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FRANKFURT 2020

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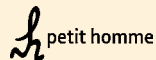
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OUR KIND OF ADULTHOOD—DOES IT MAKE SENSE FOR OUR KIDS AND IS IT WHAT THEY WANT?
Thomas d'Ansembourg

After *Stop Being Nice, Start Being real* (one million copies sold in French!) comes this long-awaited new work on non violent communication with our teenagers

224 pages
September 2020
Éditions de l'Homme

Twenty years after the huge best seller *top Being Nice, Start Being Real* (one million copies sold and translated into 17 languages), comes a new book from specialist in non-violent communication Thomas d'Ansembourg.

“Young people don’t listen to what you say or what you do. They listen to what you are.”

This statement is especially true in a society where norms are changing rapidly; that’s why it’s up to adults to find creative and inspiring answers to questions like these:

- How can we give them stimulating and motivating guidelines?
- How can we demonstrate in the very way we talk to each other, listen to each other and try to understand each other that respect, clarity and empathy are not just ideas, but also values for daily living?
- How can we set clear and enlightening limits, without confining the other person or ourselves?
- How can we show them that there’s no such thing as total freedom, that it can only be experienced within accepted limits, and that being free does not mean doing everything we want when we want, but doing what we have chosen to do while accepting the unpleasant consequences of our choices?
- How can we instill in them, through our way of being and living our lives as parents or teachers, a taste for beauty and joy, despite the pain and confusion life brings?

Thomas d'Ansembourg sheds light on these questions—and many others!—using concrete examples to encourage us all, young and old alike, to move forward on a path of responsibility, freedom, and unselfish happiness.

Strong points

- The author’s empathetic and straightforward style guides us without making judgments, following the principles of Non-Violent Communication (NVC).
- A thoughtful text that is the fruit of over twenty years of experience in offering support to young people and adults.

Trained in various psychotherapeutic approaches, notably Dr. Marshall Rosenberg’s method of Nonviolent Communication, Thomas D’Ansembourg is a training facilitator, lectures worldwide and offers individual consultations.



STOP BEING NICE – START BEING REAL!
Illustrated edition
Being with others while still being ourselves
 Thomas d'Ansembourg

192 pages – March 2014 – Éditions de l'Homme
 Rights sold to Germany, Russia, Korea and Spain.

> 130 000 copies sold in French!

The message of *Stop Being Nice, Start Being Real!* is more relevant than ever. To make his ideas even more easily understood, the author decided to revise the text and add humorous illustrations. Condensed, simplified and more light-hearted, this new edition is the first step for all those who want to let go of their harmful habits and open themselves up to the concepts of non-violent communication.



Original edition:
STOP BEING NICE, START BEING REAL!
 Translated into 17 languages
 > One million copies sold in harcover in French

We're often better at telling others a few home truths than at simply telling them the truth about ourselves. We wear a mask, we play a role, we hide what's going on inside us. This separation from ourselves to get along with others is the source of a spiral of violence. Becoming more aware of how we think and act, learning to recognize our needs and how to satisfy them by ourselves—this is how to defuse the mechanism of violence.



BEING HAPPY IS NOT ALWAYS COMFORTABLE
Illustrated edition
Thomas d'Ansembourg

152 pages – September 2015 – Éditions de l'Homme

The popular belief that happiness depends on feeling good and leading a carefree life is an illusion. It can play tricks on us and prevents us from fully enjoying those genuine moments of happiness that punctuate our lives. Thomas d'Ansembourg calls it the anti-happiness trap, into which we are too often prone to stumble. He has singled out several such traps during his own life and those of his acquaintances. Using specific examples, the author helps us understand how these counter-productive traps restrict our lives and offers practical tips for breaking free.



Original edition:
BEING HAPPY IS NOT ALWAYS COMFORTABLE
 Translated into 8 languages
 > 100 000 copies sold in French

Temporary Cover



COPING WITH ECO-ANXIETY
and turning your eco-emotions
into an engine for change
 Karine Saint-Jean, psychologist

This positive book will make you stop feeling powerless in the face of climate change.

224 pages
 October 2020
 Éditions de l'Homme

Have you ever felt a knot in your stomach when reading an article on receding Antarctic glaciers? Do you feel a sense of urgency when you see the long lines of cars at rush hour, with their gas emissions visible in the morning air? If so, you're not alone!

The environment and ecology take up more and more space in our lives, and for good reason. Since human-caused climate changes and their consequences are serious problems, it's normal to be worried. In the last twenty years, we've become aware, individually and collectively, of these worldwide threats, and this intellectual realization has been heightened by increasingly easy access to information on a range of technological platforms. The sense of urgency is often tangible, and some people even experience, to varying degrees, what's called eco-anxiety.

This book looks into this recent phenomenon to define the bases and examine the effect of climate change on human psychology, but also to suggest possible actions to channel this feeling: working on your resilience, managing your information consumption well, practising attentive presence, acting in accordance with your values, and connecting with others.

Strong points

- A book focussed on solutions that provide tools to those of us experiencing eco-anxiety.
- A positive approach to taking action and turning your anxiety into an engine for change.
- The text is highly readable, and specific cases help synthesize each chapter.

Karine Saint-Jean is a psychologist and mindfulness instructor. Fascinated by the space where psychology, mindfulness and the environmental cause intersect, she is guided by her desire to promote the well-being of humans, living beings, the planet, and its biodiversity.



**MANIPULATORS ARE AMONG US
A BOX OF CARDS**

Learn how to talk back and stop being manipulated
Isabelle Nazare-Aga

Developing the art of counter-manipulation to free yourself from the influence of manipulators: a playful and practical box of cards, by the leading expert on manipulation and author of bestsellers that have sold half a million copies!

52 cards and a 32-page booklet
September 2020
Éditions de l'Homme

How do you react when someone disparages you, discredits you, makes you feel guilty, blackmails or threatens you? Are you taken aback? Aggressive? Do you run away?

Do you tend to justify yourself? If so, do you feel bad? Helpless and powerless? Or instead full of anger? Whatever the case, it's a rare person who feels nothing in the face of this kind of attack, but having the ability to talk back is not easy and natural for everyone. It can be learned, however. The purpose of this box is to suggest possible responses for talking back to manipulative people (otherwise known as "narcissistic perverts").

The box contains 52 cards, divided into four categories: manipulators in general, in a couple, as parents, and at work. On the right side of each card is an inspiring "advice" statement that encourages the person being manipulated to adopt specific behaviours to break free from the manipulator's grip. On the other side of each card are two examples of statements used by manipulators, as well as two suggestions for manipulation-fighting responses to each. The cards are tools for you to practise staying neutral or in control in the face of manipulators' remarks, since the trick is not to enter into their toxic—even perverse—game. With a bit of practice, anyone can do it!

Strong points

- *Manipulators are Among Us* is a pioneering work on the subject. The author is without a doubt the expert on the topic, and her book is based on many specific cases.
- The cards are the perfect tool for putting this advice into practice in a simple way.
- The booklet included in the box clearly outlines what to do, the characteristics of manipulators, and hints for understanding when someone is under their control.
- Strategies for counter-manipulation are easy to apply and will enable you to refute a manipulator's guilt-inducing or upsetting responses.

