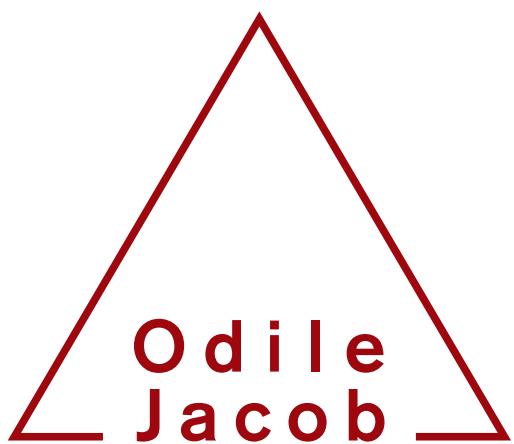


January – June 2014

## Rights List



# Michel Cassé



**Michel Cassé** is an astrophysicist. He specializes nucleosynthesis and quantum mechanics. He is a research director at the Atomic Energy Commission (CEA) and an associate fellow at the Astrophysics Institute, in Paris.

He is a writer and poet.

His works include *Du vide et de la création*, *Enfants du ciel* (with Edgar Morin), *Energie noire, matière noire*, *Les Trous noirs en pleine lumière* and *Généalogie de la matière*, all published by Éditions Odile Jacob.

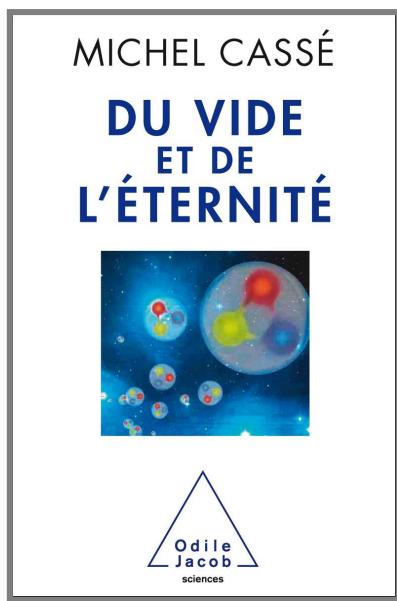
Abroad, he has been widely translated in English (Cambridge University Press), German, Italian, Spanish, Portuguese, Greek, Korean, etc.

# Michel CASSÉ

## The Void and Eternity

A synthesis of current cosmological theories,  
by one of the greatest astrophysicists of our time

**Michel Cassé** is an astrophysicist. He is a research director at the Atomic Energy Commission and an associate fellow at the Astrophysics Institute, in Paris. His works include *Du vide et de la création*, *Enfants du ciel* (with Edgar Morin), *Energie noire, matière noire*, *Les Trous noirs en pleine lumière* and *Généalogie de la matière*, all published by Éditions Odile Jacob. Abroad, he has been widely translated in English (Cambridge University Press), German, Italian, Spanish, Portuguese, Greek, Korean, etc.



Twenty years ago, Michel Cassé's *Du Vide et de la création* was enthusiastically received by readers interested in cosmology. In the intervening years, cosmology has developed at an amazing pace, and the strange void described by physicists in the past now propels us toward eternity, which has become an essential subject of study since it determines both the origin and the fate of the universe. Newton's and Einstein's void did not provide answers to the questions raised by the observable universe, particularly by its homogeneity and apparently flat geometry.

So the traditional void has been turned into a quantic void, a transformation brought about by chance and uncertainty, both of which enabled the expression of the void's immense energy: matter and antimatter appeared, suddenly and spontaneously, and the Big Bang was followed by a phenomenal expansion, which, in an instant, multiplied the dimensions of the universe, rendering it as flat and homogeneous as it is today.

Quantic cosmology — black holes, the great unification of forces, superstrings, the Higgs field — is recounted here as a gripping adventure story, leading to the marriage of the void with matter. The new cosmology has replaced the traditional static universe with the 'Pluriverse'.

'A champagne universe for all!' concludes the author, with his characteristic wit and inimitable style, as he offers us an equally indispensable marriage — that of science and poetry.

- A captivating exploration of the quantic void.
- A fascinating overview of cosmological theories.
- A book full of poetry that will enthrall science lovers as much as philosophers.

# Jeanne Siaud-Facchin



*Praises for her previous book:*

‘How Meditation Changed My Life... and Could Also Change Yours!’

‘Notwithstanding the current spate of books on meditation, one must admit that they are all very much alike. And yet I was absolutely charmed by this book.’ —*Nouvelles Clés*

‘Forthright and clear [...] a truly fresh, new look at mindfulness meditation that highlights its numerous benefits, as revealed by the latest studies in the neurosciences.’ —*Nouvelles Clés*

‘It all began with a strange course in the Philippines [...] the follow-up is extremely heartening: the great principles and little tricks that the psychologist uses with her patients as well as in her own everyday life.’ —*Le Point*

‘She evokes her trajectory with characteristic energy and offers a great lesson to anyone wishing to discover meditation techniques, as well as to those who are already familiar with them but wish to deepen their understanding.’ —*Nouvelles Clés*

‘In a frank, energetic, accessible manner, the author replies with precision to all the questions that one is likely to ask, without succumbing to clichés or banalities. Contagious enthusiasm allied with genuine expertise.’ —*Votre beauté*

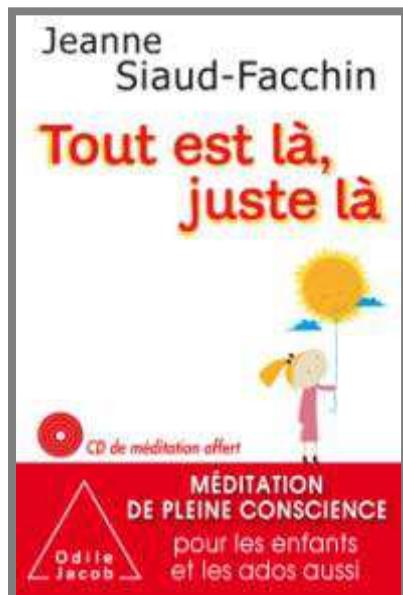
‘The perfect work to de-dramatize the subject.’ —*Votre beauté*

## Jeanne SIAUD-FACCHIN

### It's All Here, Right Here

Mindfulness meditation tools  
for the whole family's well-being

**Jeanne Siaud-Facchin** is a clinical psychologist and the founder of Cogito'Z (centres for children with learning difficulties). She has practised mindfulness meditation for many years and leads meditation therapy groups in Paris and Marseille. A recognised specialist in issues concerning gifted children, she is notably the author of the highly successful *L'enfant surdoué, Aider l'enfant en difficulté scolaire, Trop intelligent pour être heureux?* and *Comment la méditation a changé ma vie.*



I'm in a hurry, you're running late, we're all rushed...

Parents and children are often pressed for time, anxious and stressed — and consequently family life suffers. How can we begin to change this? How can parents reconnect with their children, take pleasure in their company and enjoy shared moments? This book aims to help us discover a new way of being in our own lives and with our loved ones.

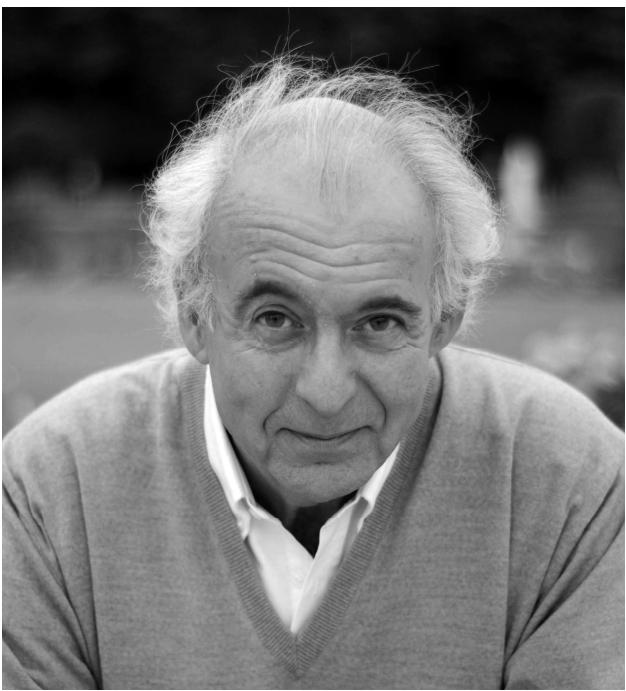
Mindfulness meditation, free of all religious affiliation, can help us radically change our lives: by calming our minds, managing our emotions, and helping to reduce stress. Mindfulness meditation contributes to altering how we relate to our selves and to others and to recovering a sense of benevolence — a basic factor in relating to a child.

Included here are numerous easy-to-follow mindfulness meditation exercises that will be of great help when a child or adolescent must learn to concentrate, or deal with difficult situations: agitation, stress, sleep disorders, academic failure.

- **Mindfulness meditation, when used in a lively, dynamic context, can be extremely useful for children, whether in a family or academic context.**
- **How it works: advice, a detailed methodology and a CD to practise meditation with children and adolescents.**
- **The benefits of mindfulness meditation in a school context and in specific situations (stress, agitation, lack of concentration, sleep disorders).**

Rights sold:  
Book of the Month Club

# Roger-Pol Droit



« Une petite centaine de pages à lire d'une traite, ou à picorer pour en goûter la saveur poétique. » —*Pèlerin*

« L'amour de la vie  
dans une fiction optimiste  
d'un sage qu'on ne sait jamais où attendre »  
—*La Libre Belgique*

« Le style, la rigueur intellectuelle et l'humour  
de Roger-Pol Droit font de ce voyage singulier  
un petit bonheur de lecture. » —*Les Échos*

« Un OVNI, [...] une leçon de liberté et une  
bouffée d'air pur qu'on voudrait offrir à la  
terre entière. » —*Elle*

« Son exercice spirituel et ludique, érudit et  
léger, nous change de ces petits manuels de prêt-à-bonheur qui encombrent l'édition. Un  
savoureux et stimulant *memento mori*. » —*Paris Match*

« Un texte urgent, syncopé et bouleversant comme un solo de John Coltrane. » —*Le Point*

« Un long poème philosophique. » —*La Libre Belgique*

« Juste avant que le livre ne se ferme sur son réel enjeu – savoir comment vivre –, Droit confie  
qu'il aimeraient avoir pour épipalte : "il savait choisir les melons". Un hommage aux sens et à  
l'instant présent. » —*Le Monde des livres*

« Il n'a pas vu venir le projet qui s'est emparé de lui presque à son corps défendant. C'est  
d'ailleurs ce qui fait l'intérêt de ce petit livre à l'écriture spontanée, hachée, poétique,  
associative, bref tout sauf académique. » —*Libération*

« Philosophe, enseignant, éditorialiste, membre d'un tas de comités, toujours partant, mais  
jamais là où on l'attend, Roger-Pol Droit est un penseur iconoclaste, drôle et profond. » —*Elle*

« Dans la lignée de Françoise Héritier, le philosophe devient un peu plus écrivain.  
Il délaisse les grandes théories qui voudraient tout dire pour les petites pensées qui  
réconfortent. Il s'enthousiasme même pour l'ignorance de Socrate, la déraison d'Érasme et  
la folie de Pascal. » —*Livres Hebdo*

« La mise en page est importante, elle reflète la liberté de l'écriture de l'auteur. On suit avec  
plaisir les méandres ludiques de quelqu'un qui sait en effet de quoi il parle... » —*Libération*

« une authenticité contagieuse. La plume libérée, le verbe profond et le cœur sans ombrage  
font de cette lecture un pur moment de philosophie. Et pour cela, je vous remercie. Merci de  
m'avoir permis de penser à chaque heure de ma journée, que cela pouvait être la dernière et qu'elle  
fut sans doute la plus belle. » —Elsa Godart, *Psychologies Magazine*

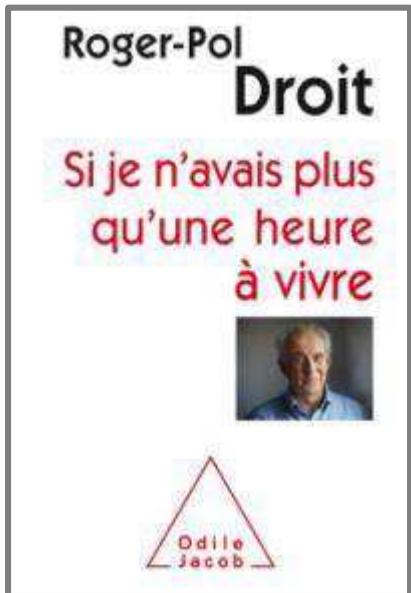
# Roger-Pol DROIT

**Bestseller**

## If I Had Only One More Hour to Live

In this final, radical work, Roger-Pol Droit offers the reader a brilliant philosophy lesson

**Roger-Pol Droit** is the author of the immensely successful *101 expériences de philosophie quotidienne* and, more recently, of *Vivre aujourd’hui avec Socrate, Sénèque et tous les autres* (all published by Editions Odile Jacob). He is a research fellow at the Centre National de la Recherche Scientifique (CNRS) and teaches at the Institut d’Etudes Politiques (Sciences Po). He has published more than 30 works and is a regular contributor to *Le Monde*, *Le Point* and *Les Échos*.



