

# FOREIGN RIGHTS GUIDE FRANKFURT BOOKFAIR 2024 HIGHLIGHTS

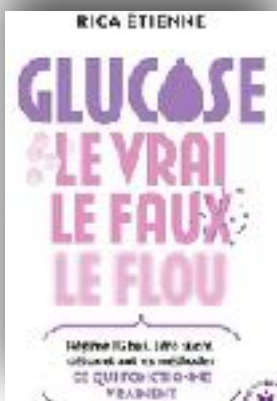
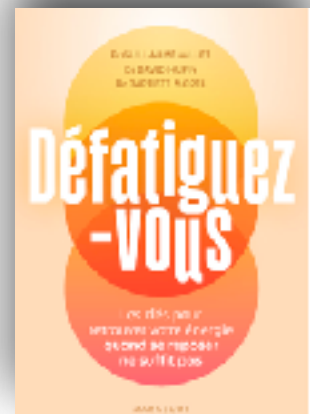
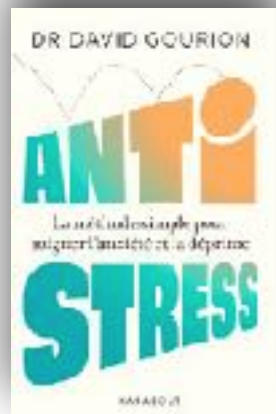
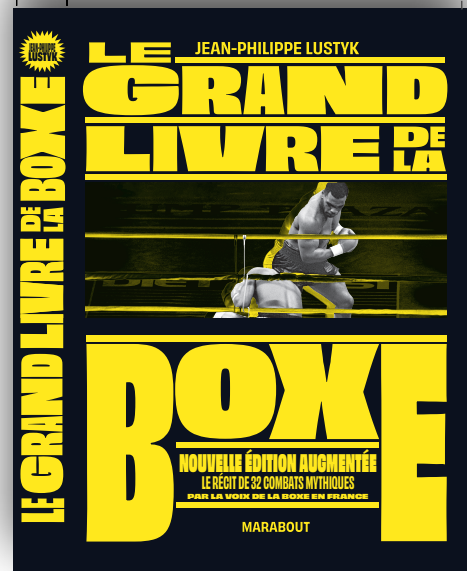


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**MENTAL HEALTH  
- SELF HELP**  
**Publication : 2024**  
**Format : 145 x 215**  
**Pages : 224 BW**  
**MARABOUT**  
**Rights : World  
except France**

## **A Method to Reduce Mental Overload and Restore Your Intellectual and Emotional Capacities**

**Dr Philippe Aïm** is a psychiatrist, psychotherapist & trainer in hypnosis and brief therapies. With over 15 years of experience, he helps patients manage mental overload & emotional stress. He is the author of several books on mental health & is well-known for his psychological outreach work, particularly through his YouTube channel *CommPsy*.

**Alicia Sandon**, a psychologist & hypnotherapist, works with children, adolescents, & adults in her private practice. As a trainer in brief therapies & EMDR, she brings her expertise to a pragmatic & human-centered approach to issues related to mental overload.

Together, they co-authored *Je désature*, a **four-step method** designed to help readers free themselves from mental saturation, based on Cognitive Behavioral Therapy (CBT).

**Book Concept:** *Je désature* offers a **revolutionary and progressive method to combat mental saturation**, a growing issue in today's overstimulated, always-connected world. The book provides a structured, step-by-step guide to relieve cognitive, relational, emotional, and social overload, offering practical tools and exercises rooted in Cognitive Behavioral Therapy.

The book stands out for its accessible language, engaging imagery, and actionable strategies that can be implemented daily,

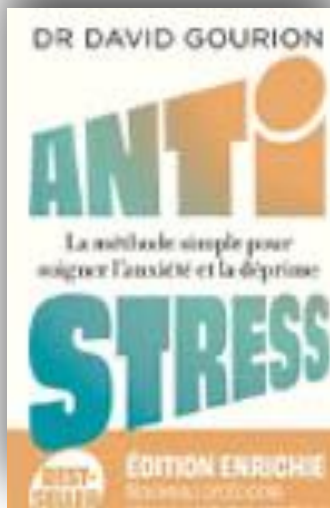
## **HIGHLIGHT - TO COME**

making it a must-read for anyone dealing with modern-day mental pressure.

### **Key Points of the Book:**

1. **Modern Relevance:**  
*Je désature* addresses the universal and pressing issue of mental overload, making it highly relevant in today's fast-paced, hyperconnected society.
  2. **A Four-Step Method:**
    - o **Step 1 (Day 1-15):** Reconnect with your body to combat cognitive overload.
    - o **Step 2 (Day 15-30):** Free yourself from relational overload by sorting through relationships.
    - o **Step 3 (Day 30-45):** Overcome impossible expectations and restore self-confidence.
    - o **Step 4 (Day 45-60):** Liberate yourself from societal demands and pressures.
  3. **Concrete and Practical Approach:**  
The book provides clear, practical exercises & urgent tips for readers to manage their mental saturation in real-time.
  4. **Wide Audience Appeal:**  
From professionals to overwhelmed parents, the book targets anyone experiencing mental overload and looking for tangible solutions.
  5. **Strong Communication Strategy:**  
With a dedicated PR team and digital actions planned, the book is set for a wide-reaching promotional campaign.
- **Target Audience:** Adults, professionals dealing with mental overload, therapists





**Subject : MENTAL HEALTH - SELF HELP**  
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**\*\*BEST SELLER\*\***

**exercises** they can implement immediately. Techniques such as deep breathing, mindfulness, and cognitive restructuring are simple yet effective, empowering readers to manage stress in their daily lives.

