

Fall 2024 Foreign Rights Guide

Flammarion

HEALTH
SPORT
WELL-BEING
SELF-HELP



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.
20 € - March 2024

*To be published by Céline Roy:
In Spring 2025
30 Days to Reclaim Your Legs
In Summer 2025
Cards Set for Pilates Sessions*

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 85,000 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

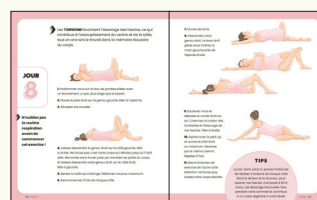
- Breathing
- DAY 1 - Mindful eating
 - DAY 2 - Washing up to eat less
 - DAY 3 - Chewing for a better transit
 - DAY 4 - Drink to eliminate!
 - DAY 5 - Boost your metabolism first thing in the morning
 - DAY 6 - Drain and eliminate first thing in the morning
 - DAY 7 - Reduce stress to free your belly
 - 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





21.000 copies sold

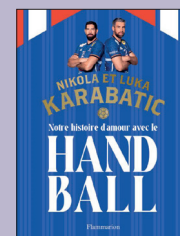
340K followers on Instagram

Sports for Life

For Keeping Fit

Vivre de sports
Pour rester en forme

170 x 240 - 208 p. - Softcover with flaps
32 000 words approx. - 93 illustrations
24.90 € - April 2024



Also published in October 2024:
Our Love Story with Handball
by Nikola & Luca Karabatic

For Bixente Lizarazu, sport is an art of living, a philosophy. From cycling to yoga, from surfing to Brazilian jiu-jitsu, from ski touring to scuba diving, he reveals the best of each sport while sharing his travels and passions.

For the first time, the world champion also reveals his secrets and advice for staying in shape, through his daily routines. The story of his relationship with his body, health, alternative medicines, diet, mind and the passage of time. An inspiring book, generously illustrated with a host of spectacular photos.

Bixente Lizarazu is a 1998 Football World Champion and 2000 European Champion. His football career spans from Brodeaux, Marseille and Bilbao with a major contribution with the Bayern Munich in the late 90's and early 2000's. He is now a sports consultant and commentator on French TV chanel TF1.

- Practical advice and daily routines for everyone.
- Illustrated with a large number of previously unpublished photographs.
- Promotes holistic approach to sport.

Sport and me

- I've got my childhood back
- Letter to football
- Freeride skiing, an orgasmic flake
- Ski touring, my last treasure
- Surfing, dancing with the waves
- Scuba diving, aquatic meditation
- Brazilian jiu-jitsu, the art of hand-to-hand combat
- Crazy about cycling
- Manifesto for sport

My secrets and ways to get the most out of sport

- I'm not crazy
- Varying pleasures to keep the desire alive
- Looking for sport
- Prevention is better than cure
- Doing sport to eat
- Intermittent sleep
- Competitive spirit, the devil on my right shoulder
- Addiction to sport, the devil on my left shoulder
- Injury, proof by three
- When your head's up, everything's up!
- The passage of time

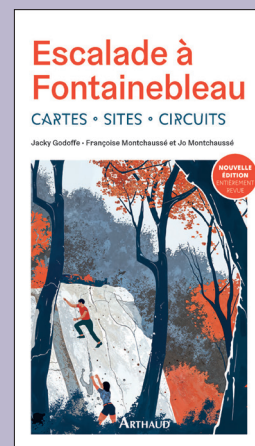
My most beautiful adventures sports

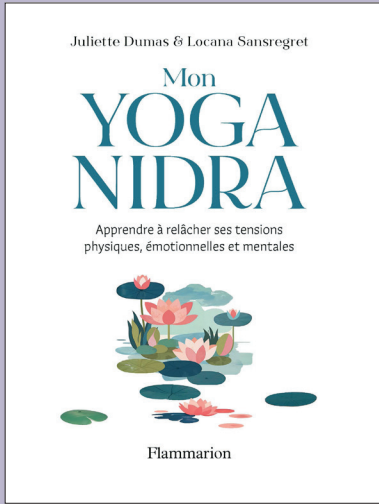
- The paradox of human nature
- Greenland: the week I skied the white paradise
- Teahupoo: the day I surfed the most dangerous wave in the world
- Rangiroa: the day a tiger shark swooped down on me
- Sport and us



To be published in Spring 2025:

Fontainebleau Climbs





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.

