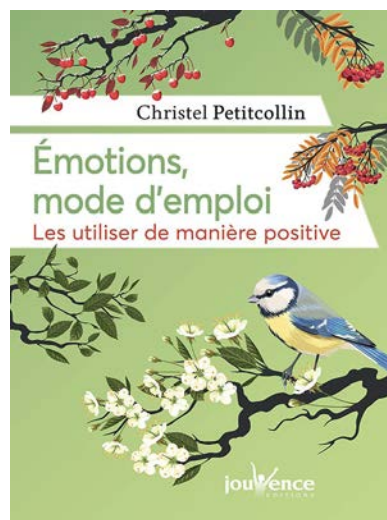


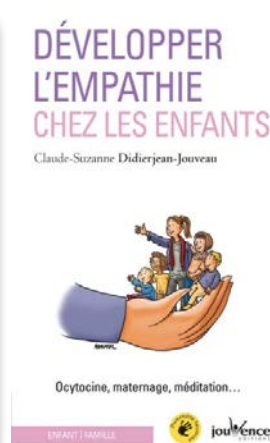
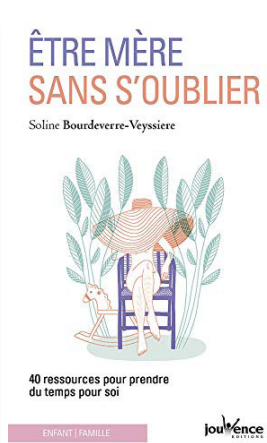
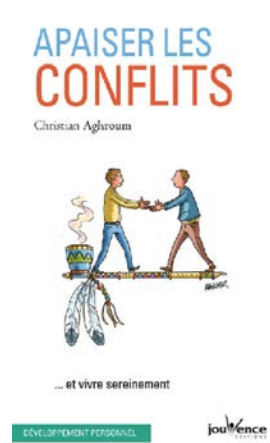
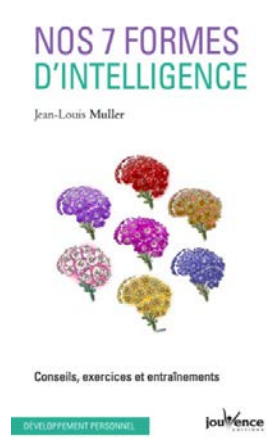
# Highlights London 2020

Jouvence is celebrating 30 Th anniversary



# Jouvence Editions

Reading has never been a such good idea!



# LITTLE WORK BOOK of exercices

A totally new lay-out !

NEW TITLE 2020



Exercices book to manage life transitions #70  
by Christine Marsan

NEW TITLE 2020



Exercices book to rebound after a heartbreak #65  
by Sandrine Gabet Pujol - Arnaud



Exercices book to get free from toxic relation #79  
by Helen Monnet



Exercices book to support the other and yourself #79  
by Valérie Capelle -

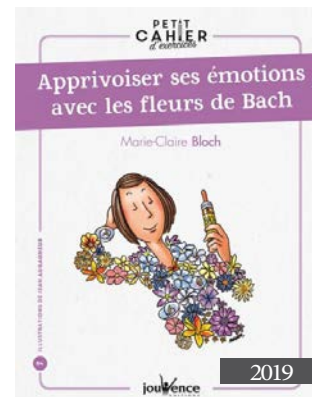


Exercices book to keep away burn-out with Nonviolent communication by A. van Stoppen and C. Hanssens

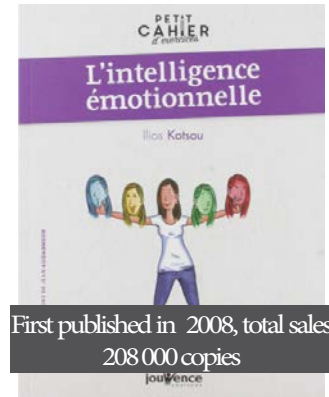


First published in 2008, total sales  
208 000 copies

Exercices book for your self-esteem  
by Rosette Poletti & Barbara Dobbs



Exercices book to tame your emotions with Bach flowers #7  
by Marie Claire Bloch