**Doctor David Gourion** is a renowned French psychiatrist, specialized in the treatment of anxiety disorders, depression, and stress-related conditions. With extensive clinical experience in both public and private healthcare, **Dr Gourion has become a leading figure in the mental health field, particularly for his work in integrating evidence-based psychological practices into accessible, everyday strategies for stress management.**

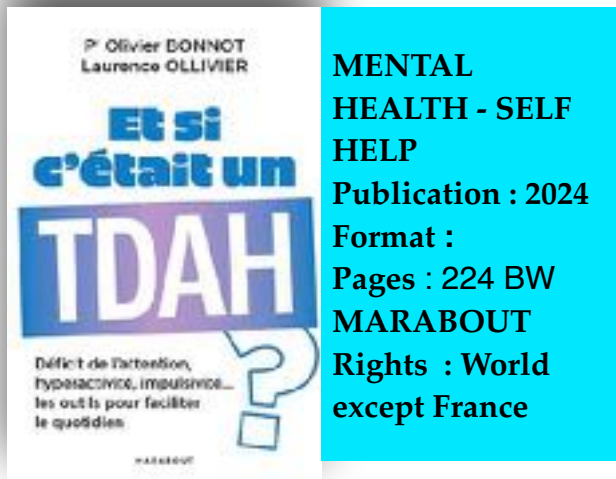
Beyond his clinical work, David Gourion is an accomplished author and public speaker, regularly contributing to public discussions on mental health. **He is known for making complex psychiatric concepts understandable to the general public, and for his ability to offer practical, science-backed advice in a straightforward manner.** His widely-read book *Antistress* reflects this commitment to making mental health support accessible, offering a simple yet effective program to help individuals manage stress.

### **Key Strengths of the Book:**

- 1. Accessible Approach:** A clear and easy-to-understand guide to stress management, making complex psychological concepts digestible for a broad audience. His language is approachable and does not require specialized knowledge, which ensures it can reach a wide readership.
- 2. Practical Tools:** The book is **action-oriented**, offering readers **practical**

- 3. Evidence-Based Techniques:** The methods presented in the book are rooted in well-established psychological practices, particularly Cognitive Behavioral Therapy (CBT). This provides credibility and assures the reader that the strategies are backed by scientific evidence.
- 4. Holistic Perspective:** Gourion goes beyond traditional stress management by addressing various lifestyle factors such as sleep, diet, and physical exercise, offering a comprehensive approach to reducing stress. This holistic method enhances the book's appeal to those looking for an all-encompassing wellness solution.
- 5. Personalized Program:** At the end of the book, readers are encouraged to develop a personalized action plan based on their unique needs and stressors, making the guidance practical and tailored to individual experiences.
- 6. Wide Market Appeal:** Given the universal nature of stress, *Antistress* targets a broad audience—from individuals experiencing mild daily stress to those dealing with more chronic anxiety. The book's simplicity, combined with its effective strategies, makes it a versatile tool for readers of different backgrounds and stress levels.

**Depression, Blues, OCD, Anxiety attacks, Compulsive snacking, Binge eating, Stressed students, Overworked employees, Mentally overloaded parents, Anxious seniors, etc...**



## What If It's ADHD?

**Olivier Bonnot** is a child psychiatrist and head of the department at Barthélemy-Durand Hospital in Essonne, France. He specializes in developmental disorders and is a professor of child and adolescent psychiatry at Paris-Saclay University.

**Laurence Ollivier** is a speech therapist at Nantes University Hospital's Psychiatry and Development Unit. She is also a lecturer at the University of Nantes and the University of Western Brittany's Speech Therapy Training Center.

## Book Concept:

*What If It's ADHD?* is a vital resource on a commonly misunderstood condition: Attention Deficit Hyperactivity Disorder (ADHD). This book addresses the challenges faced by both children and adults living with ADHD and provides practical strategies for identifying, diagnosing, and managing the condition. ADHD affects nearly 5% of children and adolescents and can have wide-reaching impacts on daily life, from schooling to social interactions and emotional regulation.

However, when properly managed, ADHD can also be a strength. In this book, Olivier Bonnot and Laurence Ollivier offer their expertise and recommendations for parents, educators, and healthcare professionals to create supportive environments and improve

the quality of life for those living with ADHD.

## Key Points of the Book:

### 1. Clear and Practical Insights:

- *What If It's ADHD?* offers practical guidance to help parents and caregivers recognize the main signs of ADHD in both children and adults.
- The book provides tips for simplifying the diagnostic process and ensuring proper care through professional support.

### 2. Educational Approach:

- The authors outline how to create a new educational framework to reduce agitation at home, facilitate homework time, and foster social skills development.

### 3. A Relevant Topic:

- ADHD is a global issue, and this book provides crucial insights for a wide audience, including parents, educators, and healthcare professionals.