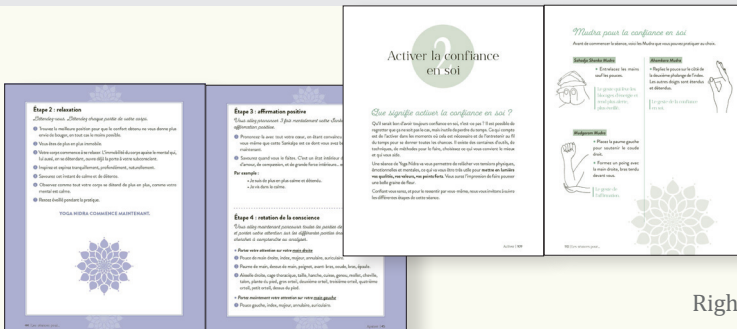
Locana Sansregret is an author of books on personal development and has been teaching Raja yoga since 1976.

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

The sessions are organised by the following themes:

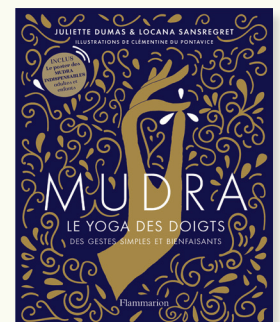
- Easing stress
- Calming your fears / finding your safety zone
- Calming your mind
- Soothe your anger
- Soothe the blues
- Begin forgiveness
- Seeing the bigger picture
- Step by step out of your comfort zone
- Regain balance / activate stability / serenity
- Activate your inner peace

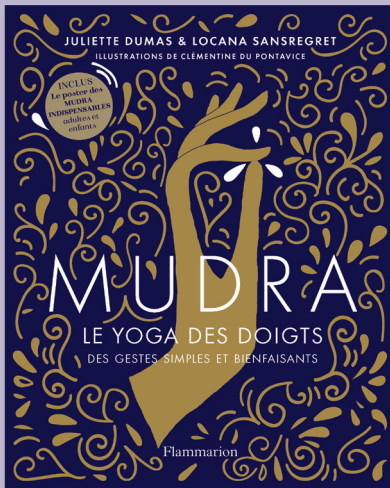
- Let go / stop fighting
- Refocus / anchor yourself
- Develop self-confidence
- Develop confidence in life / in what will happen next
- Developing/activating creativity
- Preparing for change
- Setting limits
- Activating your acceptance
- Developing gratitude
- Activating your energy
- Taking a breath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

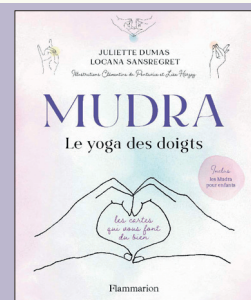
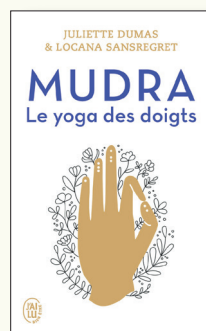
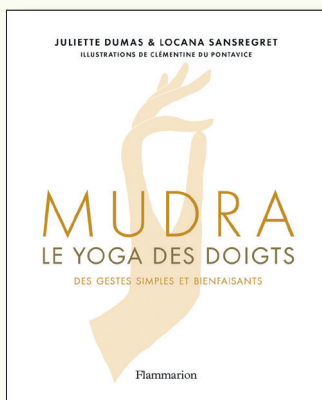
Locana Sansregret

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.

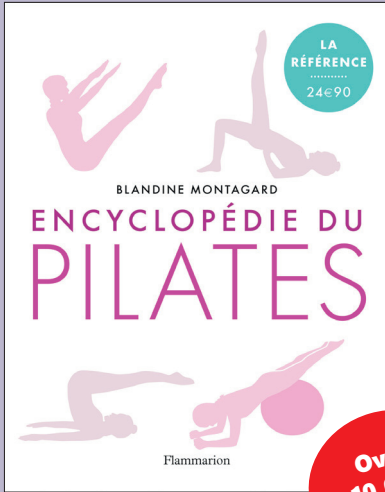
- **Revised edition of this best-seller augmented with a new chapter and accompanied with a poster presenting mudras postures.**
- The topic of yoga flourishing in a field barely dealt with: yoga hand gestures.
- @juliettedumas_ on Instagram



Box set
with 70 cards and a booklet:
for adults and kids

Over 25,000 copies sold in 3 years

Previous edition: 8,000 boxes sold



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

TO BE PUBLISHED

In 2025:
Cards Set for Pilates Sessions
by Céline Leroy

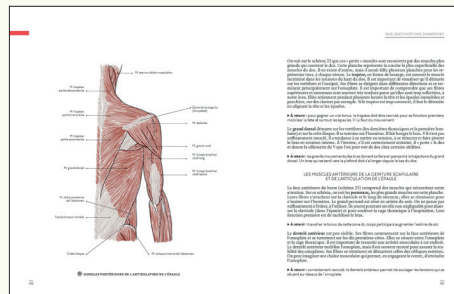
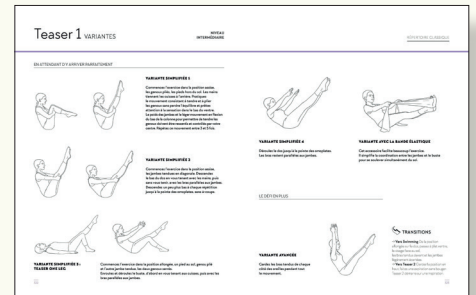
Ever more popular the Pilates method is a physical activity which aims to achieve a balance between the breath and all the muscles in the body. This means it is essential to learn the movements accurately, using the senses in harmony with the body. The book is suitable for all Pilates fans, from beginners 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.