Isabelle Nazare-Aga is a cognitive-behavioural therapist, trainer and lecturer. A specialist in manipulation, she also offers workshops on assertiveness and self-esteem, research into personal values, communications and stress management.



MANIPULATIVE PARENTS

288 pages – February 2014 – Éditions de l'Homme
Rights sold to Italy, Spain, Czech Republic, Germany and China.

> 20 000 copies sold in hardcover in French.

Having shown the devastating impact of manipulation in society and in romantic relationships, Isabelle Nazare-Aga takes aim at the consequences of this destructive phenomenon for the family unit. She explains, using many examples, how to recognize manipulative mothers and fathers. Among other distinct characteristics, these parents tend to make their children feel worthless, show little interest in their successes, and offer them no support when they are going through a difficult period. In addition to presenting a very large number of actual cases, the author indicates when it is necessary and vital to separate from this kind of parent. The book also contains specific advice for healing, when the time comes, the wounds caused by manipulation. Practical and rewarding, this book is an indispensable tool for all those who want to find a fair and healthy balance in their relationships with their parents.



THE MANIPULATORS AMONG US

288 pages – 2013 – Éditions de l'Homme
Translated into 15 languages

> 250 000 copies sold in hardcover in French.

Manipulators display many faces – congenial, seductive, reserved or brash. They adopt a variety of attitudes, using a range of maneuvers to reach their goals. By behaving politely, flattering and charming you with words, these people – they may be parents, spouses, acquaintances or colleagues – can make you feel guilty, put you down, sow seeds of doubt, place you in awkward situations. So who are these manipulators? How do they get you in their grip? Why do they behave the way they do? Do they realize what they're doing? Should their victims share part of the responsibility? How can you protect yourself from these emotional terrorists? In this compelling book, Isabelle Nazare-Aga answers these questions and identifies the manipulators among us. In today's society, many of these people hold key positions, unconcerned about the psychological damage that they inflict on their fellow citizens.



LOVE'S MANIPULATORS

216 pages – 2013 – Éditions de l'Homme
Translated into 11 languages

> 120 000 copies sold in hardcover in French.

Love is more than just an emotion; it's a powerful force capable of changing us for the better. But what happens when a person who has just declared his undying love turns out to be an emotional vampire? What happens when a relationship turns destructive, crushing our sense of identity, and how do we escape, whether the relationship has lasted two years or 40 years? This book explores the daily torments and consequences of such destructive and manipulated relationships. From true stories collected during her career as a therapist, Isabelle Nazare-Aga highlights the devious ways in which this emotional blackmailer works and provides a number of practical steps you can take to protect yourself.

Temporary Cover



MAINTAINING MY ENERGY AS A CAREGIVER
A guide to preventing compassion fatigue and vicarious trauma
 Pascale Brillon

People in the helping professions are exhausted; this book reaches out a hand to them. A highly topical book.

256 pages
 September 2020
 Éditions de l'Homme

You're a psychologist, social worker, doctor, or therapist. You're a first responder, an intervenor, an informal caregiver. You help, you support, you advise, you're there in a crisis when there's no one else, when everything seems to be falling apart. You chose this work or role because you have a vocation and for a long time (and sometimes still) it has fulfilled and nourished you, but now you find it heavier to bear, and sometimes you feel overwhelmed by powerlessness or sadness when faced with all of this suffering.

Written by Pascale Brillon, a psychologist specialized in the treatment of post-traumatic stress, this book is a valuable tool that will teach you how to maintain your energy as a caregiver so you can continue to listen, support and assist those people who are suffering the most in our society. The author will give you the information and tools needed to fight back against your reactions of compassion fatigue and vicarious trauma. In practical terms, this book will help you get to know yourself better, adopt a better approach to intervention, build a good support network for yourself and take better care of yourself by putting self-care into action. Specially written to serve and support caregivers, it will give you the opportunity to step back and assess the work that takes up so much space in your life.

Strong points

- A book that aims to help you better understand the roots of your distress and learn strategies for maintaining your energy as a caregiver.
- Solidly based on research data.
- The result of the author's extensive clinical expertise.
- Expert author known internationally for treating traumatic stress and grief.

Pascale Brillon is a psychologist specialized in treating post-traumatic stress and a professor in the Department of Psychology at the Université du Québec à Montréal. She trains intervenors and lectures internationally.



THE LAST WALK
Grieving the loss of my pet
 Florence Meney

We cherish them so much... A book that explores how we grieve the loss of a pet and offers a broader reflection on the place of animals in our society.

200 pages
 September 2020
 Éditions de l'Homme

Pets are an integral part of life in many homes and are companions we often have very meaningful relationships with. So their death is a source of sadness and even deep distress for many of us.

This sometimes misunderstood and solitary grief is what Florence Meney explores in this book. She describes it from a new angle, focussing on supporting the bereaved as they make their way back to a kind of serenity, as well as on understanding the specific parameters of the human-animal bond.

Punctuated by moving stories, this book is firmly anchored in sound expertise on how to offer support, drawn from veterinarians and pet loss experts, a veterinary clinic palliative care specialist, a zoo veterinarian and a psychologist.

Strong points

- Precious advice for getting over the grief of losing your pet, but also on how to prepare for it.
- Moving and varied stories about loss.
- Advice from a number of experts.
- A broader reflection to help us better understand the nature of our relationships with pets.

Passionate about the animals that play a role in every aspect of her life, Florence Meney is also the author of crime novels and of a book of people's personal stories about mental health.



THE BONHÊME APPROACH
 Developing the body's wisdom
 Nathalie Hamelin

An effective approach for experiencing the link between science, gesture, words, the soul and the body, and for liberating yourself from the feeling of being imprisoned in your body and your mind.

176 pages
 March 2020
 Éditions de l'Homme

Sooner or later, everyone wants to live the life that is their own, a life in which you find joy in your heart by freeing yourself from the unconscious chains that interfere with your right to exist. What could be better than creating your own Bonhême, in order to fully understand yourself as a sacred being?

Drawing on over 14 years of study, experimental and scientific research, and personal and professional experiences, the author has developed a clear, simple, and powerful five-step process, for connecting with your soul's power and attaining a state of lightness and inner freedom. She introduces themes that help you understand vital energy forces, for example, the soul's five types of intelligence, her reference for better decoding the principles of the universe. She exposes readers to a simplified spirituality so they can better understand their reason for being and give meaning to their lives.

To illustrate her words, the author also presents two complete cases of analysis that shed light on common problems, such as work dissatisfaction and lack of self-esteem, which many readers will identify with. The Bonhême approach offers a way for you to transform yourself and thus live a better life, through a concrete understanding of the relationship between your gestures, your inner dialogue and your energy.

