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HEALTH





Va prendre l'air! Tout sur le pouvoir exceptionnel de la respiration

A Breath of Fresh Air: Learn all about

the exceptional power of breathing

Denis Fortier

.

TAKE AN IN-DEPTH LOOK AT BREATHING WITH EXERCISES AND EXPERIMENTS TO IMPROVE THE QUALITY OF YOUR BREATH OUTSIDE, AT WORK AND AT HOME

DESCRIPTION

Breathing is something we do without thinking. But it can also be a powerful tool to help us take care of our physical and mental health. Whether you practice yoga, sing in your spare time, enjoy walks in nature, are grappling with the lasting effects of COVID-19, or simply want to be more mindful of your respiratory health, this book is for you. You'll learn how to use the breath to reduce stress and muscle tension, enjoy restorative sleep, relieve pain, sharpen your memory and improve your posture.

With advice to share about health conditions including asthma and sleep apnea, the author also writes about the effects of air pollution on our health.

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- 15. Rhythmic breathing
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AUTHOR

Denis Fortier is a physiotherapist, blogger, TV and radio columnist and public speaker. Renowned both for his meticulous clinical practice and his ability to explain scientific concepts in plain language, he writes on the strength of more than 25 years' experience in hospitals and private practice. His books have been published internationally in Canada, France and China.

TRÉCARRÉ MAY 2021 15.2 CM × 22.9 CM 208 P. \$27.95

LOGIQUES

LEADERSHIP AND SELF-DEVELOPMENT



Être leader sans armure – Le pouvoir de la vulnérabilité en gestion

Leading Without Armour:
The Power of Vulnerability in Management

Marie-Maude Michaud

Foreword by the lieutenant general Roméo A. Dallaire

HOW TO BE A MORE PEOPLE-AWARE LEADER IN BUSINESS AND UNDERSTAND THE EFFECTS OF BENEVOLENT LEADERSHIP ON AN ORGANIZATION AND THE INDIVIDUALS WHO ARE A PART OF IT

DESCRIPTION

Rallying the troops and working on the front lines are expressions we have become accustomed to hearing in the office, but it's easy to forget that they owe their origins to the strict and male-dominated hierarchical structure of the armed forces and no longer reflect the culture of the modern workplace. This book is the story of the change a female leader instigated and succeeded in bringing about in the "traditional" structure of a military community organization in the Quebec City area.

The author explains the underlying process behind the shift to a benevolent leadership style she initiated to turn around workplaces and teams that were suffering from a lack of motivation and struggling under a strict performance culture. This approach will help managers to gain a better understanding of the people who work for them and the mental health factors at play.

EXCERPT

As a woman, a civilian, a leader, a wife and a mother, I had always worn a suit of armour in order to excel in a male warrior culture. For years I had been battling to be accepted as part of that culture, without ever fully being myself. Of course, I'm not the only leader, male or female, to have developed a hard shell and adopted a certain leadership style to survive in that kind of environment—in a group where limits have no place, in a department where ambition stamps out vulnerability, in an institution that tolerates no mistakes and in a society that's all about immediacy and the race for success. And leaders aren't the only ones who act this way. As humans, we all do, whether we're aware of it or not. I've seen so many people break down in tears when their armour won't hold up anymore. And I've seen others fall to pieces when they refuse to let it go.



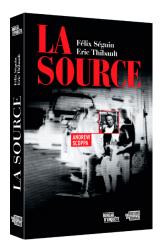
AUTHOR

Marie-Claude Michaud has a bachelor's degree in social work from Laval University and was the executive director of the Valcartier-Courcelette Family Center, a military community organization in the Quebec City area, from 2001 to 2019. Among other achievements, she successfully lobbied for military families to be formally recognized as an integral part of Canada's new national defence policy. In 2014, she received the Hommage bénévolat-Québec Award for her volunteer work

LOGIQUES MARCH 2021 15.2 CM × 22.9 CM 216 P. \$29.95

INVESTIGATION





La Source / The Source Eric Thibault and Félix Séguin

IN THIS BREATHTAKING NARRATIVE, TWO INVESTIGATIVE JOURNALISTS REVEAL THE SECRETS OF THE NORTH AMERICAN MAFIA

DESCRIPTION

For the first time in Canadian—and perhaps North American—history, a high-ranking mafia member decides to break the code of silence and confide in two journalists. On several occasions between October 2014 and October 2019, Félix Séguin and Eric Thibault met secretly with Andrew Scoppa, a source close to the Rizzuto crime family, who introduced them to the innermost workings of the North American Mafia. The culmination of their dangerous investigation, this book lifts the veil on the life—and death—of one of the most influential figures in organized crime in Canada in recent years.