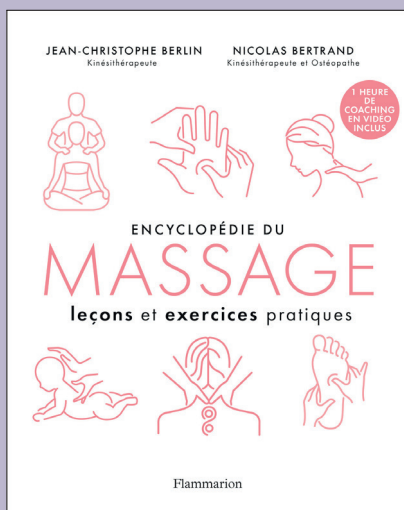
Blandine Montagard, following a career as a dancer in France and Germany, she gained Pilates qualifications from Alan Herdman in London and from *Peak Pilates* and *The Pilates Center, Boulder* in the US. She has been teaching the Pilates method for over 20 years. She currently teaches at *Le Tigre* 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





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 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, plan-tar reflexology, Ear massage.

World Massages

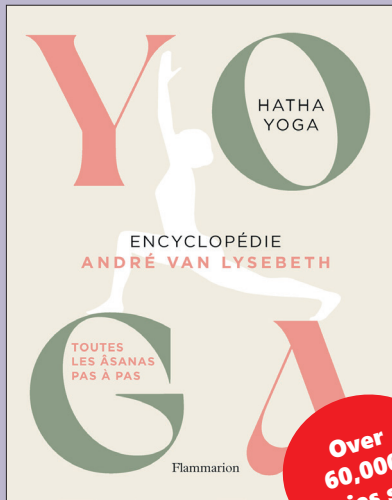
Reiki, Ayurveda, Shiatsu, Thai, Oriental, Chinese, Amma, etc.

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.





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!

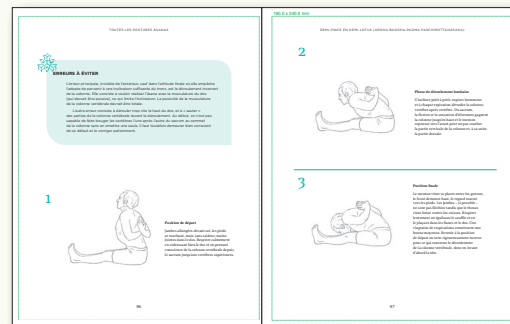
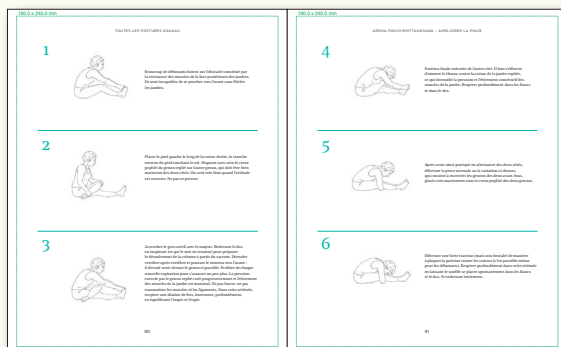
This encyclopedia brings together the Master's key texts, thus providing a broad overview of yoga and its uses. This is a practical, comprehensive book, intended for a wide audience, from beginners to well-trained yogis: it offers a hands-on detailed description of postures, of how to achieve them, of 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.

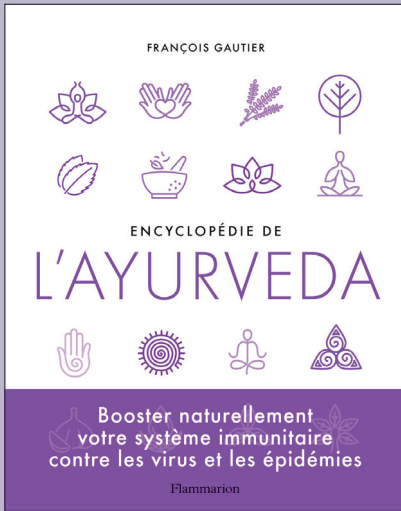
André Van Lysebeth

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.



