

# Illustrated titles

EDITIONS || PRISMA

# 2025

## EDITOR'S NOTE

For over twenty years, Editions Prisma has been bringing together authors, journalists, and photographers from all over the world. These incredible encounters give rise to some of the most beautifully illustrated works—coffee-table books, collections, escape games, travel guides—and are supported by some of the most prestigious brands in the world, including GEO and National Geographic.

At Editions Prisma, we're passionate about our mission as publishers: to communicate, entertain, and amaze! We're extremely proud of our books, which are the ultimate cultural gifts and real invitations to knowledge, joy, and discovery.

We wish you a wonderful reading experience!

Team Éditions Prisma

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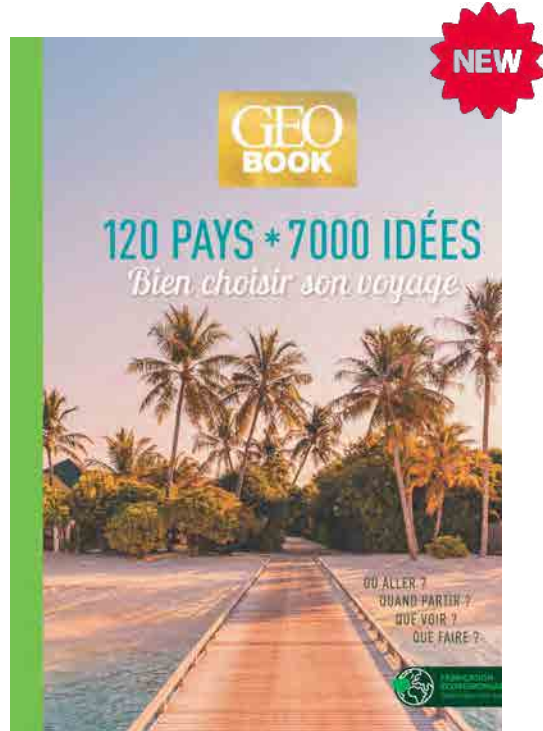
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A person wearing a traditional Japanese kimono with a red and white floral pattern and a bright red parasol is walking away from the viewer on a dirt path through a bamboo forest. The path is flanked by tall, golden-brown grasses. The background is filled with dense bamboo stalks. A white rectangular box is overlaid on the center of the image, containing the word "TRAVEL" in bold black capital letters.

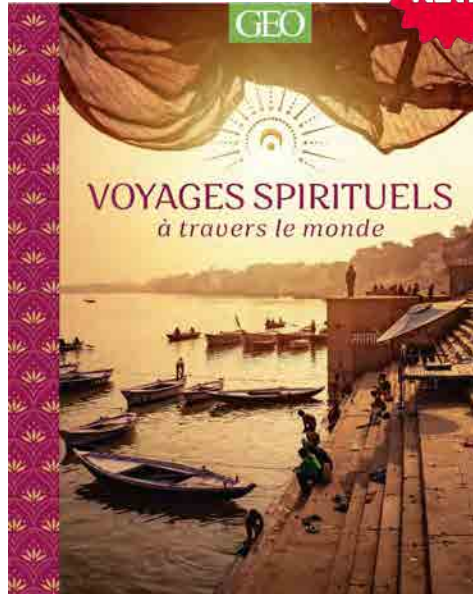
**TRAVEL**



## 120 Countries and 7000 Ideas Making the Right Choice for Your Trip

The “Geobook” bestseller is reinvented here in a completely updated edition, with the addition of 10 trendy destinations, including Colombia, Serbia and Nicaragua. New double-page close-ups of regions such as Rajasthan, the Greek islands and California, as well as suggestions for new travel ideas. An exceptional collector’s edition with beautiful stampings and an incredible photo selection.

- 
- | RELEASE DATE : september 2024
  - | FORMAT : 180 x 240 mm - 448 pages
  - | PRICE : 29,95 €



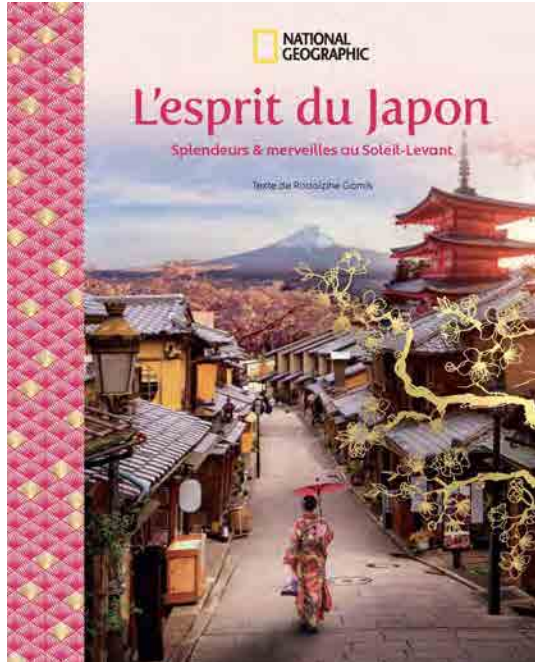
### ***Spiritual Journeys Around The World***

The Uluru/Ayers Rock formations in the Australian desert, the mysterious alignments of Stonehenge, the great enigmatic statues of Easter Island, the strings of columns of the Cordoba Mosque, the marble petals of the Indian Lotus Temple, the pilgrimage routes of Santiago de Compostela.... Sacred places are as much objects of intellectual curiosity as they are subjects of philosophical meditation.

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| RELEASE DATE : september 2024

| FORMAT : 230 x 288 mm - 160 pages

| PRICE : 29,95€



## *Japan Spirit*

Rodolphe Gomis

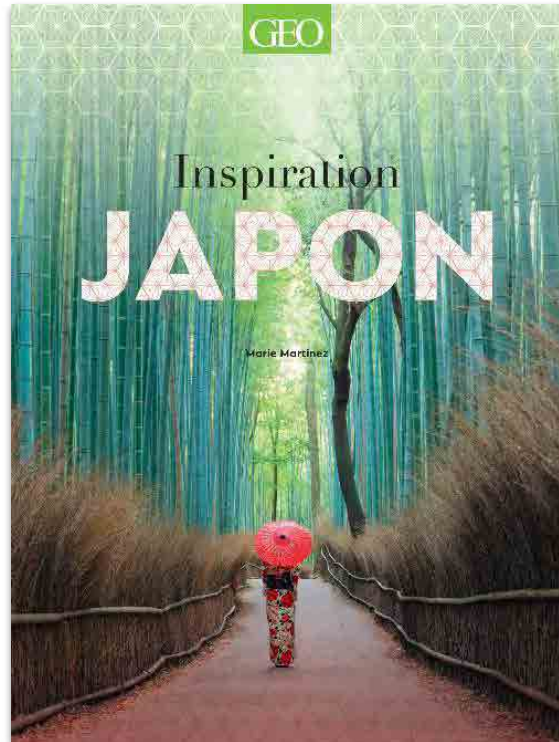
A land of contrasts and mysteries, Japan offers a thousand different faces, both intriguing and bewitching. This richly illustrated book reveals the many facets of this archipelago on the other side of the world, from the skyscrapers of Shinjuku, the business district of the Tokyo megalopolis, to the snow-capped of Mount Fuji, an icon of fire and ice. Following in the footsteps of samurai and geisha, as well as manga heroes, this beautifully illustrated book paints a captivating and lively portrait of Tokyo, a captivating and lively portrait of a country like no other, where tradition and modernity coexist in harmony.

