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LITERARY AGENCY

NON-FICTION

FOREIGN RIGHTS HIGHLIGHTS

FALL 2025

LEOR LITERARY AGENCY

Batiment 1
142 rue du Haut Vinage
59290 Wasquehal, France

Born from a desire to promote the excellence of French literature abroad, Leor is a literary agency specialized in foreign and domestic rights. We work for selected French publishers, promoting their catalogs on the international literary scene. We also mentor French literary talents to build their careers and we work with the audiovisual environment.

Located in Lille, in the north of France, close to the Belgian border, Leor is at the crossroads of international exchanges and the Parisian publishing scene. Our agency is dedicated to promoting intercultural exchanges and selling translation rights for our clients, publishers and writers. We represent a wide catalog of fiction, non-fiction and children's literature.

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The information in this catalog is accurate
as of September 15, 2025.

NON-FICTION FROM FRANCE

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ILLUSTRATED BOOKS

ECOLOGY & SUSTAINABILITY

MEMOIRS

Jonathan Jacob Meijer

L'homme aux 1000 enfants*Mon histoire*

FAVRE

LANGUAGE: French**PUBLISHER:** Favre Editions**ORIG. TITLE:** L'homme aux 1000 enfants, mon histoire**VOLUME(S):** 1**PAGES:** 150 approx.**WORDS:** TBC**ISBN:** 9782828922979**PUBLICATION:** 13/11/2025**RIGHTS HELD**

World exclusive, translation, domestic, derivative

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THE MAN WITH 1,000 KIDS, MY STORY

By Jonathan Jacob Meijer

NEW

KEYNOTE

Discover the controversial story of the man who has donated his sperm thousands of times to help families have children.

SELLING POINTS

- **Following the documentary's release on Netflix in 2024, which was viewed by more than 6.6 million people in one week, this book adds Meijer's voice to the global debate.**

- Accused of deception and prosecuted, Meijer takes responsibility for his choices and explains his motivations in a transparent, self-reflective approach.

- Meijer addresses the ethical, legal, and psychological dilemmas associated with donating sperm on a massive scale.

DESCRIPTION

Who is Jonathan Jacob Meijer, the man who has donated sperm to thousands of women and fathered hundreds of children around the world? In this book, he lifts the veil on his controversial journey and mission that shocked the world. From his first donation in 2007 to the dramatic consequences that turned his life upside down, Meijer tells his story with brutal honesty. Why did he decide to donate his sperm to so many women? How has it affected families, children, and himself? Accused of misleading donors, breaking the law, and facing an unprecedented trial, Meijer shares his insights and reflections on ethical dilemmas, the responsibilities of a donor, and the psychological consequences for the children born of his donations. This book is not just a testimony, but an explosive account of ethical boundaries, the right to parenthood, and the impact of radical choices. A book that challenges norms and raises questions about the future of human reproduction.

REVIEWS

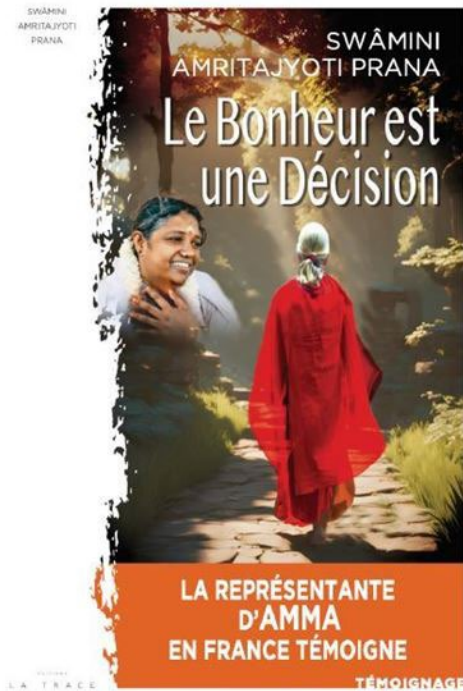
Not yet released

AUTHOR

Jonathan Jacob Meijer is known for his many global engagements that combine travel, personal reflection, and human encounters. From the Netherlands to the four corners of the globe, he builds a unique perspective on our times, nourished by unusual experiences. In 2024, a multi-episode documentary about him was released on Netflix, telling his story from the point of view of the families. This book is an opportunity for him to tell his side of the story.

HAPPINESS IS A DECISION

By Prana Swamini Amritajyoti

NEW**LANGUAGE:** French**PUBLISHER:** La Trace Editions**ORIG. TITLE:** Le bonheur est une décision**VOLUME(S):** 1**PAGES:** 200**WORDS:** 99,000**ISBN:** 9782487261358**PUBLICATION:** 22/05/2025**RIGHTS HELD**

World exclusive, translation, domestic

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TRANSLATION RIGHTS SOLD

English (Amma Center)

DERIVATIVE RIGHTS SOLD

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KEYNOTE

The inspiring journey of a French woman whose search for meaning led her from science to spirituality, and from the West to India. Blending memoir and spiritual insight, this book offers readers a practical path to inner freedom, joy, and love.

SELLING POINTS

- The inspiring memoir of a French woman who leaves behind a conventional path to embrace a spiritual quest that changes her life.
- The book offers readers psychological and spiritual tools to transform suffering into peace and discover lasting joy.
- A deeply human narrative that encourages each reader to find their own path to happiness.

DESCRIPTION

This book recounts the extraordinary spiritual journey of a French woman from a simple Catholic background who becomes the representative of Amma (Mata Amritanandamayi) in Europe. The narrative unfolds as a spiritual adventure, a personal odyssey driven by an insatiable thirst for meaning. It tells of her encounters with some of the greatest spiritual masters of the 20th century, her courage to question and transform her life, and her determination to transcend suffering in search of love and inner peace. Through heartache and joy, she learns how to transmute suffering, letting go of anything that isn't love. While readers may not follow her exact path, her experiences inspire personal growth and self-discovery in unique, individual ways. This book is described as a "user's manual for life," offering subtle psychological insight and practical means to pacify the mind and uncover one's true identity—pure energy of love and light.

