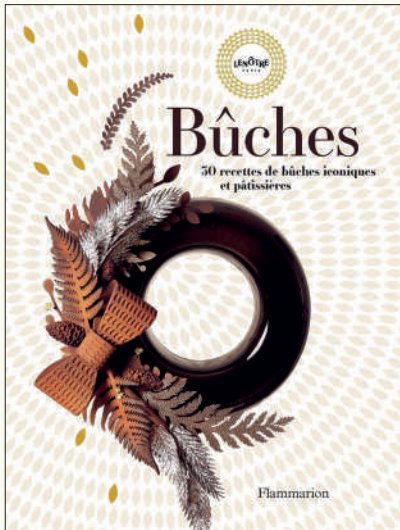


150 x 210 • 240 p • Softcover
19.90 €

Avoiding the trending diets, this book invites everyone to follow a healthy lifestyle. Michelin-starred Chef and martial art amateur, Thierry Marx shares twenty-six everyday recipes, healthy, tasty, fast and at an affordable cost, as well as simple and effective exercises to practice ten minutes a day. World renowned endocrinologue Dr. Alexandra Dalu presents all the benefits from a balanced diet, and the basic rules for a good sleep. Includes the interviews with multidisciplinary experts in food engineering and ecology, neuroscience, sports sociology and the media, giving a holistic approach to health.

Over 20,000 copies sold!





210 x 280 • 272 p • Hardcover
43 000 words approx.
175 illustrations
35 € • October 2024

Rights Sold in:
English World



190 x 260 • 432 p
Hardcover
60 000 words approx.
150 illustrations
29.90 € • November 2020

Rights Sold: English
World, Russian,
Simplified Chinese

17,000
copies sold

Yule Logs by Lenôte

30 Recipes for Iconic Pastry Christmas Logs

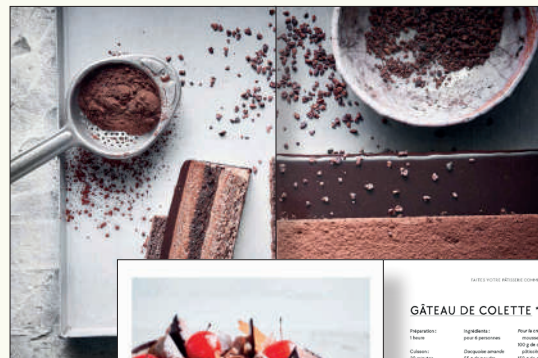
La Maison Lenôte and Chef Guy Krenzer unveil the creative process behind their iconic yule logs. Featuring **15 original creations** and **15 variations for homemade versions**, the book showcases both innovative and traditional pastry recipes. It highlights Maison Lenôte's dedication to haute cuisine, sharing their culinary expertise and heritage. With recipes catering to a variety of tastes and skill levels, this book offers something for every yule log enthusiast.

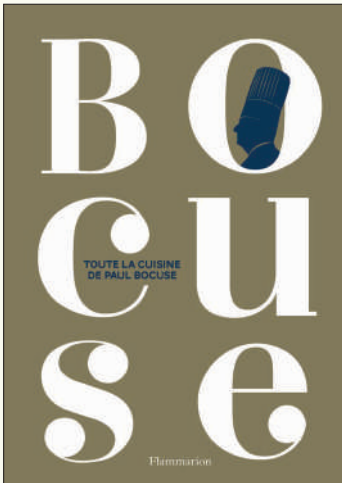


French Pastries and Desserts by Lenôte

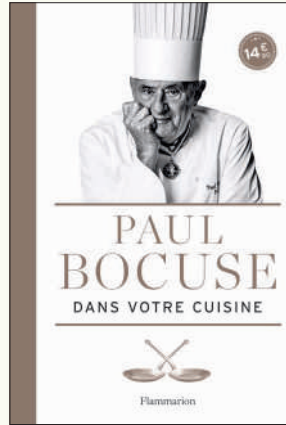
200 Classic Recipes

The "cult" pastry book that brings master French pastry chef Lenôte's sweet finales into the home kitchen. Paris "pastry genius" Gaston Lenôte is revered for making French pastries lighter and his techniques continue to influence pastry chefs worldwide, such as Pierre Hermé. In this illustrated edition, the Master chef's daughter, Sylvie Gille-Naves, revisits 200 original recipes, from classics like croissants, éclairs, madeleines, cherry clafoutis, crêpes, and baba au rhum, to innovations like sugared almond ice cream and chocolate hazelnut Tanghana. Recipes are adapted for home-made pastry, ensuring perfect results even for amateur bakers.

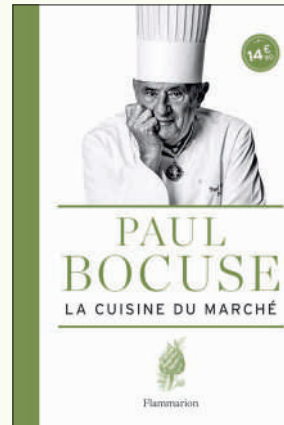




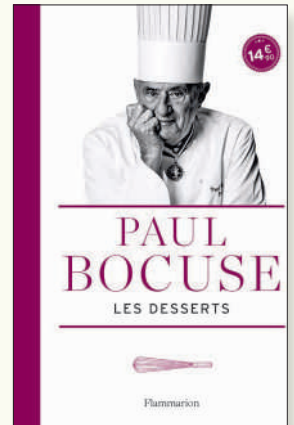
180 x 255 • 784 p •
 Hardcover 35 €
 126 000 words approx.
 Rights Sold in: English World



180 x 255 • 240 p •
 Softcover 14.90 €

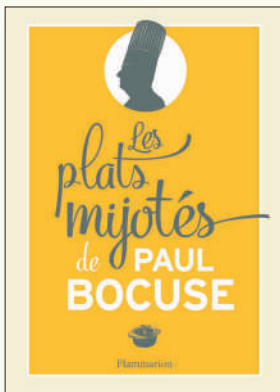


180 x 255 • 240 p •
 Softcover 14.90 €

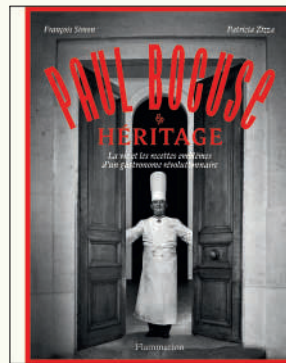


180 x 255 • 240 p •
 Softcover 14.90 €

Collection Paul Bocuse



180 x 255 • 187 p •
 Softcover 19.90 €



190 x 240 • 208 p •
 Hardcover 14.50 €



170 x 210 • 240 p •
 Softcover 12 €

Toute la Cuisine de Paul Bocuse (illustrated)

Rights Sold in: English World

Paul Bocuse dans Votre Cuisine (illustrated)

Rights Sold in: English World, Italian, German

La Cuisine du Marché (illustrated)

Rights Sold in: Italian, English World

Les Desserts (illustrated)

Rights Sold in: Italian, English World



La Cuisine du Marché (original non-illustrated edition)

Rights Sold in: Italian, Dutch

Les Plats Mijotés

Paul Bocuse Héritage

Mes Meilleures Recettes

Rights Sold in: English World





Cover available soon

Ferrandi: Fish & Crustaceans

Recipes and Techniques from the Ferrandi School of Culinary Arts

Ferrandi: Poisson & Crustacés

Recettes et techniques d'une école d'excellence

210 x 280 • 304 p • Hardcover

44 000 words approx.

35 € • October 2025

Rights Sold in:

English World

This title provides a thorough course in cooking all types of fish and seafood. From filleting fish to preparing seafood stocks, a guide to master essential techniques like poaching, grilling, and roasting. Serve your guests with dishes such as lobster bisque, grilled tuna, shrimp scampi, or a traditional seafood paella.

Written by Ferrandi's experienced teaching team of master chefs, this fully illustrated cookbook offers clear, expert guidance through **forty-five key techniques and seventy recipes**. Adapted for the home cook, practical information is presented in tables, diagrams, and sidebars for easy reference. Recipes are organized by difficulty, allowing readers to build their skills progressively. Whether you're a home chef or an experienced professional, this detailed reference provides everything you need to perfect the art of cooking fish and seafood.

Ferrandi Paris cooking school opened in 1920 to train culinary professionals. Internationally renowned for excellence, Ferrandi offers courses of all levels to students from France and abroad, including masterclasses taught by celebrated Michelin-starred chefs.