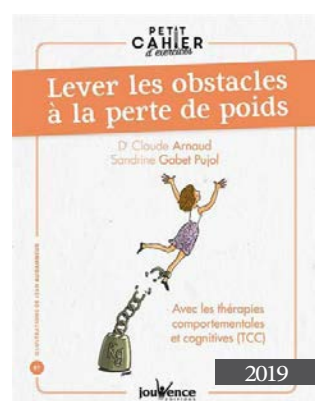
First published in 2008, total sales  
208 000 copies

Exercices book of emotional intelligence by Ilios Kotsou



First published in 2009 total sales  
86 000 copies

Exercices book to be kind with yourself  
by Anne Van Stoppen



Exercices book to finally loose weight t Pujol by Dr Claude Arnaud and S.Gabet Pujol



Exercices book to find your right place with VITTOZ method by Astrid Tacher & Florence Alexandre



First published in 2009, total sales  
81000 copies

Exercices book to find your hidden talents method by Xavier Cornette de St Cyr

# Nicolas Chauvat - Each book is a success !

## Beyond uncertainties

NEW TITLE 2020

As you follow the timeless adventure of a traveller who sets out into the desert in search of a lost city whose existence has been revealed to him by his master, you will discover that the difficulties and doubts he faces along the way are similar to those we also face in our modern societies. Throughout the pages, you will be revealed several teachings inspired by ancestral wisdoms .

Format: 108X 178

Price: 8,90 euros - Available in April 2020 !

160 pages

## Daishizen

Literally meaning "Great Nature", Daishizen is a true dive into the ancestral Japanese traditions , this book conveys the Japanese secrets of the Japanese to feel better the nature and take full advantage of all its benefits. Discover Shinto and Buddhist thought as well as Japanese symbols

Format: 14X 19

Price: 14,90 euros - Available in 2019 !

128 pages

Rights sold : Spain, Italy

## 30 Zen teachings from Tea masters

Inspired by nature and based on the art of calligraphy, Masters were using the Tea ceremony also as a way to share their wisdom. A simple ritual full of meaning... Zen as simple as simple as a cup of tea !

Format: 10,8X 17,8

Price: 8,90 euros

150 pages

Rights sold : Spain, Italy, Germany

## "GENKI, the 10 golden Japanese rules"

A constant source of inspiration for all the life. The author has done a personal selection of the great wisdom of the Japanese culture.

How to persevere and to keep the vital energy. 1° :**GENKI** , the art of maintaining the vital energy 2° **L'ARIGATOU**, learn to thank 3° **JIYU**, the way of the freedom. 4° **MITATE**, the art of visualisation: to chose a symbol and let the mind travel, transform the stress in building energy. 5° **SHIKEN**: learn to give the better and to take some distance with the results. 6° **GAMBARU**, the art of persevere, do not change your method if it's not fully tested. 7° **KAWAKIRI**, the art of going ahead despite of the pain, the doubts. 8° **MUDA**, go to the essential. Limit to waste of energy. 9° **BAKA** The notion of " idiot". The identify the influences.... 10° **OMOTENASHI** , the importance of hospitality.