‘It happened all of a sudden, without my being aware of how or why, or of where I was going and what could come of it. It’s not necessarily sad, just piercing, poignant and sharp, like the exigencies of refusing to pretend, of imagining that the end is near and undergoing the consequences. I’m not the first to experience this; and now, in turn, I feel like taking my own chances.

‘If I had only one hour left to live, just one, exactly and inescapably, what would I do? What actions would I undertake? What would I think, experience, desire? What trace would I leave behind? Just imagine: in 3,600 seconds and not one more...

Would it be all over for me — the Universe, the tenderness of the extreme, children’s laughter, the ritual of a tea ceremony, the alchemy of wine, the hatred of hatred and of all that follows. Goodbye life, hello mysteries: the mystery of the end, of what lies beyond, of what has to be done first; and so everything has

become more intense, more urgent and denser.

‘One would have to brush aside illusions, get rid of what is superfluous, go straight to what’s essential — but what is essential?’ writes Roger-Pol Droit.

- Roger-Pol Droit returns here to the manner of *101 expériences*, his most successful work (sales exceeding 100,000 copies).
- An inspiration for readers to draw up a balance sheet of their own lives, and to remember, dream and decide what for each of us counts the most.
- A final, radical and decisive work.

Rights sold:

Germany (Rowohlt) – Italy (Bompiani)  
Spain (Paidós) – Brazil (Rocco)  
– Poland (Literackie)

# Christophe André



« Cet ouvrage risque fort d'être le premier bestseller 2014. » —*ELLE*

« Son dernier ouvrage [...] déploie, avec plus de maturité, ce qui fait son succès depuis quinze ans : écriture limpide, sens de la pédagogie, arguments scientifiques et récits autobiographiques. » —*ELLE*

« Si l'on ne peut pas décider d'être heureux, on peut s'entraîner pour mieux saisir nos chances de l'être. Le célèbre psy Christophe André nous confie sa méthode. » —*ELLE*

« La Leçon de Christophe André. » —*ELLE*

« Christophe André, c'est un peu le sage de la psy française, l'apôtre tout sauf béat de la thérapie comportementale aux résultats concrets. » —*L'Express*

« Avis aux candidats à la joie, le nouveau livre de Christophe André délivre une stupéfiante révélation : le bonheur est un muscle. Plus on le travaille, plus on est heureux. » —*ELLE*

« Son propos est infiniment respectueux des difficultés à vivre de chacun. » —*ELLE*

« Les clés pour être en harmonie avec soi-même. » —*Direct Matin*

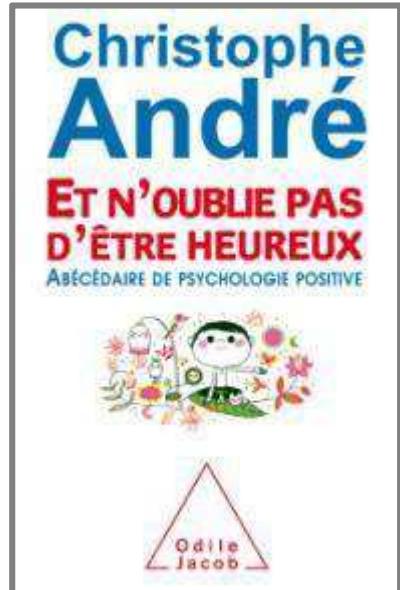
# Christophe ANDRÉ

## Don't forget to be happy! The ABC of Positive Psychology

#2 on  
the  
Bestseller list!

101 ways to cultivate the art of happiness

**Christophe André** is a psychiatrist physician at Hôpital Sainte-Anne, in Paris. His works have met with great success, notably *Sérénité*, *Les États d'âme*, *Imparfaits, libres et heureux*, *Vivre heureux*, *L'Estime de soi* and *Comment gérer les personnalités difficiles* (more than 200,000 copies sold) and widely translated.



'Positive psychology changed many things in my life. It made me realise that my job was not just to repair what had been damaged in my patients' minds and souls but also to enable them to become happier and to enjoy life more.'

'Positive psychology does not just make vague recommendations; it is not some sort of screen that allows us to focus on what is joyful and happy in life and to forget that adversity and sorrow are also part of it. Positive psychology is subtler and more ambitious than that.'

'Its goal is to work at cultivating optimism, confidence and gratitude, based on the study of what works well in our minds, and on the mental and emotional skills that enable us to enjoy life, resolve problems and overcome adversity. Life is a gift — one that we often waste.'

'I'm convinced we can learn to be happy — for a simple reason: I learnt to do so myself. There are exceptionally talented students, but I'm not one of them. And then there are ordinary students, not all of whom are very talented. But their efforts can produce results, and make them much happier than they would have been if they hadn't tried.' C.A.

- Alphabet books were used to teach children how to read. The goal of Christophe André's is to teach us how to be happy.

- His unique approach allows him to delve further into the quest for happiness.

Rights sold:

Italy (Mondadori) – Spain (Kairós) – Korea (Esoop)

– Taiwan (Psygarden) – China (pending)

– Romania (Editura Trei)

2 Book Club licences (GLM and France Loisirs )

# Jacques Fricker



« Un poids lourd des régimes »  
—*Livres Hebdo*

« Il faut une discipline, mais j'essaie de faire en sorte qu'elle reste modérée.  
Souvent, mes patients me disent qu'ils n'ont pas l'impression  
de suivre un régime. C'est plutôt une nouvelle façon de manger. »

—Jacques Fricker, in *Le Point*

« Une nouvelle génération de nutritionnistes  
dont le discours a (heureusement !) changé : finis les diktats,  
place à des conseils simples et de bon sens.  
Des principes fondamentaux que nous rappelle le Dr. Fricker,  
nutritionniste à l'hôpital Bichat. Sa devise tient en trois mots.  
Minceur, plaisir et santé. La plus séduisante des promesses. »

—*L'Express style*

« Le Docteur Fricker est nutritionniste à l'hôpital Bichat  
et expert auprès de l'Agence française de sécurité sanitaire des aliments (AFSSA).  
Il est l'auteur de nombreux ouvrages sur la perte de poids,  
et ses méthodes, validées par la majorité des spécialistes,  
rencontrent un succès croissant. »

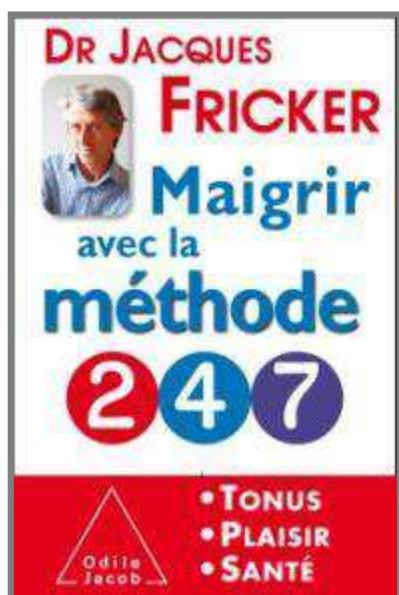
—*Vie pratique féminin*

## Jacques FRICKER

### Slimming With The 2-4-7 Diet

A balanced, original, serious and delicious diet grounded in scientific research

**Jacques Fricker** is a physician and nutrition specialist at Hôpital Bichat, in Paris. A former research fellow at the French National Institute for Health and Medical Research (Inserm), he now teaches at several medical faculties. A major writer on nutrition and slimming, his numerous works have been highly successful, particularly *Maigrir vite et bien*, which has sold more than 200,000 copies.



Permanent weight loss, top form and good health *can* go together — under certain conditions. Too many patients today suffer the consequences of unhealthy diets that have left them adrift with no nutritional guidelines and may even be disastrous to their health.

How to lose weight without endangering health? How to attain weight-loss goals without losing control of one's life?

The answer lies in this book, which proposes a balanced, original, serious, effective diet — which also happens to be delicious. Grounded in scientific research, it also takes into account patients' expectations and desires, their daily rhythms and wishes, without neglecting health guidelines and food diversity, nor the pleasure of eating and the conviviality of meal sharing. Amply tried, tested and evaluated, this diet is the only one that guarantees results without harmful health effects.

- Rules for effective, permanent weight-loss.
- Precise guidelines for each day's lunch and dinner, with bonus treats.
- Key information to consolidate the stabilising phase and to remain in top form.
- Cooking tips and recipes.
- Facts to combat received ideas.

Rights sold:  
2 Book Club licences  
(GLM and France Loisirs )

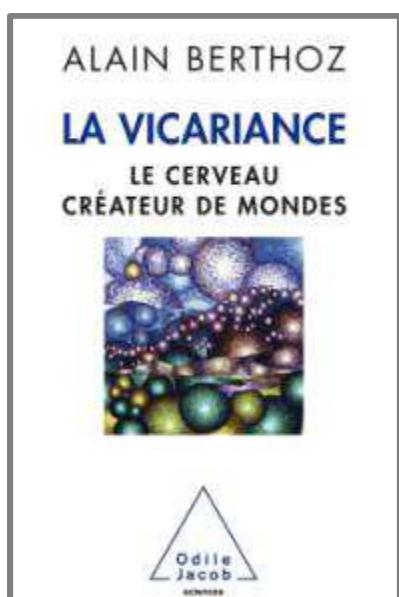
**Pr. Alain BERTHOZ**

# The Brain as Creator of Universes

## An Essay on Vicariance

The mechanisms governing human creativity explained by a new concept created by Prof. Alain Berthoz

**Pr. Alain Berthoz** is a professor at the Collège de France, where he heads the Laboratory on Physiology, Perception and Action. He is notably the author of the following titles, published by Editions Odile Jacob: *Phénoménologie et physiologie de l'action*, *Le Sens du mouvement*, *La Décision* and *La Simplexité*, translated in many languages including the English language (Harvard University Press, Yale University Press and Oxford University Press).



Understanding the mechanisms of human creativity is one of the ancient enigmas of scientific research. Pursuing the work of elucidation that he had begun with the earlier 'Emotion and Reason: the cognitive neuroscience of decision making' and 'Simplexity', Alain Berthoz has now pinpointed a new key concept that he calls 'vicariance', which plays a major role in our creative behaviour and capacity.

Vicariance comes into play when one sense replaces another that is for some reason impaired (when we feel our way in the dark, for example). Whenever we make use of several strategies to achieve the same goal, we are actually using 'vicariant' processes developed during the evolutionary process. The ability to replace one function by another would seem to be an essential skill, wired into our brains to enable us to apprehend new situations and to invent new ones.

All creative actions imply a change in point of view, one that offers a new perspective. Berthoz argues that only vicariance is capable of provoking such a shift. This highly accessible book enables us to discover the behavioural and neuronal bases of vicariance.

It is clear that this concept will have important consequences in education, which must adapt teaching methods to each student's capacities and, more broadly, in defending individuals in the face of the larger issues that rule today's world.

- A new, particularly productive concept to explain human actions and perception.
- The behavioural and neuronal bases of this new concept called Vicariance.
- A concept that places humans, with their diversity and creativity, at centre stage.

Rights sold:

USA (Harvard University Press)  
Italy (Codice Edizioni)

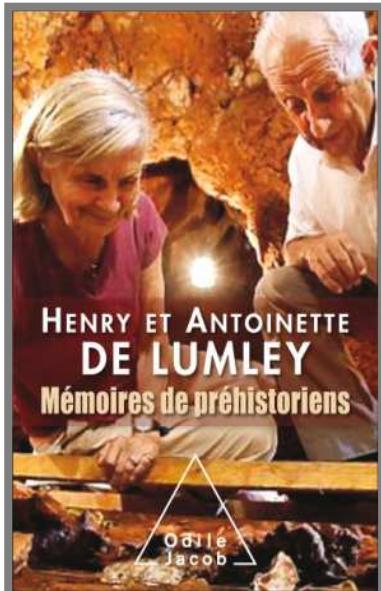
# Henry and Marie-Antoinette DE LUMLEY

## The Memoirs of Two Prehistorians

The epic story of Humankind,  
recounted by eminent prehistorians

**Pr. Henry de Lumley** is one of the world's greatest prehistorians. He is a professor emeritus at the French National Museum of Natural History and the director of the Institute for Human Palaeontology, in Paris. The author of acclaimed academic books, he has also written many successful works for a wider readership, including *L'Homme premier* and *La Grande Histoire des premiers hommes européens*.

**Marie-Antoinette de Lumley** has a medical background which she has applied to prehistory, studying the diseases of prehistoric humans.



Being a prehistorian means digging and searching at numerous excavation sites throughout the world in an effort to reconstitute the major phases of human evolution, over a period of seven million years. While still in high school, Henry de Lumley was already fascinated by prehistory, travelling from his hometown of Marseille whenever he could to visit major museums, where he met some of the pioneers in the burgeoning field of prehistoric studies: Jean Piveteau, Abbé Breuil and André Leroi-Gourhan.