LES GRANDS PRINCIPES DE L'AYURVEDA

Les cinq grands éléments
 Les trois gunas ou tendances psychologiques de toute nature humaine





Kundalini Yoga

Season by Season

Kundalini des Saisons

Le yoga des origines

170 x 210 - 208 p - Flexibound

50 000 words approx. - 55 illustrations

18 € - February 2021

Rights Sold in:

Korean

In Indian yoga, Kundalini is the vital energy which entwines the spine like a snake. It brings balance to the nervous system, strengthens the immune system and helps melt away the stress in our minds.

Repeated chanting, powerful breathing and intense body movements untangle the knots blocking the circulation of energy and allow us to better connect with our essential nature.

Based on Kundalini yoga, Marion Sebih's teaching is accessible to all. Following the natural rhythm of the seasons, she shares her practice, leading the way through yogic rituals: Spring is the time for inspiring and rebirth, when the author invites us to re-establish our yin/yang balance, stimulate the digestive organs and get rid of our anger; Summer is the time for filling our lungs and letting ourselves shine, teaching us to free our hearts and have confidence in ourselves; Fall is the time of maturity, and learning to let go and say good-bye; Winter, the time of emptiness and of the yogic ritual of the little death.

For every season, the author shares 5 practical exercises to help achieve a good energy balance.

Aurélia Fronty's poetic, colorful illustrations create a peaceful space, ideal for a gentle experience of learning Kundalini Yoga.

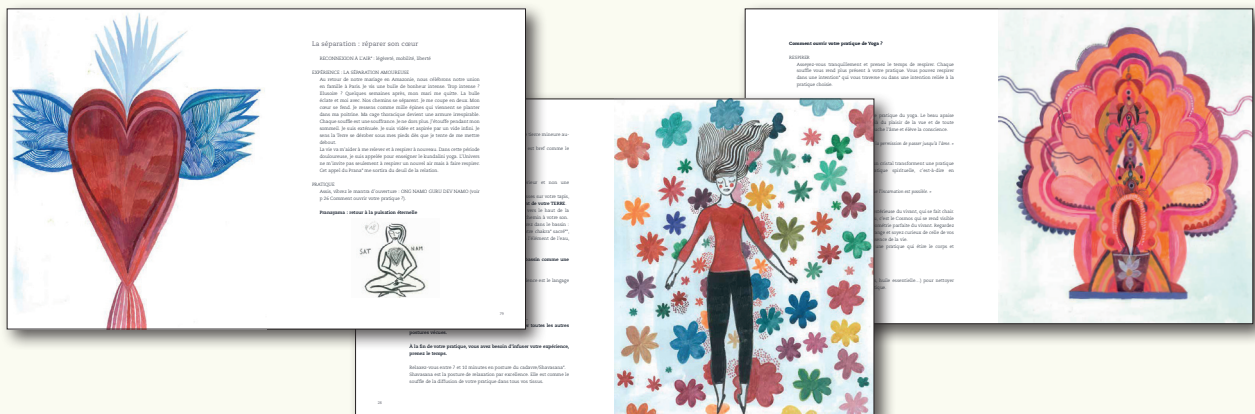
Marion Sebih

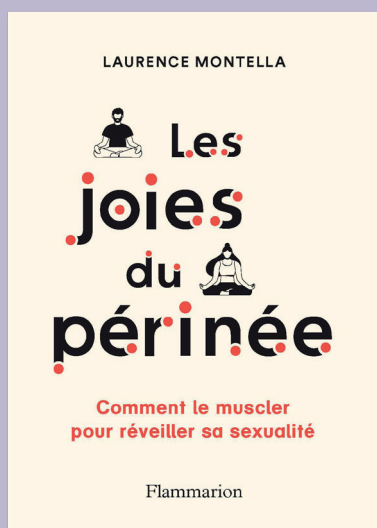
Yoga instructor at Le Tigre Yoga Club and the Jaya Center in Paris, she is a regular contributor to the well-being section of Women's magazines such as *Marie-Claire* and *Elle*, and to one of the most popular French National radio program dedicated to well-being, *Grand bien vous fasse* (France Inter).

Aurélia Fronty

Graduate 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 moving into printed media and publishing, where she specialised in illustration for children.

- A specific yoga for an amateur audience, aiming at developing their practice.
- Aurélia Fronty's poetic, colorful illustrations create a peaceful space, ideal for a gentle experience of learning Kundalini Yoga.





Mystery of the Perineum

How to build muscle to awaken your sexuality

Les Joies du périnée

Comment le muscler pour réveiller sa sexualité

150 x 210 • 336 p • Softcover

78 000 words approx. • 21 illustrations

19.90 € • April 2024

The perineum is a fundamental and pivotal muscle in the body due to its position (located at the bottom of the pelvis), which makes it an important element to take into account in our sexuality. It may be invisible and internal, but it's important to make it our own, to feel it, and to keep it toned.