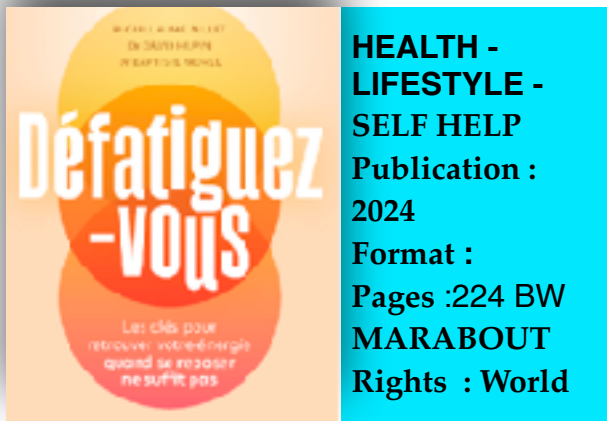
### 4. Personal and Professional Expertise:

- Olivier Bonnot and Laurence Ollivier combine their extensive knowledge of ADHD treatment with practical solutions that can be implemented in daily life.

### 5. A Positive Outlook:

- The book emphasizes how ADHD, when properly understood and managed, can be transformed from a challenge into a strength.

**Target Audience:** Parents, educators, mental health professionals



## Beat Fatigue: The Science Behind Regaining Your Energy

**Guillaume Millet** is a professor at St-Etienne University & a researcher specializing in exercise physiology. A recognized expert on fatigue, he has authored five books and over 300 scientific papers. He regularly gives talks and interviews on the topic.

**David Hupin** is a sports medicine physician at St-Etienne University Hospital. His research at the INSERM Sainbiose Laboratory focuses on the physiological effects of exercise on health and aging. He specializes in evaluating, diagnosing, and treating fatigue in elderly patients, those with chronic conditions, and overtrained athletes.

**Baptiste Morel** is a lecturer at the University of Savoie Mont-Blanc & an expert in muscle function and locomotion. He studies fatigue related to motor performance and health in both humans and animals. He frequently speaks at conferences and in the media..

### Book Concept:

Fatigue is a universal issue, and when it becomes chronic, it can significantly impact daily life. *Beat Fatigue* offers a groundbreaking approach to overcoming long-term fatigue, with scientifically proven solutions. While rest, sleep, and nutrition are important, this book reveals a key finding: physical activity is the secret to beating fatigue.

The authors present a comprehensive guide to regaining energy through a balanced lifestyle, tailored movement protocols, & scientifically backed strategies. Whether you're a stressed

professional, a parent overwhelmed by mental load, a caregiver, an athlete, or someone suffering from chronic illness, this book provides the tools needed to regain vitality and improve overall well-being.

### Key Points of the Book:

#### 1.Comprehensive Fatigue Solutions:

The book addresses fatigue from multiple perspectives, providing holistic solutions that combine rest, movement, and lifestyle changes to restore energy levels.

#### 2.Scientifically Backed Approach:

Each strategy is based on the latest scientific research in exercise physiology, ensuring that readers can trust the methods presented in the book to be effective and safe.

#### 3.Physical Activity as the Key:

The book reveals that the key to fighting fatigue lies in appropriate physical activity. The authors provide personalized movement protocols designed to suit different lifestyles and levels of fitness.

#### 4.Wide Audience Appeal:

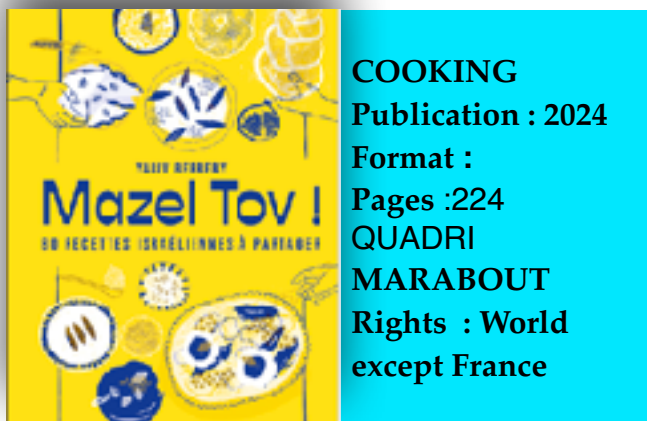
*Beat Fatigue* is aimed at a broad audience, including busy professionals, parents, athletes, caregivers, and individuals suffering from chronic illnesses. The advice is practical, adaptable, and suited to a wide variety of fatigue-related issues.

#### 5.Expert Authors:

Written by three leading experts in the fields of physiology, sports medicine, and exercise science, this book is a must-read for anyone looking to understand and overcome fatigue.

#### Opportunities for Foreign Publishers:

With fatigue being a global issue, **this book's scientifically grounded, practical approach will appeal to a wide international audience.** The emphasis on physical activity as a solution is both accessible and empowering for readers from all backgrounds, making *Beat Fatigue* a strong candidate for translation into various languages.



## ***Mazel Tov! A Culinary Journey of History, Travels, and Flavors***

### **Author:**

**Yariv Berreby** is an Israeli-born chef and the creator of three renowned establishments in Paris's 2nd arrondissement: *Salatim*, *Maafim*, and *La Boulangerie du Sentier*. His restaurants celebrate Levantine cuisine, inspired by his Israeli heritage and his extensive training in French gastronomy. Having worked with prestigious chefs such as Alain Senderens at *Lucas Carton* and Yannick Alléno at *Le Meurice*, Yariv combines tradition with innovation in his unique culinary approach. In 2023, he published *Petits plats comme en Israël* with Marabout.