Format: 10,8X 17,8

Price: 8,90 euros

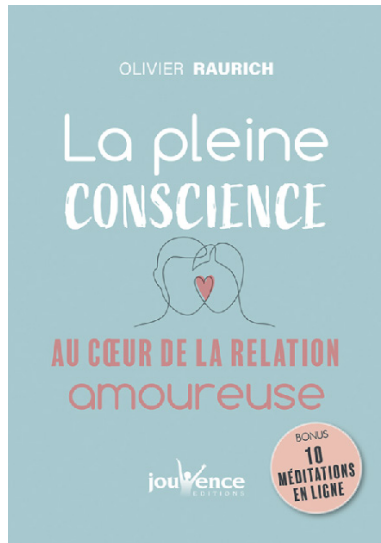
160 pages

Rights sold : Spain, Italy, Germany



# 2020 new titles

## Mindfulness at the heart of the love relationship by RAURICH Olivier



Discover or rediscover mindfulness and serenely approach each stage of your relationship and life together! Are you a believer in mindfulness and wondering how to use it in your love life? Are you going through a period of hesitation or conflict with your partner and are you looking for a method that will allow harmony to reign again? In this book you will find simple mindfulness exercises and guided practices related to the different situations of relational life. You will also discover a thousand and one ways in which mindfulness can support and guide you in your life as a couple. How to decide whether or not to get involved, how to practice empathic listening, how to grow sexually, how to get through crises, etc. How to decide whether or not to get involved, how to practice empathic listening, how to grow sexually, how to get through crises, etc.: you will be able to grow with the other person in all circumstances, and even in the event of separation! Bonus: 10 online meditations  
ISBN: 978-2-88953-280-3 - Format: 147 x 210 - Pages: 208 - Price: 18,90 euros

## The audacity to act according to our values - The kayakist tale by DEWANDRE Paul



Through images of a kayak, a dam, a lake and a river, Paul Dewandre explains in a very convincing way why, in the current economic and societal context, it is essential to review one's priorities in order to build one's life and adapt to the new world. Like the beavers, the survivors of the Second World War undertook the construction of a large protective dam on the stream of life in order to live happily on a lake protected from the currents. No building, however, is strong enough to withstand indefinitely technological change, generational renewal, globalization or global warming. The post-war population thought they had tamed nature. They ended up destroying it. Fortunately, the end of a world obsessed with growth and profit does not mean the end of the world. In returning to the river, more and more kayakers are creating new forms of connected and supportive social organization where trust, caring and cooperation take precedence over control, cynicism and authority. Paul Dewandre invites us to join them as soon as possible by reversing our Maslow pyramid. The world today urgently needs our humanity!  
ISBN: 978-2-88953-282-7 Format: 147 x 210 Pages: 160 - Price : 16,90 euros

## Letter to a young person who dreams of being (anti)capitalist - Manifesto for a philosophy of economics by FALYS Yves



Through a long letter addressed to young people (but not only!), Yvan Falys invites readers to change their point of view on today's society and to ask themselves the right questions about the economy. Indeed, the more the world is immersed in the urgency of the economic and ecological crisis, the more the answers are often unqualified and Manichean. At a time when meaning should be restored, simplifications triumph. Everyone is being asked to choose sides. Faced with the temptation of radicalism, this book invites everyone to flee the comfort of ready-made opinions on the economy in eleven philosophical questions. By questioning the power of words, time, values, culture, ethics, technology, happiness, progress, the state and conscience, the reader is encouraged to wake up from his dogmatic slumber and reappropriate the right to question the economy.

# Inspirational Fiction



## Soulmates by David PERROUD

«Mr. Jensen, your friend Ariel Larsen called. She's being held by the Federal Police in Bern and asks if you can help her. She says she's only allowed one call and... «And so, after years of silence, the reunion of Ariel and Arold begins.

She, a militant alterglobalist and an engineering scientist specializing in out-of-body activities. He, newly rich and gifted in finance. An ideological gulf separates them. However, an overwhelming force attracts them to each other and seems to completely overwhelm them. Because some encounters are not at all random. And because they have, without knowing it, a mission to accomplish and a story to tell... An eminently inspiring novel that awakens a deep desire to believe in the future of humanity, in the protection of our planet and in the love of life after life. From Switzerland to Burma, via the United States and a dimension that seems parallel to ours, you cannot close this book without asking yourself: What if it were possible? »

Published January 2020 - Excellent start -

In top Amazon of the 100 bestsellers «Littérature Française»

ISBN: 978-2-88953-267-4

Format: 140 x 210 cm

David Perroud is co-founder of m1nd-set, a market research institute specialising in the study of air passenger behaviour worldwide. He has been passionate about subjects as diverse as cosmology, quantum physics, neuroscience, EMI and spirituality for 20 years. Already the author of the acclaimed Journey Between Two Lives, he has the art of regaling us with his scientific knowledge through tales of humanity.