- **Guided by master chefs with deep expertise.**
- **Instructive approach for fool-proof recipes.**

Essentials

Classification, anatomy, quality, seasonality
Essential tools: knives, scalers, tweezers, cutting boards
Techniques: scaling, gutting, filleting, opening shellfish

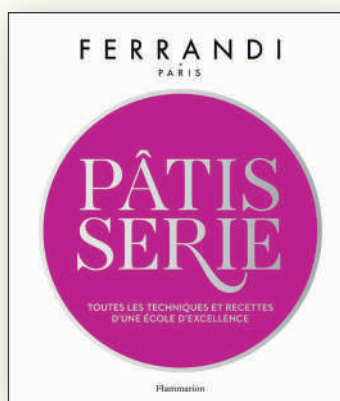
Cooking Methods

Poached, papillote, grilled, braised, roasted, breaded

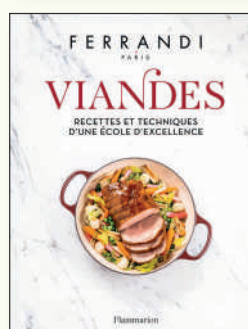
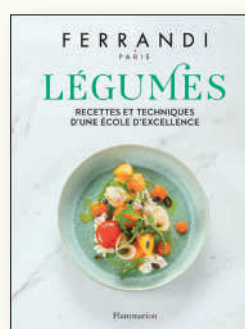
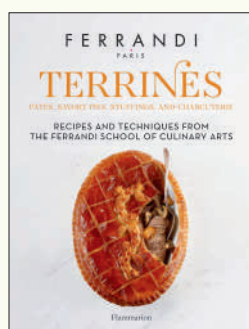
Recipes

Round fish: gravlax, tataki, ceviche, tartare, bouillabaisse, brandade, fish & chips
Flat fish: sole meunière, turbot, sea bream, Moroccan-style skate
Cephalopods: tielle, fried calamari, octopus with chorizo
Shellfish & crustaceans: bisque, lobster Bellevue, spaghetti vongole, scallops, crab, Thai-style langoustine

École Ferrandi Best-Sellers



200,000 copies sold worldwide



The ultimate reference books from Ferrandi Parisian School of Culinary Arts, internationally renowned for excellence.

Written by the school's experienced teaching team of master chefs and adapted for the home cook, these fully illustrated cookbooks provide all the fundamental techniques and recipes that form the building blocks of the illustrious French cooking tradition, explained step-by-step in text and images.

Practical information is presented in tables, diagrams, and sidebars for handy reference.

Easy-to-follow recipes are graded by level of difficulty allowing readers to develop their skills over time.

FERRANDI PARIS offers courses to students of all levels from all over the world, including master classes with Michelin-starred chefs.

The School has developed an international partnerships with prestigious culinary schools.

Also Available in the Series:

Pâtisserie -

250 x 295 mm., 656 p., HC, 49.90 €
Rights sold : English World, Hungarian, Russian, Simplified Chinese, Complex Chinese, Japanese, Spanish, Korean, Dutch

Chocolate -

210 x 280 mm., 304 p., HC, 29.90 €
Rights sold : English World, Spanish, Hungarian, Simplified Chinese, Complex Chinese, Korean, Japanese

Fruits -

210 x 280 mm., 304 p., HC, 29.90 €
Rights sold : English World, Simplified Chinese, Korean

Vegetables -

210 x 280 mm., 304 p., HC, 29.90 €
Rights sold : English World, Simplified Chinese, Korean

Terrines -

210 x 280 mm., 308 p., HC, 35 €
Rights sold : English World, Complex Chinese

French Boulangerie -

210 x 280 mm., 304 p., HC, 35 €
Rights sold : English World

Meat -

210 x 280 mm., 304 p., HC, 35 €
Rights sold : English World





Cover available soon

The Encyclopedia of Nuts

Techniques and Recipes

Le Grand Livre des Noix

210 x 280 • 240 p • Hardcover
28 700 words approx. • 80 illustrations
35 € • September 2025

To be published:
The Encyclopedia of Mushrooms in October 2026

A comprehensive exploration of nuts, detailing their history, varieties, textures, and preservation methods. This guide delves into the culinary and cultural significance of nuts, offering insights into their diverse uses across global cuisines. An essential reference for those seeking to understand the rich world of nuts and their role in food and culture.

- An easy-to-use, practical book.
- Creative recipes by Julie Schwob.



Encyclopedia of the Vegetarian Cuisine

La Cuisine végétarienne

240 x 270 • 416 p • Hardcover
80 000 words approx. • 700 illustrations
35 € • May 2025

This comprehensive encyclopedia covers a range of vegetarian diets, from flexitarian to vegan, offering dishes for the entire family. Step-by-step techniques guide the preparation of essential ingredients like fruits, vegetables, grains, mushrooms, soybeans, eggs, and dairy. It includes vegan and gluten-free options, showcasing the versatility of vegetarian cooking for healthy, flavorful meals. Recipes range from shiitake fried rice to passion fruit pavlova, organized by main ingredient and difficulty. A practical guide provides tips on balanced diets, product substitutions, and seasonality, along with illustrated ingredient guides, a bibliography, and indexes.

- A reference for vegans, vegetarians and omnivores alike.
- With the contribution of 10 Michelin starred chefs.
- 20 new recipes and 5 new techniques.



The Culinary Encyclopedia Series

Comprehensive guides to master cooking at home!

Practical guides with all the basic rules to master techniques and recipes, fully illustrated step by step.
Each book contains 100 illustrated recipes by 20 renowned chefs, organized by level of difficulty.

Over 300,000 copies sold worldwide

240 x 270 mm (classic format) - 35 €

210 x 280 mm (new format) - 35 €

Gastronomie and Desserts (new format) - 39.90 €

Approx. 450p., HC with imitation cloth-binding

New Format



Rights sold: Spanish,
English World



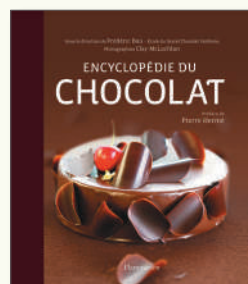
Rights sold: English World



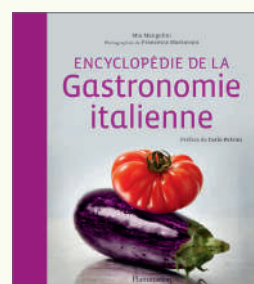
Classic Format



Rights sold: Spanish,
English World

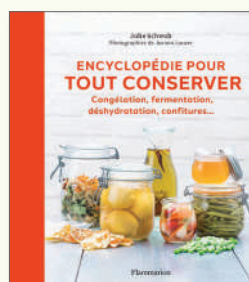


Small price: 24.90 €
200 x 250 mm



Small price: 24.90 €
200 x 250 mm

Rights sold: Portuguese, Spanish, Italian,
English World



Rights sold: Portuguese,
Italian, English World

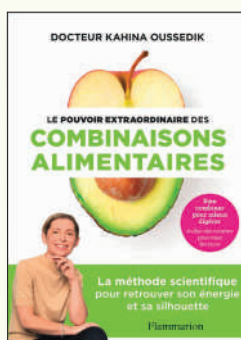
Food



Grains by Manon Fleury

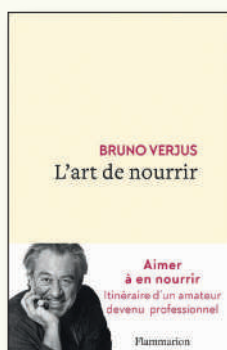
74 Recipes Combining Culinary Excellence and Sustainability

190 x 255 - 224 p - Hardcover
50 000 words approx.
29,90 € - Septembre 2022
Rights sold in: Spanish



The Extraordinary Power of Combination

150 x 210 - 176 p - Softcover
19 000 words approx.
19,90 € - January 2023



The Art of Nurturing

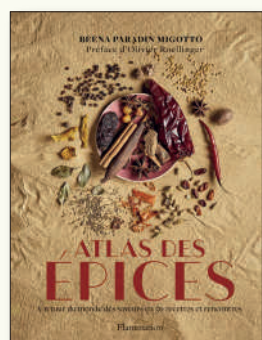
135 x 210 - 192 p - Softcover
40 000 words approx.
17,90 € - May 2021



An History of Food in Japanese Art

A Heritage from the Edo Period

200 x 280 - 256 p - Hardcover
33 300 words approx. - 150 illustrations
35 € - October 2023



A World Spice Tour

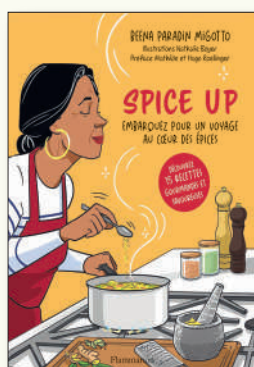
210 x 280 - 224 p - Hardcover
45 000 words approx. - 50 illustrations
29,90 € - October 2021



Fermentation

History, Uses and Recipes

240 x 270 - 208 p - Hardcover
44 000 words approx. - 140 illustrations
29,90 € - February 2022
Rights sold in: English World, Spanish, Simplified Chinese



Spice Up

Spice Up your Plate Without Mistakes

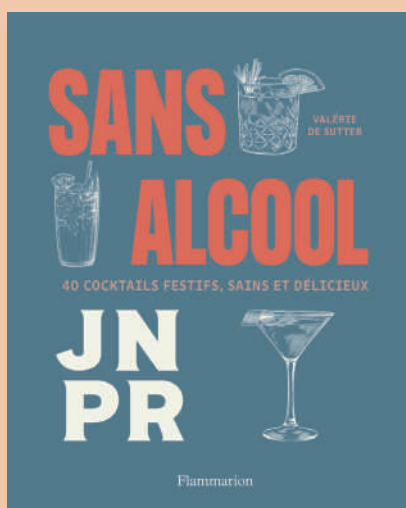
190 x 240 - 144 p - Softcover with flaps
10 000 words approx.
22 € - May 2023



Giant Chefs!

An Initiatory Journey to the Most Renowned French Restaurants

198 x 268 - 224 p - Hardcover
17 00 words approx.
25 € - January 2021
Rights sold in: Korean, Complex Chinese, Turkish



Alcohol-Free

40 Festive, Healthy and Delicious Cocktails

Sans alcool

40 cocktails festifs, sains et délicieux

190 x 240 • 160 p • Hardcover

9 000 words approx. • 50 illustrations

29.90 € • January 2025

For an alcoholic-free yet festive aperitif!