This book is about discovering the central role of the perineum in female and male sexuality and becoming aware of its incredible powers of enjoyment, sensuality, eroticism and pleasure, so that we can better meet ourselves and reinvest in our intimacy. Each stage of knowledge is punctuated by exercises to help one get to know this sensorially essential muscle.

Laurence Montella-Lefort is a physiotherapist specialising in perineology, as well as a sex therapist. She runs workshops on female desire. She has published numerous articles on the subject and has taken part in podcasts for *Vibrantes*, entitled "Perineum and male-female sexuality", and for *Parents magazine*, entitled "The perineum, re-education, sexuality and the post-partum period".

- An innovative subject.
- A committed, illustrated and practical book with exercises, diagrams and advice.

Part 1: The wide perineum

The perineum: a central muscle in the body

A muscle linked to all the body's muscular chains

The prerequisite for discovering the perineum: overall relaxation of the body

A horizontal muscle

Its link with the body's breathing

A somato-emotional muscle

The resonance of stress and traumatic life events

Focus on the perineal muscle

Anatomy description

Its functions

A striated muscle

The perineum and its role in sexuality

A muscle at the heart of the erectile bodies

Its action at the different stages

of the sexual response

The sexual function: the peno-vaginal response and the action of the perineum

The perineum at different stages of sexual life

Hygiene and anal pleasure

First penetration

Motherhood

Menopause

Part 2: The perineum: a key to sexuality

Learning to develop your internal sensoriality: the process of appropriating your female body

A retracted, internalised sex

Getting to know your internal organs

Feminine particularity: the vaginal cavity (the organ)

Female pleasure

The historical discovery

The clitoris

Different types of stimulation

The vagina, the concept of vaginality: vaginal pleasure

An unknown in sexual history

Receptive and active sexuality

Vaginal pleasure

Clitoral pleasure, vaginal pleasure, the G-spot

The clitoris and its accessibility

The G-spot

No hierarchy, is there really a difference?

The need to learn

No obligation: stop the DIKTATS

Developing your sexual perineum

Prerequisites for the sexual perineum

The perineum: the root chakra

The perineum in Taoist sexuality

The perineum and slow sex

The sensory perineum - an exercise in full presence: a summary

of the key points of perineal contraction

Attention, intention

Slowness

Contracted-released

Fluidity

The sexual perineum is an active perineum

The sex body

The laws of the body

The double rocker

Female sexuality: choosing your sexual scripts

Female sexuality and marital duty: a script to be deconstructed

Penetration: redefining the script

Female sexuality and society - beware of trendy scripts

Knowing yourself to choose your sexual scripts

Male Perineum

Some advice

Knowing how to talk to your partner, How to say what you want, Nothing to impose, Masturbation, Facilitating penetration

When to consult a sexologist / physiotherapist



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 acupressure 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 Acupressure Protocols to Boost Your Health!
Two Wonderful Points to Soothe The Soul

Acupressure 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

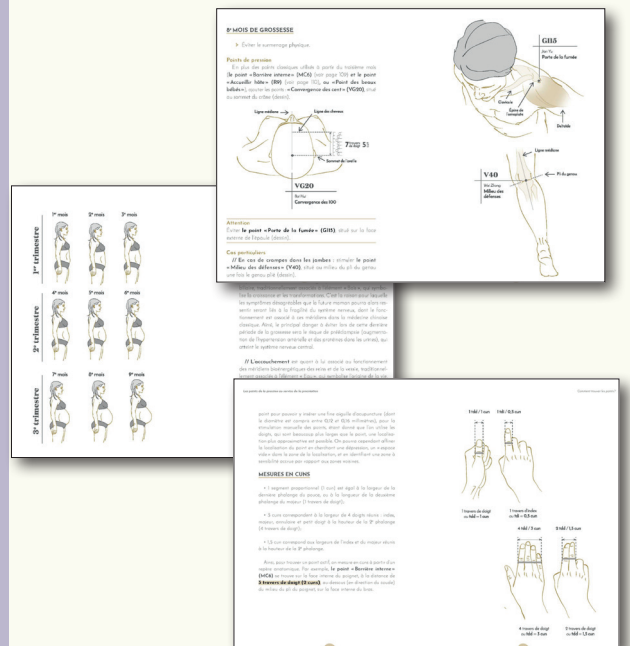
For the Future Mother and her Baby

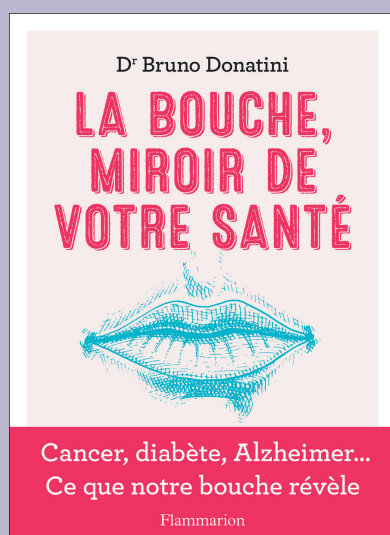
Le Pouvoir des Points de Pression pour Prendre Soins de Soi