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| RELEASE DATE : october 2023

| FORMAT : 230 x 288 mm - 160 pages

| PRICE : 29,95€



### ***Japon Inspiration***

Marie Martinez

An inspiring immersion in the Land of the Rising Sun. Breathtaking views of Mount Fuji, illustrations inspired by sakura and geishas, and many other textures and prints japanese inspired. Thanks to its detachable elements, this GEO book takes you on a sensory and creative journey.

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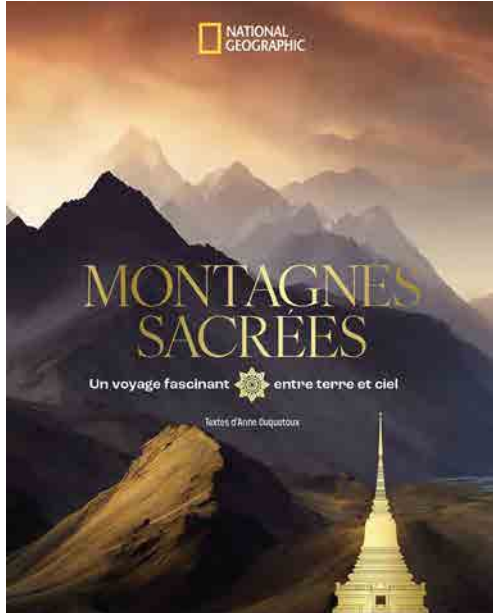
| RELEASE DATE : september 2021

| FORMAT : 220 x 310 mm - 224 pages

+ **detachable embossed cards**

| PRICE : 29,95 €





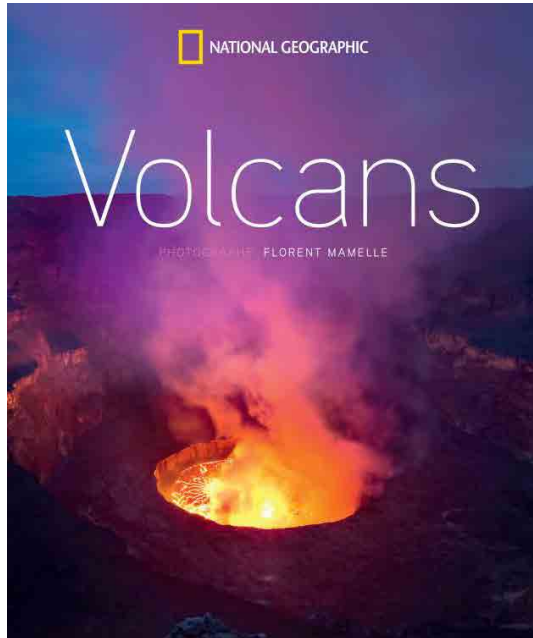
## ***Sacred Mountains - Discovering Mythical Peaks***

Anne Cuquetoux

From the snowy peaks of Kilimanjaro to the dizzying heights of the Himalayas, set off to conquer the mythical mountains!

Majestic and imposing, mountains have always fascinated mankind. This richly illustrated book invites you to discover the emblematic peaks of myth and legend. From Everest to Mount Olympus, from the Andes to Mount Fuji, discover the unique landscapes of these sacred mountains, and the gods and spirits they have celebrated since the dawn of time.

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- | RELEASE DATE : september 2023
  - | FORMAT : 230 x 288 mm - 160 pages
  - | PRICE : 29,95€

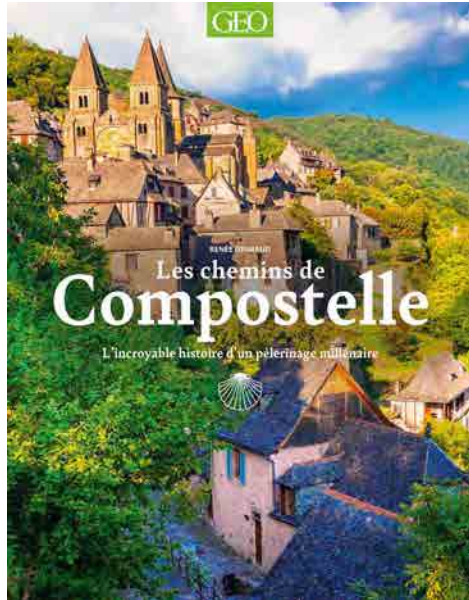


## Volcans

Florent Mamelle

A coffee-table book full of emotions, and a true lesson of humility for men confronting to nature : witnessing an eruption is a glimpse into its immeasurable power. A volcano brings fertility or desolation, joy or unhappiness... The photographer travelled the world for 20 years to bring back the most spectacular images of volcano eruptions and to share with us the powerful emotions that come from seeing these giants of fire. From Mauna Loa in Hawaii to Pacaya in Guatemala, discover rare and unpublished photos.

- 
- | RELEASE DATE : september 2018
  - | FORMAT : 245 x 293 mm - 224 pages
  - | PRICE : 35 €



## ***Saint James Way - The incredible Story of A Thousand-Year-Old Pilgrimage***

RENÉE GRIMAUD

This richly illustrated book retraces the great events that have forged the legend of Compostela over the centuries, from the discovery of the tomb of Saint James around 813 to the renaissance of the pilgrimage in the 1960s. It also offers a wonderful journey along the various routes leading to Santiago de Compostela, discovering the villages, cathedrals, chapels and other remarkable sites that dazzle thousands of pilgrims every year. Let yourself be amazed by the extraordinary wealth of heritage on the roads to Compostela!

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| RELEASE DATE : september 2023

| FORMAT : 245 x 293 mm - 224 pages

| PRICE : 29,95 €



# HISTORY



NEW

On the occasion of the 70th anniversary of the publication of *The Lord of the Rings*, a focus on the literary qualities of the work and the publishing adventure of the 3rd best-selling book in the world.

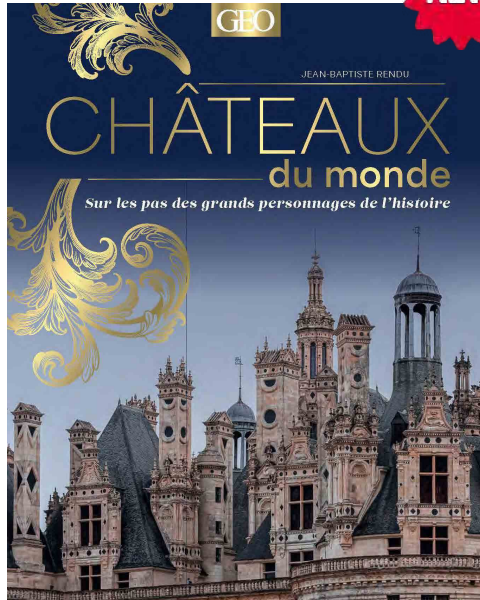
### ***At the heart of the battle***

In this reference book, Jean-Yves Le Naour takes a fresh look at the Great War. It also depicts the daily lives of soldiers in the 'hell of the trenches', with the rhythm of the seasons: their habits, their fears, their escapes, their moments stolen from the horror of the fighting... The exceptional iconography in this book, much of it previously unpublished, comes from the archives of the Musée de la Grande Guerre in Meaux. It shows the extent to which this war of position left an indelible mark on history and on Europe. A war whose scars are still visible today.