EXCERPT

The knock on the door comes at two o'clock precisely. It's him. The source of every journalist's dreams. The man of short stature is armed and puts down his pistol on the table I've placed between the bed and the chair. "Are you impressed?" he asks me, flashing a broad smile. "Yes. Very much." In front of me sits none other than Andrew Scoppa, one of the closest people to the late crime boss, international heroin trafficker and ruthless killer, Vito Rizzuto. According to police sources, this mobster is suspected of having a hand in 15 or so killings.





AUTHORS

Eric Thibault is an investigative journalist who has been covering police and organized crime stories in Quebec since 1993. He has been writing for *Le Journal de Montréal* since 2011.

As part of Québecor's investigative journalism division, **Félix Séguin** has covered a number of major national and international news events since the early 2000s. His area of specialization is in police investigations and the workings of organized crime.

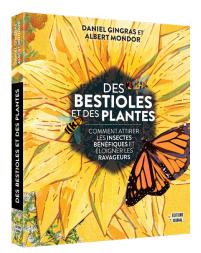
LES ÉDITIONS DU JOURNAL OCTOBER 2020 14 CM × 21.6 CM 288 P. \$26.95

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GARDENING





Des bestioles et des plantes – Comment attirer les insectes bénéfiques et éloigner les ravageurs

Healthy Bugs for Healthy Gardens: How to Nurture Useful Insects and Get Rid of Parasites

Albert Mondor, Daniel Gingras

• • • • • • • •

IN THE GARDEN, INSECTS ARE OUR FRIENDS

DESCRIPTION

Learn how to attract beneficial insects to your vegetable garden in this guide from horticulturist Albert Mondor and entomologist Daniel Gingras. Beautifully illustrated and featuring a generous number of photographs, the guide explains how to identify and manage beneficial insects and pests, attract butterflies and other pollinators and keep insect infestations at bay. Each chapter includes tips for urban growing, garden plans and tutorials.







AUTHORS

Horticulturist and biologist Albert Mondor is passionate about agriculture and environmental horticulture. He has been landscaping, designing and building gardens for more than 30 years. He has written a number of books, including Le nouveau potager (The New Vegetable Garden) and Les platesbandes gourmandes (Gourmet Garden Beds) (Éditions du Journal, 2017 and 2018) and is a regular guest on radio and TV programs.

Daniel Gingras, PhD is a research entomologist at the IRDA research and development institute for the agri-environment. Through his research, he is working to develop new anti-pest strategies for commercial crops that are friendlier for the environment and our health.

LES ÉDITIONS DU JOURNAL MARCH 2021 17.8 CM × 22.9 CM 240 P. \$29.95

BACKLIST

GENERAL CULTURE





Tout savoir en 5 minutes Know It All in 5 Minutes Edited by Benjamin Bourque

A BOOK TO SATISFY THE MOST CURIOUS OF MINDS



DESCRIPTION

This big book has the answers you've always wanted to know to more than 220 questions, all broken down into the five main subject areas of nature and the environment, history, health, science and technology, and sport.

With fascinating graphics and clear diagrams throughout, *Know It All in 5 Minutes* makes it fun to learn new facts and tells you everything you need to know about a whole bunch of things—and nothing you don't.

With a preface by Canadian astronaut David Saint-Jacques.



AUTHOR

Benjamin Bourque is a journalist. He and his team write a daily column for the popular Journal de Montréal and Journal de Québec to give readers the quick lowdown on the kinds of topics that are covered in this book.