REVIEWS

"This book is a great adventure story. The most beautiful adventure there is—the spiritual one. It traces the exceptional quest of a woman who, through her thirst for meaning, encountered some of the greatest masters of the 20th century." - ETW-France

AUTHOR

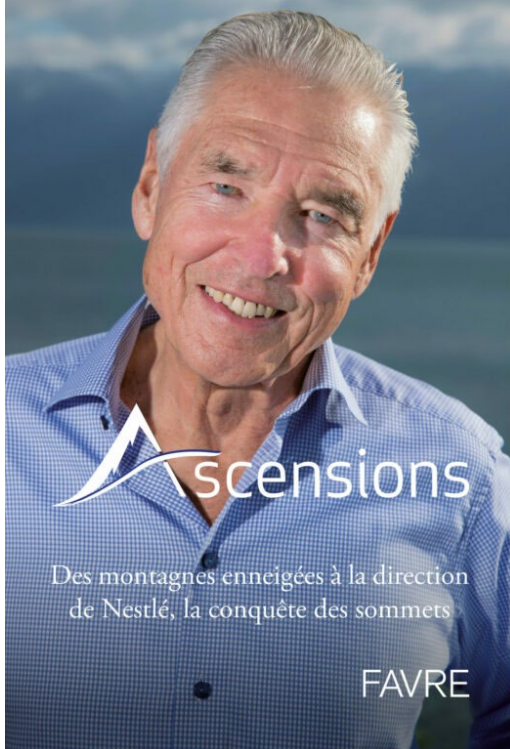
Swamini Amritajyoti Prana is a French-born spiritual teacher and one of the senior disciples of Amma (Mata Amritanandamayi). After earning a Master's degree in Physical Sciences, she began a lifelong spiritual journey that led her to India, where she met Amma in 1988. Deeply transformed by this encounter, she embraced monastic life in 1997 and has since served as Amma's representative in Europe. Today, she directs the Amma Center near Paris and shares Amma's message of love, compassion, and inner peace through lectures, writings, and humanitarian initiatives.

NOTES

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NON-FICTION - BUSINESS

Peter Brabeck-Letmathe



LANGUAGE: French
PUBLISHER: Favre Editions
ORIG. TITLE: Ascensions

VOLUME(S): 1
PAGES: 282
WORDS: 61,000
ISBN: 9782828918958
PUBLICATION: 10/11/2020

RIGHTS HELD
World exclusive, translation, domestic, derivative

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TRANSLATION RIGHTS SOLD
English, Spanish, German (Elfundzehn Verlag)

DERIVATIVE RIGHTS SOLD
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REACHING NEW HEIGHTS

From Snow-Capped Mountains to Nestlé's Headquarters

By Peter Brabeck-Letmathe

KEYNOTE

An inspiring memoir that recounts the former Nestlé CEO's extraordinary journey from humble beginnings to the top of a multinational corporation.

SELLING POINTS

- **The inspiring story of Nestlé's CEO that highlights the importance of passion, perseverance, and commitment in achieving professional success.**
- The author draws parallels between the challenges of mountaineering and those of running a business, emphasizing the importance of preparation, resilience, and confidence in the face of uncertainty.
- The honest approach of the story provides a realistic perspective on the challenges of the business world.

DESCRIPTION

Peter Brabeck-Letmathe was born in Austria. After graduating from the Vienna University of Economics and Business, he became an ice-cream truck driver, traveling the roads of Austria in his refrigerated truck. He developed a true passion for sales. In this book, he recounts the adventurous path that led him to management positions in Nestlé subsidiaries in several Latin American countries, before being called to headquarters in Vevey. Soon he was at the helm of the company, restructuring brands, promoting Nespresso and confronting anti-globalization NGOs. Not to mention his commitment to reducing water waste, protecting the environment and promoting healthier eating. These actions have sometimes been complex. He also recounts his personal trials with touching sincerity. His passion for the outdoors taught him that on the mountain, as in business, moments of doubt and uncertainty can arise in a split second, and that "in these extreme moments, you have to stay calm, keep a clear head...and above all, trust your own abilities." A valuable life lesson. A compelling memoir that combines personal adventure, strategic insight, and leadership lessons, this is an inspiring read for anyone interested in the journey of a visionary leader.

AUTHOR

Peter Brabeck-Letmathe is an Austrian businessman, born in Villach in 1944. After graduating from the Vienna University of Economics and Business Administration, he spent most of his career with the Nestlé Group, which he joined in 1968 as an ice-cream salesman in Austria. In 1997, he was appointed CEO of Nestlé, a position he held until 2005. In addition to his role at Nestlé, Brabeck-Letmathe has served on the boards of several major companies, including L'Oréal, Roche, Credit Suisse and ExxonMobil. In April 2005, he was appointed Interim Chairman of the World Economic Forum, succeeding Klaus Schwab.

SELF-HELP

Emile Guibert

TOUT EST UNE QUESTION DE CARACTÈRE !

Guide pratique enrichi d'exemples et
de références pour mieux comprendre
votre fonctionnement et celui des autres



- Quels traits de caractère guident vos choix et réactions ?
- Comment mieux gérer vos points forts et vulnérabilités ?
- Avec quels types de personnes pouvez-vous ressentir le plus d'affinités ?

FAVRE

LANGUAGE: French**PUBLISHER:** Favre Editions**ORIG. TITLE:** Tout est une question de caractère**VOLUME(S):** 1**PAGES:** 344**WORDS:** 118,000**ISBN:** 9782828922443**PUBLICATION:** 03/04/2025**RIGHTS HELD**

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derivative

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KEYNOTE

This book is a must-read for anyone who wants to understand the mysteries of human personality, learn more about themselves, and discover the types of people they are most likely to get along with!

SELLING POINTS

- The author presents the fundamentals of characterology and the eight character types to provide a better understanding of human behavior and its underlying motivations.
- The book is enriched with examples from everyday life, film, and literature to facilitate understanding of the theoretical concepts.
- The book includes self-assessment questionnaires that allow readers to identify their own personality type.

DESCRIPTION

Without realizing it, you are already using characterology on a daily basis. When you meet someone, and immediately sense that they are emotional, passionate, or distant, or when you think, "He'll never finish what he starts," "She's a dreamer," or "He's too anxious," you are relying on an intuition that we all share. But do you really know the science behind these instant judgments? This book invites readers to transform these gut feelings into deep understanding. Do you know what the "esprit de l'escalier", explosive impulsivity, or the backlash effect are? These phenomena, which you have probably noticed before, are reflections of well-defined personality types. This book reveals these concepts and many others, illustrating them with examples from everyday life, movies, TV shows, and history. Did you notice Martin Riggs' impulsive temperament in "Lethal Weapon"? Find out why he is such a good example of a nervous character. Napoleon Bonaparte, with his natural authority; Taylor Swift, with her fierce ambition; and Émile Zola, with his ability to devote his life to a monumental work, have surely impressed you. Discover how they perfectly embody the passionate type. And if Catherine Tramell in "Basic Instinct" is so fascinating because of her coldness and the methodical planning of her crimes, it is because of her weak emotional nature, a typical trait of the phlegmatic personality. This book is a must read for anyone who wants to understand the mysteries of human personality, learn more about themselves, and discover the types of people they are most likely to get along with!

AUTHOR

Dr. Émile Guibert is a French clinical psychologist known for his commitment to making psychology accessible and applicable to as many people as possible. With a Ph.D. in psychology, he has dedicated his career to popularizing complex psychological concepts and making them accessible to the public. A visionary, Dr. Guibert founded AFPRO (French Association of Psychology and Counseling Research), an organization that now trains thousands of professionals in more than 35 countries.