He is signing here a great romance in the context of a battle for the climate. Extremely well written, extremely suitable for the current worries on all our planet...and «there is no planet B».



## Living your dream by Françoise DORN

It all starts in Paris, in a quiet street in the 14th arrondissement. A red entrance, a tired wicker armchair, and, resting on the coffee table, this curious business card: Clara Loiseau, Bonheur-thérapeute. If the name is strange, Clara's «wellness prescriptions» are just as unexpected: reading Christian Bobin, listening to Mozart, stroking a cat, walking in the forest, smiling at life... Then there is the day that marks a before and after: Clara finds out she has breast cancer. This necessary ordeal will allow her an amazing encounter that will transform her vision of death, of life... and awaken Love. How will Clara dance under the storm? Who is this survivor of the Alaskan mist? What are the mysterious and luminous forces within us that can lift mountains? An initiatory, magical and moving novel that will shake up your vision of love and make Earth the most beautiful place in Heaven!

Published May 2018 - Excellent start -

13 comments on Amazon, rank 30 000 in the top, 4000 copies sold

ISBN: 978-2-88953-048-9

Format: 130 x 185 cm

Nombre de pages: 224





# Jouvence Nature



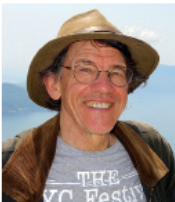
My wild hedges

by François COUPLAN Ph D.

144 pages - price: 8,90 euros - pocket version

What about planting a hedge for wildlife and biodiversity? A beautiful way to combine a need with pleasure! Let's do better than just a plain & boring green curtain hedge, opaque and monotonous to delineate your property. Your hedge could be the beginning of a wildlife refuge, an ecosystem on its own. This essential little guide will give you key to take into account: aesthetic approach and practical aspects such privacy, windbreak, screen against pollution, oxygen plant, fruits to be harvested, firewood, etc. and of course how to promote life. By planting a «natural» hedge at home, you will bring a little flexibility and fantasy to your garden, you will allow many species to live as in the forest and you can even harvest garlic bears and lily of the valley! • **The Plus:** a table with the summary of the plant corresponding to your needs.

François Couplan was born January 5, 1950 in Paris. He is a French ethnobotanist and writer (may be one of the most recognized reference in Europe), a specialist in traditional uses of wild edible plants, topic that he has studied on five continents and for which he is a pioneer in Europe. Doctor of Science in the National Museum of Natural History in Paris, Doctor of Science in Great Britain, graduated from the Ecole Pratique des Hautes Etudes in Paris, François Couplan conducts practical courses on discovery of wild edible plants since 1975 in the USA, where he lived for ten years, and since 1980 in Europe. He has published more than **30 books in France**, already translated in many languages.



Effective microorganisms

by Emmanuelle BIGOT

128 pages - Format 13x 17,5- price: 8,90 euros - # 1

Effective microorganisms or EM® are a cocktail of beneficial bacteria and yeasts found in nature. Their use has spread to more than 100 countries around the world for 30 years and their positive effect on the growth and productivity of most cultivated species was confirmed in 2015. In a small, handy format, this book will reveal the stages of reproduction of microorganisms and the composition of homemade products.

You will use it every day to: strengthen your plants, discourage slugs and snails, naturally treat your water, pamper your seeds, prepare a bokashi, treat your animals, etc.

The NATURAL alternative to pesticide. The author Emmanuelle BIGOT is an environmental advisor and lecturer. She is also manager at BIOCAPI (composting toilet system) in Swiss.