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| RELEASE DATE : 17 october 2024

| FORMAT : 256 pages

| PRICE : 34,95€



NEW

## **Castles Of The World**

Jean-Baptiste Rendu

From Chambord to Versailles, via Vaux-le-Vicomte and Chantilly, as well as Windsor, Schönbrunn, the Alhambra and the Taj Mahal, this book takes you on a fascinating tour in the footsteps of the sovereigns and artists who brought these mythical palaces to life.

Places of power, celebrations and drama, theaters of great events that marked past centuries, the castles selected by the author are all distinguished by their history and legends, their architecture and gardens. Medieval fortresses, Renaissance and neo-classical palaces reveal not only their sublime decors, but also the best-kept secrets of their famous owners. This richly illustrated book showcases the richness and beauty of this unique heritage, which continues to intrigue, fascinate and inspire.

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- | RELEASE DATE : september 2024
  - | FORMAT : 230 x 288 mm - 160 pages
  - | PRICE : 29,95€



## ***The Mysteries Of Space***

Martin Vanden Boscche

Are we alone in the universe? Will we be able to settle on Mars? What is the history of the cosmos? Discover all the latest scientific knowledge to decipher the mysteries of space.

Space is as infinite as the dreams it inspires. What's more, scientific advances are far from curbing the imagination. For the more science advances, the deeper its mysteries become. The mysteries of espace is a popular science book, but above all it's a huge door-opener to the imagination.

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| RELEASE DATE : october 2024

| FORMAT : 230 x 288 mmm - 176 pages

| PRICE : 29,95 €

Richly illustrated with NASA photos, this ground-breaking book makes understanding the universe more accessible to a wider public.

NEW



## *Women in Mythology*

Jean-Baptiste Rendu

Ancestral myths and legends of the most outstanding goddesses, divinities and heroines, from Egypt, the Middle East, Greece, Rome, the Celtic worlds, India, China, Japan, America, Africa, Oceania...

Women have played a key role in the world of the imagination, but what role? This book looks at the best-known and most significant female figures from the world's various mythologies.

Some of the illustrations were generated by AI.

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| RELEASE DATE : october 2024

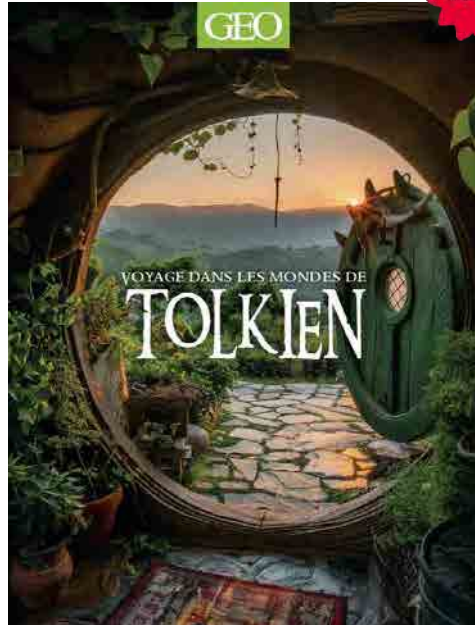
| FORMAT : 230 x 288 mmm - 240 pages

| PRICE : 35€



# POP CULTURE





On the occasion of the 70th anniversary of the publication of *The Lord of the Rings*, a focus on the literary qualities of the work and the publishing adventure of the 3rd best-selling book in the world.

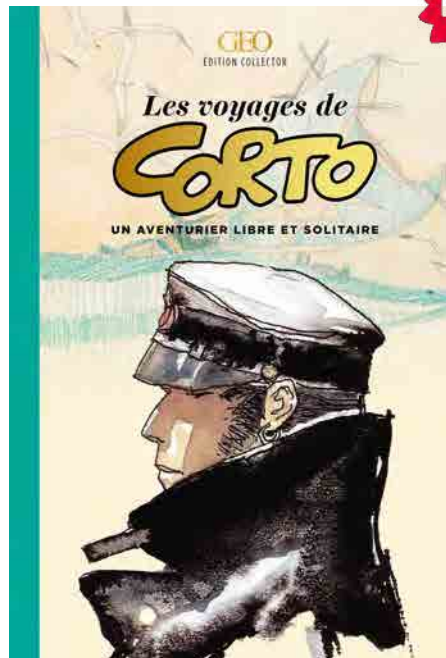
### ***Journey into Tolkien's Worlds***

Going back to the author's sources of inspiration, this book traces the history of a work that is part of History, particularly the traumatic events of the First World War, and that also highlights the beauty of a total fictional world. It also highlights the popular and folkloric richness of these influences. A richly illustrated book with historical documents, rare archives and exceptional photographs: a world tour of the most beautiful "Tolkien" landscapes and popular and folkloric illustrations (engravings, drawings...) representing the myths and imaginary peoples of Tolkien's work.

\*\*\*\*\*  
| RELEASE DATE : october 2024

| FORMAT : 144 pages

| PRICE : 29,95€



NEW

### ***Corto's Travel***

A richly illustrated voyage, divided by continent, focusing on cities or landscapes emblematic of Corto's adventures (islands, oceans, deserts...), with archive documents from the period 1900-1935, alongside Pratt's drawings and contemporary iconographic photography. Focusing on legends and the imaginary in Hugo Pratt's work, particularly during mystical and initiatory journeys, refocusing on the albums.

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| RELEASE DATE : september 2024

| FORMAT : 144 pages

| PRICE : 29,95€

Box



Offprints



The Little Prince is treasured in all our hearts, his voice resounds in our lives to remind us never to lose our childlike spirit !

### The Travels of the Little Prince

Why has the story of Saint-Exupéry thrilled us so much since its publication in 1943 ? This book sets out to find out through the various aspects of this extraordinary adventure : Travels, poetry and ecology.

The many philosophical messages, and in particular those on the perception of the other, friendship, the tolerance... Also a sensitive and poetic modern approach to ecology, to the love of our planet Earth.

**Box with golden hot stamping + 1 hardback book of 144 pages and 10 offprints**

| RELEASE DATE : october 2021

| FORMAT : 272 mm x 341 mm - 144 pages

| PRICE : 39,95 €

## SOME INSIDE PAGES





To celebrate the 80th anniversary of the first edition of *The Little Prince*, GEO invites you to explore the stars in a brand new book! Find out more about Saint-Exupéry's life and work.

### ***The Little Prince - Space, A lifelong Dream***

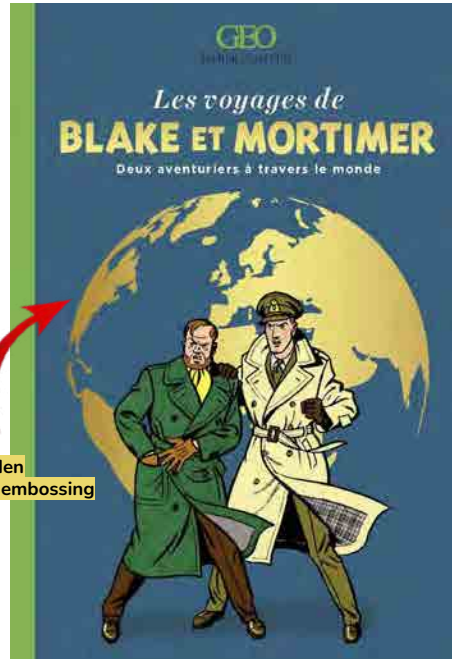
This book invites us to continue marvelling and dreaming with the little Prince as we travel through the stars, while delving deeper into the work and life of Saint-Exupéry. To complement this interstellar adventure, the journey continues through all the symbols of the Little Prince's bestiary and a special feature commemorating the 80th anniversary of the first edition of *The Little Prince*. Through commented portfolios, archive documents and richly illustrated analyses, *Petit Prince - Space, a lifelong dream* sheds new light on today's world.