NON-FICTION - MBS



LANGUAGE: French

PUBLISHER: Favre Editions

ORIG. TITLE: Les petits conseils félins pour apaiser les humains

VOLUME(S): 1

PAGES: 160

WORDS: 32,000

ISBN: 9782828922269

PUBLICATION: 27/02/2025

RIGHTS HELD

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HUMAN CALMING CAT TIPS

By Sylvie Sarzaud

KEYNOTE

Discover 45 tips packed with purr therapy, gentleness, and feline wisdom to reconnect with yourself, calm your mind, and rediscover serenity. A caring, entertaining guide inspired by those who have mastered the art of Zenitude: cats.

SELLING POINTS

- An original approach to wellness by learning to relax and improve your quality of life through the wisdom of cats.
- Each "feline tip" is a handy card. These 45 cards are accessible, fun and directly applicable to everyday life.
- Sylvie Sarzaud, sophrologist and teacher, combines her expertise in relaxation with her passion for cats.
- The "feline" voice gives the book a light, poetic style, making it a pleasant read while providing powerful tools.

DESCRIPTION

Where would we be without our feline friends? They know better than anyone how to soothe our troubles. Their purrs and cuddles are comforting. They charm us with their elegance and delight us with their mischief. So imagine what would happen if our little companions suddenly began to speak up and teach us how to find peace? This is what this book is all about. Four Zen expert cats share 45 tips to help people rediscover serenity and happiness. These tips, presented in the form of handy cards, cover areas such as mind-body practices, self-hypnosis, and self-awareness. By translating the teachings of her cats, the author offers readers a fresh perspective on the art of mindful living. A tribute to our little masters of wisdom, this book is for cat lovers only!

REVIEWS

"An accessible book packed with a thousand and one useful tips for everyone's well-being." – Le Télégramme

AUTHOR

Sylvie Sarzaud is a French sophrologist and hypnotherapist based in Brittany (France) since 2011. In her practice, she works with children, teenagers and adults on issues such as stress, sleep disorders, chronic pain, grief, addictions and emotional management. A prolific writer, she has published several books on personal development, therapeutic stories for children and self-help guides, notably with Eyrolles Publishing. Her latest book, "Les petits conseils félins pour apaiser les humains" (2025), offers 45 tips inspired by the behavior of cats to restore calm and serenity to everyday life.

NON-FICTION - MBS

Géraldine Rousselot-Pailley



60 symptômes
95 outils
19 vidéos via
codes QR

FAVRE

LANGUAGE: French
PUBLISHER: Favre Editions
ORIG. TITLE: Mon kit d'urgence
émotionnelle

VOLUME(S): 1
PAGES: 216
WORDS: 71,000
ISBN: 9782828922313
PUBLICATION: 16/01/2025

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derivative

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MY EMOTIONAL EMERGENCIES TOOLKIT

By Géraldine Rousselot-Pailley

KEYNOTE

A practical, accessible, and resource-rich guide that is ideal for anyone who wants to better understand and manage their emotions on a day-to-day basis.

SELLING POINTS

- **The author, a life coach and Reiki practitioner, draws on her professional experience, making the book reliable and relevant.**
- The book offers 95 practical tools for dealing with 60 psychological and physical symptoms related to stress and anxiety.
- The author explains the mechanisms underlying emotional and physical disorders, enabling readers to understand the origin of their discomfort.
- The book includes QR codes that provide access to instructional videos that offer practical demonstrations of the techniques described.

DESCRIPTION

Night terrors, social anxiety, obsessive thoughts, fear of failure, nervous tics, even panic attacks and depression: the problems associated with stress and anxiety are among the most widespread in the 21st century. Many people are unaware that they can also manifest as physical symptoms such as migraines, cramps, back pain, dizziness, and many others. When we experience stress or an anxiety attack, we don't always know how to deal with it, which only makes the problem last longer and get worse. However, there are a number of techniques that can help. In this guide full of useful advice, Géraldine Rousselot-Pailley, who has extensive experience as a therapist, provides the keys to understanding the origins of stress and anxiety disorders and learning how to deal with them more effectively. She lists 60 common physical and psychological symptoms and offers 95 helpful tips that can be used on a daily basis, including emergency situations. Readers will find useful tips and a wide range of solutions, from breathing exercises to stress-relieving objects, nutrition, medicinal plants, meditation, laughter therapy, and writing. All they have to do is choose the one that best suits their needs. The book also includes QR codes for easy access to instructional videos.

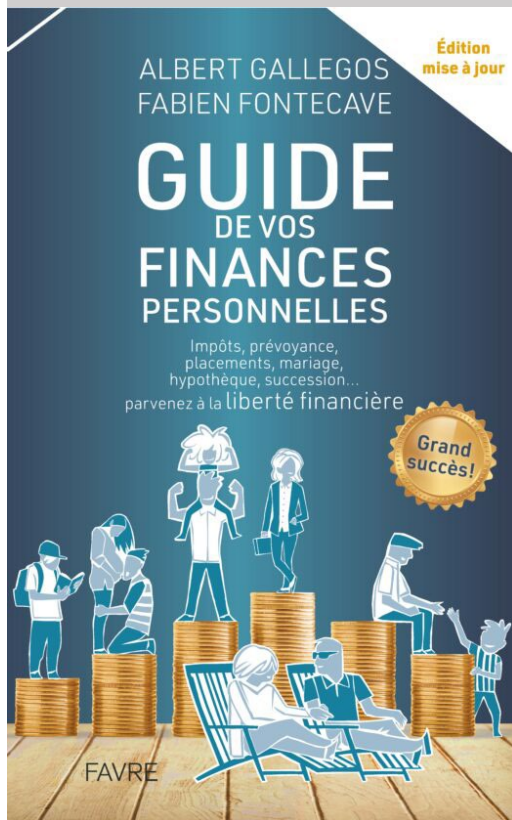
REVIEWS

"Finally, a practical and easy-to-use guide to dealing with emotions. It teaches you so much, from the origins of pain to the many tools available to overcome it. I highly recommend it." – Amazon review

AUTHOR

Géraldine Rousselot-Pailley is a French therapist specializing in emotional and physical disorders related to stress and anxiety. Since 1998, she has been working as a life coach and Reiki practitioner, offering her expertise to many people seeking greater well-being.

NON-FICTION



LANGUAGE: French
PUBLISHER: Favre Editions
ORIG. TITLE: Guide de vos finances personnelles

VOLUME(S): 1
PAGES: 248
WORDS: 86,000
ISBN: 9782828922566
PUBLICATION: 27/02/2025

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World exclusive, translation, domestic, derivative

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German (Favre)

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A GUIDE TO YOUR PERSONAL FINANCES

By Albert Gallegos, Fabien Fontecave

KEYNOTE

A practical, clear, and well-organized book that helps readers manage their money effectively at every stage of their lives.