Strong points

- An author, teacher, and certified professional coach of many years' standing, Nathalie Hamelin is also president of Institut Coaching International, a world-renowned coaching and leadership school.
- This approach, which is both practical and spiritual, is based on her discovery of the link between science, gestures, words, the soul and the body.
- Explained in a simple way, the book contains many black and white illustrations to help you better understand the text.
- One full chapter is devoted to letting readers experience the Bonhême process through two case analyses.

President of Institut Coaching International, a teacher, and a professional coach certified in neurolinguistic programming (Nlp), And With A Diploma In Mentoring, Nathalie Hamelin contributed to the development of NLP by presenting her universal Bonhême approach in Bali in September 2017 at the fourth generation NLP Summit, with representatives from 13 countries participating.

JACQUES SALOMÉ

Is a social psychologist, human relations coach, lecturer and writer. Since 1962, he has worked to develop more dynamic communication techniques and non-violent relationships, based on empowerment, self-respect and respect for others. He is the author of more than 70 books translated into roughly twenty languages.



A HINT OF ETERNITY
 Rights sold to Romania.



TALK TO ME... I HAVE THINGS TO TELL YOU
 Rights sold to Romania, Czech Republic and Russia.



IF ONLY I WOULD LISTEN TO MYSELF
 Rights sold to Italy, Russia, Romania, Lithuania, Spain and China.

> 400 000 copies sold in French.

> 400 000 copies sold in French.
 > English translation available.



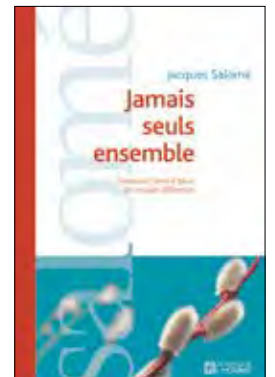
JOURNEY TO THE LANDS OF LOVE
 Rights sold to Greece and Lithuania.

> 20 000 copies sold in French.



WHO WOULD I HURT IF I WERE REALLY MYSELF?
 Rights sold to Italy, Romania and Russia.

> 50 000 copies sold in French.



NEVER SAY LONELY
 Rights sold to Greece, Italy, Romania and China.

> 200 000 copies sold in French.



TO LOVE SOMEONE IS TO SAY IT OUT LOUD
 Rights sold to Romania.

> 180 000 copies sold in French.



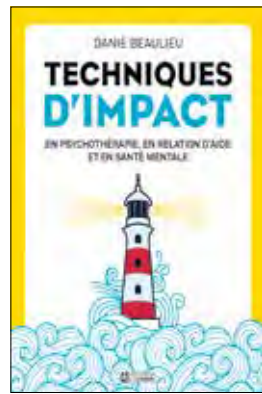
A LIFELONG CONVERSATION
 Rights sold to Romania.

> 60 000 copies sold in French



LIVING WITH OTHERS EACH DAY... EVERYDAY
 Rights sold to Portugal and Romania.

> 40 000 copies sold in French



IMPACT TECHNIQUES
Danie Beaulieu
> 10 000 copies sold in French



REINVENTING YOURSELF THROUGH PERSONAL STRATEGIC PLANNING
Danie Beaulieu
> 5 000 copies sold in French



OLYMPIANS AT WORK
Jean-François Ménard, in collaboration with Marie Malchelosse
Russian and English World rights sold.



PARENTS OF ADULTS
Sylvie Galland
Rights sold to Italy



CHANGING WITH PSYCHOTHERAPY
Monique Brillon
Rights sold to China.



AUTHOR OF MY LIFE
Guylaine Cliche
Rights sold to Germany.



DIFFICULT PERSONALITIES IN THE WORKPLACE
Monique Bessette and Marie-Christine Gran



SUCCESSING IN YOUR CAREER WITHOUT WEARING YOURSELF OUT
Simon Lord



MY WORK IS HURTING ME
Monique Soucy



THE END OF THE TUNNEL
Dr. Daniel Dufour
Rights sold to Germany and Italy.



THE TURMOIL WITHIN
Rights sold to Poland and Germany
> 50 000 copies sold



THE PAIN OF DESERTION
Rights sold to Spain, Korea and Germany
> 40 000 copies sold



BETTER UNDERSTANDING THE MIDLIFE CRISIS
Judith Petitpas



A BRIEF COMMUNICATION CODE
Yves St-Arnaud



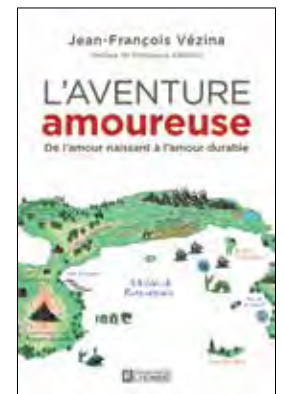
A PRACTICAL GUIDE TO TANTRISM
Martin Bilodeau



HOW TO DOMESTICATE YOUR INNER DICTATOR
Jean-François Vézina



NECESSARY CHANCES
Jean-François Vézina
Rights sold to USA, Spain, Italy.
> 60 000 copies sold in French.



THE ADVENTURE OF LOVE
Jean-François Vézina
Rights sold to Spain, Italy, Croatia, China.

DANIE BEAULIEU

A doctor of psychology, Danie Beaulieu has taught in roughly fifteen countries in French, English and German. A lecturer and the author of 21 books and 10 booklets on personal growth, she has profoundly changed the practices of thousands of professionals worldwide and continues to inspire both parents and the general public.



IT'S ALL GOOD!
A practical guide to making everything go smoothly during adolescence

312 pages – September 2019 – Éditions de l'Homme

Dear teen,
Do you ever feel bad about yourself?
Would you like to understand your emotions and the uncertainties of this period of your life better?
Would you like to know more about sex? How to take your life in hand and find your true personality?
This book gives you answers to these questions and many others!

Strong points

- A book that speaks directly to teenagers.
- A detailed book, describing the physical, psychological, sexual and social changes that take place during adolescence.
- A clear and straightforward explanation by an author who is a psychologist and knows the clientele well.
- Wise advice for coping with this difficult period of life.
- Information useful for teenagers, parents and other involved adults (teachers, educators, therapists, etc.).

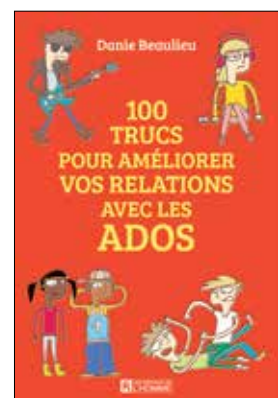
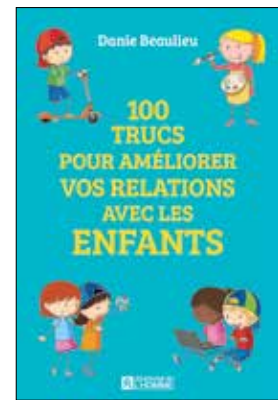
100 TIPS FOR IMPROVING YOUR RELATIONSHIP WITH CHILDREN FOR IMPROVING YOUR RELATIONSHIP WITH TEENS

120 pages / 128 pages – October 2019 – Éditions de l'Homme

This is a practical collection to assist you in helping your child or teenager get through these life stages, so full of changes and discoveries. In these new updated editions, presented and adapted for each age group, you'll find all the tools you need to identify the main stages in your children's development: 100 easy-to-grasp and humorous tips to help thousands of parents, educators, teachers and grandparents.