Soon, he began digging in his native Provence. A few years later, he opened and led some of the richest and most interesting excavation sites in France: Tautavel Cave and the Vallée des Merveilles.

In their book, Henry and Marie-Antoinette de Lumley recount their common trajectory and the extraordinary strides in human palaeontology accomplished during those years of excitement and upheaval. But they do more here than simply look back at their lives in the pursuit of a shared love of knowledge. By relating their work and contributions, they also enable readers to follow human evolution, step by step.

- A fascinating, two-facetted narrative: the story of human evolution and the life story of two scientists.
- A lively introduction to what prehistorians really do, illustrated with a wealth of anecdotes.
- An inside look at the boom in palaeontology, recounted by two scientists who participated in this 'great leap forward'.

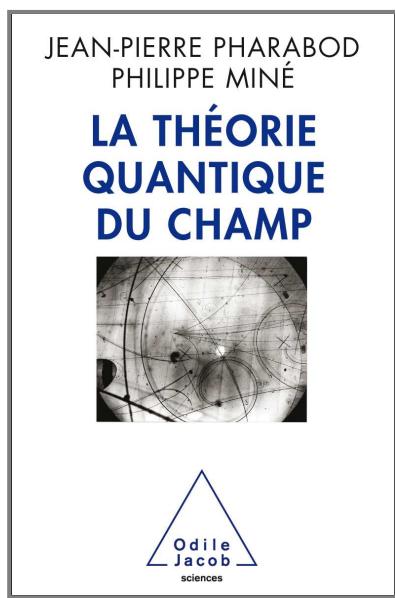
Jean-Pierre PHARABOD and Philippe MINÉ

## Quantum Field Theory

A fascinating, informed work that takes us to the heart of the quantum revolution

**Jean-Pierre Pharabod** is most notably the author of *Cantique des quantiques* and *Le Rêve des physiciens*. He worked for thirty years in the nuclear physics high-energy laboratory of the Ecole Polytechnique.

**Philippe Miné** is a research director at the French National Centre for Scientific Research (CNRS). He also works at CERN, in Geneva, and at the Ecole Polytechnique's Leprince-Ringuet Laboratory.



The two great scientific theories of the twentieth century — relativity and quantum mechanics — did not reach the general public in the same manner. While the theory of relativity was rapidly popularised, knowledge of quantum mechanics was for a long time limited to a small circle.

The terms used in quantum mechanics are not part of our everyday language and its concepts seem obscure. These difficulties intensified following what is known as ‘the second quantum revolution’, i.e. the discoveries in particle physics concerning the fusion of quantum mechanics and restricted relativity, which gave rise to quantum field theory known for its mathematical difficulty.

This book aims to meet the challenge of explaining, as simply as possible, the basics of this complex theory, from its inception to present-day speculations and paradoxes.

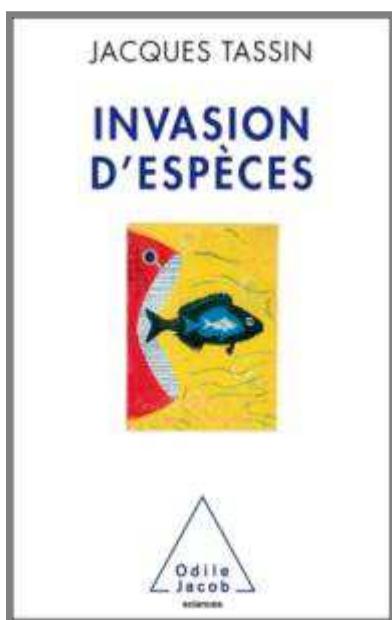
- Finally, a book that makes quantum theory comprehensible.

## Jacques TASSIN

### On the Invasion of Species

Invasive species are not necessarily harmful but they need to be managed and mastered

**Jacques Tassin** is a researcher in the Environment and Society department of CIRAD, a French research centre working on international agricultural and development issues.



The Nile perch, which is widely available in supermarkets and restaurants, is a typical example of an invasive species. A few years after its introduction into Lake Victoria, all the small local species had disappeared — as had the small-scale, family-run fishing industry. Introducing a few rabbits in Australia resulted in the devastation of millions of acres of land and a major ecological catastrophe. Certain tropical plants have become rampant in the Northern Hemisphere.

Because it is feared, biological invasion is a subject of public concern, one that Jacques Tassin examines dispassionately from a scientific angle. After all, maize and tomatoes — invasive species originally brought to Europe from South America — are no longer regarded as harmful. And where does such a narrow approach come from which sees 'nature' as a collection of well-ordered ecosystems that have existed for all eternity? Not only do animal and plant species continue to evolve but global exchanges and climate change have turned biological invasion into a natural phenomenon, even if in most cases it is caused by humans.

The key to the problem would appear to lie in abandoning an idealised, rather romantic and never-changing Nature in favour of one that is under constant renewal, healthily managed and mastered. Not all so-called invasive species are harmful and for everyone's sake it is important to accompany rather than fight environmental change. The war of the species will not take place.

- Setting aside irrational, emotional reactions, the author looks at invasive species from the scientific angle.
- We must give up a romanticised view of nature and focus on mastering environmental change.

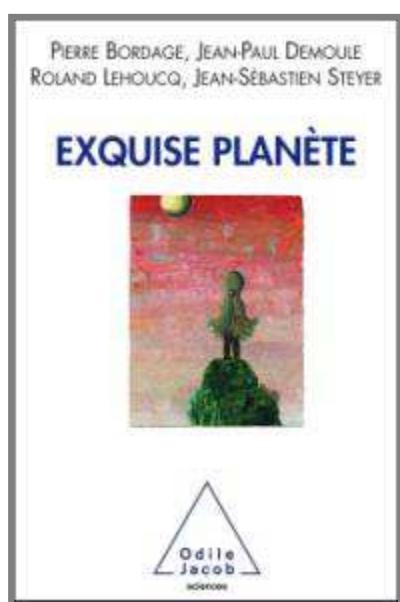
# Pierre BORDAGE, Jean-Paul DEMOULE, Roland LEHOUCQ and Jean-Sébastien STEYER

Literary  
Science

## Exquisite Planet

*The fascinating account of an imaginary but realistic planet, which could have been ours...*

**Pierre Bordage** writes science fiction, specialising in space opera and historical fantasy. **Jean-Paul Demoule**, an archaeologist at Paris-1 University, is the founder and former president of the Institut d'Archéologie Préventive (INRAP). He is the author of numerous works, including *On a retrouvé l'Histoire de France* (2012). **Roland Lehoucq**, an astrophysicist working at the French Alternative Energies and Atomic Energy Commission (CEA), specialises in writing scientific works inspired by fiction: *D'où viennent les pouvoirs de Superman?* (Where Do Superman's Powers Come From?), *Faire de la science avec Star Wars* (Doing Science With Star Wars). **Jean-Sébastien Steyer**, a palaeontologist at the Paris Museum of Natural History, writes a column, with R. Lehoucq, for the magazine *Pour la Science*. He is the author of *La Terre avant les dinosaures* (2009).



Adapting the form of an 'Exquisite Corpse' (a Surrealist technique in which collaborators draw in turn on a sheet of paper, fold it so that only a fragment remains visible, then pass it on to the next collaborator who improvises a new drawing), the four authors of this book have each described a possible planet and imagined the life forms that could have developed there, according to the laws of evolution. We know our planet could be different: but what could it be like?

This 'exquisite' planet, created according to the rules of plausibility by an astrophysicist, a palaeontologist and an archaeologist, does not resemble the planet Earth — except for the amazing inventiveness of its creatures. Yet it could have been our planet if chance had taken another direction.

The authors' 'exquisite' planet becomes especially fascinating when a science fiction writer adds his final contribution, giving an epic dimension to the scientific and factual descriptions and abolishing the comfortable frontier between science and fiction.

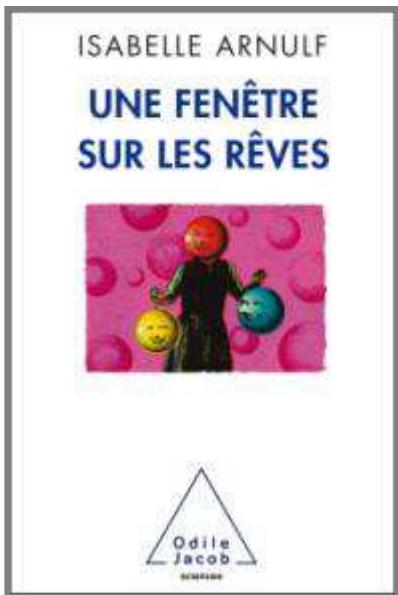
- It was initially conceived as a scientific essay aiming to define the realm of possibility.
- The book ultimately took the form of an unusual literary essay.
- The reader is gradually guided from a purely factual scientific text to a moving science fiction story.

## Isabelle ARNULF

### A Window to Dreams

This ‘night-time ethology’ opens a window to the fascinating world of current dream research

**Isabelle Arnulf** is a neurologist and the director of a unit on sleep pathologies at La Pitié-Salpêtrière Hospital, in Paris. She studies nocturnal behaviour disorders by observing dream exteriorisation during paradoxical sleep. She has contributed to many articles published in the most prestigious journals of neuroscience.



‘I can’t remember where I parked my car.’ Absentmindedness? Loss of memory? A cause for concern?

Besides reviewing such questions, this book deals with a broader issue — one that becomes a major source of anxiety with age: what can be done to maintain or enhance brainpower? Acquiring a better understanding of the brain’s normal ageing process will help us know how to fight mental decline more effectively.

The good news is that the brain is capable of change — and that capacity is what enables it to fight against those factors responsible for the most rapid forms of deterioration, such as those resulting from diseases like Alzheimer’s. Studies have shown that at every age the brain, just like a muscle, needs to be exercised to strengthen and develop.

This book shows how to exercise and improve cognitive skills: it provides exercises, tells you what you can do on a daily basis to keep your mind active, and provides tips on maintaining a healthy lifestyle to ward off cognitive decline.

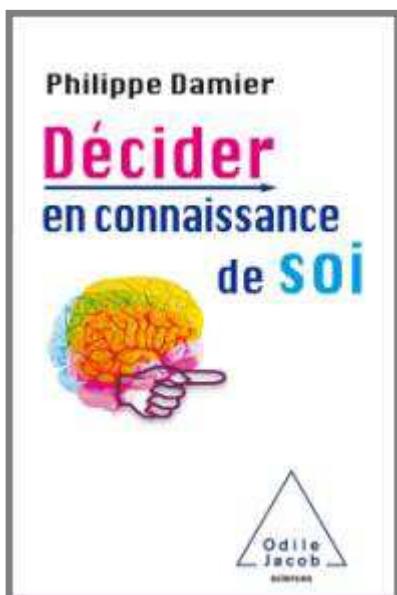
- Some amazing cases gleaned from her meetings with contemplative monks who dream of the devil, her encounters with patients who are capable of bolting down tobacco sandwiches in their sleep, from her own laboratory experiments and her efforts to replay *Inception*.
- Anrulf’s laboratory has enabled scientists to test several hypotheses concerning mind-body interactions during sleep
- And to detect specific mechanisms that can help identify those patients who are at risk of developing Parkinson’s disease or dementia (NRJ foundation’s prize 2012).

# Pr. Philippe DAMIER

## Decision Making Based on Self-Knowledge

How to optimise the decision-making process.

**Pr. Philippe Damier** is a professor of neurology at the teaching hospital of Nantes. His research work — carried out at Salpêtrière Hospital, in Paris, at Boston's Massachusetts Institute of Technology and in Nantes — focuses on neurodegenerative diseases and aims to define the cellular mechanisms that cause them, and to propose new treatments.



We are constantly making decisions, from the most banal (selecting the sandwich we'll have for lunch) to the most complex (choosing a career). Some decisions are made quickly with little awareness on our part of the underlying process. Others are the fruit of lengthy, fully conscious and controlled efforts. Some decisions are made alone, others in twos or in a group.

In each case before reaching a decision one or more human beings — actually their brains — synthesised a large amount of information: information gleaned from the immediate environment, internal information on the state of the organism, memories of more or less similar prior experiences which the decision-maker may or not be consciously aware of.

After the information is integrated, a decision is made that results in a certain behaviour.

How does the human brain proceed in such situations? What do we know about the cerebral structures that participate in the decision-making process? How do they work? Does your brain always make the decision that is in your best interests? Can the brain make mistakes?