SELLING POINTS

- **Selected by Blick magazine (Switzerland) as one of the four best books to become "the master of your personal finances", alongside prestigious international titles.**
- This guide is designed to help everyone take control of their finances, anticipate the unexpected, and build a serene future.
- The book guides the reader through the major stages of life: starting a career, buying a home, marriage, retirement, inheritance...

DESCRIPTION

"A Guide to Your Personal Finances" by Albert Gallegos and Fabien Fontecave is a comprehensive and accessible guide to help readers better understand and manage their finances throughout their lives. Organized around 23 real-life situations inspired by family life, the book covers the major areas of personal financial management: budgeting, savings, investments, taxes, retirement, pensions, real estate, and the legal aspects of marriage, divorce, and inheritance. Each chapter offers practical advice, insightful explanations, and ready-to-use tools to help readers make enlightened decisions. The goal is simple but essential: to empower individuals to manage their money, anticipate the unexpected, and build their financial future with confidence and peace of mind. Written for a wide audience, from beginners to seasoned professionals, this guide is an invaluable resource for helping people take control of their financial freedom.

REVIEWS

"This is a book everyone should have on their bookshelf. From basic finance to retirement planning, the author challenges us to take all aspects of our lives and their impact on our money more seriously. This book is highly educational!" - Fnac.ch reviewer

AUTHOR

Albert Gallegos is a Swiss financial planning expert with over 25 years of experience. He holds a degree in Swiss law and a master's degree in international law from the University of Lausanne and an MBA from HEC Lausanne. He is also certified in Asset Management by the SAQ (Swiss Association for Quality) and holds a CAS in Mergers, Acquisitions and Business Transfers from HEIG-VD. Fabien Fontecave holds a degree in engineering from the École Polytechnique Fédérale de Lausanne (EPFL). He is co-author of "A Guide to Your Personal Finances", in which he uses his technical skills to make financial concepts accessible and applicable to everyday life.

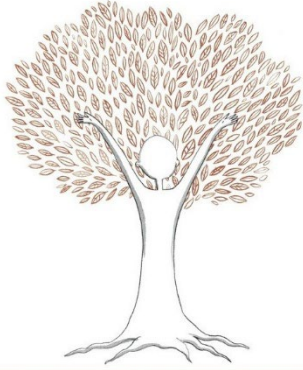
NON-FICTION - MBS

Alexia Michiels

Préfaces des Dr Joël de Rosnay et Dr Sven Hansen

L'ÉLAN DE LA RÉSILIENCE

100 clés pratiques pour naviguer à travers
les défis du quotidien avec joie et succès



« Un livre utile et généreux qui nous invite à vivre
le quotidien de manière consciente et joyeuse »

Frédéric Lenoir

GUIDE
FAVRE

LANGUAGE: French

PUBLISHER: Favre Editions

ORIG. TITLE: L'élan de la résilience

VOLUME(S): 1

PAGES: 200

WORDS: 42,000

ISBN: 9782828916435

PUBLICATION: 16/11/2024

RIGHTS HELD

World exclusive, translation, domestic

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THE DYNAMICS OF RESILIENCE

By Alexia Michiels

KEYNOTE

What if obstacles became stepping stones? In this book, Alexia Michiels gives readers simple, powerful keys to bouncing back from uncertainty. Boost your energy and rediscover your purpose, even in the midst of a storm!

SELLING POINTS

- **Alexia Michiels, recognized expert and resilience coach, draws on her international experience and a wealth of testimonials.**

- A universal and timely topic, resilience is at the heart of our concerns in the face of an uncertain and ever-changing world.

- Ideal for improving well-being at work and at home.

DESCRIPTION

How can you fulfill your responsibilities without feeling overwhelmed? How can you achieve ambitious goals and still shine? How can you align your actions with your core values? In an ever-changing environment where uncertainty and pressure have become the norm, how can we build the energy we need to move forward with confidence? In this book, which offers 100 practical tips for strengthening personal resilience, coach and resilience expert Alexia Michiels offers a practical and inspiring approach to turning challenges into opportunities for growth. Through practical tools, inspiring testimonials, and exercises that can be applied to everyday life, the author guides readers in strengthening their ability to bounce back from adversity, develop a positive mindset, and find meaning in their actions, both professionally and personally. An essential book for anyone who wants to develop mental agility, maintain well-being, and face the future with confidence and enthusiasm.

REVIEWS

"This book is full of common sense and practical ways to improve your daily life, both at work and at home. I highly recommend it to anyone who wants to improve their well-being." – Amazon review

AUTHOR

Alexia Michiels is the co-founder of the European Resilience Institute. After studying economics and political science, she worked for ten years in the marketing and media industry. She then moved to China where she spent five years training and becoming a certified professional coach and yoga teacher. She currently works in a number of countries with individuals and organizations seeking to develop their resilience skills in complex environments.

NON-FICTION – MBS

Nathalie Haberstroh

MANUEL DE SURVIE

POUR HYPERSENSIBLES, INDÉCIS,
INSATISFAITS ET PERFECTIONNISTES

J'ARRÊTE DE
ME SURADAPTER
ET JE M'ÉCOUTE !

FAVRE

LANGUAGE: French

PUBLISHER: Favre Editions

ORIG. TITLE: Manuel de survie, pour
hypersensibles, indécis, insatisfaits et
perfectionnistes

VOLUME(S): 1

PAGES: 184

WORDS: 57,000

ISBN: 9782828921767

PUBLICATION: 16/05/2024

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SURVIVAL GUIDE FOR THE HYPERSENSITIVE, UNDECIDED, OVERACHIEVER, AND PERFECTIONIST

By Nathalie Haberstroh

KEYNOTE

Packed with examples, testimonials, detox tips, and a list of approved foods, the goal of this guide is to give readers the keys to a healthy lifestyle that matches their unique intelligence and sensitivity.

SELLING POINTS

- **This book meets a growing need for practical tools with the growing visibility of hypersensitivity, and mental health.**
- The author speaks directly to the reader with empathy, avoiding psychological jargon, creating an immediate sense of connection.
- No prior knowledge is required. The book appeals to everyone, whether you are just starting out or already working on yourself.