Strong points

- Roughly a hundred educational tips for parents.
- Ever-present humour to lighten up the contents.
- Tests for self-evaluation as a parent.
- Exercises and tests for self-evaluation as an educator.
- Simple tips for improving communications.



A SURVIVAL GUIDE FOR EXHAUSTED PARENTS
Suzanne Vallières



IT'S YOUR BODY!
Jocelyne Robert
> 25 000 copies sold.
Rights of the previous edition sold in 7 languages.



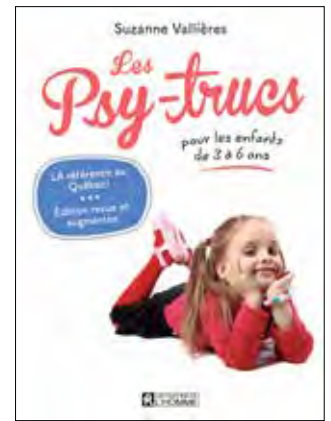
PARENTS IN A WORLD OF SCREEN
Catalina Briceño, Marie-Claude Ducas
Rights sold to Greece.



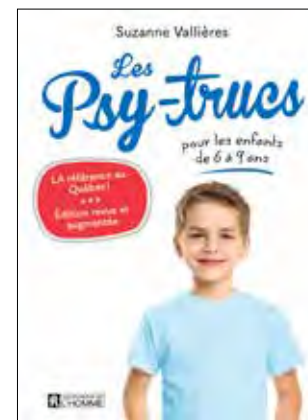
SURVIVAL GUIDE TO DISCIPLINE
For children aged 0 to 10
Suzanne Vallières



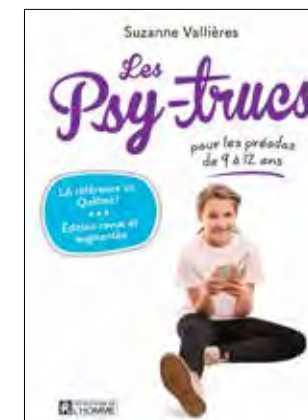
SURVIVAL TIPS FOR PARENTS
For children aged 0 to 3
Suzanne Vallières
Rights sold to Romania, Hungary, Portugal, Greece and Vietnam.



SURVIVAL TIPS FOR PARENTS
For children aged 3 to 6
Suzanne Vallières
Rights sold to Romania, Hungary, Portugal, Italy and Vietnam.



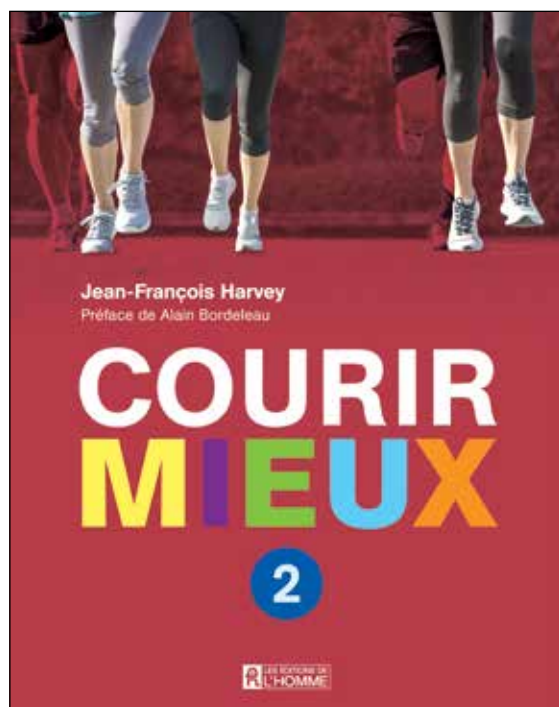
SURVIVAL TIPS FOR PARENTS
For children aged 6 to 9
Suzanne Vallières
Rights sold to Romania, Hungary, Portugal and Vietnam.



SURVIVAL TIPS FOR PARENTS
For children aged 9 to 12
Suzanne Vallières
Rights sold to Romania, Hungary, Italy and Vietnam.



SURVIVAL TIPS FOR PARENTS
For teens
Suzanne Vallières
Rights sold to Romania, Hungary and Vietnam.



RUNNING BETTER 2
A personalized program to adapt your race
Jean-François Harvey

For running fanatics, here's the highly awaited sequel to THE reference on running technique, a bestseller with over 40,000 copies sold in Québec only!

296 pages
June 2020
Éditions de l'Homme
French rights sold.

You don't put on our running shoes "because I have to". You run to release your stress, to feel free, to get a breath of fresh air, to feel your best, in short, because it does you a world of good!

But what if you could get even more out of it? After having learned how to run biomechanically with *Running Better*, now is the time to discover how to run better on every other level. Because running is also deciding on the content of your training, drawing up routes, planning your running season, adapting your outings to all conditions, eating to support your training sessions, warming up correctly, managing your races, meeting your objectives... If you want to improve your sprinting, exercise tolerance, training motivation and even your ability to meditate while running, you've found the shoe that fits! This book contains a myriad of advice and specific tips that, taken together, will make a huge difference in your running life, by enabling you to get the most benefit and enjoyment out of your favourite sport.