- **Assessment of criteria, internal value scale, role of previous experiences, learning, intuition, the role of dopamine, priming phenomena, mirror neurons...**
- **By following the pathways of the cerebral structures implicated in such processes the reader will acquire a better understanding of what happens in the brain during the decision-making process.**
- **Neuroscience to avoid some of the common pitfalls of decision-makers.**

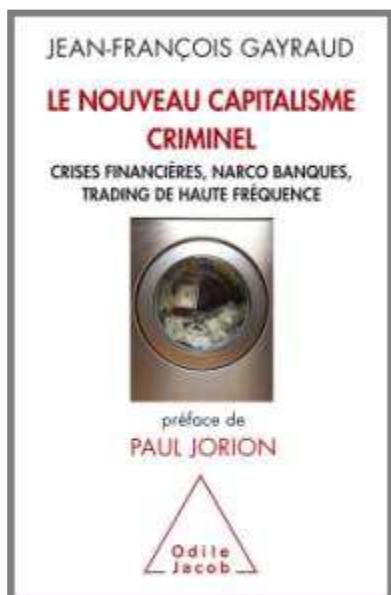
# Jean-François GAYRAUD

## A New Criminal Capitalism

Financial crises, money laundering, high-frequency trading

How crime creeps into the heart  
of the global financial system — and perverts it

**Jean-François Gayraud** is a chief superintendent on France's national police force. He holds a doctorate in law and is a graduate of the Institut d'Etudes Politiques and of the Institut de Criminologie of Paris. He is the author of *Le Monde des mafias* and *La Grande Fraude* (Editions Odile Jacob).



Can financial crises have a criminal origin? Are there delinquent banks that work for organised crime, particularly for drug cartels? Has high-frequency trading allowed certain crooked Wall Street traders to invent the perfect crime?

The powerful, global rise of finance is a unique event in history and a major characteristic of the present age. In the 1980s, deregulation and market liberalisation further and noticeably accelerated the trend toward globalisation.

World finance has now become a complex transnational ecosystem involving several participants. Particularly, it seems to be in the process of becoming a large dysfunctional, anomie territory, producing, under a friendly and innocuous guise, what is actually a 'capitalism of fraud', the 'gangsterization' of the economy.

- Using the same approach as in his earlier works, Gayraud reveals the 'geo-economy of organised crime'.
- Dozens of pertinent examples: the 'yakuza recession', money-laundering in Mexico and Colombia, the HSBC and BCCI scandals, etc.
- Financial capitalism in the light of criminology.

Philippe AGHION, Gilbert CETTE, Elie COHEN

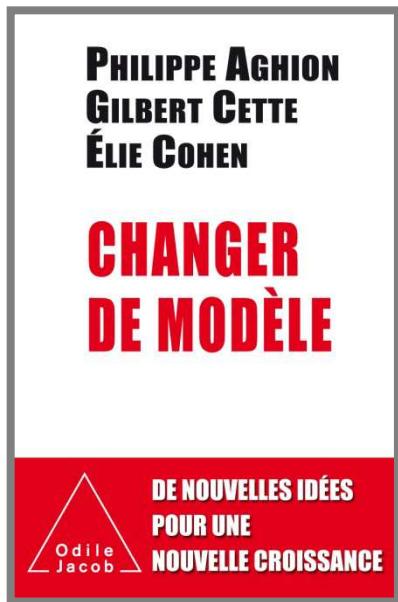
## Manifesto for a New Economic Policy

A vital social and economic programme  
to put France back on its feet

**Pr. Philippe Aghion** is a professor at Harvard University, specialising in theories of growth and innovation.

**Gilbert Cette**, the Director of Microeconomic and Structural Studies at the Bank of France, is an expert in productivity and labour market issues.

**Elie Cohen** is a research director at the French National Centre for Scientific Research (National Political Science Foundation) and an expert in economic, especially industrial, institutions and policies.



The current French administration's first year in office was an *annus horribilis*. In a highly restricted economic environment the government's actions seemed of no avail. And as public opinion swung between exasperation and incomprehension, the government was placed in a fragile political position.

But France can bounce back and recover its economic growth, notably by catching up with new technologies — an opportunity that is not to be missed, argue the authors.

If France is to recover, it must break with simplistic Keynesianism, which abuses fiscal pressure to eliminate public deficits. After that, it will have to implement structural reforms in order to restore upward social mobility and stimulate growth through innovation. Coherence is the programme's guiding principle since the French are anxiously waiting for someone to tackle their problems head on and for the necessary reforms to be undertaken, without blinders and without taboos.

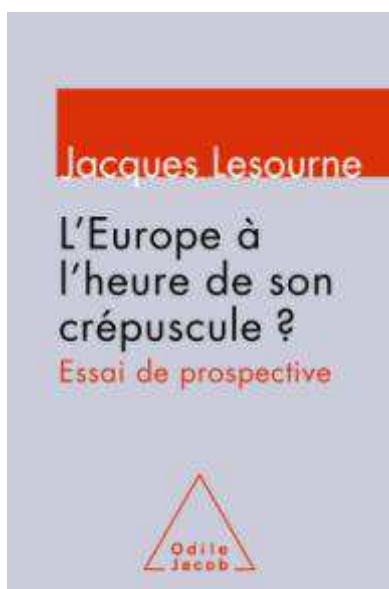
- A blueprint for a truly reformist Left.
- A quantified evaluation of the proposed reforms and their impact measured in growth figures.
- A manifesto, by three brilliant economists, outlining the road to French recovery.

# Jacques LESOURNE

## Europe at Its Twilight? A prospective Essay

What are the strategies that can halt Europe's decline?

**Pr. Jacques Lesourne**, long renowned as a prospectivist, was notably a professor of economics and industrial statistics at France's National Arts and Crafts Conservatory. Editions Odile Jacob has published many of his works, including *Le Modèle français*, *Un Homme de notre siècle* and *Ces avenirs qui n'ont pas eu lieu*.



'Europe seems to be in decline — at least in relative terms. What will be its future trajectory? Will Europe age gracefully and enjoy its golden years? Will it plunge into chaotic decadence? Will it recover bouts of dynamism, and so prolong its vital phase? Once a bright, sometimes scorching, sun whose light flooded the world, how can Europe at least continue to glimmer, contributing its light to that of the other continents?

'Ultimately, the big issue for Europeans is to transform their centuries-old, driving global ambitions into a European ambition, open to the world but aware of its own limitations.

'In this context, they must simplify their political, national and European goals, focus their efforts, fight against institutional sclerosis and work toward a democracy that controls its leaders without depriving them of authority. Success is not guaranteed. Hope endures,' writes Jacques Lesourne.

- Europe's heritage and the players on the European stage.
- Strategic questions for building a solid, workable Europe.
- Possible scenarios for the future.

# Pr. Christian DE PERTHUIS and Pierre-André JOUVENT

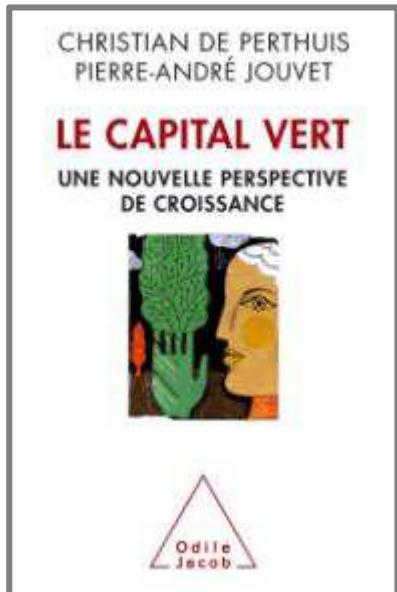
## Green Capital

### A New Perspective On Economic Growth

The indispensable book to understand  
the green economy and boost economic growth

**Pr. Christian de Perthuis** is a professor of economics at Paris-Dauphine University and the founder of the Climate Economics Chair. He recently published *Economic Choices in a Warming World* (Cambridge University Press).

**Pr. Pierre-André Jouvet** is a professor of economics at the University of Paris-Ouest-Nanterre-la Défense and the scientific director of the Climate Economics Chair. He recently published *Global Environmental Commons: Analytical and Political Challenges in Building Governance Mechanisms* (Oxford University Press).



Green growth seems to have been forgotten by political leaders, obsessed as they are by the current economic crisis. Should economic growth be limited, as advised in the Club of Rome's famous report — but at the risk of setting back the clock by forty years?

We often reason as if nature were a finite (exhaustible) stock of resources, making growth and ecological concerns incompatible. For the authors, however, nature is a set of regulatory systems (water, climate, etc.), which benefit the economy but are threatened by current forms of growth. Consequently, they argue that such systems should be regarded as a new production factor — natural capital — attracting investments that should be remunerated.

Exploring existing areas of experimentation (climate, biodiversity, agriculture), the authors urge us to make the transition to a green economy — which will imply a major shakeup in technology, social organisation and public policies.

- A book that argues against many received ideas: going green will cost too much; it's utopian; it's anti-progressive.
- The book that lays the theoretical foundations of the green economy.
- With numerous examples to guide local authorities and business enterprises.

Rights sold:

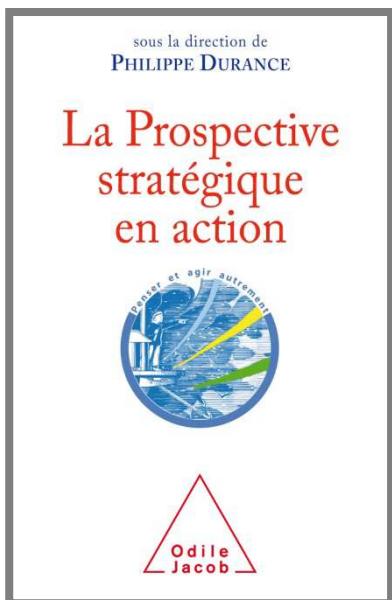
World-English (Columbia University Press)

# Philippe DURANCE (edited by)

## Strategic Foresight in Action

A book that argues in favour of social change, the rational development of governance and sustainable development

**Pr. Philippe Durance** is a professor at the French National Conservatory for Arts and Crafts (Cnam) in the chair of ‘Prospective and Sustainable Development’. He is also a research fellow in Cnam’s Laboratory for interdisciplinary research in active science (LIRSA). He is in charge of ‘advanced regional studies’ at Sciences Po-Lille and he frequently lectures at prestigious French institutions (Agro ParisTech, EHESS, ESSEC, HEC, Paris-Dauphine University, Science Po-Paris, among others). He has a doctorate in management and has published many works on strategic foresight.



Strategic foresight aims to inform present actions in the light of possible or desirable futures.

In this book, Philippe Durance, a specialist in strategic foresight studies, and several other experts explain the foundations, concepts, methods and tools of strategic analysis.

They argue that strategic foresight should not be limited to research. Instead, it needs to be included in current national and regional policy decisions.

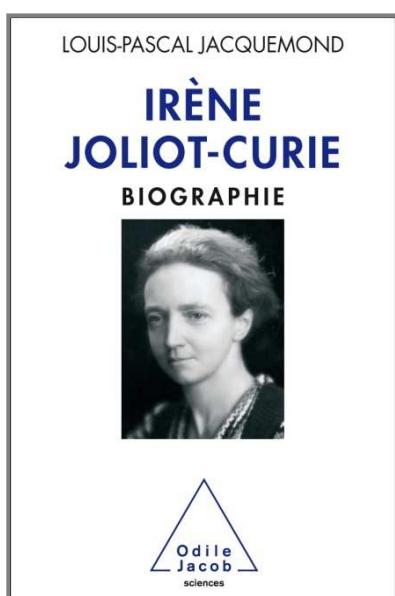
- Practical, factually backed recommendations, by one of the greatest specialists in strategic foresight.
- Also included here are contributions by other experts, notably in the area of sustainable development.
- Philippe Durance’s works, which combine history, philosophy and foresight analysis, are globally concerned with social change,

# Louis-Pascal JACQUEMOND

## Irène Joliot-Curie Biography

A brilliant scientist and a committed feminist  
whose defence of women and science was unflagging

**Louis-Pascal Jacquemond**, a historian, teaches at the Institute of Political Science (Sciences-Po). He is an honorary academic inspector and a regional educational inspector for the Grenoble region. A graduate in law and political science, he holds an *agrégation* in history and was formerly a senior fellow in pedagogical research at the French National Institute for Pedagogical Research (INRP). He is the author of *La Place des femmes dans l'Histoire, Une histoire mixte*, and a member of the governing body of Mnemosyne, an association for the development of women's history and of gender studies.



Irène Joliot-Curie marked the first half of the twentieth century in three iconic ways: she was a Nobel laureate, like her mother, Marie Curie; she was one of three female ministers in Léon Blum's government, in 1936; she was an activist for women's rights and a self-proclaimed feminist.

Her lifetime spanned two world wars, the national and international crises of 1929 and the Cold War, after 1945. She witnessed radical changes in science and the development of nuclear physics.

In addition, she saw three key moments in the history of feminism: the suffragette movement; women's active participation as medical staff at the front during the First World War, and the emancipation that followed it; the struggle for women's rights after the Second World War.

The most striking aspect of her trajectory is the way she combined her scientific, Nobel-Prize winning career with her political activism and her deeply committed feminism — under the tutelary aura of a mother who was already a legend during Joliot-Curie's lifetime and who has overshadowed her in posterity.