DESCRIPTION

Do you feel like you are always overthinking things, questioning everything, never satisfied, or wanting to be perfect at everything? You may be hypersensitive, a perfectionist, or simply exhausted from the constant pressure you put on yourself - or feel from others. In this insightful and compassionate guide, life coach and naturopath Nathalie Haberstroh offers a comprehensive emotional survival kit for those who feel overwhelmed by their inner demands. Through accessible tools, tests, guided reflections, and practical exercises, she explores the profiles of the hypersensitive, the chronically indecisive, the naturally unsatisfied, and the hardened perfectionist. Readers learn to identify their "inner tyrants" who feed self-sabotage and exhaustion. They discover how to restore their personal balance, set boundaries, allow themselves to be who they are, and finally break out of the vicious cycle of over-adaptation. An enlightening and guilt-free book that provides concrete keys to a gentler, freer, and more confident life. To be read, reread, and given to anyone who feels "too much," "never enough," or simply lost in the turmoil of their emotions.

REVIEWS

"A questionnaire to assess your situation, chapters organized by topic, with real-life scenarios to help you understand the issue, analysis, and tools to help you navigate these situations. The author provides key, effective tips for making the most of your unique characteristics."

AUTHOR

After a career in industry, Nathalie Haberstroh turned her life around in 2015 and studied naturopathy and holistic health. A certified professional coach, she has been working as a practitioner for about ten years, specializing in supporting hypersensitive people. As a columnist and author, Nathalie draws on her own experiences and journey to enlighten those seeking meaning and those who feel exhausted by the outside world.

NON-FICTION - MBS

Jérémie Gallen
psychologue

SUR LE DIVAN DE MES PATIENTS



Débusquer notre savoir inconscient
pour activer notre pouvoir de guérison



Le psy de la
chaîne Va te
faire suivre



FAVRE

LANGUAGE: French

PUBLISHER: Favre Editions

ORIG. TITLE: Sur le divan de mes patients

VOLUME(S): 1

PAGES: 192

WORDS: 51,000

ISBN: 9782828919542

PUBLICATION: 03/02/2022

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ON MY PATIENT'S COUCH

By Jérémie Gallen

KEYNOTE

"On My Patient's Couch" is a captivating immersion into the world of psychotherapy. Through authentic and touching accounts, Jérémie Gallen explores the complexity of the human soul. An illuminating look at contemporary psychological issues.

SELLING POINTS

- **A popular author with 55k+ YouTube followers.**
- An accessible popularization of complex psychological concepts.
- A benevolent emphasis on human vulnerabilities and resources.
- Themes that resonate with contemporary challenges (burnout, anxiety, the search for meaning...).

DESCRIPTION

In a therapist's office, some patients say very revealing things, sometimes almost without realizing it. Jérémie Gallen is an unconventional therapist who relies primarily on people's own resources to help them get their lives back on track. Passionate about deciphering the human personality, he focuses on signs of resistance, phobias, taboos and trauma to help people understand how they work. Mental overload, negativity, low self-esteem, jealousy, procrastination, passivity, relationship and parenting problems, lack of independence from others - these are just some of the problems and obstacles that can spoil everyday life. Patients will find it all the easier to learn how to avoid the traps of their unconscious. This lively book will help those going through a difficult time in their lives (grief, layoffs, breakups, or any other existential distress). It can also inspire therapists, as the author has chosen to highlight a number of anonymous cases to express his gratitude to those who have helped him advance in his practice through the progress patients have made in therapy.

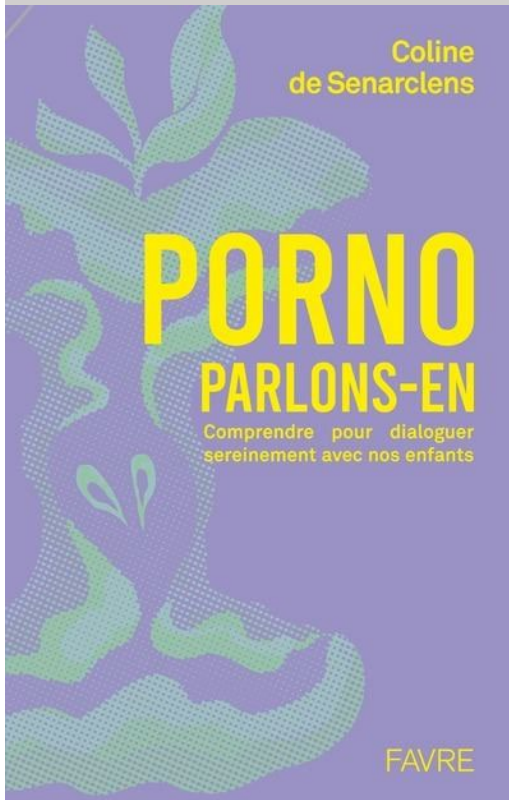
REVIEWS

"Jérémie Gallen takes us on a journey of therapy with a psychologist, through the reflections of patients affected by a wide variety of difficulties. This gives us a lot of food for thought, because we can all find ourselves in one of the situations described. He kindly guides us through the mechanisms that lead to actions and behaviors that we sometimes find difficult to decipher." – Amazon reviewer

AUTHOR

Jérémie Gallen is a clinical psychologist and psychotherapist. In 2015, he launched his psychological popularization Youtube channel "Va te faire suivre" (Go see a therapist), which now has tens of thousands of subscribers. A former university lecturer, he is also the co-founder of the psychotherapy app "FeelGood", which offers professional counseling to people in distress, at any time and from any distance.

NON-FICTION - MBS



LANGUAGE: French

PUBLISHER: Favre Editions

ORIG. TITLE: Porno, parlons-en,
Comprendre pour dialoguer
sereinement avec nos enfants

VOLUME(S): 1

PAGES: 200

WORDS: 61,000

ISBN: 9782828921477

PUBLICATION: 15/05/2024

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LET'S TALK ABOUT PORN

Understanding for a Healthy Dialogue with our Children

By Coline de Senarclens

KEYNOTE

An essential guide for parents and teachers who want to discuss pornography with teens in a relaxed, open, and informed way.

SELLING POINTS

- The book provides the tools parents and teachers need to tackle the issue of pornography with teenagers.
- Practical advices on how to facilitate dialogue with teenagers and teaches key concepts such as consent and respect.
- The book is foreworded by Santé Sexuelle Suisse (Swiss Sexual Health) and Pro Juventute, reinforcing its credibility as an educational resource.

DESCRIPTION

Teenagers watch porn. This disturbing fact is hammered into our heads deafeningly in debates that tend to mix fatalism and alarmism. The result is a sense of helplessness and panic, exactly the opposite of what we need to fulfill our educational role: the power to act. Because we can act, and much more than we think, even when it comes to sensitive issues like sexuality and pornography. To do so, we must overcome our panic and approach these issues not with our emotions, but with knowledge, reason, and educational goals. This book offers a theoretical and practical toolbox that places pornography in its cultural, historical, social, and ideological context to help parents own the subject. This guide aims to build confidence not only in ourselves as parents, but also in our children, so that they too can feel confident. The idea is to stimulate discussion, teach concepts, and share values by explaining how and why. Browse through the book to find helpful tips, or read it in its entirety to get a better understanding of the subject: use it as you see fit, as these recommendations are at your disposal to support you in your parenting role.