Juniper is an evergreen tree found in Europe, North America and Asia. It is used in medicine and its berries have been used as a flavouring in foods and alcoholic beverage such as gin.

This book features 40 alcohol-free cocktail recipes, including sugar-free options with medicinal plants. From revised classics to original Juniper Spirits creations, it offers a versatile guide to non-alcoholic mixology.

Valérie de Sutter is a founder of JNPR (Juniper Spirits brand), new kind of distillation spirit, made in France, with no sugar and 0.0% alcohol.

- An inspiring guide to the world of sophisticated, alcohol-free mixology.
- Recipes by a renown and talented Italian barman Flavio Angiolillo.
- Sugar-free cocktail recipes infused with medicinal plants.

Revisited Classics

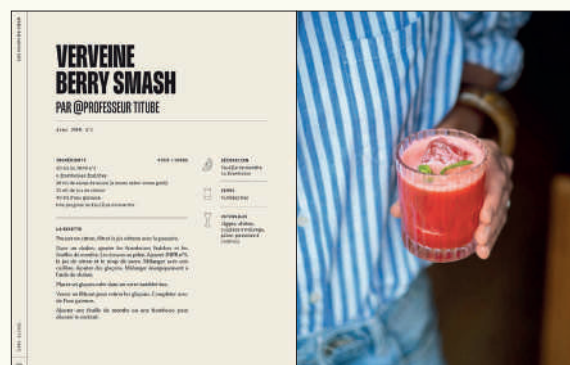
Gin Tonic, Negroni, Sour, Margarita, Spritz, Daiquiri, Cosmopolitan, Spicy Fifty, Hugo Spritz, Moscow Mule, Caipirinha, Flashback, Espresso MRTN, Enjoy the Silence, Bloody Mary, Edmond Nonkasi, Eliot & Edgar

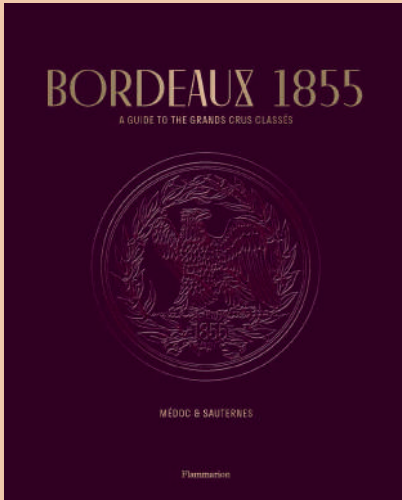
Favourites

Egg Nog, Django, The Citrusy V Ramos, Aramis, January 8, 1324, Silly Crush, Tzatziki, Winter Sweetness, The Gimlet, Mauresco 0.0, Newton Champagne Cocktail, Verveine Berry Smash, Left Bank

Functional Cocktails

Paloma Glow, Waiting for the Stars, Amalfi, Okinawa, Here Comes the Sun, Haïda, Life in Pink, Because the Night, Bella Ciao





Bordeaux 1855

A Guide to the Grands Crus Classés Médoc & Sauternes

Bordeaux Route 1855

Rencontre des grands crus classés du Médoc et du Sauterne

170 x 210 • 256 p • Flexibound
39 000 words approx. • 120 illustrations
26 € • June 2022

Rights Sold in:
English World

New edition to be published to celebrate the 170th anniversary of the Conseil des Grands Crus Classés

A chic, highly illustrated, and practical guide to some thirty-five wine châteaux producing the finest red and white wines in Bordeaux.

Each winery featured is presented with its history, four unmissable wines to discover, wine and food pairings, geographical specifications and all of the technical information needed to have a pleasant trip through the Bordeaux wine country. Also included are suggestions for wine related tourist activities (the Médoc marathon or the ultra-modern Bordeaux Cité du vin museum), where to eat and sleep, family activities, must-see destinations in the area, practical advice for arriving by plane, train, car or bicycle, and details for contacting the estates.

This comprehensive guide is perfect for wine aficionados planning a trip to France as well as wine-loving armchair travelers who want to enjoy their Bordeaux wines with discernment. Includes detailed maps.

Conseil des Grands Crus Classés

The Conseil actively protects and promotes the highest quality wines and their wine estates in Bordeaux.

- This beautiful guide reveals new information, giving access to some of the most secretive châteaux and estates of Bordeaux.
- Newly updated and authoritative, this guide discloses the know-how gathered by the Conseil des Grands Crus Classés.
- Wine tourism is growing and Bordeaux is the perfect region for wine tasting par excellence.

Médoc

Margaux
Château Giscours
Saint-Julien
Château
Beychevelle
Haut-Médoc
Pauillac
Saint-Estèphe
Pessac

Sauternais

Barsac
Château de Myrat
Château Coutet
Château Climens
Sauternes
Château d'Yquem
Château Suduiraut
Château Guiraud



HEALTH
SPORT
WELL-BEING
SELF-HELP



Over 14,000 copies sold

Our Love Story with Handball

Notre histoire d'amour avec le handball

200 x 260 - 224 p - Hardcover
 44 900 words approx. - 144 illustrations
 24.95 € - October 2024

"Our love story with handball illuminated our childhood, shaped our characters, and built our dreams. From Paris to Tokyo, passing through Beijing and London, it allowed us to win more titles than we could have ever imagined.

We owe these victories to our coaches, to the players who inspired us and those we played alongside, to the teams that thrilled us and those that pushed us to improve. We also owe them to the halls where we started and, of course, to our parents, who mean so much. Finally, we owe them to everyone with whom we shared part of this journey.

Through the **story of the behind-the-scenes of our careers**, we wanted both to pay tribute to them and to pass on to the younger generations our passion for handball, this magnificent sport. It's now up to them to write their own love story."

Nikola and Luka Karabatic

Nikola Karabatic and **Luka Karabatic** are true giants of French sports, with 3 Olympic titles, 6 World Championship titles, and 6 European Championship titles. Considered the greatest handball player in history, Nikola is retired right after the Paris 2024 Games.

- Handball, as recounted by the Karabatic brothers, offering an inside look at their extraordinary journey.
- A landmark book on sports, enriched with numerous unpublished personal photographs.
- Two giants of French sport reflect on their careers and their deep connection to handball.



Also published in 2024:

Sports for Life by Bixente Lizarazu



21,000 copies sold



Provisional cover

Skate Obsession

Skate Obsession

183 x 240 - 176 p - Softcover with flaps
33 000 words approx. - 200 illustrations
19.90 € - October 2025

Rights Sold in:
English World

A complete look at skateboarding's cultural and economic influence.

Skate Obsession explores how skateboarding evolved from a California pastime into a global cultural and economic force, capturing its history, language, iconic figures, and impact on industries like fashion, art, and media.

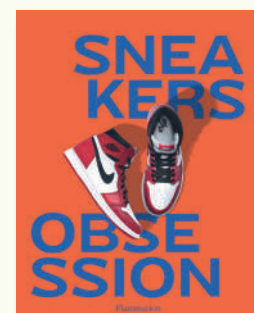
Tracing skateboarding's transformation from an anti-sport to an Olympic event, the title delves into its balance between rebellious spirit and mainstream appeal, making it uniquely attractive to young audiences worldwide. It features legendary riders like Tony Hawk and Nyjah Huston, highlights iconic skate locations, unwritten etiquette, and skate's close ties to fashion and art, presenting skateboarding as a lifestyle that transcends the sport itself.

From hobby to culture
Anatomy of a skateboard
Skateboarding dictionary
Sport or no sport?
Basic tricks
The history of skateboarding
A skateboard... Or skates?
Skateboarding legends
Must-see spots
A matter of etiquette
The world of brands
Skate and fashion, the love story
Video, the mainstay of skate culture
The art of skateboarding
What about tomorrow?

Charles Ravinski is a key figure in the skateboarding community, known for merging skate culture with art and urban expression. His projects, like *I Ain't Tryna Survive, I'm Tryin' to Live*, highlight skateboarding's social and artistic impact, emphasizing freedom and self-expression. Through exhibitions and brand collaborations, Bontout champions skateboarding as both an art form and cultural movement.

- **Cultural deep dive:** traces skateboarding's roots and global rise.
- **Industry influence:** explores its impact on fashion, art, and media.
- **Icons and spots:** profiles legendary skaters and iconic locations.
- **Modern evolution:** from rebellion to Olympic sport, appealing to youth.

Also published:
Sneaker Obsession



Rights Sold in:
English World, Simplified Chinese,
Spanish, German, Czech, Ukrainian



Dream, Dare, Create... and All Over Again!

Rêvez, osez, créez... et recommencez !

158 x 234 - 166 p - Softcover
 18 000 words approx. - 86 illustrations
 25 € - November 2024

Sarah Poniatowski, a leading figure in French interior design, shares her thoughts on key themes: finding one's way, entrepreneurship, learning from one's mistakes, surrounding oneself with the right people, and reconciling the multiple roles of modern life.

Through a sincere and elegant narrative, she reveals concrete advice for adapting to the times while remaining true to oneself, offering keys to innovating, reinventing oneself and maintaining personal and professional balance.

A title designed to inspire entrepreneurs, creators and enthusiasts to draw on their experiences and cultivate their vision on a daily basis.