### **Book Concept:**

*Mazel Tov!* invites readers into the world of Israeli cuisine, richly influenced by the author's French culinary expertise. The book features a wide array of mouth-watering recipes, from tomato-rich shakshuka and a variety of *salatim* (Israeli-style salads) to dishes like slow-cooked lamb, pan-fried bonito, and the iconic *houmous* and *Jachnun* (Yemeni flatbread). Readers will also find recipes for desserts like *moulabia*, a coconut and rosewater milk flan.

Yariv Berreby's cooking is an invitation to share, bringing people together around a table filled with comforting, flavorful dishes that reflect both the history and warmth of Israeli cuisine.

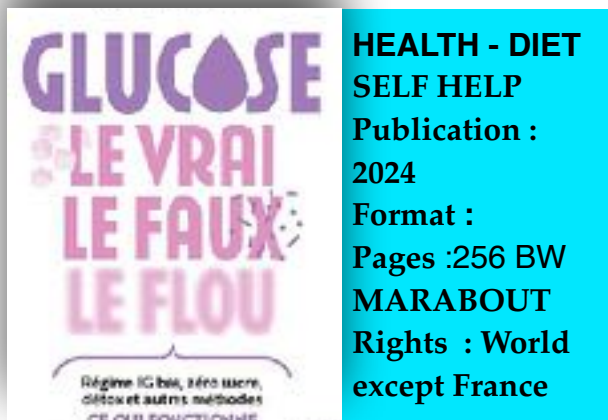
### **Key Points of the Book:**

1. **Celebration of Israeli Cuisine:**  
*Mazel Tov!* showcases the richness and diversity of Israeli culinary traditions, blending flavors from the Middle East, North Africa, and Europe.
2. **French Culinary Expertise:**  
With his background in haute cuisine, Yariv Berreby elevates traditional Israeli recipes, offering a refined approach while staying true to the roots of Levantine cooking.
3. **Accessible and Authentic:**  
The book is filled with approachable recipes that evoke the casual, family-style meals enjoyed in Israeli homes, making it a perfect guide for anyone interested in exploring new flavors in a relaxed and inviting way.
4. **A Journey Through Food:**  
Beyond just recipes, *Mazel Tov!* shares the stories, memories, and cultural influences that shaped these dishes, giving readers a deeper connection to the food and its history.
5. **Beautifully Illustrated:**  
With vibrant photography, this book not only provides a feast for the taste buds but also for the eyes, making it a must-have for any food lover's collection.

### **Opportunities for Foreign Publishers:**

With the global rise in interest for Levantine and Israeli cuisine, *Mazel Tov!* is well-positioned to attract international audiences. Its blend of accessible recipes and gourmet techniques, combined with the cultural richness of Israeli cooking, makes it a unique and marketable addition to international culinary book collections.





## Glucose: The Truth, The Myths & The Unclear

**Rica Étienne** is a journalist & essayist specializing in health, psychology, and social issues. She has received the Prevention Award at the 1st Signature Santé Trophies & co-authored numerous health and psychology books, including *The Sex and Sentiments Trilogy* (Albin Michel), *Sex for Dummies* (First), *My Fight for Women's Hearts* (Marabout), *5 Minutes Before the Heart Attack* (Marabout), *Women, Wake Up!* (First).

### Book Concept:

With low-GI (glycemic index) and glucose-free diets gaining popularity, *Glucose: The Truth, the Myths, and the Unclear* explores the true benefits of these approaches and how to practically implement them in everyday life. Rica Étienne dismantles the common misconceptions surrounding sugar and provides a well-rounded interpretation of how to approach nutrition from both a health and weight management perspective.

Backed by research and interviews with medical experts, this practical guide offers essential advice on how to manage glucose levels effectively, without compromising health or getting overwhelmed by the process. **The book is ideal for anyone looking to smooth out their blood sugar curve safely and sustainably.**

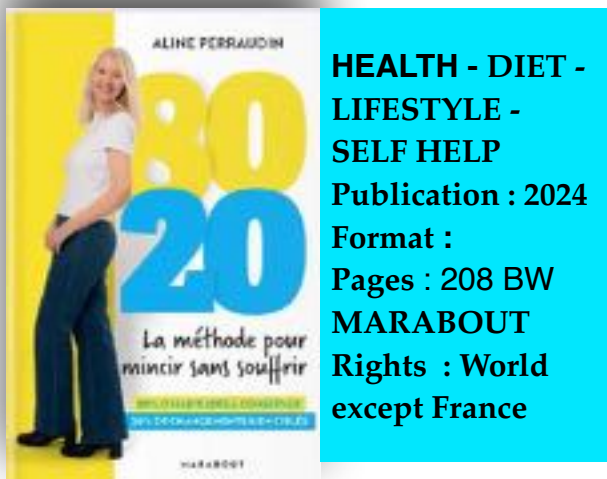
### Key Points of the Book:

1. **Debunking Myths:**  
The book dispels popular misconceptions about zero-sugar and low-GI diets, offering a clear, fact-based understanding of the benefits and challenges associated with managing blood glucose levels.
2. **Scientific Backing:**  
Rica Étienne's research is supported by interviews with several medical specialists, providing readers with credible, science-backed insights on the best ways to balance glucose intake.
3. **Health and Weight Management:**  
By offering practical tips and advice, the book helps readers incorporate strategies for stabilizing blood sugar levels into their daily routines, improving both health and weight management.
4. **Easy-to-Follow Guidance:**  
With its clear and straightforward advice, *Glucose: The Truth, the Myths, and the Unclear* empowers readers to take control of their diet without feeling overwhelmed by complex nutritional guidelines.