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| RELEASE DATE : october 2023

| FORMAT : 226 x 317 mm - 144 pages

| PRICE : 29,95€



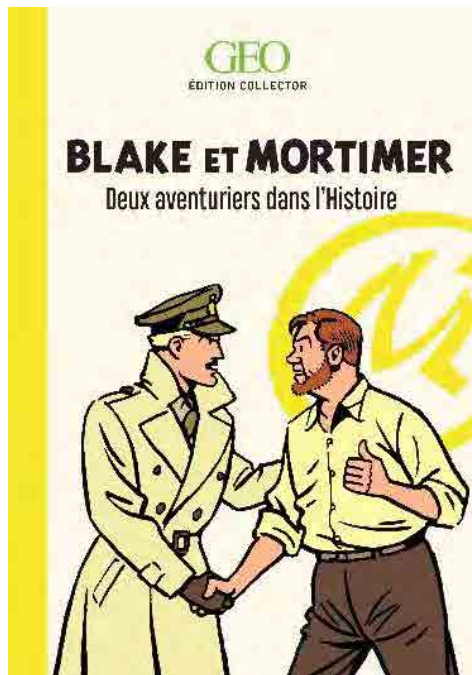
### ***Blake and Mortimer's Travels***

This beautiful book is an invitation to share in the incredible adventures of these two heroes, who have inspired millions of readers for over 75 years. Discover the secret world of the spies during a trip to England, who Jacobs, the creator of the two characters, really is, a private tour of the capital of London, the symbol of Blake & Mortimer's adventures, trips to the four corners of the world accompanied by a map and the chronology of the albums on an original folder

.....  
| RELEASE DATE : october 2023

| FORMAT : 226 x 317 mm - 144 pages

| PRICE : 29,95€



### ***Blake and Mortimer - Two Adventurers in History***

For over seventy years, Blake and Mortimer have traveled the world in the service of the British crown, to the delight of millions of readers. The secret agent and the humanist scientist have lived through key moments in history, in albums full of surprises and twists! With this book, follow in the footsteps of the two heroes: dive behind the scenes of the creation of Scotland Yard, unravel the countless mysteries of the Egyptian pyramids, discover the best-kept secrets of the Cold War and the arms race...

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| RELEASE DATE : october 2020

| FORMAT : 245 x 311 mm - 128 pages

| PRICE : 29,95 €





# Escape Games



# TITLES LIST - Escape games

## **ART & HISTORY**

1. At the heart of art and history
2. In the heart of Notre-dame
3. In the heart of France's major sites and monuments
4. At the heart of the world's great sites and monuments
5. Léonard de Vinci

## **ANTIC CIVILIZATIONS**

6. Lost civilizations
7. Secrets of the pharaohs
8. Celtic Legends
9. In the heart of Egypt
10. Pompéi
11. At the heart of mythology

## **FANTASY**

12. Mysterious sites and castles
13. Vaudou

## **POP CULTURE**

14. London noir series
15. Titanic
16. Pirates
17. Mafias of the world
18. Le petit prince
19. Cats

## **NATURE & SCIENCE**

20. Mysterious forests
21. Into the heart of space

## **TRAVEL**

22. Inside japon
23. In the heart of Brittany
24. Aboard mythical trains
25. American stories
26. Mythical prisons



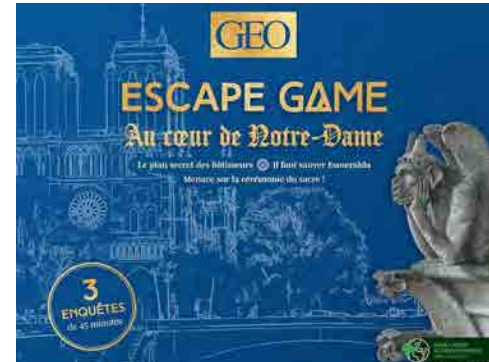
## ESCAPE GAME - AT THE HEART OF ART AND HISTORY

From the Italian Renaissance to the 19th-century Impressionists,, get ready for an incredible journey through time and space! This box of games will enable you to meet the greatest artists, visit their studios, decipher their paintings... To succeed in your mission, you'll need to keep your eyes open, find clues, analyze the masterpieces and know how to unmask potential forgers!

| RELEASE DATE : october 2022

| FORMAT : 20 x 25 x 5 cm – 1 manual with 32 pages + 120 cards

| PRICE : 16,95 €



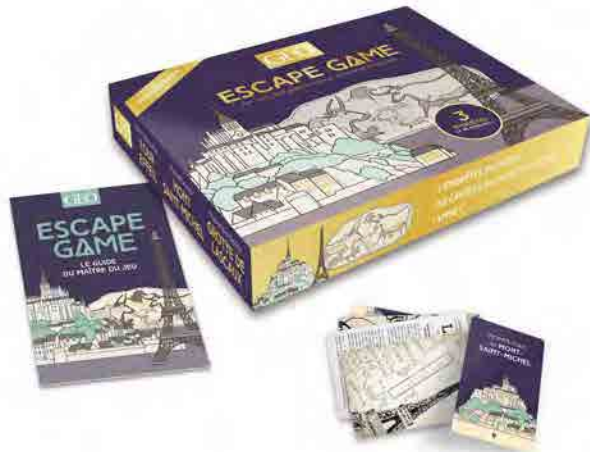
## ESCAPE GAME - IN THE HEART OF NOTRE-DAME

This new GEO box features three thrilling escape games set under the enigmatic gaze of Notre-Dame's gargoyles. Discover the builders' secret plans, follow in Quasimodo's footsteps or foil threats to Napoleon's coronation ceremony!

| RELEASE DATE : october 2022

| FORMAT : 200 x 250 x 50 mm -- 1 manual with 32 pages + 120 cards

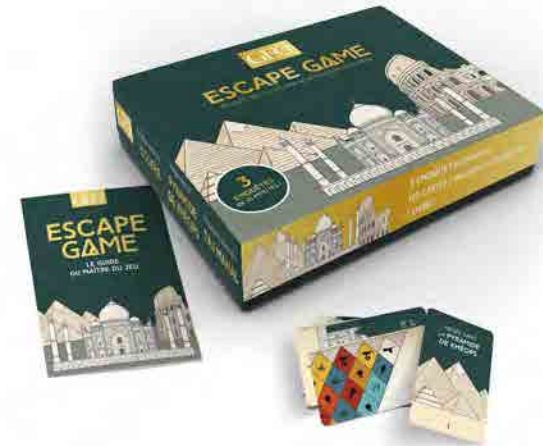
| PRICE : 16,95 €



## ESCAPE GAME IN THE HEART OF FRANCE'S MAJOR SITES AND MONUMENTS

The Lascaux caves, the Eiffel Tower and Mont Saint-Michel, 3 emblematic French monuments, 3 riddles to solve. Twists and turns, setbacks and twists of fate... you'll be spared nothing!