AUTHOR

Coline de Senarclens, born in Geneva in 1985, is a Swiss gender specialist, ICF certified coach and trained sexologist. She is also a radio journalist and a committed author in the fields of sexuality, gender equality and education. She is the author of Salope! (2014), an essay condemning sexual stigmatization and slut-shaming, and Porno, parlons-en (2024), a guide for parents and teachers to address the issue of pornography with teenagers, offering tools for a healthy and informed dialogue.

Dr Kurt Hostettmann



FAVRE

LANGUAGE: French

PUBLISHER: Favre Editions

ORIG. TITLE: Les plantes pour la femme de tout âge

VOLUME(S): 1

PAGES: 160

WORDS: 36,000

ISBN: 9782828921484

PUBLICATION: 14/03/2024

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HERBAL REMEDIES FOR WOMEN OF ALL AGES

By Pr. Kurt Hostettmann

KEYNOTE

A comprehensive, well-documented book that offers natural solutions to improve women's health and well-being throughout their lives.

SELLING POINTS

- **Scientific expertise from an internationally recognized specialist in phytochemistry.**

- A comprehensive approach to women's health, from puberty to menopause, pregnancy and lactation.

- A practical and accessible guide, even for non-medical readers.

- Although focused on women's health, this book is also aimed at men who want to better understand the specific problems their partners may face.

DESCRIPTION

Because of their anatomy and their fundamental role in reproduction, women suffer from conditions that men do not. What's more, some conditions that are common to both sexes are far more common in women, such as bladder infections and varicose veins. In the traditional medicine of various civilizations and since the earliest times, herbal formulas have been used to help women in their sexual and reproductive life. Professor Hostettmann, an internationally renowned specialist in phytochemistry, has combined this ancient heritage with the most advanced scientific knowledge available today to provide a comprehensive guide to the natural benefits of plants. The book offers advice on how to use plants and what readers can do to prevent certain diseases and stay healthy longer. It warns against self-medication, which can be harmful. Any diagnosis must be made by a physician. He also mentions phytoestrogens, which are becoming increasingly popular with menopausal women at a time when hormone replacement therapy is raising many questions. This book is also aimed at men: reading it will help them to better understand the various disorders that affect their partners. Understanding each other is fundamental to the harmonious life of a couple. May the advice in this book improve it on many levels!

AUTHOR

Kurt Hostettmann is an internationally renowned Swiss chemist specializing in pharmacognosy and phytochemistry, disciplines devoted to the study of natural substances of plant origin and their therapeutic applications. Professor Hostettmann is the author of more than 650 scientific publications and some 20 books, including several for the general public, on the medicinal properties of plants. He is also known for his work on plants used in traditional medicine, particularly in Africa, where he has worked with the World Health Organization (WHO) to identify natural substances that work against various parasitic diseases. In recognition of his scientific contributions, he has received numerous awards, including the Egon Stahl Gold Medal from the Society for Medicinal Plant and Natural Product Research.

Lili Road
Préface du Dr Eric Nectoux

Bye bye
**DOULEURS
CHRONIQUES!**

S'en libérer en 45 jours grâce
à la méthode MBC
Mind-Body Connection



«Comment j'ai vaincu migraines, maux de dos et troubles psychosomatiques grâce à des techniques validées par des études en neurosciences et capables d'aider de très nombreuses personnes à ne plus souffrir.» *Lili Road*

FAVRE

LANGUAGE: French

PUBLISHER: Favre Editions

ORIG. TITLE: Bye bye douleurs chroniques !

VOLUME(S): 1

PAGES: 376

WORDS: 81,000

ISBN: 9782828921941

PUBLICATION: 19/09/2024

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SAY GOODBYE TO CHRONIC PAIN!

By Lili Road

KEYNOTE

Based on scientifically proven neuroscience and mind-body therapy approaches, the MBC Mind-Body Connection Method guides readers to lasting relief from chronic pain, in just 45 days.

SELLING POINTS

- **A proven methodology based on proven principles of neuroscience, neuroplasticity, and mind-body therapies.**
- A structured 45-day program with step-by-step support and progressive, measurable goals.
- A holistic and natural approach, without invasive treatments, that addresses the root causes of pain.

DESCRIPTION

Do you suffer from significant pain that has no physical explanation and for which medical tests have found nothing? Your chronic pain is neuroplastic and not "in your head". Fibromyalgia, low back pain, and musculoskeletal disorders are just a few of the conditions that affect 1.5 billion people worldwide. The Mind-Body Connection (MBC) method teaches readers how to calm their mind and reconnect with their body to restore pain-free neural pathways. From a young age, Lili struggled with bullying at school, anorexia, and migraines. Later, as an active and athletic mother, she suffered recurring and unexplained physical problems and successive burn-outs, until one day crippling back pain confined her to bed. Her physical problems mirrored her emotional turmoil. After successful emergency surgery, her suffering continued. Lili then decided to develop her own method to free herself from chronic pain. In this guide, the author invites readers to discover fun, effective techniques validated by the latest neuroscience research: brain reprogramming (therapeutic education, somatic tracking, creative writing, self-hypnosis, art therapy, etc.), well-being (yoga, meditation, pranayama, etc.), and personal development (visualization, neurolinguistic programming, etc.).

REVIEWS

"A serious and science-based approach to finding your way back to wellness." - Santé Magazine

AUTHOR

Lili Road is an associate professor of English at the University of Lille. She is also a singer-songwriter and a certified art therapist from the Faculté Libre of Medicine in Lille. She is certified in Pain Reprocessing Therapy, Yoga, Meditation, NLP and Hypnotherapy. Based on her research at the University Hospital of Lille, which was awarded for therapeutic innovation, and her collaboration with Macquarie University (Australia) and the PRT Center (United States), Lili developed the MBC method to share her experience with health professionals and patients.

NON-FICTION - MBS

Sylvie DÉTHIOLLAZ
Claude Charles FOURRIER

Grand succès
6^e édition



ÉTATS MODIFIÉS DE CONSCIENCE

NDE, OBE et autres expériences
aux frontières de l'esprit

FAVRE

LANGUAGE: French

PUBLISHER: Favre Editions

ORIG. TITLE: Etats modifiés de
conscience

VOLUME(S): 1

PAGES: 360

WORDS: 137,000

ISBN: 9782828919320

PUBLICATION: 06/05/2021

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Pocket-Book (J'ai Lu)

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ALTERED STATES OF CONSCIOUSNESS

By Dr Sylvie Déthiollaz, Claude Charles Fourrier

KEYNOTE

A serious, sensitive, and fascinating work for anyone interested in the limits of human consciousness, so-called "extraordinary" experiences, and what they can reveal about our innermost nature.