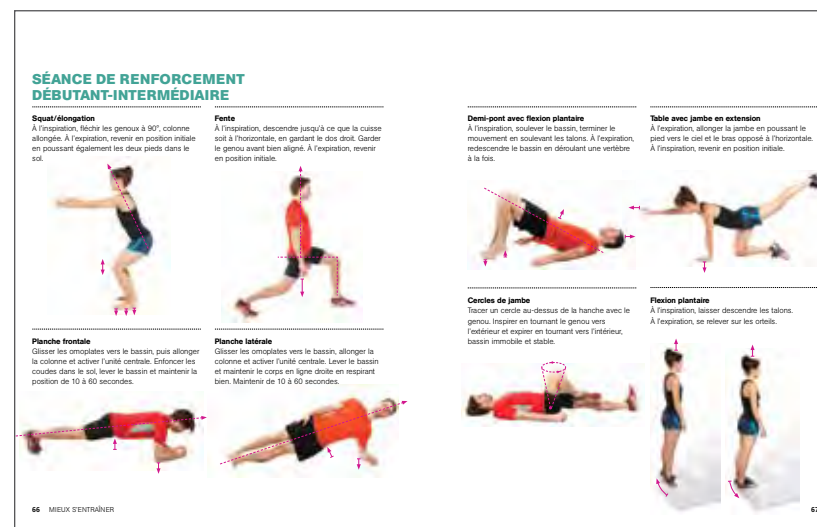
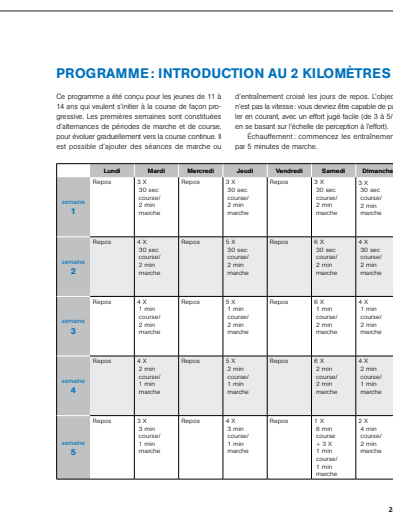
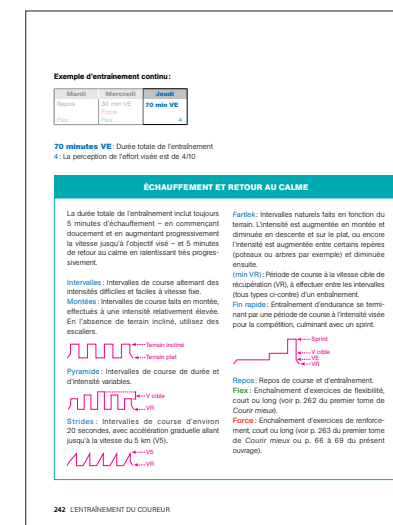
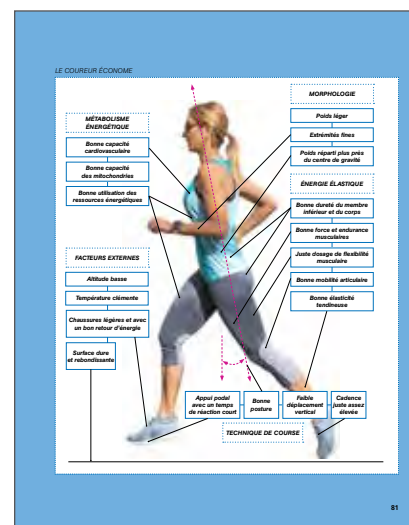
Strong points

- A unique book that aims to maximize both performance and the enjoyment of running.
- A thorough text, bolstered by the most recent research on the topic and made understandable by the writer's humorous approach.
- A book that all seasoned runners will want to add to their library!

An athlete, coach, physiotherapist and renowned osteopath, Jean-François Harvey is fascinated by the body's movements and mechanics. He runs two clinics in Montréal, where he treats many high-level athletes and dancers. He also provides training to professionals and the general public.



By the same author
RUNNING BETTER
Rights sold to France, China, Canada (World English), Korea and Italy.
➤ 45 000 copies sold in Québec.



Temporary Cover



FEMININITY & AYURVEDA
The art of living, plants, recipes,
and well-being rituals
Krystine St-Laurent

Honouring your femininity and stimulating your energy
through Ayurveda.

312 pages
January 2021
Éditions de l'Homme

Woman's nature is a gift: it is gentle, soothing, creative, fertile, affectionate, receptive and nurturing. However, in a society where masculinity rules, where the values of efficiency and productivity predominate, the strength innate in every woman is often weakened, and sometimes even suppressed. So, what if we reconnected with it in order to reclaim it and be more in tune with ourselves!

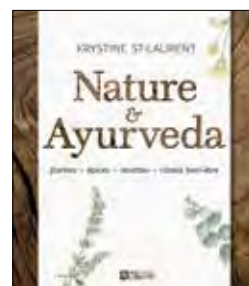
A herbalist and aromatherapist, Krystine St-Laurent presents instruction in Ayurveda by deepening the relationship uniting nature and femininity: she shows us how to live in harmony with its different cycles to achieve greater balance. In seven chapters, the author tackles a multitude of subjects that affect all women—girls, new moms, pregnant or menopausal women—, and she applies Ayurvedic wisdom to treating various health problems like hormonal disturbances, decreased libido and menstrual cramps.

Combining the benefits of medicinal plants and infused oils, breathing exercises, meditation practice, as well as teaching self-massage techniques, this book offers an exploration of various kinds of rituals for increasing or maintaining our energy and awakening the goddess asleep within us.

Strong points

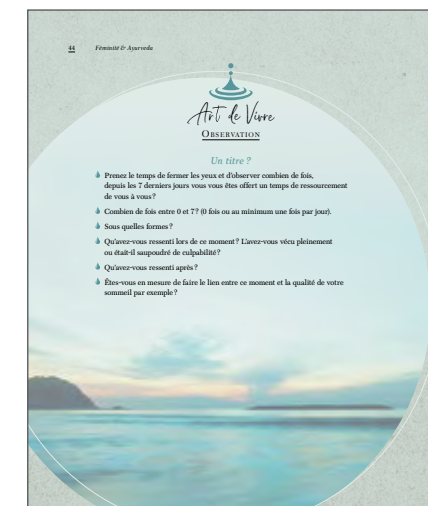
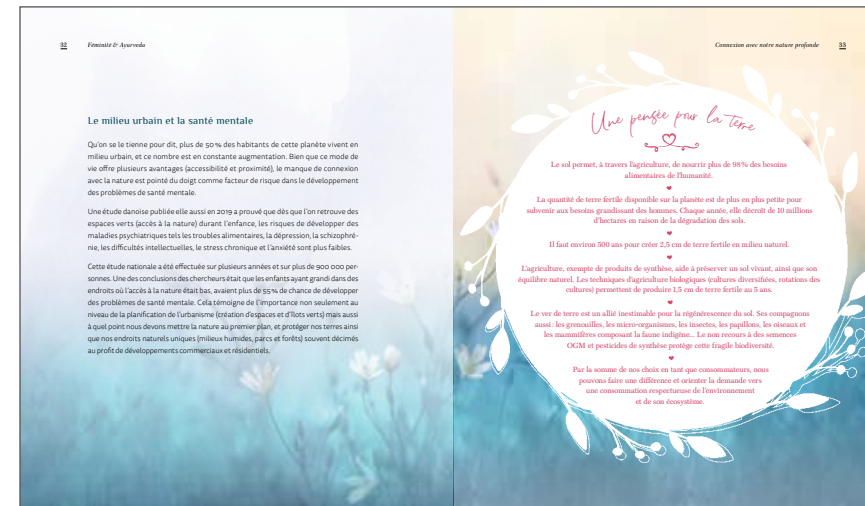
- A coffee-table type book, generously illustrated.
- Basic principles of Ayurveda (doshas, diet, plants and essential oils, and a healthy lifestyle).
- Subjects that affect the health of women at every age and their well-being.
- A credible author, specialist in Ayurvedic medicine, herbalist, and certified aromatherapist.

An author, lecturer, and columnist, Krystine St-Laurent is a herbalist and certified aromatherapist. She is an accredited instructor in the Chopra Center's Ayurvedic Lifestyle programme, and has done Master of Wisdom & Meditation training with Davidji. She is also part of the Holistic Health team at Le Monastère des Augustines. Having been a nurse for more than 20 years, she is able to simplify in a concrete and effective way what the body needs to maintain the health and vitality naturally available to everyone.