## A garden in my balcony by **Edouard JEANLOZ**

256 pages - Full color - price: 17,90 euros

Do you live in the city and do you miss greenery? You want to install a little nature on your terrace or window sill but you do not know how to do it? Whether you live on the ground floor or the 36th floor, this book will give you all the ways to grow harmoniously your ornamental and vegetable gardens above ground as the seasons go by. You will become unbeatable on the size of the containers, the good substrate, the requirements of the plants, the question of the reserves of water and watering, the choice of plants likely to attract more visitors by their nectar, fruits and vegetables.

Edouard JEANLOZ is a landscape gardener

- A + 60 presentation cards by plant
- All plants are presented: vegetables, flowers, aromatic plants
- Advises according seasons



## My garden at the service of the biodiversity

by **Daniel LYS**

256 pages - Full color - price: 17,90 euros

To meet the requests, wishes and needs of all its inhabitants, a garden must respect the environment. Make your garden and all its components live, you will find in this practical book, with useful illustrations, a multitude of gardener's tips. You will learn to trace your garden, to choose and plant your plants, to make your home compost, to maintain your lawn while respecting the life that provides these grassed areas, to constitute the natural pharmacy of a good gardener and especially to you pass synthetic chemical pesticides. With the help of this essential guide, gardening will become a real pleasure!

- A special chapter « Help Doctor!» to find advice a natural way to treat diseases
- Numerous advises conseils to determinate the state of the biodiversity

The author: Gardening technician, nature worker, gardener by passion, poet by extension, **Daniel LYS** is a former technical director at «Jardiniers de France», currently editors of web articles and educational documents, and trainer, lecturer



## Permaculture in your apartment ! by **Christine Virbel-Alonso**

128 pages - Format 13 x 17,5 - price: 8,90 euros - #5 in the collection

The common sense, the approach of Permaculture doesn't require a big surface, let's apply that technic in your pots and balcony.



## 100 houseplants to care for naturally! by **François Lys**

192 pages - Format 16,5 x 23,8 - price: 16,90 euros -

Among these 100 houseplants, everyone would find the perfect plants to fit in the apartment, and the natural solutions to care of them.



## The flowers field instead of grass! by **François Couplan**

144 pages - Format 13 x 17,5 - price: 8,90 euros - #6 in the collection

Forget about the perfect golf grass and let's have a generous flowers field that will nourish the great wild life in the garden...and attract bees



## Tell me the plants! by **JP Deshaies**

192 pages - Format 16,5 x 23,8 - price: 16,90 euros -

Plants told through a passionate author. Each one has specificities, proprieties... let's discover the fascinating world of plants.



## My 40 aromatic plants easy to cultivate ! by **François Couplan**

144 pages - Format 13 x 17,5 - price: 8,90 euros - #9 in the collection

Let's adopt some aromatic plants! Choose among the 40 plants the ones that correspond to your needs. Advice to cultivate them, keep them & their properties



## Medicinal plants in my garden! by **Berthoud- d'Hennezel**

144 pages - Format 13 x 17,5 - price: 8,90 euros - #9 in the collection

Let's start a natural pharmacy in your garden. 30 presentations of plants, how to cultivate, to prepare them, dry them and their properties.



# 10 most translated authors

## 82 TRANSLATIONS



Christopher VASEY

(18 In USA, 15 in Spain)

**Bestsellers in USA**

Fields: Health, Natural approach, healthy nutrition

Bestseller: Alkaline-Acid diet

Assets: Precision, contents extremely clear & complete

## 62 TRANSLATIONS



Rosette POLETTI \*\*\*

JUST UNIQUE ! Bestsellers everywhere

Fields: Letting go, self-esteem, well-being

Bestseller: Letting go , Self-esteem (More than 200 000 copies sold.

## 43 TRANSLATIONS



Marie-France MULLER

Great number of bestsellers

Fields: Health, Natural approach, practical psychology, therapy, Dien Cham,...

Bestseller: Chloride of Magnesium more than **216 000 copies** sold.

## 23 TRANSLATIONS



Dr Luc BODIN

International Bestseller !

Fields: Ho'oponopono , natural remedies, EFT

More than **280 000 copies** sold of Ho'oponopono

## 12 TRANSLATIONS



Alessandra MORO-BURONZO

Bestsellers : baking soda more than 114 000 copies sold!