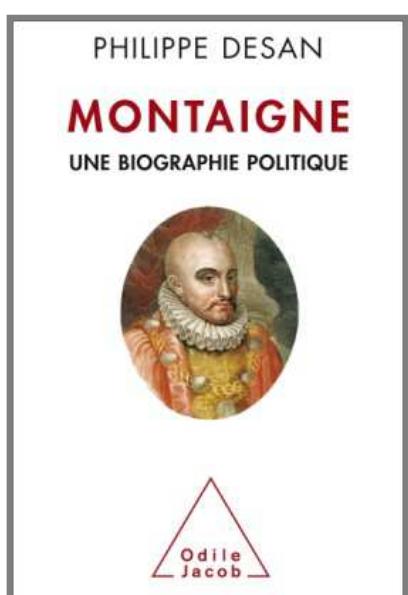
- The trajectory of a brilliant scientist who was deeply committed to the ideals of equality and fairness.
- The exceptional life of an outstanding woman finally revealed here in all its many facets.
- The story of a family and of an intellectual and political milieu.

# Philippe DESAN

## Montaigne A Political Biography

A brilliant, erudite biography that demolishes many received ideas about the great French philosopher

**Philippe Desan**, a French-American living in the United States, is a sociologist specialising in the history of ideas and in Renaissance studies. He holds the Chair of the History of Culture at the University of Chicago, general editor of the journal *Montaigne Studies* and the author of numerous works on the Renaissance and on Montaigne.



Who was Michel de Montaigne? The author of the *Essais* declared his intention to describe a universal self as part of the ‘human condition’, that is, as a being dissociated from the vicissitudes of history.

Contrary to the myth to which Montaigne himself largely contributed, this political biography questions the historicity of the *Essais* and their inscription in the political and social practices of the late Renaissance.

A public figure, Montaigne held office in various capacities, first as counsellor to the Parliament of Bordeaux, then as mayor of Bordeaux, governor and negotiator. He was a close friend of the future Henri IV.

This book elucidates some of the contradictions between the numerous editions (1572-1592) of the *Essais*,

corresponding to different moments in Montaigne’s life and to conflicting political strategies. Analysing Montaigne’s sometimes scheming friendship with La Boétie, the exercise of his mandate as mayor (when he was accused of corruption) and his manoeuvres to get close to the king, the author reveals a different man from the one that is habitually depicted as detached and stoical. What we see instead is a man who did not separate his private life from his public life, who was engaged in the tumults of his time and who spoke out, or kept quiet, for tactical reasons.

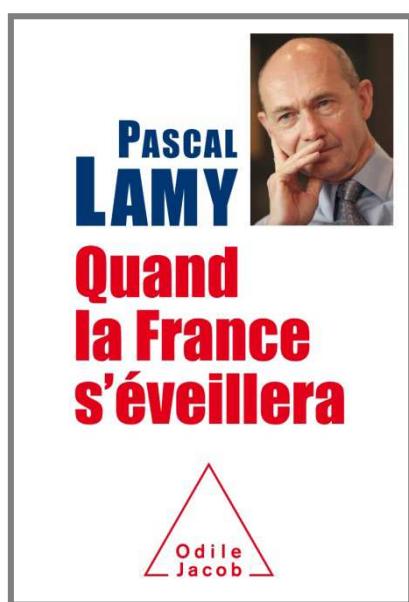
- Instead of the clichéd image of Montaigne the detached Stoic, the author gives us the portrait of a man who shared the concerns of his time.
- A fascinating illumination of an era torn apart by its social and religious contradictions.
- A great specialist on Montaigne reveals a true portrait of the philosopher.

## Pascal LAMY

### France, Europe and the World

A new view of France by Pascal Lamy,  
former director-general of the WTO  
and an expert on international trade issues

**Pascal Lamy** was the Director-General of the World Trade Organisation (WTO) from 2005 till September 2013. He was appointed European Commissioner for Trade in 1999 and he has extensive experience of international organisations and their leadership. A socialist and former adviser to Jacques Delors, Lamy is a fervent supporter of regulated globalisation.



Globalisation has been faster and more widespread than expected — with the result, writes the author, that the global picture has changed completely during the past five years.

Based on his practical experience of the situation, Lamy poses a number of questions: why do politicians always favour local issues over international questions? How to create a system of governance that will allow greater mastery of globalisation? How to articulate the various echelons of power — global, regional, local? Will Europe and France have a role to play in the new configuration?

In this book, Lamy further develops ideas that he had broached twenty years ago: noting that geopolitics has made a comeback, he argues that efficient global governance depends on a consensus about the values resulting from globalisation. Europe, as the first supranational entity, is very well placed to take up the challenge. France, like the U.S., must accept that it needs to look to other countries for inspiration.

Efficiency and democracy go hand in hand. Because global governance will have to respond to the principle of subsidiarity, global problems will necessarily have to be relocated.

- The author is a renowned specialist on economic issues.

# Paul JORION

## Understanding Our Times

Known for his wide-ranging interests,  
Paul Jorion cultivates his love of paradoxes and the bizarre.

**Paul Jorion** is an anthropologist and a sociologist. He became known to a wide readership with his book on the global financial crisis: *La Crise: des subprimes au séisme financier et planétaire* (2008). A columnist for the French daily *Le Monde*, and a blogger, he is known for his iconoclastic views.

Paul Jorion  
**Comprendre  
les temps  
qui sont les nôtres**  
 2007-2013



'In February 2007 when the world entered the crisis that has since held us in its claws, it rapidly became clear to me that the narrative and the analysis of financial and economic events would not suffice to explain the world we live in. The scrutiny of news events, alone, would not do the trick: it would have to be bolstered by "non-news" considerations, disconnected from the hubbub of events in the rough [...].

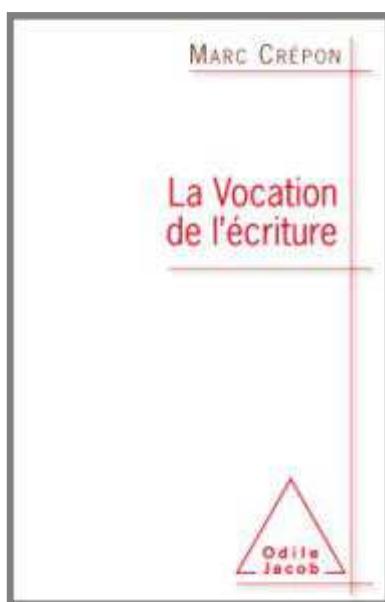
'In order to classify the short pieces, from aphorisms to "points of view", that I had written from day to day, two categories imposed themselves: a serious one reserved for "fundamental issues" and a light one for "daily life".

'Curiously, when I had finished one of the pieces that you will read in the present collection, I often hesitated, not sure which rubric I should slot it into, because for everyone, men, women and children, what is serious is sometimes light, and, more often than not, what seems light-hearted is deadly serious. And so, when you read these innocent texts, you will smile, laugh or weep, because living is enough to make you laugh and cry, and doubtless more so today than in the past,' writes Paul Jorion.

## The Writer's Vocation

An examination of the impact of the experience of violence on language

**Marc Crépon** has headed the Philosophy Department of the Ecole Normale Supérieure since 2011. He is the author of some ten works, including *La Culture de la peur* (2 vols. 2008 and 2010) and *Le Consentement meurtrier* (2012). His main research interests are war and violence.



From earliest childhood we all know how violent, unfair, even inflexible, language can be — particularly when we have to confront our parents' or schoolteachers' anger.

In an introduction that is both epic in its scope and personal, the philosopher Marc Crépon delves into his own past, from his earliest, most traumatic childhood memories to the discovery of the horrors of the 20th century, and shows that violence never leaves language unscathed. In this book, he examines the impact of the experience of violence on language.

Exploring the works of Kafka, Hannah Arendt, Levinas, Celan, Imre Kertész, Isaac Bashevis Singer, Mandelstam, W.G. Sebald and Derrida, the author points out that they were all written following a period when language was subjected to extreme violence, not in an abstract manner but in an effort to hinder its very expression.

- An exploration of the works of Kafka, Hannah Arendt, Levinas, Celan, Imre Kertész, Isaac Bashevis Singer, Mandelstam, W.G. Sebald and Derrida.
- How literature and philosophy came together in these works not just to bear witness but also to fight and resist.
- In their own singular way, these works, written in difficult, challenging times, are our most effective recourse in responding to the violence of our own time.

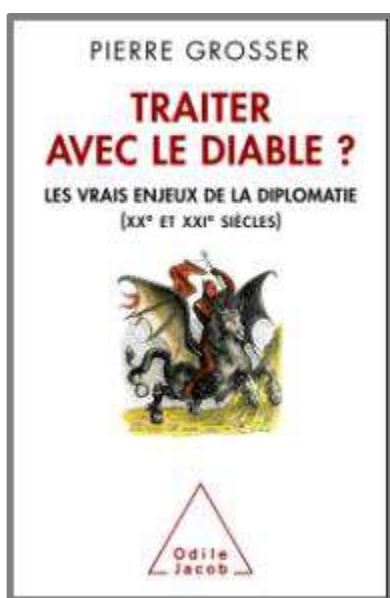
## Pierre GROSSER

### Dealing With the Devil?

### The Real Stakes for Diplomacy, in the 20<sup>th</sup> and 21<sup>st</sup> c.

A brilliant essay on how we represent the enemy and of how we manipulate that representation

**Pierre Grosser** is an expert in the history of international relations and the post-Cold War period. He has taught at the Institute of Political Science (Sciences Po) and was formerly a director of research at the Diplomatic Institute of the French Ministry of Foreign Affairs (2001-2009). He holds an *agrégation* and a doctorate in history and is the author of numerous works, including *L'Année où le monde a basculé* (Perrin, 2009), which was awarded the 2010 Prix Ambassadeurs.



What purpose do such ‘devils’ serve on the stage of international relations? Are they simply obligatory rhetorical figures, aimed at domestic audiences? Or do they have other uses? Can we think of geopolitics in other terms nowadays?

In this essay, combining history, psychology and politics, Pierre Grosser offers a fascinating reflection on how we represent the enemy and of how we manipulate that representation. The criminalisation of war and of our opponents began in the 20<sup>th</sup> century, specifically in the 1930s. The result has been to reduce the range of available strategies and to diminish government and diplomatic resources. In contrast, this book reminds us of the complexity of available choices and restores meaning to political action.

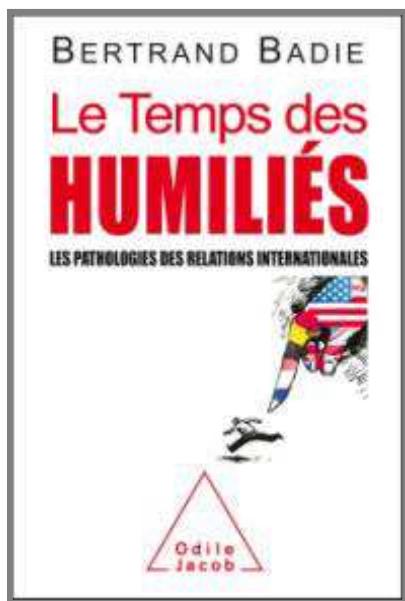
- A fascinating essay on geopolitics focusing on the diplomatic challenges of the 21<sup>st</sup> century, by an eminent specialist in international relations.
- A different approach of the post-9/11 world, this book reminds us of the complexity of available choices and restores meaning to political action.
- A fascinating reflection that delves into psychology, politics as well as history.

## Pr. Bertrand BADIE

### The Age of Humiliation

An original view of international relations  
at the junction of individual and collective concerns

**Pr. Bertrand Badie**, a professor at the Paris Institute of Political Science (IEP), is a sociologist specialising in international relations. He formerly taught at the National Institute of Oriental Languages and Cultures (INALCO), at the School for Advanced Studies in the Social Sciences (EHESS) and Paris-I and Clermont-Ferrand Universities. A former president of the scientific advisory board of the French Institute of the Middle East (IFPO) and former a vice president of the International Political Science Association, he is the author of some 20 books including *La Diplomatie de connivence*, *L'Impuissance de la puissance* and *La Fin des territoires*. He has codirected the journal *L'Etat du Monde* for the past seven years.



Formerly restricted to the area of social relations, humiliation has become a common tool in international affairs. Belittling another state, placing it under tutelage, deciding it is incapable of world governance, keeping it at a distance from decision-making organisations: such forms of diplomatic behaviour have become increasingly commonplace and resulted in the emergence of a 'diplomatic club' overseen by the U.N. Security Council and the G8 in which emerging nations (India, Brazil, Turkey) and former superpowers (Russia) are denied all major initiatives or forced to adopt deviationist, often low-yield strategies.

What does such a 'diplomacy of humiliation' reveal about the existing international system and its stalemates? Do the reactions of the humiliated nations offer alternative notions of governance?

Drawing boldly on the history of political sociology, Bertrand Badie traces the origins of humiliation through colonisation, war sanctions and the rise of *revanchisme*. He shows that the trivialisation of humiliation is closely linked to the emergence of different public opinions and societies on the international stage. Arguing that such trivialisation reveals the current failure of nations to adapt to an increasingly globalised world, he urges us to construct a new international order, one in which those who suffer humiliation (and the societies they represent) will have a role to play.