By the same author
NATURE & AYURVEDA

> 10 000 copies sold in French.





IT'S A QUESTION OF LIFE AND DEATH
A doctor's reflections on calmly coming to terms with the great departure
Dr. Gaétan Brouillard

A luminous book about coming to terms with death and giving meaning to life.

256 pages
October 2020
Le Jour

Death is without doubt one of the greatest mysteries and biggest taboos of our existence. In an attempt to defy it, human beings have set bold scientific and cosmetic goals for themselves. We invest mind-boggling amounts of money to fight aging and develop anti-aging techniques that will in the end give us immortality, youth and beauty. Might it not be possible to ward off death?

This preoccupation is justifiable, but perhaps we should start by defining what death is. Is it an end point to be feared or rather a step toward who knows what? One thing is certain: no matter what beliefs we hold, death is a fatal illness we all fall victim to. Whether our health is robust or precarious, sooner or later we will all have to go through it. Death and life are two sides of the same coin; to die with dignity, you first have to have lived with dignity.

This is the departure point, in Dr. Gaétan Brouillard's third book, for a reflection on every aspect of life and death. A philosopher and doctor who has often seen death at close

hand, he attempts to make us rethink the way we want to live our lives, so as to free us from the fear of this great unknown. To do this, the author examines various theories, including those of quantum physics and the experience of imminent death.

Strong points

- An open-minded exploration of various beliefs about human consciousness and existence.
- One of the few books on death and what happens afterward written by a scientist.
- Advice on offering humane support to a dying person.

Dr. Gaétan Brouillard is a hospital doctor, with 35 years of clinical instruction experience. He practises preventive and functional medicine, and he has expertise in treating chronic pain. He has also acquired skills in acupuncture, naturopathy, osteopathy and hypnotherapy. He promotes a multi-disciplinary approach to health, focussed on the individual, not the disease.

By the same author
RETHINKING HEALTH
Rights sold to France, Italy and Portugal.

> 40 000 copies sold in Québec.

RETHINKING PAIN
World English, French and Italian rights sold.

> 15 000 copies sold in Québec.



AT GO, WE SLOW DOWN!
12 months to get back to basics
Maxime Morin and Madeleine Arcand

> 10 000 copies sold in French.



IS HAPPINESS HORMONAL?
Dr. Marie-Andrée Champagne



WALKING TO GET IN SHAPE
Dr. Jean Drouin, Denis Pedneault & Roberto Poirier
Rights sold to Korea and Italy.



A MAGICAL LITTLE BOOK OF HOME-MADE COSMETICS
Les Trappeuses
Rights sold to Russia

> 20 000 copies sold in French.



MY BRAIN NEEDS GLASSES
ADHD explained to children
Dr. Annick Vincent
Rights sold to Korea.

> 70 000 copies already sold!

> English edition available



EXERCISES THAT HEAL
Vol. 1: Ailments
Dr. Jean Drouin, Denis Pedneault & Roberto Poirier

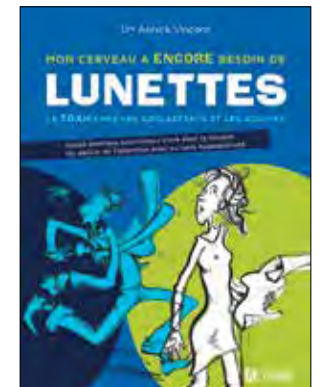
Rights sold to France and Czech Republic.



STOP EATING YOUR EMOTIONS
Isabelle Huot & Catherine Senécal

Rights sold in English Canada, German, Italian and French.

> 16 000 copies sold in Québec only.



MY BRAIN STILL NEEDS GLASSES
ADHD in teenagers and adults
Dr. Annick Vincent

> 70 000 copies already sold!

> English edition available



75 THERAPEUTIC EXERCISES FOR MOTHERS-TO-BE
Emilie Fecteau

Rights sold to France and Portugal.



THE MUFFINS EVERYONE'S TALKING ABOUT 80 easy recipes, with no added sugar or fat Madame Labriski

The date puree revolution continues!

200 pages

August 2020

Éditions de l'Homme

Madame Labriski makes no secret of it: her mission is to help people cut down on their (over)consumption of refined sugar.

After the major success of *So Long Refined Sugar, Hello Date Puree!*, along comes a new cookbook entirely devoted to muffins sweetened with date puree.

There is no refined sugar or any kind of fat hidden in these 80 recipes. What makes them different: all of the recipes are made with gluten-free or traditional flours, vegan eggs, egg substitutes or hen's eggs, and plant-based drinks or milk. As well, one chapter is devoted to grain- and cereal-free muffins, and another to muffins to make in a cup. Whether for a snack or for breakfast, to go with soup or as a dessert treat, you'll find in this new book a wealth of possibilities to boost your physical energy and intellectual stamina!

Strong points

- Recipes sweetened with date puree, high in fibre and with no added fat, providing a hearty energy boost.
- The book also contains savoury recipes to go with an omelette, soup or salad.
- All the recipes are suitable for vegans or people with gluten intolerance.
- The author presents a Top 5 list of muffins to eat BEFORE and AFTER exercising, to get your body fully ready for physical exertion and later recovery.
- True to form, the author uses a simple technique: concocting recipes using nothing more than a bowl and a spoon!

Madame Labriski is Mériane Labrie. The mother of two children, she believes anything is possible in life. Full of enthusiasm and possessing extraordinary energy, she firmly intends to contribute to improving the health of... arthlings... one recipe and one spoonful of date puree at a time.

THE DATE PUREE REVOLUTION

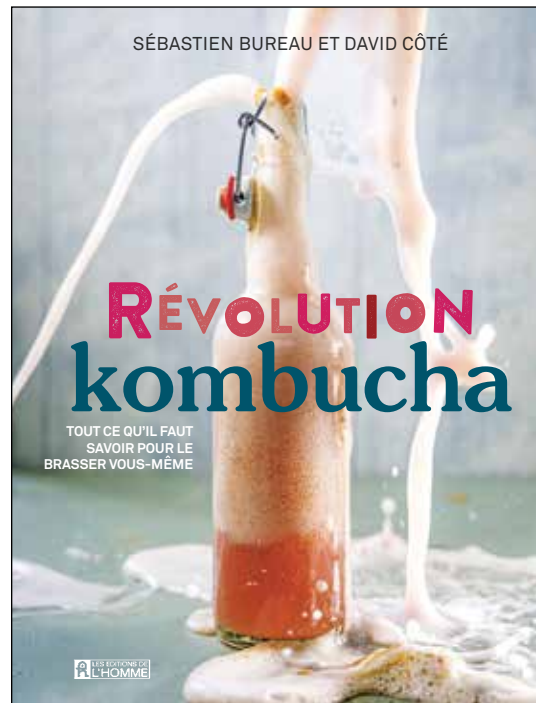
So long, refined sugar!
Hello, date puree!

North American English and French
rights sold

> 60 000 copies sold in Québec
only in the first year!



Temporary Cover



KOMBUCHA REVOLUTION
Sébastien Bureau and David Côté

Recipes and original ideas that tell you everything you need to know about kombucha!