LES ÉDITIONS DU JOURNAL SEPTEMBER 2018 12.7 CM × 20.3 CM 272 P. \$29.95





TRÉCARRÉ



Se donner le droit d'être malheureux Allow Yourself to Be Unhappy

Marc-André Dufour

A GUIDE TO HELP NAVIGATE YOUR WAY THROUGH LIFE'S UNAVOIDABLE CHALLENGES



DESCRIPTION

How can we explain the high levels of distress we see in contemporary society? And why do so many people choose to end their own lives every year? Dr. Marc-André Dufour has spent 25 years working on the front line with people in psychological distress. He wishes he could share the secret of eternal happiness in this book, but there's no such thing. Instead, he examines the reasons why avoiding painful emotions can have drastic consequences. In these pages, Dr. Dufour draws on his years of experience helping people in desperate situations rekindle a desire to live to give readers the tools they need to stay the course through life's unavoidable challenges—long before they reach crisis point.

TABLE OF CONTENTS

Foreword

Introduction

Chapter 1. Inequality and injustice

Chapter 2. Happiness, cream fudge and stardom Chapter 3. Meaning, suffering and avoiding Chapter 4. Some examples of avoidance

Chapter 5. Suicide

Chapter 6. Touching base with yourself

Chapter 7. Needing others

Chapter 8. Needing others: getting professional help

Chapter 9. Helping yourself

Chapter 10. Enlightening lessons from Dr. Viktor E. Frankl Chapter 11. The treasure that lies at the heart of despair

Conclusion



Marc-André Dufour has devoted his career to furthering the cause of suicide prevention. His work as a volunteer, prevention worker, psychologist, commentator and conference speaker has made a significant impact, from the time he first rolled up his sleeves with the Quebec City Suicide Prevention Centre in 1993, through his time in private practice to his ongoing work with the Canadian Armed Forces Operational Trauma and Stress Support Program in Valcartier since 2005.

TRÉCARRÉ JANUARY 2020 15.2 CM × 22.9 CM 208 P. \$24.95

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RIGHTS SOLD
China (Life Bookstore)









L'Anxiété apprivoisée – Transformer son stress en ressource positive

Taming Anxiety: How to Turn Stress into a Source of Strength

Amélie Seidah, Isabelle Geninet

• • • • • • • •

A BOOK TO HELP READERS DISCOVER THEIR STRENGTHS AND FOSTER PERSONAL GROWTH IN EVERYDAY LIFE



As adults and teenagers, how are we supposed to handle the stress and anxiety we feel on a daily basis? For many of us, the symptoms we experience may be diffused, situational or occasional, which can make the problem difficult to diagnose. Written in a warm and approachable style, this book aims to demystify and normalize the anxiety that can tend to seep its way into everyday life—and help us cope by keeping us from falling into habits that will only make emotional discomfort worse. The book includes practical strategies and exercises to work through for all of the various concepts that are explained. If we can learn to tame our anxiety, we can turn it into positive and helpful energy.

TABLE OF CONTENTS

Foreword

Chapter 1. Understanding your internal mechanisms

Chapter 2. Time to stop fighting anxiety

Chapter 3. Thoughts and suffering

Chapter 4. Dealing with the uncertainty of daily life Chapter 5. Treating yourself with compassion

Chapter 6. Making the most of your values and strengths

Afterword



AUTHORS

Co-authors Amélie Seidah PhD and Isabelle Geninet PhD both have doctorates in psychology from Université du Québec à Montréal and have been working in private practice for around 15 years. They specialize in the assessment and treatment of anxiety, specifically through the use of cognitive behavioural therapy. Amélie Seidah joined forces with André Marchand and Andrée Letarte to co-author the 4th edition of the bestselling title La Peur d'avoir peur (Afraid of Being Afraid), published by Trécarré.

TRÉCARRÉ FEBRUARY 2020 15.2 CM × 22.9 CM 152 P. \$22.95

RIGHTS SOLD
France (Marabout)









Acouphènes – Les reconnaître et les oublier Tinnitus: Keeping Background Noise in the Background

Sylvie Hébert

.