- **What does such a 'diplomacy of humiliation' reveal about the existing international system and its stalemates.**
- **A brilliant demonstration drawn boldly on the history of political sociology.**
- **A penetrating approach to the subject, notably through the trajectories of major political figures among the 'humiliated': Ho Chi Minh, Ahmed Sukarno, Nehru.**

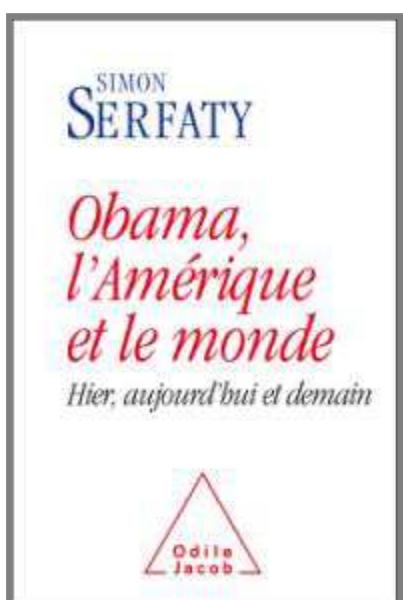
**Pr. Simon SERFATY**

## **Obama, the United States and the World**

### **Yesterday, Today and Tomorrow**

A reflection on the disorder of the world  
and on the illusions of the recent past

**Pr. Simon Serfaty** teaches at the Center for Strategic and International Studies (CSIS). He taught for many years at Johns Hopkins School of Advanced International Studies, in Washington D.C.



The 20th century saw the rise of the United States as a world power and the collapse of the other great powers, particularly European. The 21st century is already being seen as a post-American world dominated by post-Western powers, particularly Asian. But could such a view be premature? Without minimising the changes now underway, shouldn't we anticipate the possible resurgence rather than the decline of the United States? Instead of expecting Europe to fail again, shouldn't we be looking forward to a revival that may bring Europe closer to its institutional 'goal'? Rather than disappearing, the Western world may well be about to bounce back.

In the 20th century the United States represented hope for peace. After September 11 2001, the U.S. disappointed us. And Barack Obama failed to fulfil the hopes he had raised following his election in November 2008. What should we now fear more: living with, and in the shadow of, the United States or without and needing the U.S.?

These are the issues that Simon Serfaty examines here, as he traces the evolution of the global status of the U.S. since 9/11, wonders if there are limits to multiculturalism, establishes a highly mixed balance sheet of the Obama administration and speculates on the question: what if the United States were to become a world leader again?

- An eminent expert in international affairs offers a reflection on the disorder of the world and on the illusions of the recent past.
- An attempt to discern the choices that must be made during the coming years.

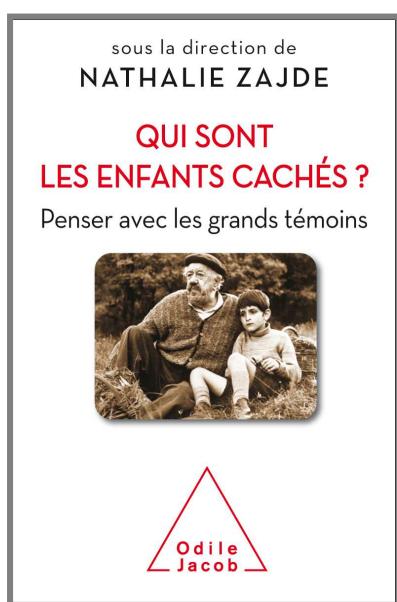
*English rights non-available*

## Nathalie ZAJDE

# Who Were the Hidden Children? Thinking With the Major Witnesses

Nathalie Zajde continues to research the psychological trauma and the identity of children who were hidden during the Holocaust

**Nathalie Zajde** is a senior lecturer in psychology at the University of Paris-VIII and a member of Professor Tobie Nathan's ethno-psychiatry team at the Georges Devereux Centre. She created the first structures in France to provide psychological support for former 'hidden children' and for the descendants of Holocaust survivors. She is the author of *Enfants de survivants*, *Guérir de la Shoah* and *Les Enfants cachés en France*, which were all published by Editions Odile Jabob.



'A hidden child is a subject who was hidden as a child during the Shoah to escape extermination. He was usually separated from his parents. He often had to renounce his Jewish identity during the time of persecution. After the war, he was often one of the few survivors of his family and had to change his identity once more.'

'When you read such a definition, you realise that a hidden child is a hybrid notion that refers to several of the human sciences: history, psychology, sociology, law, political science, psychiatry and ethno-psychiatry.'

'Who were the hidden children? What did they live through? What became of them?'

'We discussed these questions with researchers, intellectuals, politicians, activists, major witnesses for the most part, and with those who hidden as children in France and Belgium during the Second World War. In other words, we asked scientists and intellectuals to take risks, in the sense that what they said engaged them personally,' writes Nathalie Zajde.

- A multidisciplinary approach to a historical reality that was recognised only twenty years ago.
- This book follows the colloquium held at the Paris Shoah Memorial.
- With the participation of Boris Cyrulnik, Serge Klarsfeld, Tobie Nathan, François Heilbronn, Katy Hazan, Israël Lichtenstein.

# Jean-Claude CARRIÈRE

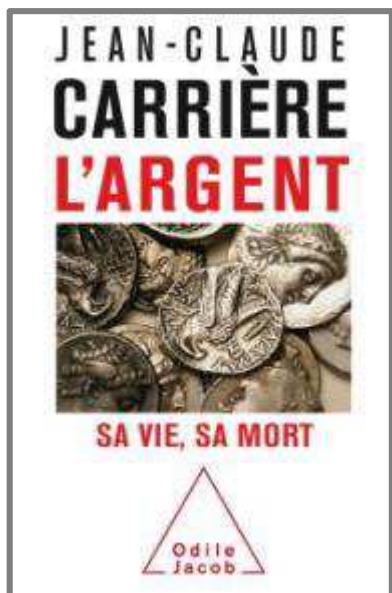
## Money

### Its Life and Death

Literary  
essay

A major, richly documented investigation,  
in which the writer's talent converges  
with the power of the pamphleteer.

**Jean-Claude Carrière** has written screenplays for such renowned filmmakers as Jacques Tati, Luis Buñuel and Nagisa Oshima. He is also a playwright and the author of many successful works translated in 16 languages, published by Editions Odile Jacob, including *Fragilité*, *Tous en scène* and *Einstein, s'il vous plaît*.



'Today, more than ever before, money rules supreme.

I've tried to understand why. I've searched and looked for clues to this enigma.

Money is simultaneously adored and cursed. I've discovered the reign of money gone mad, of money as king, of money as god. And also a secret that, towards the end, I will venture to reveal.' writes Jean-Claude Carrière.

- Money, its immense power and the central role it plays in our lives, analysed by a great writer.
- Jean-Claude Carrière is a successful author whose works are warmly received by readers and critics.

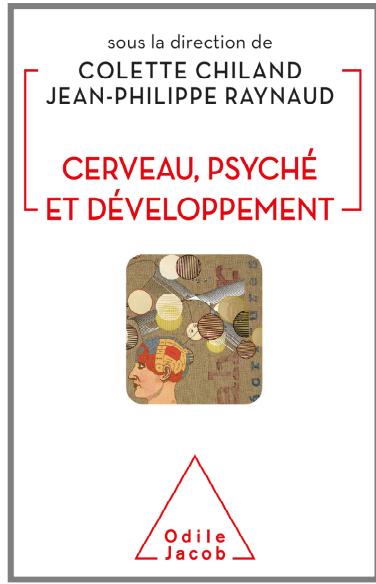
## Colette CHILAND (edited by)

# The Brain, the Psyche and Development

A fascinating work on the mental development and treatment of children, by eminent specialists in psychiatry and the neurosciences

**Pr. Colette Chiland** is a university professor. She has taught psychology, child-and-adolescent psychopathology and clinical psychology at Paris-Descartes University and she has worked as a psychiatrist at the Alfred Binet Centre (Paris). She is the author of *Changer de sexe* and *Sois sage, ô ma douleur*, published by Editions Odile Jacob.

**Pr. Jean-Philippe Raynaud**, a child-and-adolescent psychiatrist and psychopathologist, is a university professor working at the teaching hospital of the University of Toulouse. In addition, he heads the Haute-Garonne's university department of child-and-adolescent psychiatry.



The extraordinary scientific advances of the past few decades have modified our approach to child-and-adolescent psychiatry. How has the work of the clinician been affected by recent findings in the neurosciences? How has psychiatry — and more specifically child-and-adolescent psychiatry — evolved?

That is the subject of this book, with contributions by some of the major names in the fields of psychiatry and neuroscience.

How can a child's brain say 'I'? How does environment influence the child's mental health? Which neuronal mechanisms come into play in the acquisition of reading and elementary maths skills? What role should evidence-based medicine play in determining knowledge and clinical practice in paediatrics? How can a difference, such as precocity, become a source of fulfilment rather than of isolation?

- Contributors include the internationally renowned psychiatrists C. Chiland, D. Marcelli, M.R. Moro, J.P. Raynaud, S. Tordjman, S. Kermarrec, J.H. Guignard, B. Falissard, O. Omigbodum, C. Newnham, K.J. Zucker and M. Belfer.
- Also included here are contributions by the eminent neuroscientists P. Magistretti, F. Ansermet and M. Piazza.
- Recent research on the mental development and treatment of children, examined with a variety of approaches.

**Dr Christophe MASSIN**

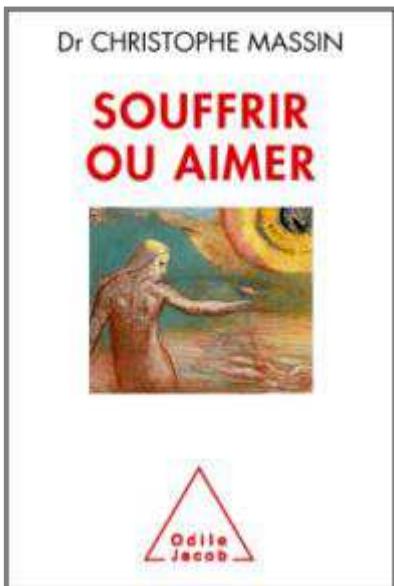
Preface by **Alexandre JOLLIEN**

## To Suffer or to Love

Awarded the  
2014  
Psychologies  
Magazine/FNAC  
Book Award

Psychological and spiritual tools  
to feel better about yourself and with others

**Christophe Massin** is a psychiatrist with extensive knowledge of Indian spirituality. He is notably the author of *Les Psychothérapies en Extrême-Orient* (EMC, 1989), *Le Bébé et l'Amour* (Aubier-Flammarion, 1996), *Réussir sans se détruire* (Albin Michel, 2006).



Most of us wish we could love. But, too often, our own poorly understood emotions and our childhood wounds condemn us to an endless cycle of unsatisfactory relationships and destructive behaviour patterns.

According to Christophe Massin — who besides being a clinical psychotherapist is a follower of the teachings of the Indian philosopher Swami Prajnanpad — our emotions, after being transformed by a process of acceptance, provide the path to inner peace which will ultimately enable us to access the Other.

Massin illustrates this inner trajectory with his patients' case histories, most notably the story of a man called Adam and a woman called Eve, symbols of our quest for love.

- A precise description of the changes that psychotherapy and spirituality can work on a human being.
- A brilliant and stimulating approach to our quest for love.
- An enthusiastic preface by the philosopher Alexandre Jollien.

Rights sold:  
French Book club (Le Grand Livre du Mois)

# Dr. Alain BRACONNIER

## Optimist

How to develop and cultivate optimism,  
to contribute to our happiness and well-being

**Dr. Alain Braconnier**, a psychiatrist and psychologist, is a consultant at the Pitié-Salpêtrière teaching hospital and teaches at the School of Practising Psychologists, in Paris. He was formerly the director of a mental health association in Paris. He is the author of such immensely successful books (more than 10,000 copies sold) as *Mères et Fils*, *Les Filles et les Pères*, *Petit ou grand anxieux* and, more recently, *Être parent aujourd'hui*.



What is optimism? Intuitively, everyone seems to know the answer; but it's not so easy to define its precise characteristics, nor is it always easy to be optimistic. Is optimism innate? Is it a character trait, built up from childhood and the product of a favourable upbringing? Is it an attitude that must be adopted under certain circumstances? Can optimism be boosted?

It is now possible to measure optimism, using three major criteria that allow us to evaluate each individual's optimism. We know how a pessimist can become an optimist (though pessimism need not always be harmful).

To become an optimist, you must have the confidence to move mountains. But where do you acquire the energy to do so? How and where can you find the foundations of such optimism and the source of well-being? The answers to help you change your state of mind and cultivate optimism are to be found in this book, written by an eminent expert.