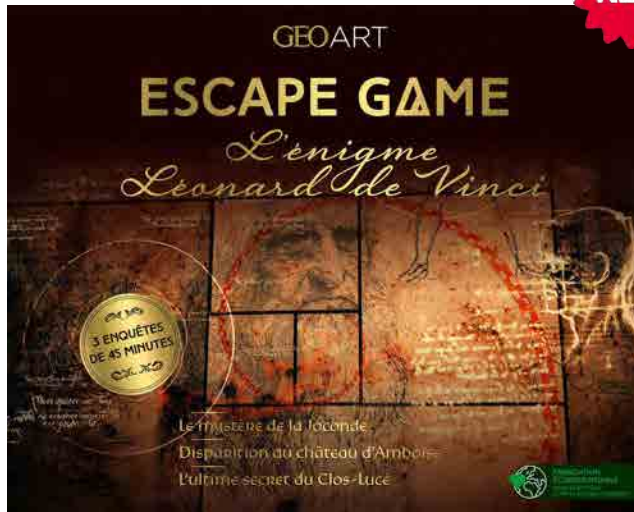
- .....
- | RELEASE DATE : october 2021
  - | FORMAT : 200 x 250 x 50 mm - 1 manual with 32 pages + 120 cards
  - | PRICE : 16,95 €



## ESCAPE GAME AT THE HEART OF THE WORLD'S GREAT SITES AND MONUMENTS

This box of GEO games offers 3 investigations at the heart of the world's great monuments: the Cheops Pyramid, the Taj Mahal and the Colosseum. Are you ready for adventure?

- .....
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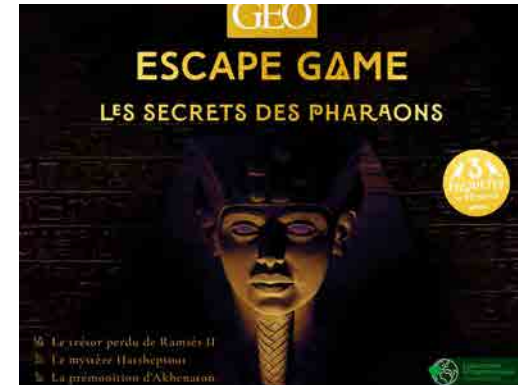
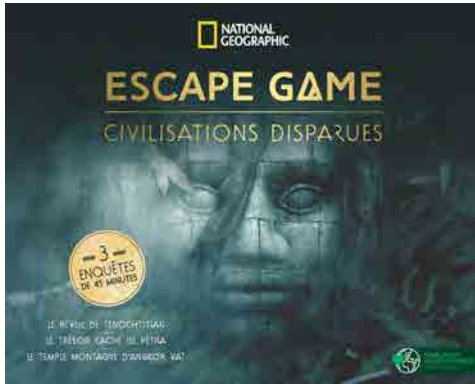
## ESCAPE GAME - LEONARD DE VINCI

Étudiez La Joconde au Louvre, enquêtez sur la disparition de Léonard de Vinci au château d'Amboise, et relevez ses dernières épreuves au Clos-Lucé pour découvrir son ultime secret. Mystères et aventures artistiques vous attendent.

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| RELEASE DATE : october 2024

| Format : 200 x 250 x 50 mm - 1 manual with 32 pages + 120 cards

| PRICE : 16,95 €



## ESCAPE GAME - LOST CIVILIZATIONS

From Mexico to Cambodia, discover the world's most beautiful archaeological sites, in the footsteps of mythical peoples! This Escape Game offers 3 unique investigations into the remains of vanished civilizations: The Awakening of Tenochtitlan, The Hidden Treasure of Petra, The Mountain Temple of Angkor Wat.

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| RELEASE DATE : october 2022

| FORMAT : 20 x 25 x 5 cm – 1 manual with 32 pages + 120 cards

| PRICE : 16,95 €

## ESCAPE GAME - SECRETS OF THE PHARAOHS

Head for the Egyptian desert and the banks of the Nile to discover the secrets of the greatest pharaohs! Following in the footsteps of Ramses II, Queen Hatshepsut and Akhenaten, set off from sanctuary to palace, from temple to tomb, in search of fabulous treasures buried for millennia.

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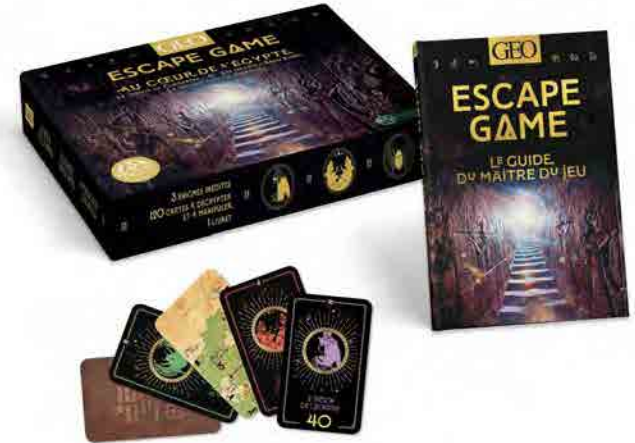
## ESCAPE GAME - CELTIC LEGENDS

From the mysterious lochs of Scotland to the sacred forest of Broceliande, via the enigmatic site of Stonehenge, this new Escape Game invites you to take a major challenge: to confront the creatures and spirits that reign over Celtic mythology! This Escape Game offers you 3 original investigations: The Search for Excalibur, The Mystery of Loch Ness, The Mystery of Loch Ness and The Mystery of the Loch Ness.

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| RELEASE DATE : october 2023

| FORMAT : 20 x 25 x 5 cm – 1 manual with 32 pages + 120 cards

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## ESCAPE GAME - IN THE HEART OF EGYPT

Dive into the heart of Egypt, in the Valley of the Kings and Abu Simbel, to unlock the secret of the pyramids and the pharaohs! Escape the Pharaoh's curse, find Cleopatra's treasure or save yourself from the goddess' wrath. Will you be bold and creative?

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| RELEASE DATE : october 2022

| FORMAT : 200 x 250 x 50 mm - 1 manual with 32 pages + 120 cards

| PRICE : 16,95 €



## ESCAPE GAME - POMPEII

79 A.D. In the Bay of Naples, Vesuvius has suddenly awakened, and its eruption promises a disastrous fate. This Escape Game offers 3 original investigations at the heart of Roman history and mythology: Jupiter's Wrath, The Last Chance Boat and The Mask Under the Ashes.

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| RELEASE DATE : october 2023

| FORMAT : 20 x 25 x 5 cm – 1 manual with 32 pages + 120 cards

| PRICE : 16,95 €



## ESCAPE GAME - AT THE HEART OF MYTHOLOGY

3 brand-new scenarios that plunge you into the legends and myths of Ancient Greece, under the gaze of Zeus, the god of gods! It's up to you to show your ingenuity and composure to escape the wrath of the gods, foil the traps of evil creatures and find your way out of dangerous labyrinths. Misadventures, metamorphoses, curses... your quest won't be easy!