Sarah Poniatowski

An interior designer and founder of *Maison Sarah Lavoine*, a well-known and hugely successful interior design and ready-to-wear company. Her reputation extends far beyond interior design: her latest covers for *Elle* magazine have broken sales records.

- A useful, joyful, elegant and sincere book.
- A practical and inspiring guide for entrepreneurs.

Starting

- It's not necessary to have a vocation
- Learn from experts
- Accept not knowing how to do everything
- Impostor syndrome
- Know yourself and trust yourself
- Choose your first client wisely
- Grow progressively
- Find your partner

Entrepreneurship

- Create a brand
- Create value
- Be profitable, but not at any cost!
- Diversify without losing focus
- Expand without getting lost
- Build the right team
- Find the right artisans
- Find the right partners
- Find the right investors
- Delegate (but not too much)
- Change your mind (or not)
- Observe the competition
- Take risks
- Adapt Be recognized
- Celebrate

Taking Care

- Take care of the spaces
- Take care of communication
- Think about the next step
- My guest: Niseema Theillaud
- Take care of the environment
- Support associations
- Find your rhythm
- Take care of your time
- Take care of your family
- Pass on values

Creating

- Break free from trends
- Explore other paths
- Learn to observe
- Be inspired by nature
- Be inspired by light
- The importance of travel
- The importance of art
- My guest: Philippe Starck
- And start again





Housekeeping

Practical Tips and Routines for a Clean and Organized Home Using Only Natural Ingredients

Bon ménage !

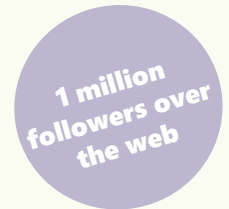
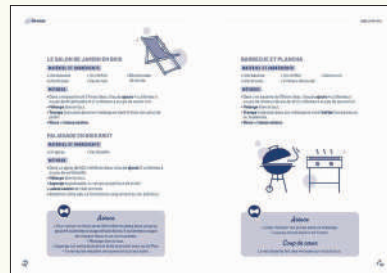
Routines, astuces, conseils pour une maison propre et ordonnée

170 x 210 - 192 p - Softcover
16 000 words approx.
18.90 € - April 2025

Thomas Cheneau, known as @lhommedemenage, is an expert in daily cleaning, tidying, and organizing tips that help balance family life, task distribution, and well-being. He offers routines tailored to different living spaces: bathroom, kitchen, living room, bedroom, garage, basement, and more. With the success of his Instagram videos (423K views) and a global following of 1 million, his influence highlights his expertise, making this book an essential addition to any home.

Thomas Cheneau is an entrepreneur and the head of a cleaning company. He launched his online business less than 1 year ago and has built up a loyal community of 1 million followers.

- An author for whom housekeeping is a true profession.
- A practical and methodical book, featuring only natural products.



Organization

Why is it always messy?
A tidy home for a peaceful mind
The golden rules of organization
Getting everyone involved

Cleaning products

Product guides, Basic homemade recipes,
Advanced cleaning recipes

Routines

Daily: Family planner
Weekly: Family planner
Monthly: Challenge of the month
Seasonal cleaning

Entryway

Living room

Decluttering, Organizing, Maintenance
Floors (parquet, tile, concrete, linoleum, marble, carpet, rugs)
Sofa, screens, fireplace glass, fire starters

Kitchen

Decluttering, Organizing, Maintenance
Countertops, sink, stovetop, oven, fridge, microwave, dishwasher
Garbage, cutting board, clogged pipes, Pest control (moths, ants, cockroaches, bedbugs)

Laundry room

Decluttering, Organizing, Maintenance
Washing machine, dryer, stain removal, laundry care

Bathroom

Decluttering, Organizing, Maintenance
Sink, faucets, glass surfaces, shower, bathtub, tile joints
Mold and humidity tips

Toilet

Decluttering, Organizing, Maintenance
Toilet, brush, DIY air freshener

Master bedroom

Decluttering, Organizing, Maintenance
Duvet, pillows, mattress, closet

Children's bedrooms

Decluttering, Organizing, Maintenance
Toys, stuffed animals, pacifiers, dusting furniture

Windows

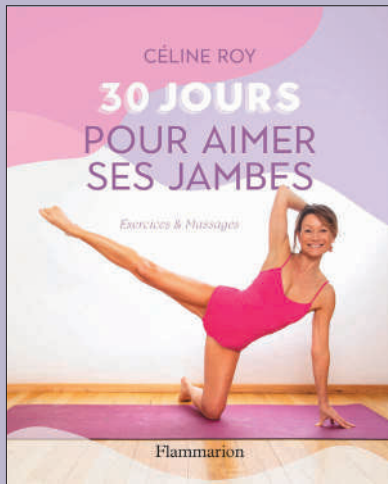
Maintenance
Shutters, frames, rails, glass panes

Garage

Decluttering, Organizing, Maintenance
Concrete floor, tools, litter box

Garden

Decluttering, Organizing, Maintenance
Outdoor furniture (plastic, wood), wooden fences, barbecue, moss removal, pool waterline, weed control



30 Days to Reclaim Your Legs

Exercices & Massages

30 Jours pour aimer ses jambes
Exercices & Massages

170 x 210 - 192 p - Softcover
26 000 words approx. - 300 illustrations
20 € - March 2025

To be published by Céline Roy:

Cards Set for Pilates Sessions (2025)
30 Days to Feel Better (2026)

The new “ready-to-use” program from fitness expert Céline Roy, whose method is trusted by high-profile figures like Carla Bruni and Estelle Lefebvre. This 30-day program provides a holistic approach, combining breathing exercises, muscle strengthening, and massage routines to shape and tone the legs. It also features nutrition guidance for detox and drainage, along with stress management techniques to support overall well-being.

The program is structured into 3 key phases:

10 days to reduce cellulite

10 days to strengthen and tone muscles

10 days to slim and refine

This title provides daily guidance, practical routines, and expert tips to help achieve visible results and long-term leg health.

Céline Roy is a former dancer. Very active on social networks and followed on Instagram by a community of 150,000 followers, where she shares her sport techniques.

- **Comprehensive 30-day program, holistic well-being approach and Step-by-step daily guidance.**



Already published by the same author:

30 Days to Reclaim Your Tummy



Understanding Cellulite

What is cellulite?

The lymphatic system

Identifying your cellulite type

The importance of movement and circulation

Nutrition for cellulite reduction

The role of breathing

Cycle 1: I Eliminate

Daily Practices & Exercises

Day 1-10: Leg raises, Lunges, Shoulder bridge, Cold activation, Using spiky domes (“hedgehogs”), Spiky domes in a lying position, Foot mobility and strength work, Cold

therapy for lighter legs, Hip opening and lymph node stimulation

Cycle 2: I Strengthen

Sculpting and balancing muscle chains,

Morphotypes and understanding your body shape, Self-test to determine your morphotype, Nutrition for muscle strengthening, Five-

senses routine

Daily Practices & Exercises

Day 11-20: Hip mobility and strengthening in a quadruped position, Core strengthening in tabletop position, Pelvic stabilizer training, Ankle strengthening, Lunges, Core strengthening, Leg

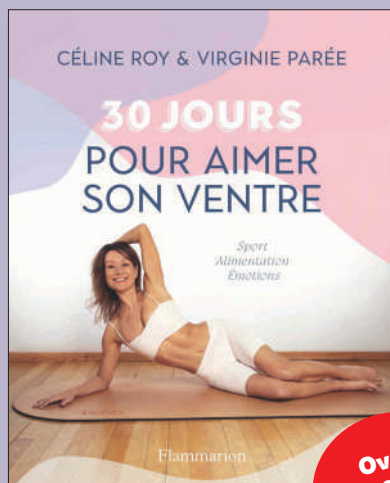
circles, Proprioception and balance, Proprioception and glutes, Repetition of exercises

Cycle 3: I Refine

Reducing stress and mental tension with body scan techniques, Stress level self-assessment, Nutrition for stress management, Body scan routine

Daily Practices & Exercises

Day 21-30: Leg raises, Ankle rolls, Lunges, Stair-back exercises, Lunges and stretches facing the stairs, Deep lunges with stair support, Arabesque exercise, Adductor work, Floor adductor exercises, Repetition of exercises



Over 7,000 copies sold

30 Days to Reclaim Your Tummy

Sport, nutrition, emotions

30 Jours pour aimer son ventre
Sport, alimentation, émotions

170 x 210 - 192 p - Softcover
26 000 words approx. - 300 illustrations
20 € - March 2024

To be published by Céline Roy:

Cards Set for Pilates Sessions (2025)
30 Days to Feel Better (2026)

30 Days to Reclaim your Tummy is a complete programme designed by two experts, offering 30 days of breathing exercises, muscle strengthening and dietary advice to help one reshape the tummy, not forgetting how to manage the stress and emotions that can interfere with its proper functioning.

- 10 days of detox to reduce swelling and restore comfort in the intestines
- 10 days to refine figure and waistline
- 10 days to strengthen and shape the stomach

Each day, Céline and Virginie offer lessons, tips and recipes to help "reclaim" one's tummy and turn it back into an area that plays its full role, a zone of comfort, well-being and satisfaction.

Céline Roy is a former dancer. Very active on social networks and followed on Instagram by a community of 150,000 followers, where she shares her sport techniques.

Virginie Parée is a nutrition specialist and lecturer who works with people who want to improve their diet in areas as weight management, chronic illness and the menopause.