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





Keep an Eye on Your Mouth

The Inside Story of a Key Organ for Medical Check-up

La Bouche
Miroir de votre santé

150 x 210 - 192 p - Softcover
36 000 words approx.
19.90 € - June 2022

Since the intestine microbiota is no more secrets for the readership, Dr. Donatini takes here a closer look at the oral microbiota, presenting the mouth, the tongue, the mucous membranes, the walls, the gums, the nodes as a crystal ball faithfully reflecting one's health condition, and helping to diagnosis disorders and diseases.

Dr. Donatini shows how everything is connected to the mouth, from the intestine to the nervous system, and that disorders such as obesity, chronic fatigue, inflammation, Alzheimer, osteoarthritis, cerebral degeneration, etc, can be identified through the aspect of the tongue, the odor of the breath, etc.

He invites the readers to take concrete and simple actions to preserve their mouth, its ecosystem and therefore their health in general.

Dr. Bruno Donatini

Gastroenterologist and hepatologist in oncology, immunology, osteopathy and anti-aging medicine. He founded the "microbiota project": an approach that revolutionises the vision of the intestinal microbiota and its interactions with contemporary diseases. For the past 25 years he has been involved in mycotherapy to improve immunity, the flora and the digestive mucosa, or the preservation of the autonomic nervous system.

- An innovative medical topic.
- Solid demonstration by an expert.
- Big success of titles on microbiota.

Discovering The Oral Microbiota

A permanent battlefield
The mouth: a (super) organized nest of bacteria, viruses and phages
Family portraits of oral bacteria
How is the oral flora formed in newborns?
Complexification of the oral flora when the child grows
Oral flora at puberty
A balance to preserve
The doorstep to the intestine...

Diseases That Begin in The Mouth

The mouth, the first organ to be inspected for chronic inflammation
Hemorrhagic recto colitis
Type 1 diabetes
Rheumatoid arthritis
Stomach cancer

Cardiac pathologies
Lung diseases
Parkinson's disease

Diagnosis: Tests to Be Performed and Signs to Watch Out for

Examining the mouth
Testing the oral microbiota
Oral signs to watch out for

The Mouth: a Global Ecosystem to Preserve

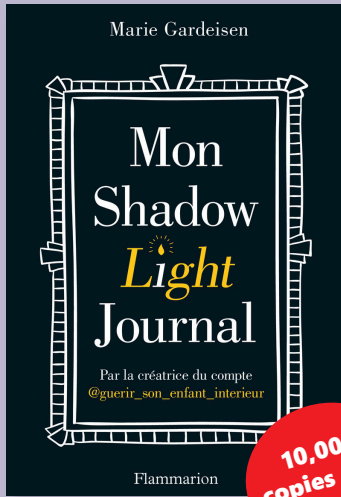
The role of nitric oxide in the oral flora, a guarantor of the proper functioning of all organs
The quality of saliva and chewing are secrets of longevity
The good health of the mouth, a guarantee of our mental balance

The Main Enemies of Your Mouth

Sugar in all its forms
Antibiotics, oral essential oils and colloidal silver
Medicines
Commercial mouthwashes
Bathing in a swimming pool
Smoking and dust
Bad habits and lack of cleaning
Viral infections

The Good Habits

A clean mouth: the importance of hygiene and a proper diet
A healthy mouth: the war against viruses and reducing unwanted bacteria
A well-functioning mouth
Maintaining or repairing function
Specific treatments for each age group



10,000
copies sold

My Shadow Light Journal

Mon Shadow Light Journal

135 x 210 - 192 p. - Softcover
12 000 words approx.
13.50 € - January 2024

A liberating journal to reconnect with your inner child.

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.

Marie Gardeisen is an Instagram blogger who shares her journey and evolution to help her followers reflect on the question of their inner child and thus enable them to make peace with their past using a journal technique.