AN IMPORTANT SUBJECT THAT OFTEN FLIES UNDER THE RADAR: THE CHRONIC PAIN OF TINNITUS SUFFERERS



DESCRIPTION

That ringing in your ears: tinnitus, hypersensitivity to everyday sounds and other auditory problems are much more widespread than one might think and are often a source of acute psychological distress. Written by an expert in the field, this book surveys the phenomenon, explaining common risk factors and the conditions currently linked with tinnitus while offering the reader strategies to help alleviate the noise that just won't go away. Sylvie Hébert discusses both physiological and psychological avenues of treatment, stressing how important it is to end the isolation and bring hope to all those surrounded by a constant, maddening hum.

TABLE OF CONTENTS

Summary

Introduction

Chapter 1. Tinnitus, a global scourge
Chapter 2. Our amazing sense of hearing
Chapter 3. Tinnitus vs. perfect hearing
Chapter 4. What now? Solutions

Chapter 5. Sound therapy
Chapter 6. Reaction therapy

Chapter 7. A rising prevalence of new hearing afflictions Chapter 8. Conclusion: What might the future hold?

AUTHOR

A classical musician by training, **Sylvie Hébert** is also a professor of audiology in the School of Speech Pathology and Audiology of the Université de Montréal.

TRÉCARRÉ MARCH 2020 15.2 CM × 22.9 CM 160 P. \$24.95

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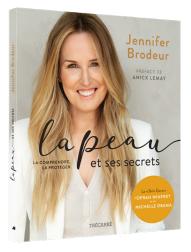
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France (Éditions du Rocher)

BACKLIST

HEALTH





La Peau et ses secrets – La comprendre, la protéger

The Skin You're In: A Specialist's Secrets to Understanding and Caring for Your Skin

Jennifer Brodeur

BY THE "SKIN GURU" TO **OPRAH WINFREY** AND **MICHELLE OBAMA**



In this meticulously presented and informative book, Jennifer Brodeur slays the myths of the beauty industry with science, tapping into the knowledge and expertise she has gained from treating celebrity clients at home and abroad to shed light on the body's largest organ and help readers to love their own skin and take care of it naturally.

Exploring a wide range of topics, this book presents the hard facts and figures of skin science, as well as whimsical illustrations and beautiful images created by Andréanne Gauthier with the author herself serving as the model.

TABLE OF CONTENTS

Introduction

Section 1 – Understanding your skin
The structure of your skin
The skin on your face
What your skin is telling you
Your skin in every light
Nine myths about your skin

Section 2 – Examining your lifestyle Sleep How stress affects your skin

How pollution affects your skin Sunscreen Physical activity

Skin through the seasons
Ten myths about lifestyle habits

Section 3 - Nourishing your skin

You are what you eat

Diet and acne

Foods to avoid

Foods to choose actively

Vitamins and minerals

The goodness of water

Ten myths about food

The power of social media

Section 4 - Caring for your skin every day

Cosmetics through history

Cleaning your skin

Exfoliation

Bags under the eyes

Rosacea

Skin after cancer or chemotherapy

Choosing the right skin products

Conclusion

Acknowledgements



AUTHOR

Jennifer Brodeur is a skin strategist, businesswoman and educator who has more than 20 years of experience in the field of cosmetics. She is the founder and CEO of JB Skin Guru. In 2003 she developed and patented Max+, an LED light therapy device used by numerous aestheticians. The success of Max+ positioned Jennifer as a leading light therapy consultant as well as attracting a growing international clientele and paving the way for her to deliver masterclasses across Canada and the United States. JB Skin Guru was launched in 2016 with Jennifer's flagship skincare collection PEONI.

TRÉCARRÉ FEBRUARY 2020 19.7 CM × 23.8 CM 176 P. \$29.95

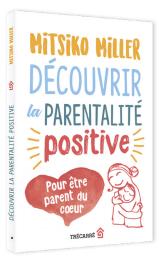
English translation available

RIGHTS SOLD
China (Citic Press)



TRÉCARRÉ





Découvrir la parentalité positive – Pour être parent du cœur

Positive Parenting: How to Parent from the Heart

Mitsiko Miller

Foreword by Isabelle Filliozat

• • • • • • • •

A NEW APPROACH TO EDUCATING CHILDREN



DESCRIPTION

Parenting can be as challenging as it is rewarding. As our children grow, so do we—in our awareness of what matters to us as parents and people. Positive parenting is a new trend in education that follows the mid-line between authority and permissiveness. One step at a time, this approach encourages parents to love their children unconditionally and let go of received ideas and embrace new ones in order to nurture a new and fulfilling relationship with ourselves, our partner, our children, our community and our world.