- **How to develop a mental outlook that contributes to well-being and happiness.**
- **Scientific research has demonstrated that optimism has a beneficial impact on human psychology.**
- **Recommendations and a methodology to enhance optimism.**

« Un regard neuf sur le sentiment de confiance en l'avenir. » —*Le Monde, Culture et Idées*

« Une réhabilitation de l'optimisme. » —*Psychologies Magazine*

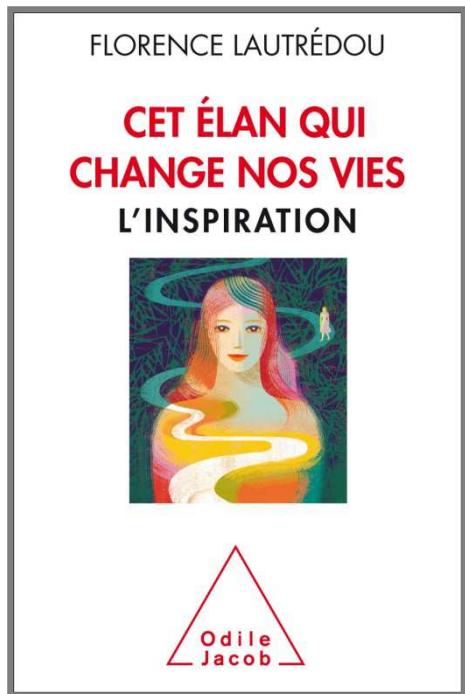
« Bonne nouvelle, il existe aussi un optimisme qui concilie réalisme et esprit critique, et que l'on peut appeler « optimisme intelligent. » —*Psychologies Magazine*

# Florence LAUTRÉDOU

## Inspired Lives

A stimulating book to help us welcome the gift of inspiration, and then take charge of our lives

**Florence Lautrédou** is a psychoanalyst and the creator of a programme called the Eye Opening Project which aims to encourage business managers to accept intuitive resources. A graduate of the Ecole Normale, she has an *agrégation* in literature. She is the author of fiction (*Cap Horn Elle*) and nonfiction (*En quête des libérateurs d'énergie*, Vuibert, 2007).



How and why do some people, who feel listless, bored, burdened by daily tasks and routines, suddenly 'wake up' with the feeling that life is full of promise?

The reason for this reawakening, or rebirth, is inspiration, argues Florence Lautrédou. Through her work with people who wish to change their lives, she has become familiar with the conditions that favour internal shifts: an unexpected, positive encounter, the remembrance of a childhood desire, a song overheard on the radio that acquires a fresh meaning — and suddenly a new path seems to open up.

Eight cases, recounted as engrossing stories, help us understand the forms that inspiration can take to make us take charge of our lives.

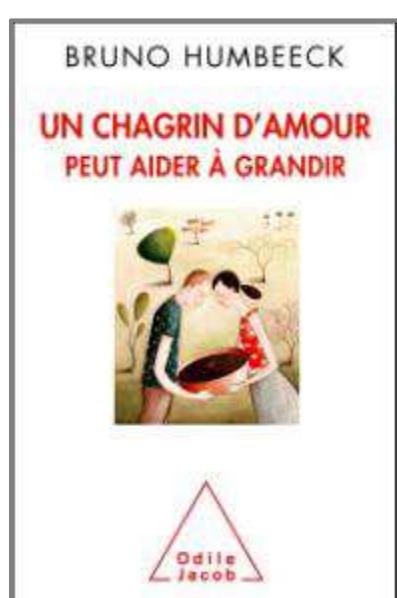
A book that will enable the reader to welcome the creative power of inspiration in daily life.

- A vital and stimulating subject for today.
- A book that can help a wide range of readers: students questioning what to do with their future, professionals in search of meaning in their careers, parents bogged down in daily life.
- An excellent, well-written and entertaining practical book.

## A Broken Heart Can Help You Grow Up

Understanding the pain caused by an unhappy love affair can help you pick up the pieces — and start loving again

**Bruno Humbeeck** is an educational psychologist and a researcher in socio-pedagogy, in school and family environments. A specialist in social breakdown and resilience, his ideas are close to those of Boris Cyrulnik and Jean-Pierre Pourtois. He regularly hosts a Belgian television programme, '*Une Education presque parfaite*'.



'One learns a lot from a broken heart. Yet most parents will do all they can to shelter their children from the experience. In the current context of overprotective parenting, anything that might possibly damage happiness must be eliminated, denied, obviated. Only joy is worthy of association. And it's best to avoid everything else. And yet...

'Whoever remembers the pain of a broken hearted knows how much it taught him about loving. Whoever takes the time to remember will acknowledge that it is often through such unfinished stories that one's identity is constructed.

'Obviously, broken hearts, like love at first sight, are not easy experiences to live through. Both take us beyond our daily lives and frequently give the impression that chaos has come crashing into our lives, overturning the normal course of events. But both produce forms of neo-development, which evoke processes of resilience that favour fulfilment in every human being,' writes Bruno Humbeeck.

- **Broken hearts: understanding the various aspects and phases.**
  - A breakup need not be seen as an affective dead-end but as a necessary step in life.
  - **A working approach to overcome pain and start loving once more.**

## Lisa LETESSIER

### Dealing With Breakups

This complete, practical book shows how to move on after a relationship breaks up

**Lisa Letessier** is a cognitive-behavioural psychologist specialising in mindfulness therapy. She practises at Georges Pompidou Hospital, in Paris.



At some point in their lives, most people have to cope with the breakup of a relationship.

Sometimes described as 'an emotional tsunami', the end of a relationship remains one of the most difficult events to experience and overcome. And yet, the pain caused by a breakup is often underestimated by friends and family as well as by therapists.

From the psychological and psychiatric viewpoint, the breakup of a relationship is known to provoke minor trauma, even serious depression, anxiety, panic attacks, and to diminish stress tolerance. Specialists who deal with suicide attempts report that in nearly 50% of such cases patients declare that a breakup was the decisive factor.

Drawing on such information, Lisa Letessier shows us how to overcome a breakup, grieve and then move on. In addition, she explains how to abandon patterns that can lead to negative and harmful relationships.

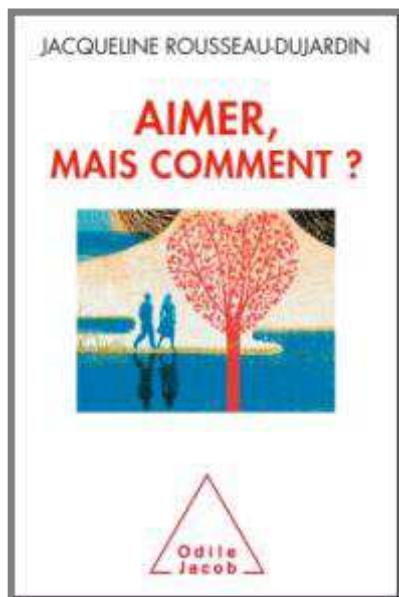
- Understand why a breakup should not be taken lightly.
- Discover an innovative therapy, especially conceived to 'heal' the pain of a breakup.
- Apply the step-by-step method described in this practical guidebook.

# Jacqueline ROUSSEAU-DUJARDIN

## Loving? But How?

A psychoanalytic study of love  
drawn on a wide range of great literary texts

**Jacqueline Rousseau-Dujardin** is a psychoanalyst, based in Paris.



How to remain yourself when you love another? If you want love to last, should you keep a certain distance and choose someone with whom you do not share your daily life? Why are some people afraid of loving? Can mystical love really be qualified as love? Are you truly happy when you are in love? Is it possible to love too much?

Love has been a favourite subject for writers over the ages, and the best portrayals of love and its tribulations are the work of the great novelists. Proust, Henry James, Virginia Woolf, Madame Guyon, Madame de Staël and Balzac, all tried in their own way to find answers to the questions it poses.

This book is a psychoanalytic study of love, offering a wide range of examples that will correspond to different readers' own experiences. In fiction love's pitfalls are more commonly described than its pleasures. And yet, every love story, each attempt at a relationship, reveals a bit more, and more profoundly, about the incredible gamble that is love: the discovery and acceptance of the other.

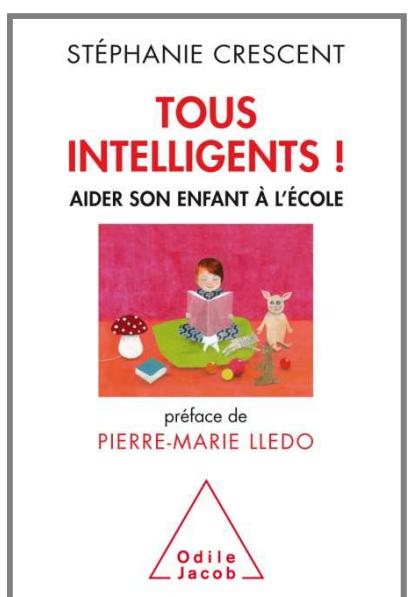
- Drawing on a number of great literary texts, the author studies the relationship between two people in love.
- Different authors that will correspond to different readers' own experiences
- A subtle and original analysis of the principal characteristics of love.

# Stéphanie CRESCENT

## Everyone's Intelligent

A clear, accessible book that will enable parents to help their child succeed academically

**Stéphanie Crescent** is a secondary school teacher, in Paris. She is the author of several textbooks, particularly in the area of English-language teaching.



'The first lesson my pupils taught me, during my first job as a substitute teacher in a Paris middle school, was that in terms of intelligence we are not all equal. I knew this in the first two weeks. I could sense my pupils' intelligence, I could feel it, but it seemed uneven. I wasn't disappointed. I was surprised.'

'Dealing with groups of children in my classes, I realised that not all brains function in the same manner. All the young people in front of me understood that, but each one had reached that understanding in a different manner and at their own pace.'

'The discovery of multiple intelligences, developed by Howard Gardner, supported and validated this conviction. It helped me identify the specific intelligence that was dominant in each pupil and to make the best use of it to facilitate all forms of learning. Today, I think I can say that I did not leave any child by the wayside.'

'This book aims to show everyone — parents, teachers and even pupils — how useful it is, in order to teach well, to identify multiple intelligences so as to develop them harmoniously,' writes Stéphanie Crescent.

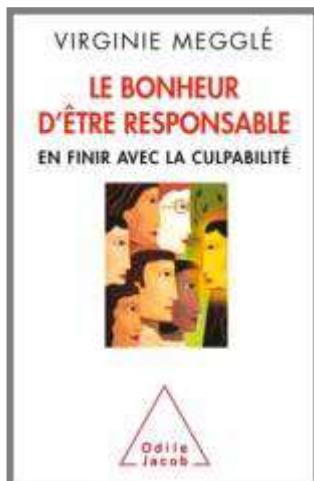
- **A teacher's ambitious, fervent combat: one that will give hope to every parent whose child is experiencing academic difficulties.**
- **A practical tool to enable parents to recognise their child's individual aptitudes.**
- **A brilliant demonstration of the educational approach developed by Howard Gardner.**

# Happiness is Taking Responsibility

## Overcoming Guilt

Accept responsibility instead of succumbing to guilt  
— and take a step toward happiness

**Virginie Megglé** is a psychoanalyst, a registered member of the Society of Adlerian Psychoanalysis, and the founder of the association and the Internet site *Psychanalyse en mouvement*. She has published (Eyrolles) *La Projection en psychanalyse*, *A chacun son film*, *Entre mère et fils, un histoire d'amour et de désir*, *A chacun son poids*, *Face à l'anorexie* and *Couper le cordon, guérir de nos dépendances affectives*.



Despite our efforts to do away with them, guilt feelings often play a central role in our lives. Guilt seems to ambush us at the most inopportune and unexpected moments.

The author begins by exploring the roots of the inner poison of guilt. How are guilt feelings capable of causing so much harm? Drawing on her in-depth knowledge of the works of Alfred Adler, one of the first dissidents of the psychoanalytic movement, Virginie Megglé shows that present-day guilt generally springs from a feeling of inferiority coupled with insecurity. By examining guilt in this new light we can learn how to go about overcoming it rather than succumbing to it.

To free ourselves of guilt we must dare to take responsibility. The author urges us to resist what is unlike us, so that by learning to be in harmony with our inner selves we can discover the joy of being in tune with the universe. By becoming free of guilt and endowed with greater self-knowledge we will find fulfilment and a lightness that is akin to happiness.

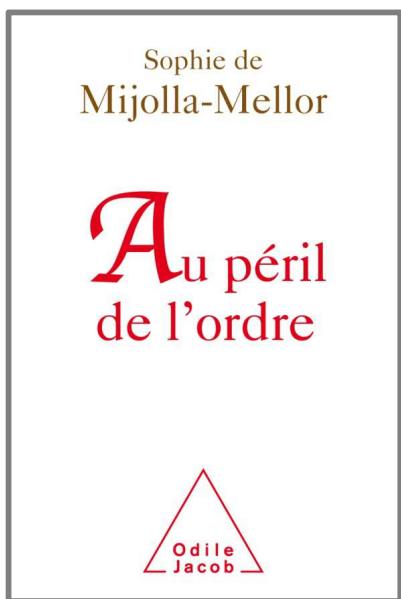
- An analysis drawing on film, examples from daily life and psychoanalytic practice.
- A new approach to guilt, inspired by Adlerian psychology.