Fields: Health, Natural approach, healthy nutrition, nutrition, diet  
Assets: Precision, practical and pedagogical contents

## 64 TRANSLATIONS



Yves-Alexandre THAL-MANN

Fields: Practical psychology, communication, well-being

Bestseller: Discover your hidden talents (Workbook exercises)

Assets: an approach unique and intelligent of a wide range of to-

## 44 TRANSLATIONS



Christel PETITCOLLIN

**International** bestsellers author

Fields: Practical psychology, couple communication, well-being, family relation.

Assets: Intelligent approach, international lecturer (Korea, Russia, ...)

## 42 TRANSLATIONS



Anne Van Stappen

**Novelist for inner-growth**

Fields: Non-violent communication. Practical psychology

Bestseller: Novel « dare to dance your life» ,Being kind to yourself (Workbook exercises)

Asset: a great humanity

## 16 TRANSLATIONS



Claude-Suzanne DIDIER-JEAN-JOUEAU

Fields: Brest-feeding, parenting, Baby care, serene & natural childbirth

Assets: International reference for Years

## 15 TRANSLATIONS



Ilios KOTSOU

Fields: Mindfulness , Emotional Intelligence

Bestseller: Exercices of Mindfulness (Workbook exercises) more than 79 000 copies sold!

International reference of the Mindfulness and Emotional In-



# C'est fini - C'est parti !

Pages: 128 (one 144)

Price: 6,90 euros

Size: 13x 17,5

more than 82 000

COPIES SOLD

Started in 2016, 30 titles available.

Collection **UNDER SPANISH AND ITALIAN OPTION**

## RESTORE YOUR FRIENDLY BACTERIAS \*\*\* DO NOT MISS

by Christopher VASEY

Rights sold: English

Certainly the next Christopher Vasey Best-sellers. This author has celebrated his 80 TH licensing contract through the world ! (not long since the 82 TH contract is under negotiation) . His other title is this collection «Liver detox» has been translated in English, Italian, Spanish



Bestseller



Bestseller



NEW TITLE 2020



NEW TITLE 2020



Bestseller



N



21 DAYS FOR LETTING GO, by Chloé Mason

BEYOND OUR FEARS by Hervé Magnin

HEALTHY NUTRITION! by C. VASEY

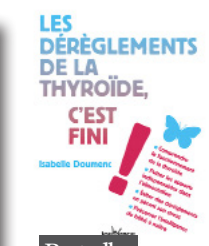
LIVER DETOX by Ch. VASEY

SCREEN ADDICTION, let's stop! by Alexis de

Evacuate ENDOCRINE disruptors! by I. Doumenc



B



Bestseller



B



Bying LESS TO feel BETTER, by Ombeline Hoor

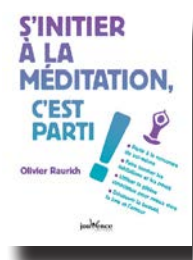
HEALTHY THYROID by Isabelle Domenc

SNORING, let's stop! by Michel D'Aniello

BE RESPECTED, let's start! by Jean Louis Muller

ANXIETY CRISIS, let's stop! by Christophe Tissier

Reduce ELECTRO MAGNETIC FIELD by C. de Miranda



NEW TITLE 2020



Bestseller



MEDITATION, let's start by Olivier RAURICH

LACTO-FERMENTED FOOD by Y. Okawa and S.Rowley Perpete

LESS MEAT! by Véronique Beck

ESSENTIAL OIL, let's start! by C.Bonnafous and A. Moro Buzonzon

STOP NIBELIG by Veronique Beck

GOODBYE TO DIET by Céline TOUATI



Bestseller 2019

STOP BEING PHOBIC by Alexandra de SE-NECHAL

THE HAPPY PLATE by Patricia REPON and Philippe STEFANINI

THE REFLEX MEDECIN by Isabelle Doumenc

TO BE A FATHER by Carl de MIRANDA 8

DEAL BETTER YOUR TIME TABLE by Slavica BOGDANOV

FOOD INTO- LERANCE, by Isabelle Mante

# New titles in the collection PRATIQUES

## APAIER LES CONFLITS

Christian Aghroum



... et vivre sereinement

DÉVELOPPEMENT PERSONNEL

jouissance

2019

### Soothing conflicts

... and live serenely by AGHROUM Christian

At home, at work, in transport, conflicts are regular and some of them would be gladly avoided! Family conflicts, teenage crises, neighbourhood