### Opportunities for Foreign Publishers:

With the global rise of low-GI diets and increasing awareness of the impact of glucose on health, this book addresses a timely and relevant topic. Its evidence-based approach and practical tips make it appealing to a wide international audience interested in improving their diet and health. The book's accessibility and myth-busting approach make it a strong candidate for translation across multiple markets.





**HEALTH - DIET -  
LIFESTYLE -  
SELF HELP**  
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**Pages : 208 BW**  
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**Rights : World  
except France**

## **80/20 - The Effortless Weight Loss Method**

**Aline Perraudin** is an experienced health journalist with 25 years of expertise. She is the editor-in-chief of several health magazines, including *Santé Magazine*, *Naturissime*, & *+ de Pep's*. Since 2021, she has also been a regular contributor to the RTL radio show *Petit Matin*, where she shares her insights on health and wellness.

### **Book Concept:**

*80/20 - The Effortless Weight Loss Method* is based on the revolutionary principle that 20% of your habits create 80% of the results. The book offers a **practical approach to weight loss** that avoids the stress and frustration of extreme diets and intensive workout regimes. Aline Perraudin's method relies on making small, scientifically validated changes that lead to lasting weight loss without suffering.

Rather than a total lifestyle overhaul, the *80/20* method focuses on two out of ten key principles, allowing readers to start with manageable adjustments that yield significant results. These principles combine dietary, mental, and physical strategies backed by solid research, helping people achieve sustainable weight loss without the dreaded yo-yo effect.

### **Key Points of the Book:**

#### **1. The 80/20 Rule Applied to Weight Loss:**

The method is grounded in the well-known 80/20 principle, where 20% of the effort creates 80% of the results. Readers can make minor adjustments that lead to significant weight loss results without completely overhauling their lives.

#### **2. Scientifically Validated Approach:**

Each of the 10 principles presented in the book is supported by recent scientific research, providing readers with reliable, evidence-based strategies for losing weight.

#### **3. No More Yo-Yo Dieting:**

Unlike extreme diets or demanding exercise routines, the *80/20* method focuses on realistic, sustainable changes that avoid the stress, frustration, and inevitable setbacks of traditional weight loss methods.

#### **4. Personal and Professional Expertise**

Aline Perraudin, uses her in-depth knowledge of nutrition & health research to develop this accessible, user-friendly method that resonates with a wide audience.

#### **5. A Flexible Method for All:**

Approach suitable for anyone looking to lose weight without the constraints of rigid diets or exhausting workout schedules. Readers can tailor the method to their personal needs by selecting which principles to focus on first.

### **Opportunities for Foreign Publishers:**

The *80/20* method is a universal concept that can appeal to readers globally. With its scientifically-backed, practical approach to weight loss, this book offers a **fresh alternative to the overwhelming and often unrealistic demands of the diet industry**. Its flexibility and ease of implementation make it a strong candidate for translation across multiple markets.



**HEALTH - DIET -  
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except Brazil**

*Stop Swallowing Myths: How New Discoveries in Nutrition Can Guide Us Through Fads, Misinformation, and Pseudoscience*

**Sophie Deram** is a famous Franco-Brazilian nutritionist and researcher specializing in eating behavior, obesity, and nutrigenomics. With a Ph.D. in endocrinology from the University of São Paulo (FMUSP), she is known for her scientific approach to debunking myths surrounding food and diets. Sophie advocates for a balanced, non-restrictive approach to eating, emphasizing the importance of enjoying food without guilt.

In addition to her clinical work, Sophie is a lecturer and author of the bestselling book *O Peso das Dietas* (The Weight of Diets). Her research focuses on promoting sustainable eating habits and combating the harmful effects of "nutritional terrorism" often spread through misinformation.

**Book Concept:**

In *Pare de engolir mitos*, Sophie Deram, a Franco-Brazilian nutritionist and researcher, debunks common myths about food and dieting that have spread through social media and popular culture. With 30 years of experience, Deram's book is a manifesto advocating for science-based nutrition, encouraging readers to avoid "nutritional terrorism" — the fear-based information surrounding food choices and diets.

She challenges fads like restrictive diets, false nutritional claims (such as cutting out carbs or

lactose), and the obsession with calories. Instead, Deram promotes a balanced approach that includes enjoying food without guilt, understanding hunger signals, and focusing on fresh, wholesome ingredients. The book empowers readers to make informed choices and enjoy eating without fear or confusion, highlighting the importance of scientifically backed knowledge

**Key Points of the Book:**

**Debunking Common Food Myths:** Deram tackles widespread misconceptions, such as the idea that certain food groups (e.g., carbs or lactose) should always be avoided or that calories are the only metric for a healthy diet.