- Daily expert guidance, focus on well-being, comfort and emotional satisfaction - all in one guide.

Sport and nutrition program

Cycle 1

Breathing

- DAY 1 - Mindful eating
- DAY 2 - Washing up to eat less
- DAY 3 - Chewing for a better transit
- DAY 4 - Drink to eliminate!
- DAY 5 - Boost your metabolism first thing in the morning
- DAY 6 - Drain and eliminate first thing in the morning

- DAY 7 - Reduce stress to free your belly
- DAY 8 - Anti-stress foods and hormones
- DAY 9 - A good night's sleep for better satiety
- DAY 10 - Draining herbal teas

Milestone

Cycle 2

Breathing

- DAY 11 - Breakfasts
- DAY 12 - Tea or coffee?
- DAY 13 - Herbal teas to help transit
- DAY 14 - Choosing the right bread
- DAY 15 - Real hunger or a sweet tooth?
- DAY 16 - Hunger and the seasons
- DAY 17 - The conditions for an ideal breakfast
- DAY 18 - The belly's allies: fibre
- DAY 19 - Raw or cooked?
- DAY 20 - Tips for avoiding glucose peaks

Milestone

Cycle 3

Breathing

- DAY 21 - Acid-base balance for a happy tummy
- DAY 22 - Limit acid-forming foods
- DAY 23 - Acid-forming behaviour
- DAY 24 - Animal or vegetable proteins?
- DAY 25 - Dairy products, our friends for life?
- DAY 26 - Good and bad fats
- DAY 27 - The importance of snacks
- DAY 28 - What's the best way to cook for your tummy?
- DAY 29 - The aperitif, the sacred moment
- DAY 30 - Dine light!
- Bonus exercise
- Breathing
- Training routine





My Facialist Method

100 Facial Reflexology Exercises

Ma méthode facialiste
100 exercices de réflexologie faciale

170 x 210 • 224 p • Softcover
20 € • April 2025

@facialiste78

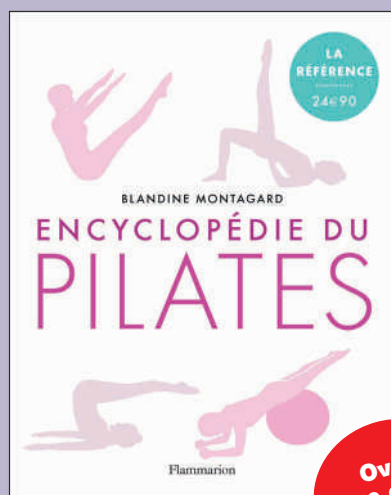
In *My Facialist Method* Virginie Théron blends her expertise in facial gymnastics and Gestalt therapy to offer a practical approach to well-being. Through simple, daily routines, she guides readers in balancing physical care and emotional health, using techniques that rejuvenate the face and enhance emotional awareness. This book provides step-by-step instructions for achieving harmony between body and mind, making it an essential resource for those seeking a holistic approach to self-care and personal growth.

Virginie Théron is a trained Gestalt therapist and facial specialist. Her therapeutic approach focuses on emotional awareness and self-discovery.

- An approved, everyday method that is accessible to everyone.
- An author with a loyal community: 114,000 followers.



Le cou et l'ovale du visage



Over 10,000 copies sold

Encyclopedia of Pilates

Encyclopédie du pilates

190 x 240 - 432 p - Softcover
 150 000 words approx. - 700 illustrations
 24.90 € - October 2018

In 2025:
 Cards Set for Pilates Sessions
 by Céline Leroy

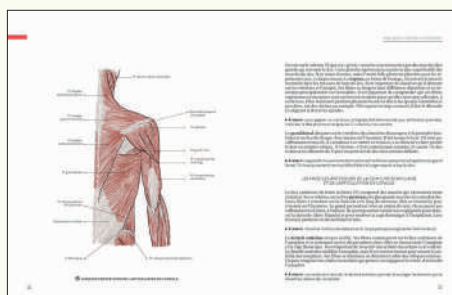
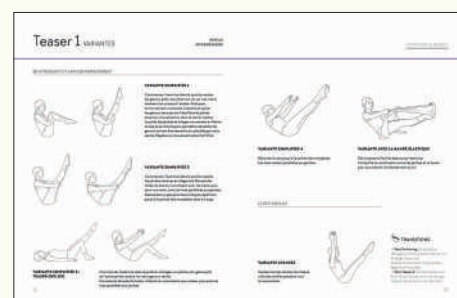
Ever more popular the Pilates method is a physical activity which aims to achieve a balance between the breath and all the muscles in the body. This means it is essential to learn the movements accurately, using the senses in harmony with the body. The book is suitable for all Pilates fans, from beginners to advanced, and includes the full range of mat exercises invented by Joseph Pilates, as well as a "modern repertoire" of preparatory or complementary movements developed by students of Pilates, including the author. Each exercise is explained in comprehensive detail, not just in the descriptive text and many drawings, but also via visual and sensory cues.

Blandine Montagard, following a career as a dancer in France and Germany, she gained Pilates qualifications from Alan Herdman in London and from *Peak Pilates* and *The Pilates Center, Boulder* in the US. She has been teaching the Pilates method for over 20 years. She currently teaches at *Le Tigre* studio in Paris and at several others in the city. She is the president of The French Federation of Pilates Professionals (FPMP).

- A very **thorough guide with a wealth of diagrams and clear instructions** including the correct breathing for each exercise.

Introduction to Pilates
 Joseph Pilates
 The man behind the method
 The Elders
 The principles of Pilates
 Postures and movements
 Advice before starting a session
 Do's and don'ts

Special cases
 Pilates equipment
 The exercises Contemporary repertoire
 Classical repertoire
 End-of-session exercises
 A few notions of anatomy
 List of exercises - Glossary





My Nidra Yoga

Releasing Physical, Emotional and Mental tension

Mon yoga Nidra

Apprendre à relâcher ses tensions physiques, émotionnelles et mentales

170 x 210 • 224 p • Flexibound
50 900 words approx. • 40 illustrations
20 € • October 2024

*To be published by the same author in 2025:
Yoga Therapy*

Yoga Nidra is an ancient relaxation practice that allows to release deep physical, emotional and mental tensions, where the intellect (the ability to analyse), the ego (attachment to ideas) and the subconscious (memory archives) all come to a pause.

It is the origin of meditation, self-hypnosis, EMDR and sophrology. Practising Yoga Nidra requires no effort, movement or equipment; all what is need - to lie comfortably. A session consists of 7 stages: from preparation to visualisation, through intention and breathing. 50 sessions to overcome blockages such as "Calming stress", "Activating inner peace", "Letting go" and "Developing self-confidence".

Juliette Dumas is an author, Mudra teacher, Red Cross volunteer and founder of the *You Share You Shine* association. She has a weekly column on the French Radio Station (RTL) on the theme of well-being. She has published *Mudra*, *Le yoga des doigts* (2019) and *Apprendre à surmonter les obstacles, Sauvez-vous par l'écriture* (2021) at Flammarion.

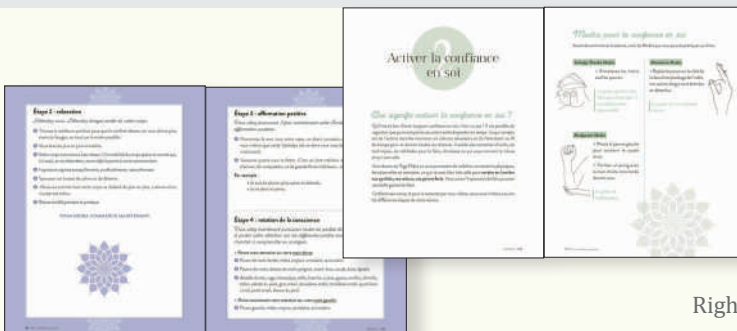
Locana Sansregret is an author of books on personal development and has been teaching Raja yoga since 1976.

- **Authors renowned** in the world of yoga.
- Yoga nidra: the **latest yoga trend**.
- @juliettedumas_ on Instagram

The sessions are organised by the following themes:

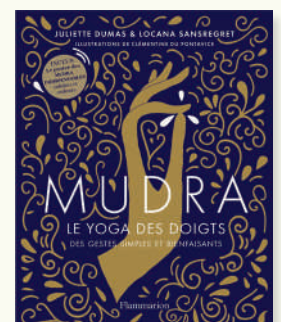
- Easing stress
- Calming your fears / finding your safety zone
- Calming your mind
- Soothe your anger
- Soothe the blues
- Begin forgiveness
- Seeing the bigger picture
- Step by step out of your comfort zone
- Regain balance / activate stability / serenity
- Activate your inner peace

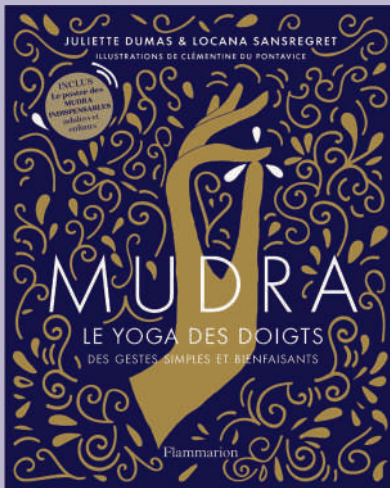
- Let go / stop fighting
- Refocus / anchor yourself
- Develop self-confidence
- Develop confidence in life / in what will happen next
- Developing/activating creativity
- Preparing for change
- Setting limits
- Activating your acceptance
- Developing gratitude
- Activating your energy
- Taking a breath of fresh air
- Taking a step back



*Already Published in 2023
Over 25,000 copies sold*

Rights Sold in: Complex Chinese & Italian





Augmented and Revised

Mudra

Finger Yoga

Mudra
Le Yoga des doigts

170 x 210 - 224 p - Flexibound
34 000 words approx. - 150 illustrations
23 € - February 2023

Rights Sold in:
Italian, Complex Chinese

*To be published by the same author in 2025:
Yoga Therapy*

Symbolic and codified hand gesture adopted during asana, pranayama and meditation.