EXCERPT

By creating an environment conducive to respect and empathy in the family, this approach seeks to instill us with a sense of cooperation and happiness and bring a breath of fresh air into our lives. For many of us who learned by restraint, obligation and punishment, that's easier said than done. Many adults are resistant to the idea of enabling their children to lead the way and live their joy. Perhaps they fear that this will herald a descent into anarchy and turn their children into spoiled brats, or perhaps they're worried they'll become some kind of crazy family that rides unicorns and turns everything to gold with a single touch.

Mitsiko Miller explores the why and delivers the how. Providing insight that's full of practical tips, she not only stresses the importance of nurturing attachment and sitting with our emotions, but also guides us by the hand along the way through exercises that awaken our awareness gradually. She makes us feel understood and supported, and helps us to see we are not alone. (Isabelle Filliozat, preface to Positive Parenting).

AUTHOR

Mitsiko Miller is a certified professional coach and collaborative communication trainer. On the strength of more than 10 years' experience supporting individuals in their personal development, she crafts tools for everyone to promote wellness and embrace considerate and collaborative communication.

TRÉCARRÉ MARCH 2019 15.2 CM × 22.9 CM 216 P. \$24.95

RIGHTS SOLD France (Courrier du livre) Romania (Editura Trei)









L'Autisme expliqué aux non-autistes
Explaining Autism to the Non-Autistic
Brigitte Harrisson, Lise St-Charles

With the collaboration of Kim Thúy

A UNIQUE AND COURAGEOUS FRAMEWORK FOR UNDERSTANDING AUTISM, WITH 50 ASPECTS OF AUTISTIC FUNCTIONING PRESENTED IN QUESTION-AND-ANSWER FORM, AS WELL AS NUMEROUS REAL-LIFE GUIDELINES BASED ON AN UNDERSTANDING OF ASD IN LINE WITH CURRENT NEUROLOGICAL RESEARCH

DESCRIPTION

This book takes an introspective, courageous and unique look at autism, based on the actual experiences of people with an ASD. It's all about understanding how an autistic brain is different from a neurotypical brain, and how differently it processes the information it receives.

The topics covered include how something as simple as taking a shower can be so painful for an autistic person, what kinds of things can trigger a crisis situation, and how hand-flapping—something that can be so off-putting to others—is actually a way for people on the autism spectrum to make sense of the world and their surroundings.

Presented in a question-and-answer format, *Explaining Autism to the Non-Autistic* explores around fifty key things that make autistic people tick and provides advice based on a new understanding of ASDs that is gaining ground with neurologists.

TABLE OF CONTENTS

Chapter 1. If only I'd known what autism was...

Chapter 2. What autism used to be

Chapter 3. Daily life

Chapter 4. Manifesting autism
Chapter 5. Learning avenues

Chapter 6. Self-esteem

Chapter 7. Social skills

Chapter 8. Self-regulation

Chapter 9. Good to know

Chapter 10. Conclusion: There is hope

REVIEWS

"...as easy to read as a novel, using realistic examples that must have been drawn from experience. The recollections shared by Brigitte Harrisson, autistic herself, illustrate the message well and Kim Thúy's reflections are touching. The advice for families is most relevant..." *Mon coin lecture*







AUTHORS

Social worker **Brigitte Harrisson** was diagnosed as autistic at the age of 38. As a child, she suffered from extreme sensory sensitivity, and she went through some painful experiences in her teens. Today she is a respected guest speaker in Quebec, France and Switzerland and a lecturer at Université du Québec à Rimouski. She is one of the few people out there who can provide an insider's and an outsider's perspective on the issues surrounding autism.