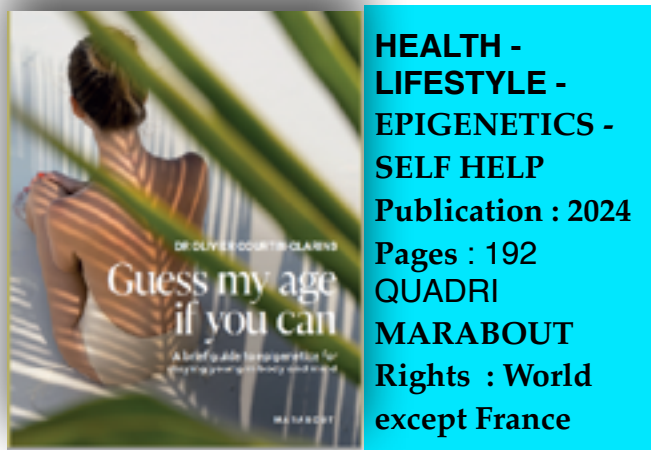
**Balanced Eating and Food Enjoyment:** The book advocates for a return to enjoying food without guilt, focusing on listening to your body's hunger and satiety signals rather than following restrictive diets

**Scientific Approach to Nutrition:** Using the latest research, Deram educates readers on how to distinguish between real science and pseudoscience, avoiding misinformation that often circulates on social media

**Critique of Restrictive Diets:** Deram criticizes the harmful effects of restrictive diets, which can often do more harm than good by promoting unhealthy relationships with food and body image

**Opportunities for Foreign Publishers:**

The 80/20 method is a universal concept that can appeal to readers globally. With its scientifically-backed, practical approach to weight loss, this book offers a **fresh alternative to the overwhelming and often unrealistic demands of the diet industry**. Its flexibility and ease of implementation make it a strong candidate for translation across multiple markets.



## Guess My Age If You Can : A Practical Guide to Staying Youthful (PDF french and english)

**Dr. Olivier Courtin-Clarins** is a medical doctor & the CEO of the iconic French cosmetics company **CLARINS**. He began collaborating with the family business in 1984, creating a global network of fundamental research labs. After obtaining an MBA from ESSEC, he joined Clarins full-time in 1995. In 2007, he launched his premium skincare brand *myBlend*, which he reinvented in 2022 with a cutting-edge, personalized approach to beauty. Dr. Courtin-Clarins is also CEO of the Arthritis Foundation, which supports research into rheumatic & musculoskeletal diseases in France.

### Book Concept:

*Guess My Age If You Can* is a comprehensive guide based on the latest research in **epigenetics**, the study of how external factors influence gene expression. This book offers readers **a holistic program for aging gracefully by addressing key lifestyle factors**. Dr. Courtin-Clarins presents an accessible, scientifically-backed approach to aging that allows individuals to take control of how their genes express themselves and preserve their youthfulness, both mentally & physically.

The book is structured around **six pillars of epigenetics**: healthy eating, regular physical activity, intelligent stress management,

optimism, peaceful relationships, & a balanced environment. By focusing on these areas & making small, conscious lifestyle changes, readers can influence up to 85% of their gene expression & actively shape their aging process.

The book includes contributions from internationally recognized experts, offering **practical advice, healthy recipes, and fun exercises** to help readers implement these principles in their daily lives.

### Key Points of the Book:

#### 1. Holistic Approach to Aging:

The book provides readers with actionable strategies to improve their health & well-being by working on 6 core pillars of epigenetics, helping them age gracefully while preserving both physical health & mental clarity.

#### 2. Scientific Basis:

Dr. Courtin-Clarins draws on the latest findings in epigenetics, making cutting-edge science accessible to a general audience and providing a solid foundation for his recommendations.

#### 3. Practical Guidance:

The book includes simple, enjoyable activities, stress-relief techniques, and delicious, healthy recipes that readers can easily incorporate into their daily routines to foster positive changes.

#### 4. Expert Contributions:

Featuring advice from a variety of specialists, including nutritionists, endocrinologists, psychiatrists, and fitness coaches, this book is a comprehensive guide to aging well.

#### 5. Focus on Skin Health:

One chapter is dedicated to how these six pillars of epigenetics impact skin health and beauty, reinforcing the idea that being comfortable in your own skin is essential for overall well-being.



**LIFESTYLE -  
SELF HELP**  
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Rights : World  
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## **10 Recipes to Avoid Separation: A Practical Guide to Strengthening Your Relationship**

**Target Audience:** Couples, relationship coaches, family therapists, and general readers interested in relationship improvement

**Author :** **Isabelle Jordan** is a certified couple's coach and family mediator. In her practice, she helps clients navigate both minor relationship issues and more complex conflicts, using her extensive experience and specialized skills to guide couples toward sustainable solutions.

### **Book Concept:**

Every year, over 425,000 couples in France go through separation. ***10 Recipes to Avoid Separation* is a practical and insightful guide designed to help couples overcome the inevitable challenges of long-term relationships.** Drawing from her years of experience as a couple's coach and family mediator, Isabelle Jordan shares 10 essential strategies that promote healthy, lasting relationships.

These "recipes" are built on solid principles such as non-violent communication, psychoanalysis, and psychology, offering practical solutions to common relationship hurdles. From managing miscommunication to addressing feelings of injustice and internal conflict, this book offers couples the tools they need to improve communication, reduce tension, and foster long-term harmony.