Each mudra will provide an optimal circulation of the vital energy in the whole body and towards specific organs, with effects just as beneficial for the mind. Mudra practice quickly becomes a ritual, something obvious to include in the program of the day.

Following an introduction presenting the theoretical basis (definition and origin, the five elements at our fingertips, energizing movements, etc.), the authors provide solutions for a practice adapted to each emotional state: stress, fear, lack of confidence, etc., and each physical condition: constipation, headaches, insomnia, motion sickness, etc.

The book features 150 mudras in delicately illustrated picture sheets including gesture description, their physical and emotional effects and the associated intention (Sankalpa).

Juliette Dumas

Having worked for about twenty years in corporate communication, she now provides customized personal development workshops to private individuals and companies in France and abroad.

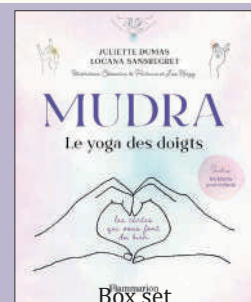
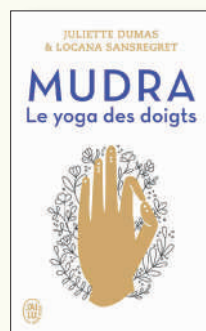
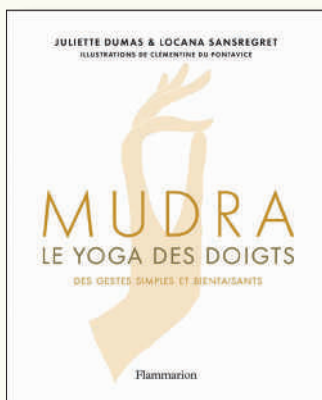
Locana Sansregret

Yoga coach, particularly teaching “fingers yoga” (mudra) for more than 40 year, she founded the Padma Yoga training school in Quebec.

Clémentine du Pontavice

Illustrator for the press and the publishing industry, she also collaborated with institutions such as Le Bon Marché, and clothing brands such as Des Petits Hauts, IKKS, Eric Bompard, etc.

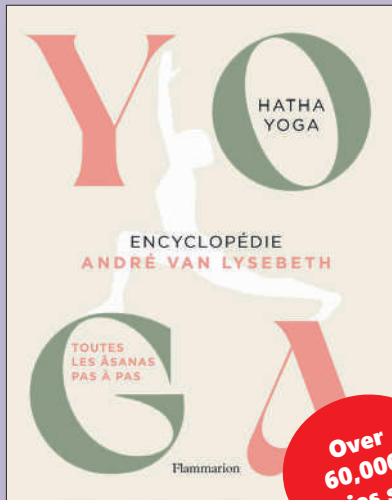
- **Revised edition of this best-seller augmented with a new chapter and accompanied with a poster presenting mudras postures.**
- The topic of yoga flourishing in a field barely dealt with: yoga hand gestures.
- @juliettedumas_ on Instagram



with 70 cards and a booklet:
for adults and kids

Previous edition: 8,000 boxes sold

Over 25,000 copies sold in 3 years



Over 60,000 copies sold

New Layout

Encyclopedia of Yoga

Hatha Yoga - All the Asanas Step by Step

Encyclopédie Van Lysebeth du Yoga

Hatha Yoga - Toutes les âsanas pas à pas

190 x 240 - 416 p - Flexibound

150 000 words approx. - 500 illustrations

24.90 € - October 2016

Rights Sold in:
Romanian, Italian

**BEST-SELLING
AUTHOR**

A bible for all yoga lovers, and particularly for André Van Lysebeth's followers!

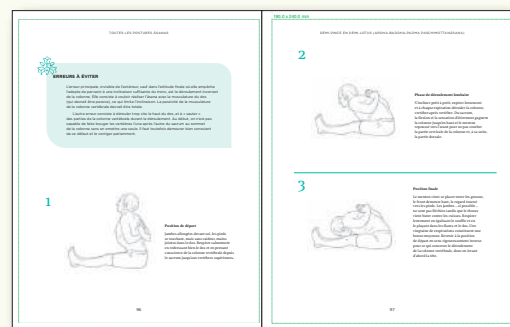
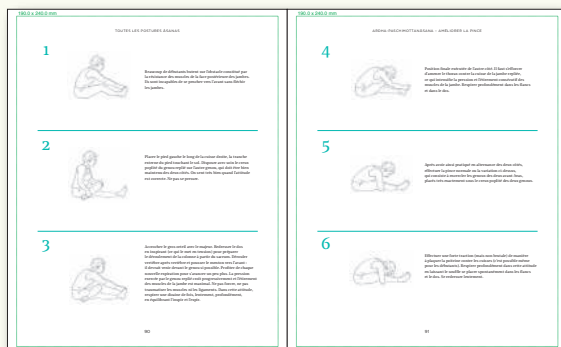
This encyclopedia brings together the Master's key texts, thus providing a broad overview of yoga and its uses. This is a practical, comprehensive book, intended for a wide audience, from beginners to well-trained yogis: it offers a hands-on detailed description of postures, of how to achieve them, of their psychological and physiological effects, of their benefits and the hazards one should avoid. In this book, readers will discover all the blessings of hatha yoga, the various postures (âsanas), meditation methods and breathing techniques (pranayâma), as well as sequences of movements and postures.

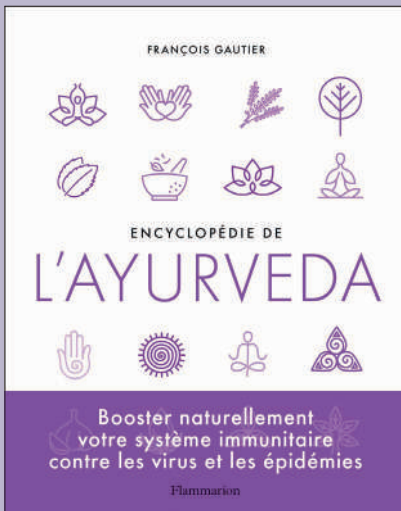
André Van Lysebeth

Undisputed master of yoga, André van Lysebeth discovered the practise of Hatha Yoga in the 1950's, started teaching it in Western countries in the 1960's, and he wrote reference books in the 1970's which have been best-sellers since. One hundred Van Lysebeth yoga schools opened across Europe, basing their teaching on his method.

Lise Herzog

Graduate from the Arts Décoratifs in Paris, she has illustrated a great number of how-to books and children's titles.





Encyclopedia of Ayurveda

Encyclopédie de l'Ayurveda

190 x 240 - 416 p - Flexibound
 80 000 words approx. - 120 illustrations
 24.90 € - March 2021

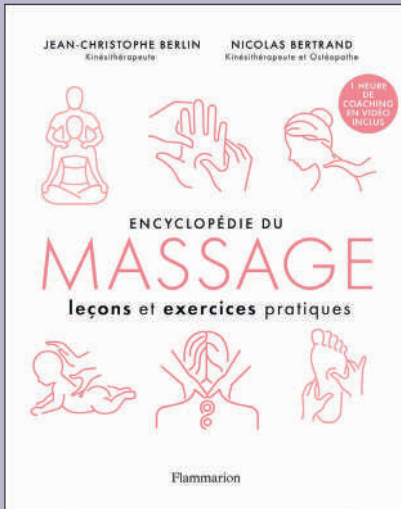
Practised for thousands of years in India, Ayurveda is the most ancient of medicine still in use today. It is based on balancing the mind in relation to the body and is part of the pursuit of nature, to eating and living naturally. This encyclopedic volume brings together everything there is to know about the practice: its history, its introduction into our society; the sectors in which it is practised (women's health, pediatrics, geriatrics, psychology, massages, sex, pharmacology, etc.) and its influence on western medicine. It also includes practices to energise the body and calm the mind like hatha yoga, pranayama (yogic breathing), meditation and food preparation.

François Gautier has lived in India for 44 years and is married to an Indian woman. He is a journalist and the editor in chief of *La Nouvelle Revue de l'Inde*, published by Editions de l'Harmattan.

- The History of Ayurveda
- The Main Principles of Ayurveda Disciplines
- The Ayurveda Pharmacopoeia : Medical plants and Minerals
- Ayurveda and Women's Health
- Ayurveda and Pediatrics
- Ayurveda and Geriatrics: Rasayana
- Ayurveda and Psychiatry and Psychotherapy
- Ayurveda and Sexuality
- Ayurvedic Massages
- Purification Treatment : Panchakarma
- The influences of Ayurveda on Medical Systems across the World
- The Ayurveda's tools
- Ayurvedic Food
- An Ayurvedic Day: Dinacharya

- Part of the Encyclopedias of Well Being collection. •
- A holistic approach which combines mind and body health.
- A comprehensive and informative book, covering the various beneficial practices.