144 pages

September 2020

Éditions de l'Homme

Who said making your own kombucha was complicated? Definitely not awesome druid Sébastien Bureau, nor David Côté, both fans of vibrant and sparkling food, who are about to reveal to you all their secrets for making the best kombucha in the world!

With 20 original kombucha recipes and 30 ideas for integrating your fermented creations into your diet or into delicious cocktails, get ready to dive into the science and art of his unique beverage and awaken the creative druid sleeping inside you. Much more than a cookbook, this book overflows with useful information on fermentation, amusing anecdotes, and brilliant tips to make you a master brewer.

Strong points

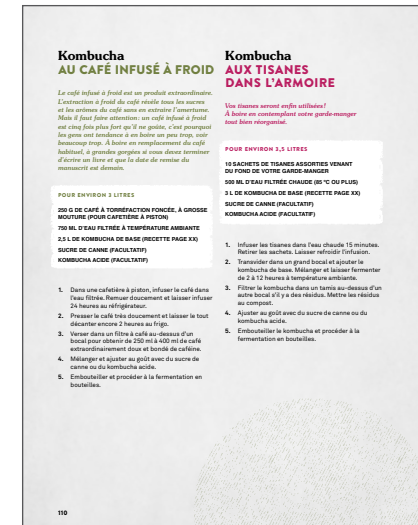
- A book that is much more than a simple cookbook, explaining all of the basic techniques for brewing kombucha and making the reader self-sufficient, confident and creative.
- Clear explanations, wise advice and tips from a world-renowned kombucha expert!
- Original recipes showcasing local products, with variations and suggestions for daring and varied flavours.

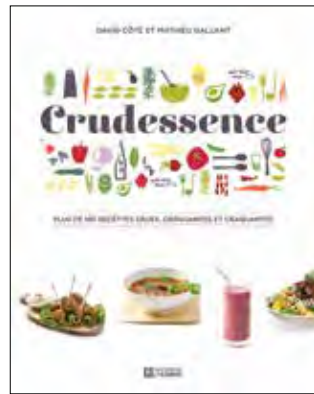
A pioneer of the living diet, David Côté has been fascinated by culinary experiments since childhood. The co-founder of Crudessence, he is a seasoned eco-entrepreneur, a hyperactive inventor and an inspired chef. His books have been translated into five languages.

Sébastien Bureau studied chemistry and biology. Through his business, MannaNova, he works on developing, producing and marketing eco-responsible food products.



THE FERMENTATION REVOLUTION
David Côté and Sébastien Bureau
World English and Italian rights sold
➤ 15 000 copies sold in French.





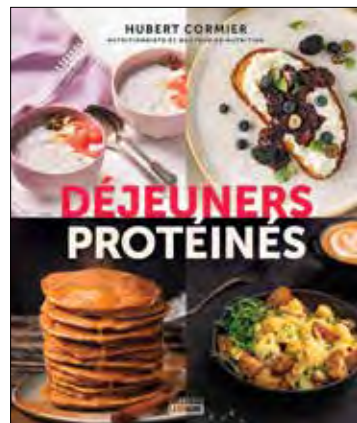
CRUDESSENCE
David Côté & Mathieu Gallant
Rights sold to Germany, Brazil, Italy, Spain and Canada (World English)
> 50 000 copies sold in French.



GOOD THINGS
Vegan cuisine from morning to night
Eline Bonnin



THE WORLD OF TEA
Camellia Sinensis
Rights sold to Canada, Russia, Italy and Korea.
New updated edition.
> 20 000 copies sold in Quebec.



PROTEIN-RICH BREAKFASTS
Hubert Cormier



HUBERT'S TIPS AND TRICKS
Hubert Cormier



YOGURT EVERY DAY
Hubert Cormier
German and world English rights sold.



PASTRIES FROM PETIT LAPIN
Viviane Nguyen



ROSE MADELEINE'S VEGAN PASTRIES
Véronique St-Pierre



B(RE)AKING BREAD
Albert Elbilja, Éric Dupuis & Stelio Perombelon

Temporary Covers



MY GUIDE DOG AND ME COLLECTION
Isha Bottin
Illustrator: Pierre Brassard

The extraordinary adventures of children with a disability and their service dogs.

160 pages
November 2020
Éditions Petit Homme

Victor is a huge soccer fan, an excellent player, who mourns the loss of his dream of becoming a professional player when, at age 8, he loses his sight.

Maëva's legs have been paralyzed from birth, but she's about to achieve her greatest dream: surfing in San Diego, California.

Henri is a very shy and reserved child who only feels OK when he can get away by himself to pursue his passion: photography. Henri is autistic and can't speak in public.

These three children, all of them equally courageous, do not face the daily problems caused by their conditions on their own: they can count on their faithful companions, guide dogs Balboa, Gallix and Kalluk.

Written with gentleness and humour, these three adorable stories describe the extraordinary daily work done by guide dogs. Patient, loyal, and devoted, these four-footed heroes live to help their friends accomplish their dreams, thanks to a relationship based on the most beautiful of friendships: that of a master and his dog.

Strong points

- The author worked with an organization specialized in raising and training guide dogs.
- The characters are models of determination and resilience, sources of inspiration for readers.
- An excellent way to help children understand what guide dogs do.
- The subject is handled with humour and tact.

Isha Bottin was born in Montreal in 1980. She holds a degree in communications, grew up in the midst of several cultures and is passionate about art, as well as the world of childhood and dreams.

Pierre Brassard has had a career in radio, on TV and on the stage, as a host, actor and comedian. He never lost sight of his passion for drawing, and for several years he has been an illustrator for various media and publishing houses.



BE THE PLANET'S SUPER-ECO-ZERO-HERO
 Florence-Léa Siry

Super-missions galore for looking after the planet!

128 pages
 September 2020
 Éditions Petit Homme

The zero-waste lifestyle is gaining ground worldwide. Faced more and more regularly with environmental problems, young people are keen to get involved... but where to start?

This book was especially written to make them want to become responsible super-zero-heroes. Florence-Léa Siry encourages them to discover all of the small actions that have a significant impact on the health of their precious planet. Reducing food waste, minimizing energy costs around the house, better managing garbage, relying on eco-ideas for decorating, clothing themselves and even... organizing a few parties! This friendly expert's stated aim: to help young people change their consumption habits and reduce their waste through simple initiatives.

Chock-full of humour, fun challenges, anecdotes and stimulating projects, this guide, with its multitude of tips, recipes and DIY projects, is 100% original!

Strong points

- Illustrations, as colourful as they are eye-catching, make the contents especially attractive.
- A simple, flexible and entertaining approach to a zero-waste lifestyle that makes it totally achievable and realistic, even for young people.
- Simple DIY projects that emphasize the practical and fun side of zero waste.
- A multitude of tips and tricks to familiarize young people through play with the zero-waste trend and allow them to integrate it gradually and easily into their daily lives.