SELLING POINTS

- A careful and open exploration of the unexplained, making it a reliable reference in the field of altered states of consciousness.
- Powerful, authentic testimonials add a strong emotional dimension while illustrating the diversity of these extraordinary experiences.
- The book navigates deftly between scientific, psychological, philosophical, and spiritual approaches without being dogmatic.

DESCRIPTION

This book offers an in-depth exploration of phenomena such as near-death experiences (NDEs), out-of-body experiences (OBEs), and other altered states of consciousness (ASCs). The authors, a biologist and a psychotherapist, draw on more than twenty years of research at the Swiss Institute for Noetic Sciences (ISSNOE) to analyze these often unclassifiable experiences that have a profound impact on "experiencers". The book includes a collection of fascinating testimonies that highlight the diversity and complexity of ASCs. It examines the conditions under which these states occur, their impact on the daily lives of those involved, and the fundamental questions they raise about the nature of consciousness and human identity. Integrating current scientific perspectives, the authors offer a reflection on the life-changing potential of these experiences. They emphasize that while some ASCs can be distressing or painful, they can also be powerful tools for self-awareness and personal development. Written for anyone seeking to understand the limits of the human mind and non-ordinary states of consciousness, this book provides a comprehensive account of current research and insights into these extraordinary phenomena.

AUTHOR

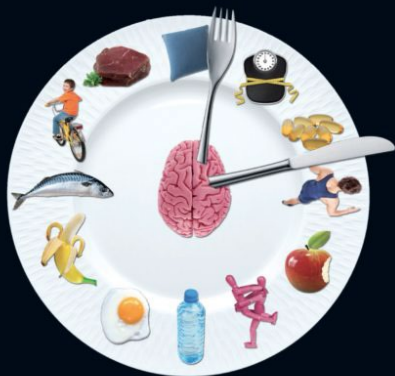
Sylvie Déthiollaz has a PhD in molecular biology. After postdoctoral studies at the University of California, Berkeley, she founded the Noësis Center in Geneva in 1999, which became the Swiss Institute of Noetic Sciences (ISSNOE) in 2012. As President and Director of ISSNOE, she is dedicated to the scientific study of non-ordinary altered states of consciousness, such as extrasensory perception, decorporation phenomena, and near-death experiences. Claude Charles Fourrier is a psychotherapist at ISSNOE who has specialized in non-ordinary altered states of consciousness for over 25 years. He is also an experiencer who has lived through altered states of consciousness, giving him a direct and phenomenological understanding of these states. Together they have conducted extensive research on altered states of consciousness, combining a rigorous scientific approach with an empathetic understanding of experiencers.

NON-FICTION - MBS

OLIVIER BOURQUIN

LA PERFORMANCE SUR MESURE

Sport, santé, libido, poids, sommeil,
tout passe par le cerveau et la nutrition



GUIDE
FAVRE

LANGUAGE: French

PUBLISHER: Favre Editions

ORIG. TITLE: La performance sur mesure

VOLUME(S): 1

PAGES: 256

WORDS: 61,000

ISBN: 9782828914387

PUBLICATION: 28/10/2014

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CUSTOMIZED PERFORMANCE

By Olivier Bourquin

KEYNOTE

A practical guide based on the science of nutrition and neurobiology, designed to help each of us rediscover our full potential through a better understanding of our bodies and minds.

SELLING POINTS

- **Based on a solid foundation of neuroscience, nutrition, chronobiology, and physical training, the book makes performance accessible to everyone, beyond elite athletes.**

- A practical, modern, and easy-to-read guide suitable for beginners as well as sports and health professionals.

- Going against the grain of extreme diets and miracle cures, the author focuses on progressiveness, consistency, and respect for the body.

DESCRIPTION

In this book, Olivier Bourquin offers a personalized method for improving physical, mental, and emotional health. Drawing on more than 25 years of experience as a coach of elite athletes and a nutritionist, he has developed a holistic vision of human performance: to perform well is not just to excel in sports or at work, but to live life to the fullest, with energy, balance, and well-being. The book is organized around five key points that underpin the Bourquin Method: *Rhythm nutrition*, which suggests adapting one's diet to one's biological clock by prioritizing certain nutrients at certain times of the day to increase physical and mental performance, avoid fatigue and promote better sleep and recovery. *Neuronutrition* involves tailoring your diet to the needs of your brain. By properly nourishing our neurotransmitters (dopamine, serotonin, GABA...), we can directly influence our mood, concentration, motivation and resistance to stress. Given the nutritional poverty of modern foods, the author insists on the importance of *micronutrients* to compensate for our deficiencies in vitamins, minerals, amino acids and essential fatty acids. As the liver is central to the elimination of toxins, Olivier Bourquin proposes gentle *detoxification* strategies to help the body regain its vitality by facilitating cell regeneration. And, since each person is different, the author introduces *neurotypology* based on the dominant neurotransmitters (dopamine, serotonin, GABA), which allows us to know ourselves better and to personalize our diet, our pace of life and even our physical training.

AUTHOR

Olivier Bourquin is a Swiss nutrition, micronutrition and physical preparation expert known for his holistic approach to health and performance. He holds a university degree in nutrition, health and micronutrition and was in charge of physical preparation at the Swiss Tennis Federation, where he worked with elite athletes. As an author, he has published several books, including *La performance sur mesure*, *Des cerveaux performants* and *Idéaliste ? Et alors ?*

FOOD & DRINKS

**SCIENCE
FOR ALL**

Cleo Bertelsmeier

COMMENT
LES ANIMAUX EXOTIQUES
ENVAHISSENT LE MONDE

Intelligence et opportunisme

**LANGUAGE:** French**PUBLISHER:** Favre Editions**ORIG. TITLE:** Comment les animaux exotiques envahissent le monde**VOLUME(S):** 1**PAGES:** 184**WORDS:** 59,000**ISBN:** 9782828922146**PUBLICATION:** 23/04/2025**RIGHTS HELD**

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HOW EXOTIC ANIMALS ARE TAKING OVER THE WORLD

By Cleo Bertelsmeier

NEW

KEYNOTE

A must-read for anyone interested in ecology, biodiversity, and the impact of globalization on our environment. This book offers an eye-opening perspective on the challenges posed by invasive species and ways to anticipate them.

SELLING POINTS

- The book illustrates how globalization, international trade, and human migration facilitate the spread of exotic species.
- With 184 full-color pages, the book is enhanced with numerous illustrations that make for an enjoyable read.