Augmented and Revised

Encyclopedia of Massages

Theory and Practice

Encyclopédie du Massage
Leçons et exercices pratiques

190 x 240 - 256 p - Flexibound
150 000 words approx. - 500 illustrations
24.90 € - October 2022

Rights Sold in:
Romanian, German

This illustrated bible of more than 40 massage techniques is suitable for beginners and long-time enthusiasts alike.

Two professionals share their know-how, backed up by step-by-step illustrated guides and lots of practical advice.

Once they have explained the basic techniques, (effleurage, sliding massage, body massage (modelage) and thumb pressure massage, etc.) the authors introduce massage's different techniques in 6 main thematic chapters.

The level of difficulty is clearly indicated for each technique. This practical bible is an ideal way to get started or to perfect your technique.

Jean-Christophe Berlin

Physiotherapist specializing in back care, he is the director of the Stade Français club medical centre and has written a dozen books on massage, exercise and good posture, published by Flammarion.

Nicolas Bertrand

Physiotherapist and osteopath. He is the founder of Macadam Tonic, an organisation which aims to prevent and tackle the physical consequences of our increasingly sedentary modern society. He has written several books on the subject and on massage, published by Flammarion.

Parts of The Body

Back, belly, thighs, legs, shoulder and arm, hand, neck and chest, face

Intended Effects

Circulation, aesthetics, therapy before and after sports, anti-stress, family.

Self-Massage

Muscle relaxation, stress and fatigue, pain, at the office.

Reflex Massage

Knap points, Trigger points, Dicke massage, plantar reflexology, Ear massage.

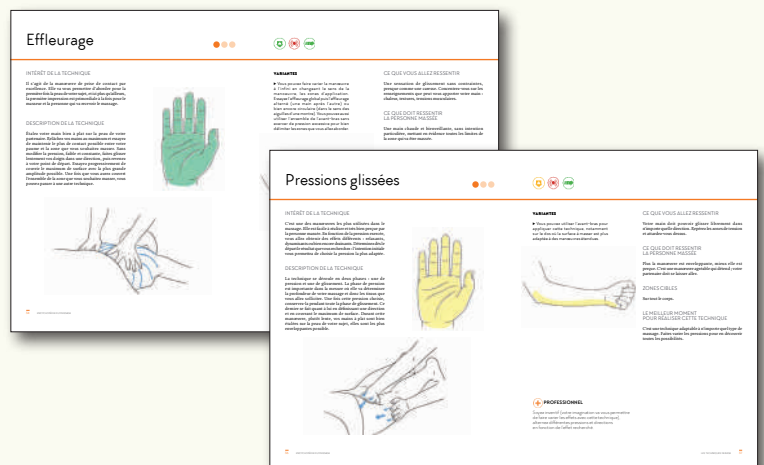
World Massages

Reiki, Ayurveda, Shiatsu, Thai, Oriental, Chinese, Amma, etc.

Specific Techniques

Fascias, deep transverse friction, Pelvic massage.

- The authors are both health professionals who guarantee the safety of the techniques.
- Each one of the 40 techniques has a step-by-step guide and practical advice.
- The volume includes QR codes for 5 videos which explain several of the techniques.



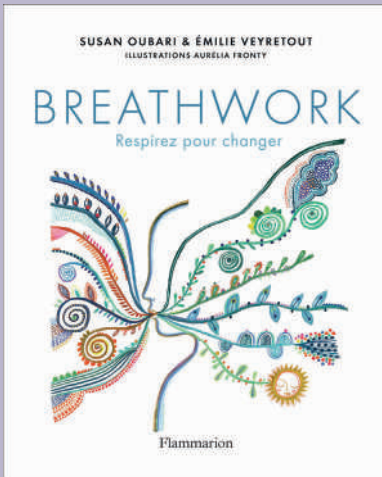
Breathwork

The Breath of Life

Breathwork

Respirez pour changer

170 x 210 - 150 p - Flexibound
25 000 words approx.
18 € - October 2020



Imagine if what you have been seeking for a long time was there, right under your nose? Inhale, exhale and let the breath blow away your fears, free your energy and transform your daily life.

Breathwork is a powerful breathing technique developed by American psychologists in the 1970s which has already transformed the lives of millions of people.

Step by step, through practical exercises, coaching sessions, exclusive interpretations and meditations, Breathwork helps rediscover who you are, how to manage your emotions and follow through with your projects. The author works with people who think they have tried everything without success. Whether it be mild depression or tensions linked to stress, this title gives clues to overcome fears, rediscover vitality, strengthen resolve, experience a more fulfilled sexuality and let more spirituality enter one's life.

Susan Oubari is a spiritual coach, breathwork guide and workshop leader. She offers private sessions and teaches group under the concept she founded called 'Breathe in Paris.' By combining Breathwork, Mindfulness, and Spiritual Coaching, Susan provides the keys to healing, good health and inner peace.

Émilie Veyretout is a journalist and ex-beauty director at Le Figaro. She is specialized in beauty and wellness.

Aurélia Fronty graduated in textile design from the École Supérieure des Arts Appliqués Duperré. She began her career at Christian Lacroix Maison and at the Fragonard perfume house, before specialising in illustration for children.

- A gentle technique, accessible to all.
- 30 inspiring illustrations by a very successful illustrator working for fashion design and children books.





The Unfiltered Perimenopause

Theory and Practice

La Pérимénopause sans filtre

160 x 210 - 216 p - Flexibound
 54 000 words approx. - 41 illustrations
 27.95 \$ CA - September 2023

A title focusing on the benefits of communication and self-acceptance despite hormonal change.

Hot flashes, mood swings, loss of libido, obsessions? Perimenopause may be knocking at the door and one's hormones have decided to run amok. With humor and candor, Mirella Di Blasio talks about the 40 symptoms one may be experiencing during this period of upheaval. She shares her own experiences and those of other women to talk freely about this worry-free subject, and in so doing, she offers a kind and sympathetic support. To complement these testimonials, journalist Sophie Allard has gathered advice from twelve health and wellness professionals. Each of them offers recommendations and solutions to help get through this stage of one's life with greater serenity and gentleness.

Mirella Di Blasio held marketing and sales positions with multinational fashion companies and advertising agencies, before founding Lulu Événements, a corporate events agency.

Sophie Allard, a journalist with La Presse for 20 years, is passionate about health.





12 Magic Pressure Points

For a Healthy Life

Les 12 Points de Pression
Pour prendre soin de soi

150 x 210 - 192 p - Softcover
19 000 words approx. - 80 illustrations
22 € - January 2023

Rights Sold In:
Italian

A toolbox presenting 12 essential pressure points and over 20 declinaisons in acupression in order to boost health, soothe the soul, manage small temporary problems.

The Origins Of The 12 Pressure Points In Practice

Knowing and Stimulating Pressure Points
28 Acupression Protocols to Boost Your Health!
Two Wonderful Points to Soothe The Soul

Acupression Tested By Science

Proven Effectiveness
Health Applications
Healing Through Transformation

Dr. Nadia Volf

Doctor, associate professor in neuropharmacology and a renowned acupuncturist, she is a member of the Scientific Association of Medical Acupuncture in France, as well as the American Academy of Medical Acupuncture. Apart from being an international lecturer, she has authored numerous works about her research, practice and fascinating life, such as *The Power of Pressure Points for The Future Mother and her Baby* (Flammarion, 2022); *Mysteries of the Ear: Secrets of Well-being* (Assouline, 2016) and *We Chose Freedom* (XO Editions, 2006).

- Nadia Volf is a prolific and best-selling author.
- Her books have been translated in over 12 languages.
- Easy-to-do exercises.
- Covering both physical and mental health.



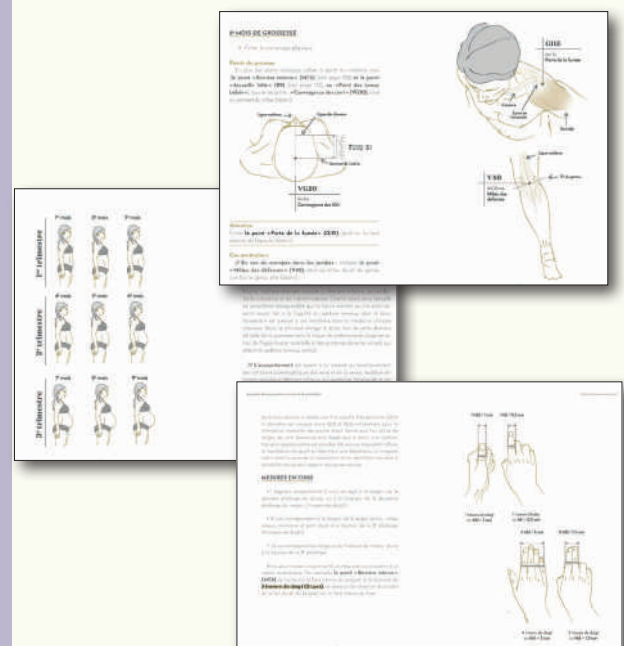
The Power of Pressure Points

For the Future Mother and her Baby

Le Pouvoir des Points de Pression pour Prendre Soins de Soi

An overview of all the pressure points a woman needs to know while planning to give birth. From increasing fertility and relieving pregnancy's nausea and fatigue, to reducing pain during labor and caring for the newborn, observing their conducts and understand their true meaning, in order to calm hyperactive or conflictual behaviors in everyday life.