You will find all the useful keys to help you !

## NOS 7 FORMES D'INTELLIGENCE

Jean-Louis Muller



Conseils, exercices et entraînements

NEW TITLE 2020

### Our 7 forms of intelligence

by MULLER Jean-Louis  
On a daily basis, you live and have to deal with a roller coaster of emotions, you conduct negotiations and imagine all sorts of strategies... You then unknowingly call upon many forms of intelligence.... This practical guide will help you to explore your untapped resources .

## LES SECRETS D'UN BON SOMMEIL

Céline Braun Debourges



Sans stress ni médicaments

NEW TITLE 2020

**The secrets of a good natural sleep** by BRAUN DEBOURGES Céline

Stress-related insomnia, an overly festive sleepless night, a long night drive, a succession of short nights... Whatever the reasons for your lack of sleep, there are a whole series of natural tricks to remedy the difficult tomorrows!

## MÉDITER DANS LE MÉTRO, LE BUS, LE TRAM

Cindy Chapelle



+ 10 méditations en ligne

2019

DANIEL

jouissance

### Meditate in the metro, bus, tram

by CHAPPELLE Cindy  
What if your daily or punctual public transport journeys became a parenthesis conducive to domestic travel? What if your travel time became an opportunity to take care of yourself? This book offers you real decompression chambers to treat yourself

## DEVENEZ UN CHAMPION DE LA NÉGOCIATION

Nicolas Dugay  
Avec la collaboration de Sophie de Panseral et Christelle Hirschberg



Avec la méthode REC : Résister, Engager, Conclure

2019

DANIEL

jouissance

**Become a champion negotiator** With the REC method: Resist, Engage, Conclude by DUGAY Nicolas  
You need to discuss the price of a real estate project, a salary increase or a commercial agreement and you wonder what is the secret of negotiation professionals? Thanks to the REC (Resist, Engage, Conclude)

## ÊTRE MÈRE SANS S'OUBLIER

Soline Bourdeverre-Veyssière



40 ressources pour prendre

NEW TITLE 2020

ENFANT FAMILLE

jouissance

**Being a mother without forgetting yourself: 40 resources to take time for yourself** by The elders who bicker, the little one who wakes up countless times during the night, no time to pee in peace or call your best friend... And yet you feel a great need to confide in someone and be pampered! This book offers you 40 wellness resources

## DÉVELOPPER L'EMPATHIE CHEZ LES ENFANTS

Claude-Suzanne Didierjean-Jouveau



Oxytocine, maternage, méditation...

2019

ENFANT FAMILLE

jouissance

### Developing empathy in children

- Oxytocin, mothering, meditation... by DIDIERJEAN-JOUEAU Cl.-Suzanne  
Wondering how to develop your children's empathy for all living things? Does education play a role in their ability to empathize? Referring to numerous scientific studies, Claude-Suzanne Didierjean-Jouveau outlines here the best habits to put in place from an early age to enable your children to become compassionate adults.

## RESPIRER AVEC LES ARBRES

Jean-Marie Defossez



40 exercices de coach-respiration® pour se ressourcer dans la nature

DÉVELOPPEMENT PERSONNEL

jouissance

2019

### Breathing with the trees

by Jean-Marie DEFOSSEZ  
40 exercises of coach-respiration® to recharge in the nature of DEFOSSEZ Jean-Marie  
Reducing your stress level and soothing yourself by contact with the trees in your garden, the forest or the nearby park dear to your heart is accessible thanks to the breathing coach®, a method launched by the author.