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| RELEASE DATE : october 2022

| Format : 200 x 250 x 50 mm - 1 manual with 32 pages + 120 cards

| PRICE : 16,95 €





## ESCAPE GAME - MYSTERIOUS SITES AND CASTLES

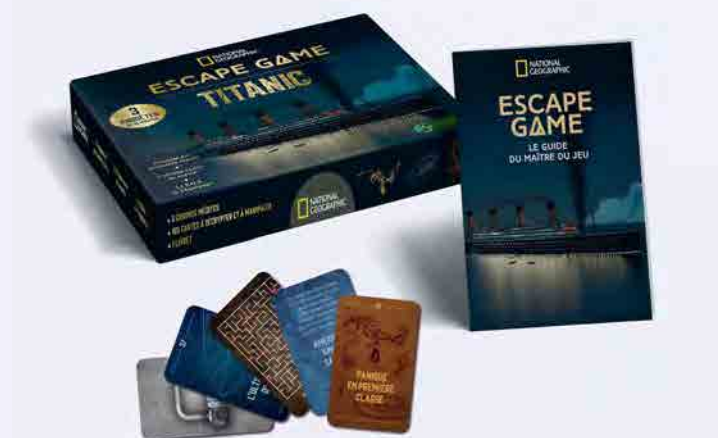
In this new GEO box, you'll find three escape games featuring dark legends and paranormal phenomena. On the trail of the Cathar treasure, deep in the catacombs or hunted in the forests of Ténazeyre... Are you ready to challenge the spirits that have haunted these great places of belief for centuries?

.....  
 | RELEASE DATE : october 2022  
 | FORMAT : 200 x 250 x 50 mm - 1 manual with 32 pages + 120 cards  
 | PRICE : 16,95 €

## ESCAPE GAME - VAUDOOU

Experience voodoo rites! From Africa to Louisiana and Haiti, immerse yourself in the dark world of voodoo. Put aside your certainties and confront your fears to unravel the mysteries, tame the supernatural and break the spells that hold you back. Black magic, bewitched dolls and trances... Will you survive? Three voodoo tales for family and friends.

.....  
 | RELEASE DATE : october 2024  
 | FORMAT : 200 x 250 x 50 mm - 1 manual with 32 pages + 120 cards  
 | PRICE : 16,95 €



## ESCAPE GAME - LONDON NOIR SERIES

Head for London, in the footsteps of Hercule Poirot and Sherlock Holmes, to solve 3 investigations worthy of the greatest detective novels! This Escape Game offers 3 original investigations immersed in London: Alert at Big Ben, Theft at Buckingham Palace, Fright at Scotland Yard.

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| RELEASE DATE : october 2023

| FORMAT : 20 x 25 x 5 cm – 1 manual with 32 pages + 120 cards

| PRICE : 16,95 €

## ESCAPE GAME - TITANIC

Just one hour: that's how long you have to get off the Titanic before it sinks into the icy Atlantic! This Escape Game offers 3 original investigations from three different points of view: Panic in first class, The ultimate lifeboat, The crew's SOS.

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| RELEASE DATE : october 2023

| FORMAT : 20 x 25 x 5 cm – 1 manual with 32 pages + 120 cards

| PRICE : 16,95 €



NEW



NEW



## ESCAPE GAME - PIRATES

Become a pirate with Jack Rackham, escape the clutches of Blackbeard, and find Olivier Levasseur's hidden treasure before your rivals do. Adventures and challenges await you!

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| RELEASE DATE : october 2024

| Format : 200 x 250 x 50 mm - 1 manual with 32 pages + 120 cards

| PRICE : 16,95 €

## ESCAPE GAME - MAFIAS OF THE WORLD

Investigate the yakuza in Tokyo, escape the Sinaloa cartel in Mexico, and infiltrate the Sicilian mafia by foiling their plans. Suspense and danger guaranteed!

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| RELEASE DATE : october 2024

| Format : 200 x 250 x 50 mm - 1 manual with 32 pages + 120 cards

| PRICE : 16,95 €



## ESCAPE GAME - LE PETIT PRINCE

Collective

This box of GEO games features three unusual investigations directly inspired by the poetic work of The Little Prince. Set off to the heart of the Sahara or travel from planet to planet to experience exciting adventures alongside colorful characters. Each investigation is based on 40 cards presenting different riddles to be solved as you explore the world of the little boy with the golden hair. You'll need to be bold, logical and imaginative to avoid getting lost along the way...

| RELEASE DATE : october 2021

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1 manual with 32 pages + 120 cards

| PRICE : 16,95 €



## ESCAPE GAME - CATS

This box contains three original investigations for all cat lovers, but not only... Disconnected from each other, they can be solved in 45 minutes each. Three investigations for three levels of difficulty: a more family-oriented investigation to play with children; an intermediate investigation, which calls on players' "cat" culture; and a more difficult (but still accessible!) investigation, focusing on logic: The disappearance of Chaminou, Hemingway's cats must be saved and The curse of Bastet.

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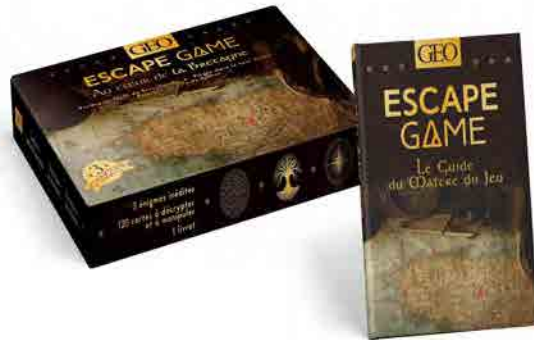
## ESCAPE GAME - INSIDE JAPAN

Immerse yourself in Japanese customs and traditions! Three thrilling investigations in the shade of cherry blossom trees or by the light of bamboo lanterns. Solve puzzles and explore Japan's mysteries, from Tokyo's secret temples to Mount Fuji's trails. Use your imagination and keen observation as you journey to the ends of the earth, facing emperors, samurai, and manga heroes along the way.

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| RELEASE DATE : october 2023

| FORMAT : 200 x 250 x 50 mm - 1 manual with 32 pages + 120 cards

| PRICE : 16,95 €



## ESCAPE GAME - IN THE HEART OF BRITTANY

This GEO box offers 3 original investigations in the heart of Brittany, in fascinating sites: the forest of Brocéliande, the island of Bréhat, and the Tour Dorée de Camaret, on the Crozon peninsula. Come and solve these 3 riddles to tame the magic of the druids, tame the wilderness and resist the sea wind. Are you ready to take on the many challenges awaiting you between land and sea? It's up to you!

| RELEASE DATE : october 2021

| Format : 200 x 250 x 50 mm - 1 manual with 32 pages + 120 cards

| PRICE : 16,95 €

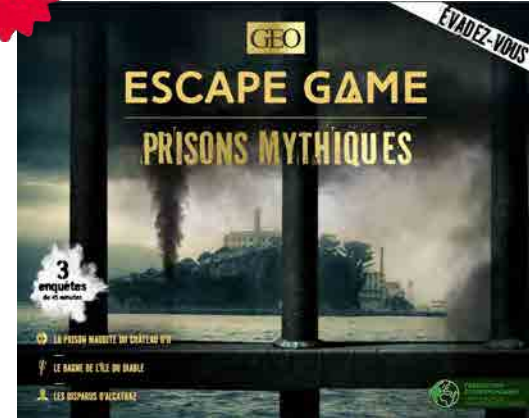
## ESCAPE GAME - ABOARD MYTHICAL TRAINS

This GEO boxed set features 3 never-before-seen investigations aboard legendary trains: the Orient Express, the Trans-Siberian Railway and the "Cloud Train", which travels through the Andes Mountains. It's up to you to use your ingenuity and cool-headedness to foil all the traps along the way!

| RELEASE DATE : october 2021

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## ESCAPE GAME - AMERICAN STORIES

Plunged into the 1920s, the 1940s and a dystopian future, you confront Al Capone, investigate a disappearance and defy a tyrannical AI to save humanity.