Lise St-Charles is a therapist and specialist on autism spectrum disorders (ASD). She has worked in the autism field for more than 40 years and is internationally recognized for her experience participating in clinical studies and developing ASD assessment tools. She was also involved in developing certificate and degree courses at Université de Montréal on working with ASDs and supervising ASD therapy.

TRÉCARRÉ MARCH 2017 15.2 CM × 22.9 CM 176 P. \$19.95

RIGHTS SOLD

Belgium-Dutch (Deltas)
Canada-World English (Dundurn)
China (China Worker Publishing
House)
France (Marabout)
Italy (Vallardi)
Saudi Arabia (King Saud University)
Spain-Castilian and Catalan
(Viena Editorial)







L'Estime de soi et l'Autiste Autism and Self-Esteem

Brigitte Harrisson, Lise St-Charles With the collaboration of Kim Thúy

A GUIDE TO HELP THOSE WITH AUTISM BUILD A SENSE OF IDENTITY AND SELF-ESTEEM

DESCRIPTION

With their earlier book, *Explaining Autism to the Non-Autistic (L'Autisme expliqué aux non-autistes*), the authors threw a lifeline to many parents and caregivers by helping them understand the hows and whys of certain frustrating behavioural issues. This second book explores how those with autism can create a better life in a world full of neurotypical people.

Written as a series of questions and answers, this empathetic and reassuring book challenges current intervention methods and their reasoning and explains the latest thinking about quality of life and life expectancy, focusing on strengths rather than weaknesses to develop the self-esteem they may be lacking and make the best use of the baggage they carry.

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Note to readers

Introduction

Chapter 1. Embracing autism

Chapter 2. Autism and self-esteem

Chapter 3. The necessity of autistic manifestations

Chapter 4. Impacts on day-to-day life

Chapter 5. Impacts on learning

Chapter 6. Impacts on self-esteem

Chapter 7. Impacts on social skills

Chapter 8. Impacts on self-management

Chapter 9. How to interview someone with autism

Conclusion

Trusting in the future

About the authors

Bibliographic references

Glossary







AUTHORS

Social worker **Brigitte Harrisson** was diagnosed as autistic at the age of 38. As a child, she suffered from extreme sensory sensitivity, and she went through some painful experiences in her teens. Today she is a respected guest speaker in Quebec, France and Switzerland and a lecturer at Université du Québec à Rimouski. She is one of the few people out there who can provide an insider's and an outsider's perspective on the issues surrounding autism.

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TRÉCARRÉ MARCH 2019 15.2 CM × 22.9 CM 224 P. \$19.95

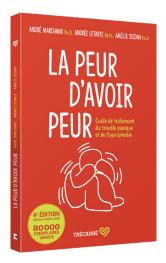
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Belgium-Dutch (Deltas)

France (Marabout)







La Peur d'avoir peur – Guide de traitement du trouble panique et de l'agoraphobie

4e édition revue et augmentée

Afraid of Being Afraid: A Guide to Coping with Panic Disorder and Agoraphobia

4th edition, revised and expanded

André Marchand, Andrée Letarte, Amélie Seidah

A NEW, ENHANCED AND UPDATED EDITION OF A CLASSIC REFERENCE BOOK ON ANXIETY

DESCRIPTION

Many of us live in fear—perhaps the fear of being unloved, the fear of not being good enough, or the fear of losing something. Sometimes it can feel like we're scared to be vulnerable, and when we are overwhelmed by this fear of fear, the voice of reason can be hard to listen to. It can be easier to cope with anxiety attacks if we understand that the pain is not in our imagination, that there is a reason for it, and that there are tools to help us deal with the aftermath. This new edition of a bestseller (80,000 copies sold of previous editions!) has been revised to reflect current research and practice in terms of treatment, response strategies and diagnostic criteria.

This practical guide to self-treatment is intended to help individuals suffering from panic or anxiety disorder to start to self-manage their condition.