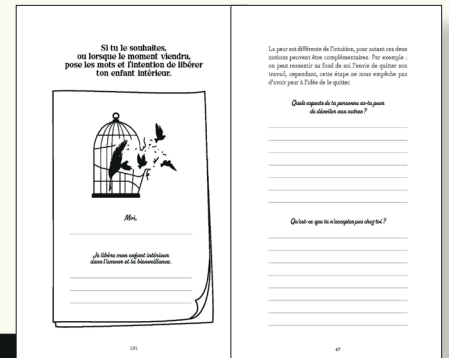
- A global trend originating in the United States: over a million women readers.
- Over **100K followers** of the author on Instagram: @guerir_son_enfant_interieur

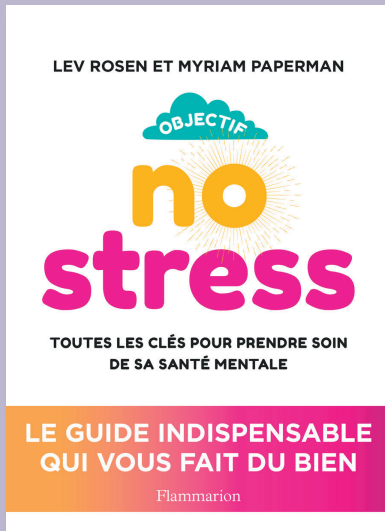
Welcoming the injuries of your inner child

Connect with it to listen to it better
When your ego of today seeks to hear your ego of yesterday
The need to integrate your childhood experiences to understand your current Self
Clarifying your dark side
When the energy of your emotions serves to heal your inner child
When your "I" of yesterday defines your "I" of today
Defining your wounds to better understand and heal them
Getting rid of repeated survival, perfection, guilt and flight behaviours
Turning solitude into strength
I dare to take responsibility for my well-being

Talk to your inner child

Intentions are the first fruits of creation
Letting go
The importance of connection and relationship with the body
Anchoring yourself
Why talk to your inner child?
Talking to your inner child through meditation
Calming down
Cultivating your inner love and confidence
Become an actor, not a spectator, in your life
Forgiveness
Healing letters: writing to yourself, to your adult self to free your inner child
Healing at your own pace
Detach yourself from your inner child





Objective: No Stress

All the Keys to Take Care of Your Mental Health

Objectif: No Stress

Toutes les clés pour prendre soin de sa santé mentale

150 x 210 - 192 p - Softcover

42 000 words approx.

19.90 € - May 2023

Rights Sold In:

Italian

Objective no stress is a practical and accessible manual of personal development, which offers simple techniques towards better mental health.

In the Head and in the Body

Taming stress

Techniques

Cultivate the positive and welcome the negative

Daily challenges

Self-care

The comfort zone

Your sensory profile

Feeling good about yourself

Gratitude

Relationships with others

Reconciling with your appearance

Lev Rosen, yoga teacher, dancer, raises awareness about wellness and neuroatypia on her networks (103K on Instagram and 112K on Tiktok). She proposes a very practical approach to sport and well-being, accessible for people who can't start with classical methods.

Myriam Paperman is a doctor in clinical psychology and a psychiatrist with private practice, a consultant and speaker in many French companies. Myriam is active on her Instagram account where she popularises many psychological concepts to the public.

- A toolbox to ease the most common mental health problems: anxiety, depression, etc.
- A pragmatic approach to mental health combined with clinical expertise.
- Mental health: a clinical emergency around which the word is spreading, success of books on this theme (*Anti-stress*, Marabout, 25,000 copies sold).





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.

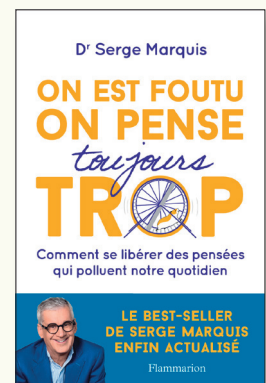
Dr. Serge Marquis

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

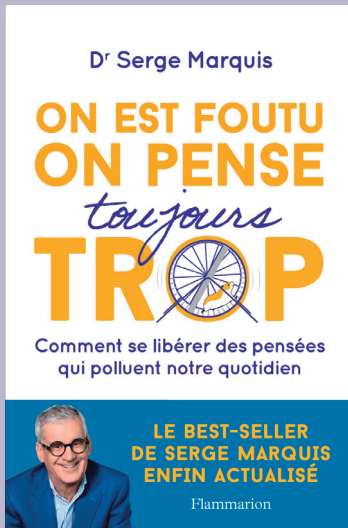
While studying stress, professional exhaustion and psychological distress in the work space, Serge Marquis is also a consultant for companies seeking to improve their employees' mental health.

- 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.

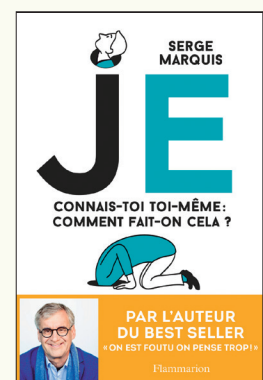
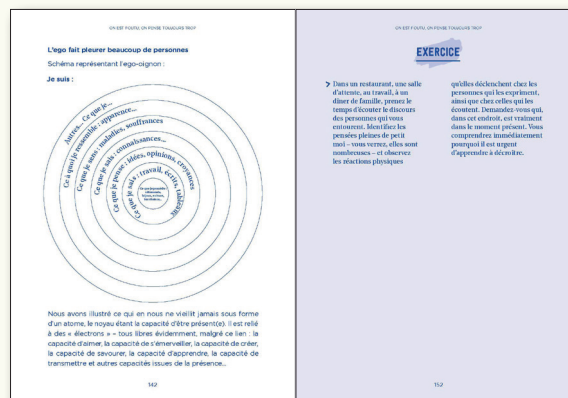
A small step closer to happiness within everyone's reach.