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| RELEASE DATE : october 2024

| Format : 200 x 250 x 50 mm - 1 manual with 32 pages + 120 cards

| PRICE : 16,95 €

## ESCAPE GAME - MYTHICAL PRISONS

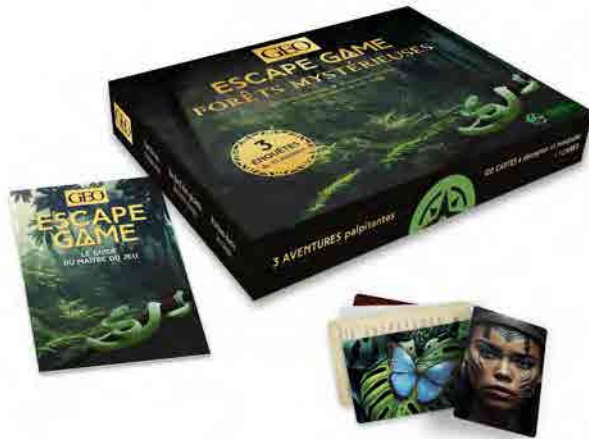
Escape from the Château d'If, the Devil's Island penal colony and Alcatraz, overcoming traps, guards and mortal dangers in a quest for freedom and justice.

.....  
| RELEASE DATE : october 2024

| Format : 200 x 250 x 50 mm - 1 manual with 32 pages + 120 cards

| PRICE : 16,95 €





## ESCAPE GAME - MYSTERIOUS FORESTS

Whether you're lost in the depths of the Amazon jungle or in the burning woods of California, or lost in the dark forests of Siberia, will you be able to avoid the traps and false trails and find your way back?

.....  
| RELEASE DATE : october 2023

| FORMAT : 200 x 250 x 50 mm - 1 manual with 32 pages + 120 cards

| PRICE: 16,95 €

## ESCAPE GAME - INTO THE HEART OF SPACE

Get ready for emotionally-charged adventures on a sinking space station, on the launch pad of a futuristic rocket, or on the surface of Mars. This new box of games offers 3 exciting scenarios to leave terra firma and transport you to other galaxies: The secret of the red planet, Asteroid alert, Boarding for the stars

.....  
| RELEASE DATE : october 2022

| FORMAT : 20 x 25 x 5 cm – 1 manual with 32 pages + 120 cards

| PRICE : 16,95 €

# HEALTH AND WELLNESS





## Healing Naturally Season by Season

Dr Jean-Christophe Charrié et Marie-Laure de Clermont-Tonnerre

**Each season, benefit from the advice of a doctor for you and your entire family to treat yourself with natural products: phytotherapy, naturopathy, homeopathy.**

Ancient medicine, phytotherapy is the ancestor of chemical pharmacopeia. Inexpensive and without side effects, this medicine allows you to treat yourself with products readily available in pharmacies or that you already have at home.

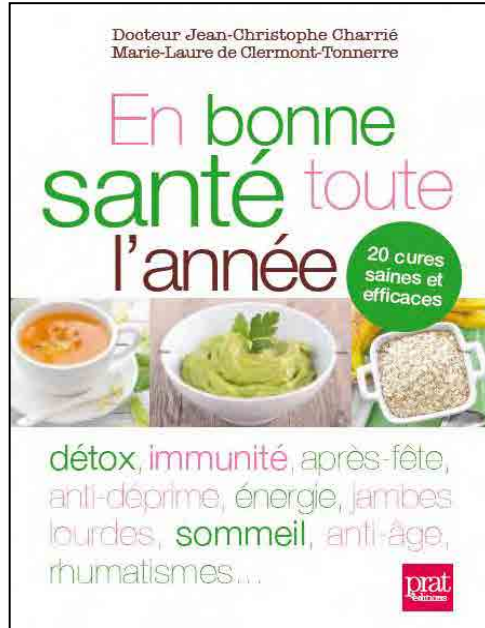
Preventive cures for each season: This guide tells you season by season what are the most common ailments based on your constitution and how to treat them. It advises on the dosages to be respected for prevention or attack treatment, as well as which products to avoid for their harmful effects. This very practical book explains how to prevent winter epidemics, treat vacation mishaps... Highlighting the virtues of everyday products like lemon, you can easily treat yourself with effective recipes.

.....  
| Publication Date: October 2019

| Format: 155 x 210 mm

| Price: €19.95

| Number of Pages: 320



## 20 Healthy and Effective Treatments

Dr Jean-Christophe, Charrié et Marie-Laure de Clermont-Tonnerre"

**The ideal book to help you maintain good health through tailored cures designed specifically for your ailments by a recognized doctor, according to your current needs.**

Boost Your Energy and Immunity with Lemon and Oatmeal, undergo an Anti-Aging Cure without Surgery or Botox using Evening Primrose Oil and Red Fruits, say no to Rheumatism by adopting Birch Juice, sleep well and wake up refreshed with an Omega-3 Cure, etc. These 20 cures, based on the latest advances in medical research, allow you to take care of your health naturally. You can strengthen your strengths and alleviate the ailments that bother you, give your body a break for a few days, and make it more resistant to diseases and minor annoyances that can occur throughout the year. With the authors' advice, optimize each cure to fully benefit from all its advantages and discover recipes to cook foods that are good for you.

.....  
| Publication Date: March 2017

| Format: 155 x 210 mm

| Price: €16.95

| Number of Pages: 224



## My Essential Oils for All Seasons

Sophie Macheteau, Françoise Rapp

**Boost Your Immune Defenses and Treat Everyday Ailments with Advice from a Naturopath!**

Alternative medicines are particularly well-suited to improving health and well-being throughout one's life. These natural remedies, plants, bee products, as well as ancient practices from India or China, are increasingly used by the French population. A true guidebook to discover a wide range of practical medicines, this book also explores many of the most common ailments and indicates to the reader how to treat themselves without medication, using natural products. Finally, the third part lists the 'forgotten' products in our medicine cabinets that are true boosts for top-notch health!

.....  
| Publication Date: October 2013

| Format: 19 x 21 cm

| Price: €19.95

| Number of Pages: 280



## 60 Magic Plant : Tips for Identifying, Harvesting, and Using Healing Plants

Clotilde Boisvert

**A comprehensive practical guide to learning how to harness the benefits of plants that we often already have in our daily lives, without suspecting their virtues!**

Did you know that nettle has anti-hemorrhagic properties? That cherry tree can alleviate arthritis? That lavender can prevent nausea, or that onion is formidable in soothing wasp stings? Thanks to this comprehensive guide, rediscover these forgotten knowledge and apply them in your daily life. Identification, harvesting, use, preparation... Through 60 plant cards and cross-sectional cards, this book guides you through all the stages of learning so that you can benefit as much as possible from the virtues of the plants you find near you."