272 p - Softcover
31 000 words approx.
19.90 € - April 2022





Cooling Kids Down

Guiding them into Positive Thoughts

Ça chauffe là-haut!

150 x 210 - 176 p - Softcover
45 000 words approx.
18.90 € - March 2023

Rights Sold in:
Romanian

**BEST-SELLING
AUTHOR**

Children don't have the same capacities adult have to deal with frustrations, they need a framework and support.

In this new book, Serge Marquis observes children (from 3 up to 12 years old) as they are growing up and offers parents keys to help their offspring understand and channel their thoughts, to advance more serenely in everyday life.

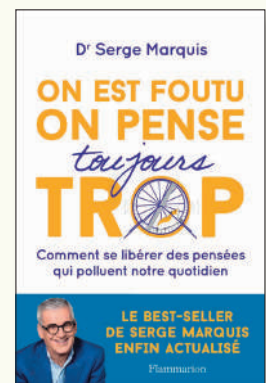
Dr. Serge Marquis

Psychiatrist with a PhD in medicine and a masters' degree in occupational medicine.

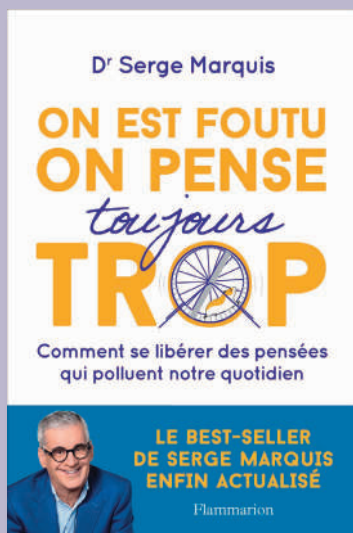
While studying stress, professional exhaustion and psychological distress in the work space, Serge Marquis is also a consultant for companies seeking to improve their employees' mental health.

- An established author with strong sales performance.
- A parenting adaptation of the success "On est foutu on pense trop", released in 2015 (210,000 copies sold) and published in a new edition as "On est foutu on pense toujours trop" in 2022 (already 8,000 copies sold).

It all starts early
Observe your expectations
"I see, I hear, I feel"
describe your expectations
The monsters have to behave themselves
Deactivate the stress circuit
Buddha and Horace were right!
Develop and bring back your attention
Each blade of grass grows at its own pace
Calming Pansy
What could be better than showing the example? Welcoming the little ego
Big Parenthesis
Let's Take a Step Back
When Child and Hamster Play in the Sandbox Understanding Who's Doing What
The Power of Interest
The art of unplugging and replugging
Quantitative and qualitative overload
Too much information, not enough tools
Quantitative and Qualitative Overload
Soothing the Little I



Already Published in 2022



1st edition 210,000 copies sold

Free Yourself from Overthinking

On est foutu on pense toujours trop

152 x 210 - 160 p - Softcover
45 000 words approx.
18.90 € - September 2022

Rights Sold in:
Italian, Simplified Chinese, Croatian, Portuguese

BEST-SELLING AUTHOR

Thinkster the Hamster is nibbling at the human mind, getting grumbly, feeding daily frustrations, hindering one's way in life.

Thanks to practical and playful exercises, Dr Serge Marquis gives clues to tame the Hamster inside one's brain, showing the way out of the wheel of negative thoughts, and back to embracing a positive mind.

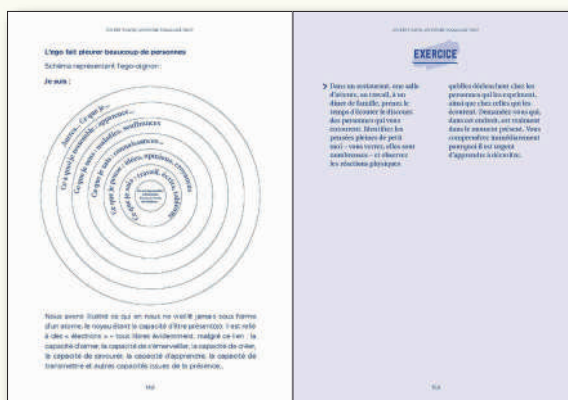
A small step closer to happiness within everyone's reach.

Dr. Serge Marquis

Psychiatrist with a PhD in medicine and a masters' degree in occupational medicine.

While studying stress, professional exhaustion and psychological distress in the work space, Serge Marquis is also consultant for companies seeking to improve their employees' mental health.

- Why suffering from banalities?
- When "Thinkster the Hamster" appears on stage
- A short treatise on self-degrowth
- Self-degrowth: how to proceed
- Learning not to project oneself
- The deadly sins
- Stop making a show
- Sex, sex, more sex!
- Engaging in meditation
- Self-decreasing and keeping the nitpickers away
- Using your senses to decrease
- Ego or not ego?
- Everlasting Being
- Living in the moment and keeping the mess away
- Resurrection exists



Already Published in 2021

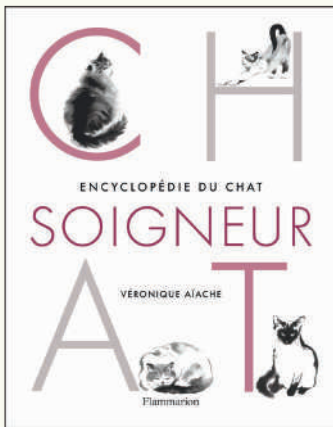


Astrid di Croffalanza © Flammarion

Véronique Aiache

Wellbeing journalist in women's magazines and author of numerous books, she has become a specialist of cat therapy.

**BEST-SELLING
AUTHOR**

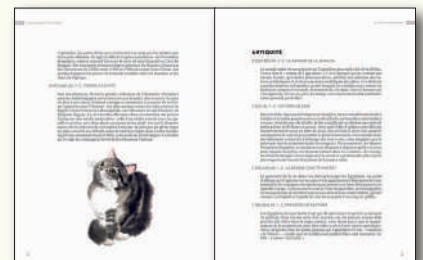


Encyclopedia of the Healer Cat

This Encyclopedia celebrates cats, exploring their history, mysteries, representations, and their benefits to human well-being. It invites readers to see cats as inspirational healers, offering insights into yoga, self-development, and wisdom like living in the present, being patient, and listening to one's instincts.

190 x 240 - 304 p - Flexibound
60 000 words approx. - 90 illustrations
24.90 € - November 2021

Rights Sold in: Italian



*The Art of
Slowing Down*

*The Art of
Tranquility*

*The Art of
Freedom*

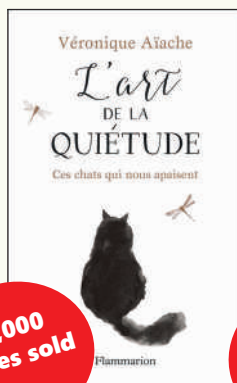
*The Art of
Tenderness*

*In Praise of
Solitude*



**37,000
copies sold**

Rights sold:
Italian, Romanian



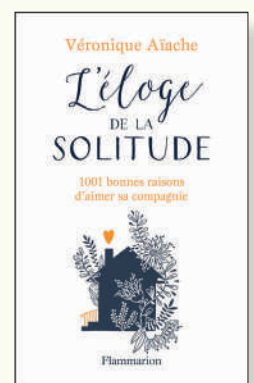
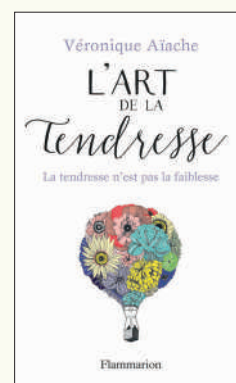
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Dominique Loreau

She has been living in Japan for more than 40 years.

Strongly inspired by Zen Buddhism, she is the author of practical philosophy essays on decluttering everyday life.

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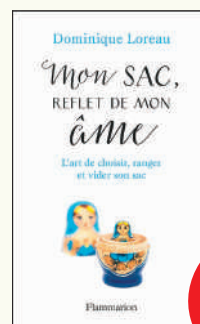
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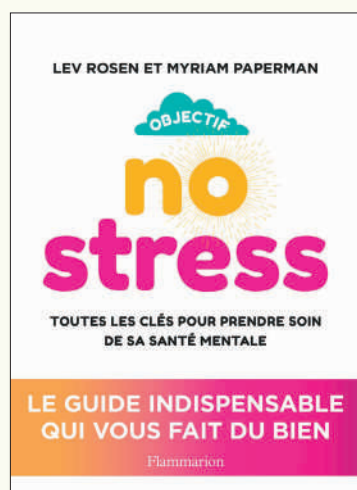
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The Shadow Light Journal is a transformative guide for self-discovery and healing. Through carefully chosen exercises, it facilitates a journey to reconcile with one's inner child, mending any strained bonds over time.

This journal goes beyond conventional approaches, illuminating one's darker aspects to channel the energy and creativity. It delves into the intricate layers of one's psyche, fostering a profound understanding and providing newfound clarity for projecting into the future. With personal reflections, doubts, and intimate questions, the *journal* helps to find acknowledgment and empowerment. It allows to reconnect with and nurture one's inner child, acting as a catalyst for personal growth.



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150 x 210 • 336 p • Softcover

78 000 words approx. • 21 illustrations

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