TABLE OF CONTENTS

PART 1: UNDERSTANDING

Chapter 1. When fear turns to phobia

Chapter 2. Developing panic disorder and agoraphobia Chapter 3. Assessing panic disorder and agoraphobia

PART 2: CHANGING

Chapter 4. Treatment: Managing panic attacks

Chapter 5. Treatment: Taking scary sensations and situations in your stride

Chapter 6. The medication question

Chapter 7. Treatment: Complementary strategies Chapter 8. Maintaining the progress you've made





AUTHORS

André Marchand PhD is a researcher at the Montreal University Institute for Mental Health Research Centre, a full professor in the Department of Psychology at the Université du Québec à Montréal, and the co-director of the Centre for Trauma Studies.

Andrée Letarte MPs is head of outpatient care and anxiety/ mood disorders at the CIUSSS de l'Est-de-l'Île-de-Montréal health and social services centre

Amélie Seidah PhD is a clinical psychologist and public speaker based in Saint-Lambert, Quebec.

TRÉCARRÉ
MARCH 2018
15.2 CM × 22.9 CM
264 P.
\$24.95

RIGHTS SOLD

France (Livre de Poche) Latin America and US-Spanish (Oceano) Romania (Editura For You)

BACKLIST

HEALTH

TRÉCARRÉ



Lève-toi et marche! Le remède miracle existe et il est gratuit Get up and Walk! There is a Miracle Cure and It's Completely Free Denis Fortier

A COMPREHENSIVE REFERENCE ON TODAY'S SEDENTARY LIFESTYLE WITH TIPS ON HOW TO FIGHT OUR ARCH-ENEMIES —CARS, SCREENS AND CHAIRS

DESCRIPTION

The average time we spend being sedentary skyrocketed from 26 hours per week in 1965 to 38 hours in 2009. Sitting quickly became the done thing and was seen as a sign of progress. However, sedentariness can lead to serious health issues, such as diabetes, cardiovascular disease and some cancers.

In this tongue-in-cheek book, physiotherapist Denis Fortier exposes some of the lesser-known adverse effects of sedentariness. Among other things, he explains how even athletes can be sedentary, how the number of steps we take each day can have a significant impact on our health, and how three seemingly inoffensive everyday objects—chairs, screens and cars—could become our worst enemies.

TABLE OF CONTENTS

- Chapter 1. The chair syndrome
- Chapter 2. We're all addicted
- Chapter 3. Breaking free from the dictators
- Chapter 4. Appreciating your muscles
- Chapter 5. A moving machine
- Chapter 6. Being sedentary is making you sick
- Chapter 7. Stay motivated
- Chapter 8. Time to get physical: start today
- Chapter 9. Walking: 10 ways to tap into the miracle remedy
 - 1. Walking short distances
 - 2. Actively walking
 - 3. Walking for exercise
 - 4. Athletic walking
 - 5. Stairs
 - 6. Micro-running
 - 7. Nordic walking
 - 8. Walking in water
 - 9. Walking backwards
 - 10. The elliptical



AUTHOR

Denis Fortier is a physiotherapist, blogger, TV and radio columnist and public speaker. Renowned both for his meticulous clinical practice and his ability to explain scientific concepts in plain language, he writes on the strength of more than 25 years' experience in hospitals and private practice. His books have been published internationally in Canada, France and China.

TRÉCARRÉ MARCH 2018 15.2 CM × 22.9 CM 176 P. \$22.95

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France (J'ai Lu)





COOKING

TRÉCARRÉ



Le Secret des Vietnamiennes Secrets from My Vietnamese Kitchen Kim Thúy

EXCLUSIVE VIETNAMESE FAMILY RECIPES



DESCRIPTION

Kim Thúy shares more than 50 exclusive family recipes from her home country—many accompanied by a short text, an extract from a novel or an anecdote—offering readers an extraordinary glimpse into her private world. In collaboration with sommelier Michelle Bouffard, the best-selling author suggests wine pairings for Vietnamese dishes, as well as introduces readers to some harder-to-find ingredients and offers tips for substitutions. Fans of Vietnamese cuisine will appreciate her explanations of the different types of noodles and vermicelli, herbs and fruit.

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- · Types of authentic Vietnamese noodles, herbs, vegetables and fruit
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- · Vietnamese food and wine pairings
- · Vietnamese food and music pairings

AUTHOR

Born in Vietnam, **Kim Thúy** arrived in Quebec at the age of 10. She lives in Montreal and devotes herself to writing.

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