.....  
| Publication Date: September 2020

| Format: 155 x 210 mm

| Price: €17.95

| Number of Pages: 256



## Healthy Children All Year Round Advice from a Naturopath Mom

Nadia Christensen

**Do you no longer want to worry about back-to-school viruses? Do you no longer want to fear the stomach flu at Christmas and the flu in January? And most importantly, do you want to adopt a daily lifestyle for your children that corresponds to 'natural' living choices? This guide, written by a naturopath mom, is for you!**

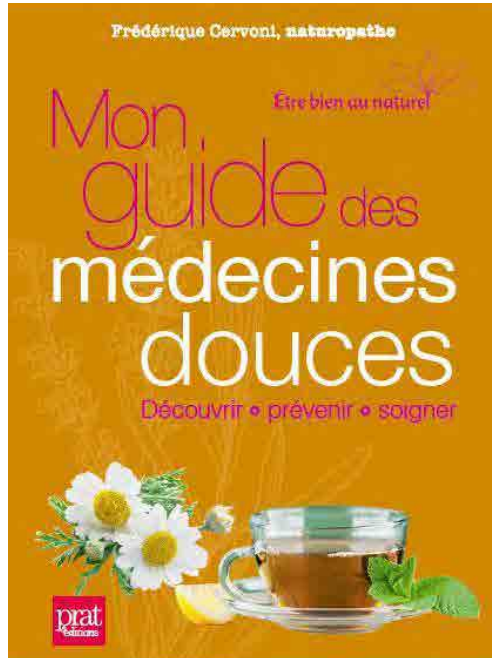
From birth to 10 years old, children often experience common illnesses and seasonal discomforts, much to the despair of parents. In this guide, richly illustrated and accompanied by an annual summary schedule, the author addresses the key questions that arise during a consultation with a naturopath to accurately assess the child's needs. She supplements her advice with nutrition tips, vitamin intake recommendations, etc. This will enable parents to engage in prevention and thus avoid illnesses and epidemics throughout the seasons. For the most common childhood illnesses, she provides advice on gentle and effective care for a speedy recovery.

| Publication Date: September 2019

| Format: 155 x 210 mm

| Price: €17.95

| Number of Pages: 256



## Alternative Medicines: Everyday Remedies for Wellness

Frédérique Cervoni

**Boost Your Immune Defenses and Treat Everyday Ailments with Advice from a Naturopath!**

Alternative medicines are particularly well-suited to improving health and well-being throughout one's life. These natural remedies, plants, bee products, as well as ancient practices from India or China, are increasingly used by the French population.

A true guidebook to discover a wide range of practical medicines, this book also explores many of the most common ailments and indicates to the reader how to treat themselves without medication, using natural products. Finally, the third part lists the 'forgotten' products in our medicine cabinets that are true boosts for top-notch health!

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| Publication Date: March 2020

| Format: 155 x 210 mm

| Price: €17.95

| Number of Pages: 256





## Feed Your Brain - 50 Neuroscience Insights for a Diet Boost

Bénédicte Salthoun-Lassalle

**What if our well-being lies on our plate? Is chocolate truly good for the mood? Why does a dinner with friends make us happy? Today, this is the paradox of nutrition: can we eat healthily and be happy? The truth and the myths to nibble on in this book to have a clear understanding.**

We eat because we need multiple elements to develop and maintain good health. And our brain is no exception. On the contrary! It's the organ that first draws from our diet to function properly. Neuroscientists know that our brain, hence our intelligence, behavior, body, and even our mood, partly depend on our diet. In this book, you will find all the explanations and ideal menus to promote our brain capabilities!

.....  
| Release Date: October 2020

| Format: 145 x 210 mm

| Price: €17.95

| 224 pages



## Understanding Childhood Growth: Insights from Neuroscience and Psychology

How to help children grow well, even grow happily?

Bénédicte Salthoun-Lassalle

**This neuroscience guide seeks to answer this question and provides insights to understand the child's functioning, development, and thus help them grow well, to be happy!**

The world today is different from the one we knew as children: screens and digital devices are everywhere, discussions revolve around children's diet, academic success, and future careers. Not to mention the best way to educate them. So, what can we do? There is no magic recipe, but neuroscience and psychology have now widely grasped the extent of parents' demands and the needs of the youngest. You will discover the latest knowledge on this subject and perhaps see your little ones in a new light.

.....  
| Release date: October 2020

| Format: 145 x 210 mm

| Price: €17.95

| 224 pages



## Unraveling the Mysteries of Sleep

Florence Heimburger

**What is the purpose of sleep? What are the health consequences of a lack of sleep? What is restorative sleep? Why do we dream? Why do some people sleep better than others? These are just some of the questions addressed in this book, thanks to neuroscience.**

This book explores the mysterious physiological and vital function of sleep. By acting on our brain, it enhances our abilities to learn, memorize, and make logical and rational decisions. It readjusts our emotions, boosts our immune system, and improves our metabolism. As for dreams, they soothe our painful memories and create a space of virtual reality conducive to creativity. From children to the elderly, from insomniacs to narcoleptics, including particular sleepers who truly "live" their dreams, this guide provides an overview of the latest discoveries as well as the pathologies that disturb our nights.

.....  
Release date: February 2021

Format: 145 x 210 mm

Price: €17.95

224 pages

A close-up photograph of a cat's face, focusing on its eye. The eye is a striking blue-green color with a dark pupil. The fur is a mix of brown and tan. A white rectangular box with a thin black border is superimposed over the right side of the image, containing the word "CATS" in bold, black, sans-serif capital letters.

**CATS**



A book about the extraordinary - even magical! - gifts of cats, to understand why they fascinate us and do us so much good, and to draw inspiration from them to live our lives better.

### **THE FABULOUS POWER OF OUR CATS**

Isabelle Collin

Have you ever dreamed of putting yourself in your cat's shoes? This book lets you do just that! Through the story of your cat's life in all its major stages, plunge into the heart of your cat's emotions in every situation, and learn to decode its behavior. Finally, become a cat yourself, so that you can better live your relationship with your cat and take a different approach to your daily well-being.

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| RELEASE DATE : June 2020

| FORMAT : 145 x 210 mm – 208 pages

| PRIX : 13,95 €



## ***INSIDE THE CAT'S MIND***

Isabelle Collin

Following on from “The fabulous power of our cats” , slip into the paws of a cat with this fascinating new story! This time, it's the cat who tells us, in the first person, his story and the major events in his life, so that we humans can decode his (sometimes mysterious) behavior and learn more about his emotions.

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| RELEASE DATE : September 2020

| FORMAT : 145 x 210 mm – 208 pages

| PRIX : 13,95 €



### ***TORMENTED YOUNG PUBLISHER SEEKS CAT FOR A BETTER LIFE***

Isabelle Collin

Single and unemployed from one day to the next, Charlotte can only rely on her cat. With nothing left to lose, she turns to her cat's behaviors for inspiration. She buys a book entitled "how to become as chill as your cat", and sets about applying all the advice it contains to her daily life.

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| RELEASE DATE : September 2021

| FORMAT : 145 x 210 mm - 208 pages

| PRIX : 15,95 €

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