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

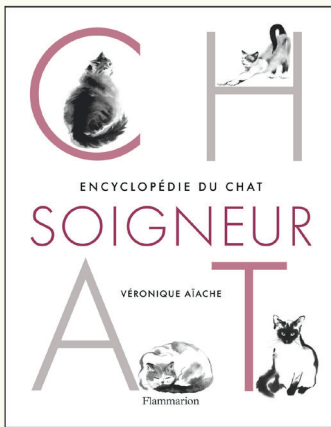


Astrid di Crollanza © Flammarion

Véronique Aiache

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

**BEST-SELLING
AUTHOR**

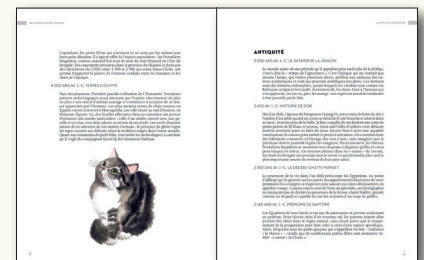


Encyclopedia of the Healer Cat

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



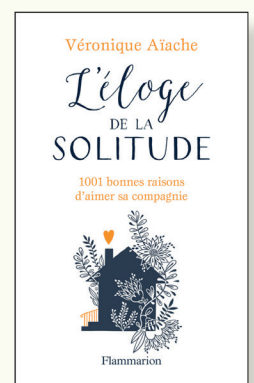
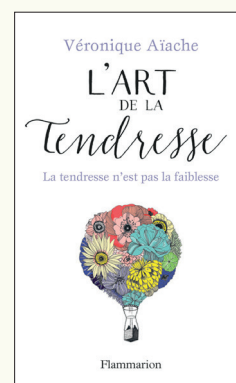
**23,000
copies sold**

Rights sold:
Italian, Romanian



**10,000
copies sold**

Rights sold:
Romanian



Hardcover • 120 x 188 • 9.90 €

© Koh Hosokawa



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.

Over 400,000 copies sold

**BEST-SELLING
AUTHOR**



15,000
copies sold

The Art of Staying Slim

Dominique Loreau, aiming to help those wanting to lose weight, explores various weight-loss techniques. She highlights that weight issues are not only dietary but also psychological, behavioral, and cultural.

Having lived in Japan, a country with low obesity rates, she shares her observations on their slimness-promoting habits. As an expert patient, she promotes a new lifestyle: eat little, eat beautifully, and in good company. Change habits to stay slim!

145 x 220 - 392 p - Flexibound
60 000 words approx.
18 € - November 2021

Rights Sold in:
Japanese, Romanian, Italian, Latvian

*The Art of
Living in
Harmony*

*In Praise of
Tying up*

*The Art of
Delicacy*

*My Purse,
my Soul*

*Happy Life
in a Small Place*

*The art of the
essential*



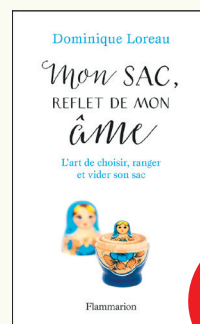
10,000
copies sold



16,000
copies sold



27,000
copies sold



22,000
copies sold



272,000
copies sold
worldwide



Rights sold:
Japanese,
Romanian

Rights sold:
Japanese,
Romanian

Rights sold:
Japanese,
Romanian

Rights sold:
Japanese,
Romanian

Rights sold:
Korean, Italian,
Japanese, Romanian
Simplified Chinese

International Rights
Flammarion
Illustrated and practical books

82 rue Saint Lazare
CS 10124 75009 Paris - France
<https://editions.flammarion.com/Professionnels/Foreign-rights>

HÉLÈNE CLASTRES

International Co-editions Director
(English, Spanish, German, Dutch, Italian, Portuguese, Simplified & Complex Chinese, Japanese & Russian)
helene.clastres@flammarion.fr
+33 (0) 1 40 51 31 52

PAULINE LAMOTTE

International Rights Executive
(Eastern Europe, Greece, Turkey, Korea and all other languages)
pauline.lamotte@flammarion.fr

ANNE MINOT

Contract and Production Administration
aminot@flammarion.fr

ANNA SYDORENKO

International Rights Assistant & Grant Application Contact
anna.sydorenko@flammarion.fr

ANNA GIRARD

Rights and Invoicing Administrator
rightsaccounting@flammarion.fr