### **Key Points of the Book:**

#### **1. Practical Relationship Strategies:**

The book presents 10 key strategies that couples can apply to navigate difficult moments & improve their relationship, making it a hands-on guide for those looking to avoid separation.

#### **2. Expert Guidance:**

Isabelle Jordan leverages her expertise as a certified couple's coach and family mediator to offer practical advice rooted in non-violent communication and psychoanalytic principles.

#### **3. Relevance to a Global Audience:**

Relationship challenges transcend cultural boundaries, and the strategies outlined in this book can be applied by couples anywhere, making it a universally appealing resource.

#### **4. Focus on Sustainable Love:**

The book emphasizes how couples can overcome typical hurdles in a relationship, focusing on creating a long-lasting connection without pressure or conflict.

#### **5. A Timely Topic:**

In a world where separations and divorces are increasingly common, this book offers a timely intervention, helping couples work through challenges before they escalate into irreparable conflict.

### **Opportunities for Foreign Publishers:**

Relationship dynamics are a universal topic, & this book's practical, solution-focused approach will resonate with couples worldwide. Its emphasis on communication and conflict resolution makes it a valuable tool for any market interested in relationship and self-help genres. The methods are accessible and applicable, regardless of cultural context.





**LIFESTYLE -  
SELF HELP**  
**Publication : 2024**  
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**Pages :320**  
**HUGO**  
**Rights : World  
except France**

## **Strong(h)er: Unleashing Your Inner Strength**

**Valérie Orsoni** is the founder of the first online fitness and wellness coaching platform, *LeBootCamp.com*, which boasts over 2 million members worldwide. Formerly obese, she has written more than 50 books on nutrition, fitness, and wellness, and is renowned as a celebrity coach in Hollywood. Valérie is also an extreme adventurer, having taken on monumental challenges such as climbing the highest peaks on each continent and skiing to the South Pole. Her motto is simple: "Impossible is not in my vocabulary."

### **Book Concept:**

In the collective imagination, strength is often associated with masculinity. However, women demonstrate strength every day, both in extraordinary feats and in their daily lives. In *Strong(h)er*, Valérie Orsoni redefines strength as more than just physical — it is also about the willpower to push boundaries, the inspiration to drive change, and the permission we give ourselves to achieve our goals.

This empowering book invites readers to take action, offering concrete methods, exercises, key insights, and inspirational mantras that will help women (and men) unlock their inner strength. There are no magical formulas here, just practical tools and knowledge designed to give readers the power to thrive in any situation.

### **Key Points of the Book:**

#### **1. Redefining Strength:**

The book encourages readers to challenge traditional views of strength, illustrating how strength manifests in various forms — from physical resilience to mental determination.

#### **2. Practical and Action-Oriented:**

*Strong(h)er* provides hands-on exercises, actionable advice, and inspiring testimonials that readers can use to cultivate strength in their daily lives.

#### **3. Universal Appeal:**

While the book focuses on empowering women, its principles and strategies are equally relevant to men, making it an inclusive guide to personal development and self-empowerment.

#### **4. Valérie Orsoni's Expertise:**

As a renowned fitness coach and wellness expert with a global following, Valérie brings her extensive experience and success in transforming lives to the pages of this book. Her personal story of overcoming obesity and embracing extreme challenges adds depth and authenticity to her message.

#### **5. Inspirational and Motivational:**

From anecdotes about historical female warriors to modern-day examples of strength, the book is filled with motivation for readers who want to tap into their inner power and overcome personal obstacles.

### **Opportunities for Foreign Publishers:**

With a growing global emphasis on personal empowerment and gender equality, *Strong(h)er* taps into a universal desire for self-improvement and strength, both physical and mental. The book's accessible, motivating content makes it appealing to a wide audience, ensuring its potential for success in international markets.



**SELF HELP**  
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## Facing School Bullying

### A Practical Method to Defuse Aggressions

**Dr Philippe Aïm** is a psychiatrist, psychotherapist & trainer in hypnosis and brief therapies. With over 15 years of experience, he helps patients manage mental overload & emotional stress. He is the author of several books on mental health & is well-known for his psychological outreach work, particularly through his YouTube channel *CommPsy*.

### Book Concept:

When a child is a victim of mockery, insults, physical violence, or cyberbullying, how should we react to help them? What can be done to enable them to respond to their bullies? What stance should we suggest they adopt without putting themselves in danger? How can we help a child move out of the victim role?

Dr. Philippe Aïm, psychiatrist and psychotherapist, offers a practical and proven method (the famous "fool's game," explained in detail), along with effective response models for every bullying situation. This approach will empower children and adolescents to face aggression on their own and emerge stronger and more self-confident.

This **new expanded edition** is enriched with easy-to-use analytical tools and practical scenarios.

### Key Points of the Book:

#### Practical and Proven Method:

The book introduces a concrete, hands-on approach for addressing bullying. Dr. Aïm explains the well-known "fool's game," a technique that teaches children how to respond to their bullies in a non-confrontational but effective manner. This game helps shift the power dynamic without escalating the situation

#### Empowering the Child:

One of the primary goals of the method is to equip children and adolescents with the skills they need to handle bullying on their own. The techniques provided in the book help them stop feeling like victims and regain confidence

#### Tailored Responses:

Dr. Aïm provides specific response models for different types of bullying—whether it be verbal abuse, physical aggression, or cyberbullying. These models give children practical steps to navigate each situation without putting themselves in danger

#### New Edition Enhancements:

This updated edition includes additional tools for analyzing situations and practical role-play scenarios, allowing parents and educators to help children apply these techniques in real-life situations

### Opportunities for Foreign Publishers:

*Face au harcèlement scolaire* offers strong international potential due to its universal approach to addressing bullying. Its practical, evidence-based method empowers children and aligns with global trends in education. The book's updated tools and scenarios further enhance its adaptability across cultures, making it relevant for educators, parents, and therapists worldwide.