Florence-Léa Siry is a zero food waste expert. Cooking with surplus food and food waste in her role as a caterer and food service provider on film sets for more than 17 years introduced her to this lifestyle, which she has since adopted in every area of her daily life. With her endless supply of ideas and humour to spare, she relies on an approach to responsible consumption characterized by simplicity, flexibility and accessibility. In 2017, along with ten other committed citizens, she founded Montreal's Zero Waste Festival.



By the same author
A BEGINNER'S GUIDE TO ZERO WASTE LIVING
 Rights sold to Italy
 > 8000 copies sold





AURÉLIE LAFLAMME'S DIARY—VOLUME 9
Flying solo
India Desjardins

With two million copies sold in French, translations into six languages and two film adaptations ...
Aurélie Laflamme is back!

328 pages
October 2018
Éditions de l'Homme

> 35 000 copies sold in Québec only during the first year!

Surprised and touched by a petition signed by hundreds of readers, both male and female, asking her to continue the adventures of her famous and engaging character, India Desjardins has decided to answer the call of her fans and create new adventures for Aurélie.

The story takes place five years after the graduation dance. Aurélie is now 22. She is moving into a new apartment and trying to find her niche in her new job. After wanting to get her feet back on the ground, Aurélie now wants to take off and fly solo...

Strong points

- Although the character of Aurélie has grown older, this book will still appeal to young readers and has something for everyone.
- The *Aurélie Laflamme* series as a whole deals with problems typical of adolescence (and early adulthood) in a non-moralizing and non-vulgar way. It presents young people with an accurate reflection of what they are and makes them want to believe in the future. These are books you can confidently give to anyone!

Passionate about writing, India Desjardins like to vary her stories, styles and the age of her characters according to her inspiration. Her young people's literature has brought her success with the eight volumes of Aurélie Laflamme's Diary. She has also written successful comic strips (Le Noël de Marguerite, winner of the prestigious Ragazzi award at the Bologna fair) and the novel La mort d'une princesse.



MILA'S 28 DAYS
Nadine Descheneaux
Illustrator: Chloé Baillargeon



MILA'S 247 MIMUTES
QUARREL
Nadine Descheneaux
Illustrator: Chloé Baillargeon



THE CROMZ 1
Jannick Lachapelle
& Jean-Paul Eid
Czech rights sold.



THE CROMZ 2
Jannick Lachapelle
& Jean-Paul Eid



THE CROMZ 3
Jannick Lachapelle
& Jean-Paul Eid



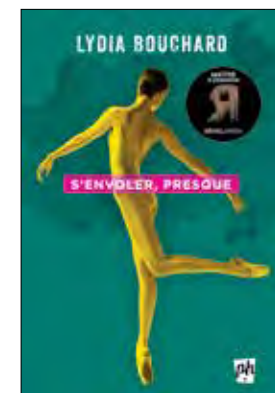
THE CROMZ 4
Jannick Lachapelle
& Jean-Paul Eid



CROSS MY HEART! 1
Carine Paquin and Jean Morin



CROSS MY HEART! 2
Carine Paquin and Jean Morin



ALMOST SOARING
Lydia Bouchard

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A LEGACY OF DEATH
Bizarre tales of family murders
Simon Predj

What lies beneath terrifying family stories that are bound to feed your nightmares!

328 pages
November 2020
Éditions de l'Homme

Whether because of jealousy, for the lure of financial gain, for revenge, or in a fit of uncontrollable frenzy, murders within families are more common than we think. But what drives people to kill members of their own family? What makes ordinary people do irreparable things? In this book, Simon Predj, alias Ars Moriendi, tries to answer these questions by drawing on science, history, theology and psychology.

Some of the most shocking cases of family murders are recounted, organized around themes like vendettas, Machiavellianism, despair, insanity, etc. These bizarre historical cases include, among others, that of farmer Amos Babcock, who stabbed his sister in front of his terrified loved ones; the case of Katherine Knight, who tried to get rid of her husband's body by cooking it and feeding it to her children; that of the lobster-boy, who murdered his family to escape their control; and the case of Kenneth Parks, accused of murdering his parents while sleepwalking.

The book contains a host of blood-chilling tales and shows us that reality is sometimes more frightening than fiction and that monsters are often closer to us than we think. To be read with caution!

Strong points

- Research done by an actual private detective.
- A collection of unpublished stories, carefully chosen to keep the reader spellbound.
- A thoughtful reflection on criminality and parricide.
- Real cases documented using archives, journal articles, and legal files.

Fascinated by everything macabre and strange, in 2017 Simon Predj started the podcast "Ars Moriendi", an immersive experience showcasing radio and theatre actors who recreate macabre events and bizarre murders that are part of our history. Some of his research on victims is now used as teaching material in universities.

Temporary Cover



BE YOURSELF AND YOU'RE BEAUTIFUL
Ève Salvail

The off-the-runway secrets of a beauty queen who left her mark on international fashion.

256 pages
October 2020
Éditions de l'Homme

Ève Salvail became a model on the international stage at the age of 19, and for a long time she let others shape her story and create her image. As Jean-Paul Gaultier's ambassador and muse, recognizable by her dragon tattoo and shaven head, she paraded for prestigious fashion designers, graced the covers of major magazines and appeared in films, including *The Fifth Element* (1997), *Celebrity* (1998), *Hostage* (1999) and *Zoolander* (2001).

In an intimate way, with a total lack of pretension, she tells us about her professional and personal journey, her family history, her fame, her fight against addiction and many more of her unusual experiences. Containing illustrations, both sombre and radiant, of the former top model, *Be Yourself and You're Beautiful* is an inspiring biography that encourages us to be more ourselves, all the while showing that beauty is neither unique nor universal!

Strong points

- Personal illustrations by Ève Salvail.
- An inspiring and moving story about failure.
- A glimpse into the fascinating worlds of fashion and film.
- A book that calls into question beauty stereotypes.

Ève Salvail was born in Quebec City in 1971. From 1992 to 2005, she worked as an international fashion model for renowned designers, including Jean-Paul Gaultier, Thierry Mugler, Christian Lacroix, Karl Lagerfeld, etc. At the same time, she made several forays into film, video and singing. In 2006, while living in New York, she started a career as a disc jockey, under the name Evalicious. Moving back to Quebec, she launched her own brand of clothing in 2018 and is associated with various charitable activities.

Groupe Homme is a French-Canadian publishing house that currently produces an average of 180 titles per year, making it Québec's largest book publisher and a major player in the French-language market in North America. Today, this Montréal-based company generates a third of its sales in France and is the fifth-largest publisher of self-help books in the French market. The company has also sold foreign rights to over 500 titles so far.

Specialized in non-fiction, our list includes psychology and self-help, health, relationships and parenting, sports, nutrition, cookbooks, how-to and reference books (Éditions de l'Homme), spirituality (Le Jour Éditeur), illustrated non-fiction for children (Petit Homme), pop psychology and esoteric titles (Québec Livres) and practical books (La Semaine).

Éditions de l'Homme and Petit Homme have also recently started publishing up-market commercial fiction, for adults, young adults and children.

Please visit our website:

www.editions-homme.com/rights