# The collection PRATIQUES, more than 200 titles and a huge number of bestsellers !

## MA QUÊTE DE SENS



## MY MEANING QUEST

by Hervé MAGNIN

The world is changing; full of challenge and everyone is appealed for more meaning, more coherence. With clear words the author is helping us to approach the quest of meaning with more serenity.

Hervé Magnin :author of many best-sellers

Published in 2019

## RESPIRER AVEC LES ARBRES



## BREATHING WITH TREES

by Jean-Marie DEFOSSEZ

40 exercices of the coach-respiration Trees could help us in our most important physiological need: breathing.

The author of Silvotherapy

## MÉDITER AVEC SES ENFANTS



## MEDITATION WITH KIDS

by Isabelle Mante

Let's share the serenity of meditation in family. For a better communication, a better life let's adopt meditation with your kids.

Published in 2019

## DEVENEZ UN CHAMPION DE LA NÉGOCIATION



## LET'S BECOME THE CHAMPION OF NEGOCIATION

by Nicolas DUGAY

Our lives are a succession of negotiations : buying a house, getting a job, selling a car ... Try the method RCS : Resist, Commit and Settle , a 3 steps method that will help you to get a successful negotiation.

Published in 2019

## 12 OUTILS POUR CAPTER L'ATTENTION DES ENFANTS



## 12 TOOLS to draw the attention of your kids

by Marie POULHALET

A simple little guide to learn to meditate in our modern life.

Rights sold: Spanish, Italian  
More than 9 000 copies sold

## MÉDITER EN TOUT LIEU, A TOUT MOMENT



## MEDITATION Whenever-Wherever

by Cindy Chapelle

A simple little guide to learn to meditate in our modern life.

## SE DÉSENCOMBRER DE L'INUTILE



## DECLUTTER YOUR LIFE

by Rosette Poletti

«Let's disencumber our life ! Just recenter on what is the essential. We give a too big place in our life to material things.

More than 40 000 copies sold

## LE CHLORURE DE MAGNÉSIUM



## CHLORIDE OF MAGNESIUM

by MF Muller Here's the book's riddle: What comes in the form of white powder, is diluted in water, has an unpleasant taste, is not expensive, has astonishing therapeutic properties and should be kept in every family's pharmacy?

## LE SECRET DES AUTO-MASSAGES CHINOIS



## CHINESE SELF-MASSAGE

by Stettler

Learn the secret of the self message of Chinese.

More than 110 000 copies sold

## MÉDITER DANS LE MÉTRO, LE BUS, LE TRAM



## MEDITATION IN BUS, METRO and TRAM

by Cindy Chapelle

More than 930 copies sold per month. Practising meditation in public transport will change your daily life!

## L'ART DE LA MARCHÉ



## ART OF WALKING

by Laurent Hutinet

Here's the book's Free your mind, recover health, develop your breath,...here are the great benefit of walking. It's a simple way to change smoothly your life.ability...

## UN JOUR, UN DÉFI



## A DAY, A CHALLENGE

by Cindy Chapelle

365 days and 365 little challenges to feel better , it' will help to achieve every day something to go smoothly ahead toward more serenity ..and happiness .

## UN RITUEL ZEN PAR JOUR



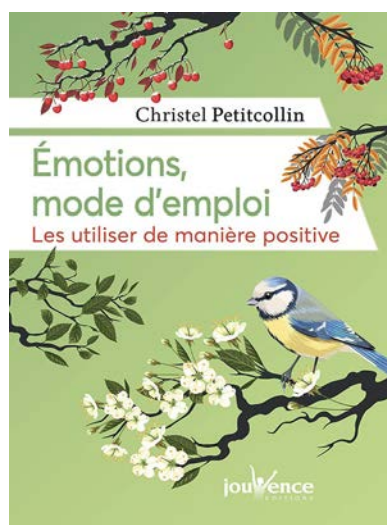
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