## The Big Book of Boxing

**Jean-Philippe Lustyk** is a renowned French sports journalist & broadcaster who has been the voice of boxing in France for over 30 years. He has worked with major networks such as Canal+, TF1, Eurosport, and L'Équipe TV, providing commentary on countless international boxing matches. Lustyk's deep expertise & passion for boxing are reflected in his comprehensive work,

### Book Concept:

*Le Grand Livre de la Boxe* is an essential, **richly illustrated volume** that offers a complete exploration of boxing's global history, legendary figures, and defining moments. The book recounts 50 of the most iconic fights in boxing history, featuring champions like Muhammad Ali, George Foreman, Mike Tyson, and Floyd Mayweather. It also sheds light on the rise of key French boxers such as Jean-Marc Mormeck and Marcel Cerdan.

This book not only focuses on the sport's greatest fighters but also delves into the promoters, scandals, and pivotal moments that have shaped boxing into the sport it is today. Jean-Philippe Lustyk brings readers close to the ringside, reliving the intensity and drama of boxing's golden moments.



### Key Points of the Book:

- 1. Comprehensive Coverage:**  
 The book spans the entire history of boxing, featuring both international legends (Ali, Foreman, Tyson) and French icons (Mormeck, Cerdan). It highlights 50 of the sport's most memorable fights, offering readers an in-depth look at the moments that defined boxing's legacy
- 2. Rich Visuals and Stories:**  
 Beautifully illustrated with rare photos and artwork, the book includes anecdotes and insights from Lustyk's years of experience as a boxing commentator. Readers will enjoy never-before-seen imagery and stories that add depth to the history of the sport
- 3. Beyond the Fighters:**  
 Lustyk doesn't just focus on the fighters but also explores the behind-the-scenes world of boxing, including the role of promoters, the scandals that rocked the sport, and the pivotal events that shaped its trajectory
- 4. Appeal to a Wide Audience:**  
 Whether you are a seasoned boxing fan or new to the sport, this book provides a fascinating look at the personalities and events that have made boxing one of the most exciting and dramatic sports in the world.

### Opportunities for Foreign Publishers:

With boxing's global appeal, *Le Grand Livre de la Boxe* will resonate with international readers. The book's comprehensive coverage of the sport's history, combined with stunning visuals and insider stories, makes it an attractive addition to any sports or history collection. Its universal themes of triumph, competition, and resilience ensure its relevance across markets.



## ***Choosing Life ((PDF french and english)***

### **Author:**

**Laura Blajman-Kadar** is a survivor of the Nova festival attack in Israel, which took place on October 7th, 2023, during a brutal terrorist assault by Hamas. Laura was trapped in a caravan with her husband and friends, facing hours of terror. Miraculously surviving, she now channels her experience into a powerful narrative of resilience, healing, and the quest for peace. Laura's story goes beyond personal trauma, as she becomes a voice for peace and understanding, speaking internationally to share her journey and inspire others to confront hate with hope.

### **Book Concept:**

*Choosing Life* is a poignant memoir that recounts Laura's journey from a joyful life filled with music, love, and celebration to the unimaginable horror of surviving a terrorist attack. The book captures the raw emotions of facing death, the trauma of survival, and the deep scars left by such an experience.

Through her story, Laura reflects on the loss of friends, the guilt of surviving, and the daunting task of rebuilding a shattered sense of security. Yet, her message transcends grief, as she embarks on a path of healing, sharing her experience as a means of advocating for peace and resilience in the face of hatred.

### **Key Points of the Book:**

1. **Survival and Trauma:**  
The memoir provides a deeply personal account of the Nova festival attack, where Laura faced terror in a cramped caravan with her husband and friends. The book explores the psychological and emotional aftermath of surviving such an attack, including survivor's guilt and the process of healing.
2. **A Message of Peace:**  
Laura's journey doesn't stop at recounting her trauma. She turns her experience into a powerful call for peace, choosing to fight hatred not with anger, but with a message of hope and understanding. This universal message will resonate with readers globally
3. **Global Relevance:**  
In a world facing increasing incidents of violence and terror, Laura's story of survival and her decision to live life with purpose and peace is a universal message that will appeal to readers across cultures
4. **Human Resilience:**  
The book emphasizes the strength of the human spirit, showing how Laura, despite her fears and doubts, continues to move forward, finding moments of hope amidst darkness

### **Opportunities for Foreign Publishers:**

With themes of survival, peace, and resilience, *Choosing Life* holds significant international appeal. Laura Blajman-Kadar's story is not only a reflection of personal trauma but also a testament to the power of human strength and the enduring hope for a better future. Its universal message makes it highly marketable across multiple territories, particularly in regions where the topics of conflict resolution, trauma recovery, and peacebuilding are crucial.