DESCRIPTION

They're all over the news: tiger mosquitoes that spread and bite at all hours of the day, Asian hornets that kill honeybees, chipmunks that carry Lyme disease, and poisonous jellyfish that proliferate in the Mediterranean Sea. As a result of globalization, these invasive species now number in the thousands and growing. Why do these animals proliferate when they don't in their native habitats? Why are some more damaging than others? Which species are likely to leave their home ranges and try to colonize elsewhere? Among other curiosities, science has discovered that the most curious, opportunistic, efficient, and aggressive individuals are the most likely to migrate! Others have freed themselves from gender constraints: without the need to find a mate, they can invade much faster! Once in a new area, exotic animals benefit from their great ability to adapt to new environments. Can invasions be predicted or prevented? Or do we just have to get used to this explosion of exotic animals? This book explores a global phenomenon that is visible everywhere: in our gardens and beds, on the beach, in the forest, or by the lake, and whose impacts are economic, societal, and health-related.

REVIEWS

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AUTHOR

Cleo Bertelsmeier is an Associate Professor and group leader at the Department of Ecology and Evolution at the University of Lausanne, Switzerland. Her research focuses on invasions by species introduced outside their native area. Her research currently involves two main themes : the spread of invasive insects in connection with the history of the globalization of trade and human mobility, and the establishment of invasive species in new climates. She is also the author of "Les guerres secrètes des fourmis" (The Secret Wars of the Ants).

Lionel Cavin
Nadir Alvarez

Faire revivre des espèces disparues?



LANGUAGE: French
PUBLISHER: Favre Editions
ORIG. TITLE: Faire revivre des espèces disparues ?

VOLUME(S): 1
PAGES: 200
WORDS: 62,000
ISBN: 9782828919573
PUBLICATION: 03/02/2022

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BRING EXTINCT SPECIES BACK TO LIFE?

By Lionel Cavin, Nadir Alvarez

KEYNOTE

A thought-provoking book that combines science, ethics, and ecology to encourage readers to consider the possibilities and limits of de-extinction in our ever-changing world.

SELLING POINTS

- Accessible scientific exploration that makes the complex concepts of de-extinction understandable to the general public.
- Ethical and ecological reflection on the legitimacy and consequences of bringing extinct species back to life.
- An interdisciplinary approach that invites reflection on our relationship with nature and the choices we make for the future of our planet.

DESCRIPTION

Ever since Jurassic Park hit the big screen, who hasn't imagined, with either delight or dread, coming face-to-face with a roaring T. rex? For thousands of years, humans have tinkered with the genes of the plants and animals around them through careful selection. Now, more high-tech methods are being used to try to bring extinct species back to life. These scientific advances confront us with an obvious fact: Species die out when they become unfit for their environment or in mass extinctions, especially those we have been responsible for over the past tens of thousands of years, which are now accelerating at a dangerous rate. It is our duty to protect endangered species. But shouldn't we also bring back species that have disappeared because of us? For example, should a partially rewilded Europe make room for mammoths, either recreated or genetically modified from the elephants that roamed the continent before human involvement led to their extinction? The desire to bring back extinct species raises questions about genetic engineering, but it also challenges our definition of nature, our acceptance of the so-called wild world, and the relationship we want to have with it for centuries to come.

AUTHOR

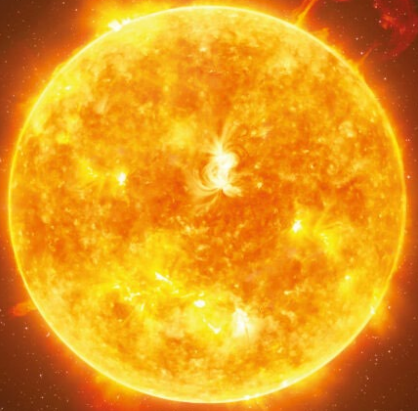
Born in 1968, Lionel Cavin is a Swiss paleontologist specializing in the study of fossil fishes. Since 2006 he is curator at the Natural History Museum of Geneva, where he is in charge of the geological and paleontological collections. His research focuses mainly on the evolutionary history of Mesozoic bony fishes, with a particular interest in continental forms. Nadir Alvarez, born in Lausanne in 1977, is a Swiss biologist specializing in evolutionary ecology and genetics. His research focuses on the evolutionary history of species, combining morphological and genetic approaches to understand the dynamics of biodiversity over time. Together, Lionel Cavin and Nadir Alvarez bring an interdisciplinary perspective to the question of de-extinction, combining paleontology, genetics, and ecology to explore the possibilities and implications of bringing extinct species back to life.

NON-FICTION – POP. SCIENCE

Frédéric Clette

Le Soleil et nous

Tout comprendre sur notre étoile, de son cœur
en fusion jusqu'à la Terre et son climat



La bible du Soleil

Préface de Bertrand Piccard

FAVRE

LANGUAGE: French
PUBLISHER: Favre Editions
ORIG. TITLE: Le Soleil et nous

VOLUME(S): 1
PAGES: 496
WORDS: 146,000
ISBN: 9782828918910
PUBLICATION: 27/04/2022

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THE SUN AND US

By Frédéric Clette

KEYNOTE

A must-read for anyone who wants to understand the Sun's central role in our universe and its impact on our daily lives.

SELLING POINTS

- The book covers a wide range of topics, such as solar flares, solar winds, and their impact on our climate and modern technologies.
- An accessible popularization of science with clear language and educational explanations.
- The book highlights the Sun's influence on our daily lives, explaining how its activity can affect communication systems, power grids, and even human health.
- Comprising thirteen chapters, the book is richly illustrated, making it easy to understand the phenomena described.

DESCRIPTION

How important was the sun in the origin of life on Earth? How did it manage to shine for so long? And for how much longer? Can giant solar flares disrupt our daily lives? Is the sun a threat to our 21st century technological society? If we switch to natural energies, will our star be able to meet all our needs? The climate is warming. But isn't this simply due to the sun's evolution? These are just some of the questions addressed in this comprehensive book. The author, a passionate Sun specialist, guides the reader through the causes and incredibly diverse manifestations of the magnetic machine that drives our star. An exotic world populated by dark spots, bright prominences, X-ray flashes, plasma jets, coronal loops, mass ejections, and a spiraling interplanetary wind. And given the close ties that have always bound the Earth and its inhabitants to the Sun, this discovery of the Sun itself is extended by a look back at the myths and cults of the past and, above all, by a projection into the future. The sun is truly everywhere, without us being aware of it. This book will help readers understand where and how it interferes with their daily lives.

AUTHOR

Frédéric Clette is a Belgian astrophysicist and solar specialist at the Royal Observatory of Belgium. At the Observatory, he has participated in several solar observation missions, including the SOHO space mission, where he worked on the EIT telescope from NASA's control center. He is recognized for his work on solar activity and its effects on Earth. In addition to his research activities, Frédéric Clette is committed to popularizing science. He has taught solar physics as part of the Masters in Astrophysics and Space Physics at the University of Liège. He is a member of the Royal Belgian Astronomical Society and the International Astronomical Union.

**HUMANITIES
FOR ALL**

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