# Sophie de MIJOLLA-MELLOR

## At the Risk Of Order

Parents need to feel more self-confident and spontaneous so they can focus on their child's real needs

**Sophie de Mijolla-Mellor** is a philosopher and psychoanalyst. She teaches psychopathology and psychoanalysis at Paris-7-Denis Diderot University. She is the publisher of *Topique*, a journal on psychoanalysis, and the president of the International Association for Cross-Cultural Psychology (IACCP).



Could order exist in the absence of any sort of authority to enforce it?

We all feel the need for order: this can be seen in such collective creations as myths but also in individual approaches to the management of daily life and in education. But our need for order is not free of risk, particularly when we blindly trust an external authority to maintain order for us.

How can we ensure that order — which we need for survival — is not just an expression of power but is, instead, established and especially maintained by consensus? What conditions would allow the emergence of an effective authority that was not directly produced by power nor maintained by force or even violence? And what about trust?

A multidisciplinary approach that borrows from philosophy, psychoanalysis and history to assess some essential issues for today: indignation, protest, the struggle to overcome alienation through disobedience, melancholic anxiety caused by disorder, the temptation to adhere to extremist ideas, the cult of the leader, nihilism, the civilising function of order.

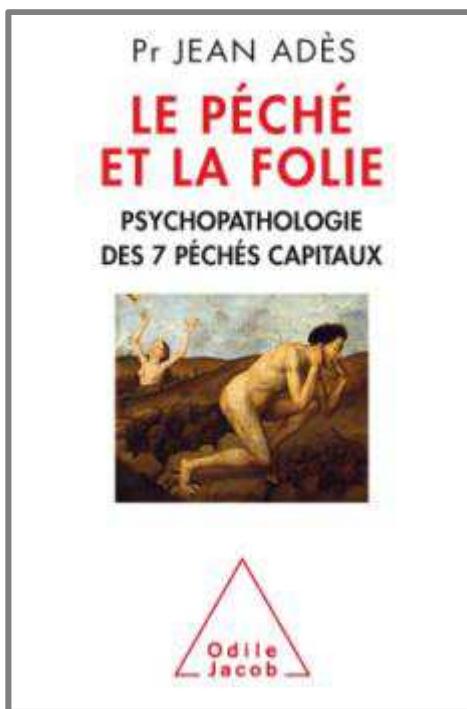
- A well-argued study of the reasons so many centres of revolt and potential change have arisen worldwide and of the inherent risks of confusion and chaos.
- An examination of the conditions for the creation of a new, mobile, harmonious order aiming at greater justice.
- A multidisciplinary approach that borrows from philosophy, psychoanalysis and history to assess some essential issues for today.

## Sin and Madness

### The Psychopathology of the Deadly Sins

A unique and fascinating approach  
to psychiatry and psychic suffering

**Pr. Jean Adès** is a professor of psychiatry and chief of psychiatry at Louis-Mourier Hospital, in Colombes, near Paris. He is a former president of the French Society of Alcoholology.



What does psychiatry have in common with the Christian concept of sin? At first glance, not much. Yet in their practice psychiatrists regularly encounter gluttony, pride, greed, sloth, envy, wrath and lust. And it is the language of psychiatry that enables them to describe and analyse these characteristics — without, of course, making moral judgments.

What sort of psychic suffering do such 'deadly sins' refer to? Sloth may hide depression, a mental illness that was often disregarded in the past and for which the sufferer was generally held responsible, with the result that treatment was delayed or withheld. Lust may conceal a sexual addiction, a form of dependence that can benefit from psychiatric treatment. And isn't envy often the result of a poor self-image?

This fascinating approach to psychic disorders incites us to go beyond common-sense psychology, so as to understand the complex reality of mental pathologies.

- A widely accessible exploration of the main mental illnesses, in the light of the 'deadly sins'.
- An original angle of approach to some issues of psychiatry.

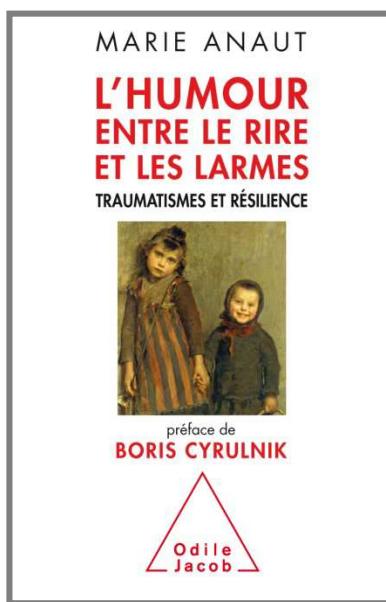
**Marie ANAUT**

Preface by Boris CYRULNIK

## Humour and Resilience

The part humour plays in our relational dynamics and in the development of defence mechanisms

**Marie Anaut** is a clinical psychologist and a family and couples therapist. She teaches at Lyon-2 University.



Despite its levity, its playfulness with words and images, humour is not a simple distraction. But that doesn't mean it shouldn't be taken seriously.

Drawing on numerous examples, Marie Anaut examines here various approaches to humour that reveal its crucial role in setting up protective procedures for people who have suffered. Specifically, she explores humour's multiple dimensions in the emergence of the resilience process. Even in the midst of tragedy humour sometimes appears, and it is often an aid to survival in extreme situations. Only humour can make us capable of tolerating the intolerable.

- How does humour function?
- An approach based on an analysis of the articulations between humour and the resilience process.
- An exploration of the role and uses of humour throughout history and in different socio-historical contexts.

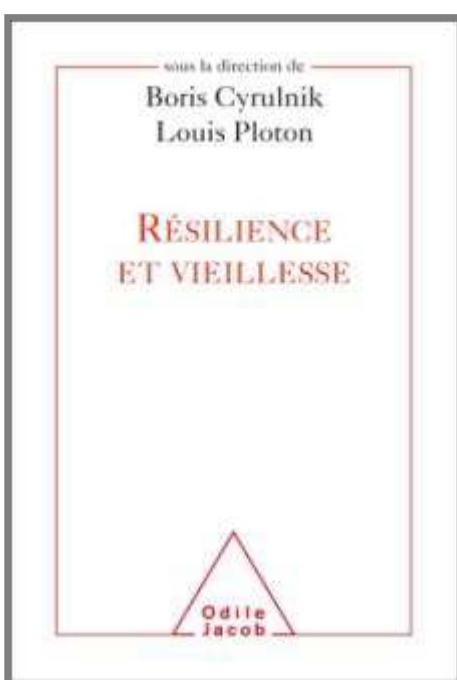
# Boris CYRULNIK and Louis PLOTON

## Resilience and Ageing

An approach to ageing that overturns many received ideas

**Boris Cyrulnik** is a neuropsychiatrist and director of studies at the University of Toulon-Sud-Var. He is the uncontested expert on psychological resilience. All his books have been immensely successful: *Les Vilains Petits Canards*, *Les Nourritures affectives*, *Un merveilleux malheur*, *Mourir de dire*, *Sauve-toi la vie t'appelle*.

**Louis Ploton** is a psychiatrist and a professor emeritus of gerontology at Lyon-II University, with a research interest in Alzheimer's disease. He is the founder of the Francophone Association for the Rights of the Aged.



For many people, ageing means loss (of memory, vitality, muscle tone, etc.). And yet, the anthropologist Germaine Tillon, a member of the French Resistance and a concentration camp survivor, worked until her death, at the age of 104. After surviving so much horror, she decided to enjoy life and was surrounded, till the end, by a group of friends who offered mutual aid and cheer.

When left on their own, many old people see the future as a boundless void. But when they are surrounded and energised by a circle of friends and family, they are capable of delving into the past and of recounting and sharing their past experiences. By doing this, they create two known factors of resilience, which are essential in old age: an affective bond, which gives a feeling of security, and the sense that life has meaning, through the restructuring of the experience of past events.

What if the secret of ageing well were to learn renouncement and optimisation? Renouncing, with a smile, to take part in the Olympic Games but learning to optimise the strengths acquired through a lifetime? Perhaps to age well we must learn to give meaning to the inevitable trials that marked our lives and to wish to share the lessons we learned with younger people?

- The concept of resilience applied to the elderly.
- A scientific evaluation of all the factors that favour or limit resilience among the elderly.
- The 5<sup>th</sup> book in a series on resilience (*Resilience and the Family*, *Resilience and Psychoanalysis*, etc.).

## Boris CYRULNIK (edited)

# Resilience, from Research to Practice

The latest findings on the factors that enable us to 'come back to life' after suffering trauma

**Boris Cyrulnik** is a neuropsychiatrist and director of studies at the University of Toulon-Sud-Var. He is the uncontested expert on psychological resilience. All his books have been immensely successful: *Les Vilains Petits Canards*, *Les Nourritures affectives*, *Un merveilleux malheur*, *Mourir de dire*, *Sauve-toi la vie t'appelle*.

For thousands of years, the human condition was ignorant of psychology. Mental suffering was explained by 'demonic possession' or 'degeneracy'. It was not until the end of the nineteenth century that trauma began to be studied. And only in the 1980s did the concept of resilience first appear. Resilience was described as the possibility of 'coming back to life' in the wake of severe psychic trauma or of extremely hostile conditions.

The definition of resilience is simple and it is now widely accepted. But it is much more difficult to discover the conditions that enable people who have suffered trauma to pick up the pieces of their lives and begin to develop once more. No single skill or specialty is capable of explaining such a comeback to life.

The result of the first international convention on resilience, this book aims to present the results of the latest research in various disciplines, and to gather the resulting data, to help discover the factors that make it possible for a trauma victim to return to the land of the living.

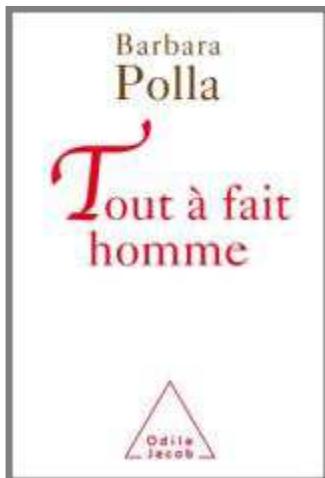
- Under the editorship of Boris Cyrulnik, these are the published results of the world convention on resilience.
- An overview of the concept of resilience, using a multidisciplinary approach.

## Barbara POLLA

### All Man

After giving women a chance to speak out,  
Barbara Polla now tells us men's secrets

**Barbara Polla** is a writer, as well as a physician, former Swiss politician, CEO and gallery owner. In 2012, Editions Odile Jacob published her book on women, *Tout à fait femme*.



After her earlier book on women, *Tout à fait femme* (2012), Barbara Polla has now written a corresponding work on today's men.

Without preconceptions and with intense curiosity, she listened to many men as they talked about what they consider vital. Desire, for example, holds an essential place in the male world — and therefore in this book. Desire that aspires to be free and vigorous, but that they shroud in silence, doubtless so as not to 'upset' the order of things, or women, or even themselves.

Nearly 80% of men in a stable relationship reportedly have multiple sexual relations. Why don't they talk about this? Because women wouldn't understand, they say. But what if they dared?

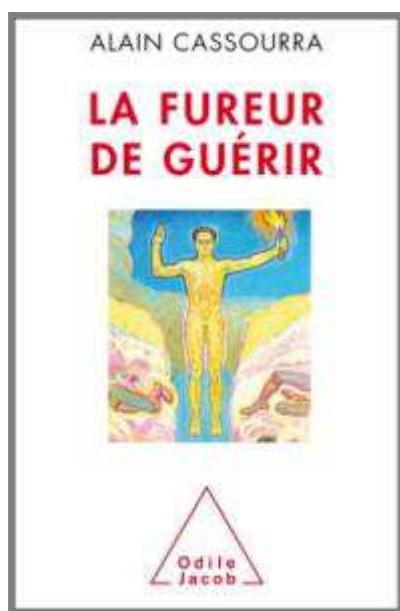
- **Intimate male revelations: what men desire, what they want, what they experience and why.**
- **A thought-provoking book on the desire for freedom and the freedom of desire, which is bound to incite intense discussions and debate.**

# Dr. Alain CASSOURRA

## The Rage to Get Well

A wealth of information to understand and analyse dreams

**Dr. Alain Cassourra** is a physician, an osteopath, and a lecturer on the medical faculty of Paris-XIII University. He is the author of *L'Energie, l'émotion, la pensée au bout des doigts* (Editions Odile Jacob, 2010).



Macyl Massen was an unusual patient. Suffering from extreme psychosis, and in an effort to survive, he latched on to his osteopath-physician. For Massen, who was afflicted with great inner turmoil, the sessions with his osteopath were the only moment when he found a measure of peace and the ability to recount his painful life story.

This book is the account of a complex six-year therapeutic adventure, during which a physician and his patient embarked together on a singular quest. For the patient, it was an attempt to recover from the madness that kept him from living his life. For the physician, pushed to the furthest limits of his role as a healer, it was an incredible search to invent a cure at the frontier of medicine that treats the body and analysis.

This therapeutic odyssey recounts the progression, the encounter, the transference and countertransference of two people who refused to give up. In the process, they learned from each other while showing that healing is possible and that it implies a total commitment.

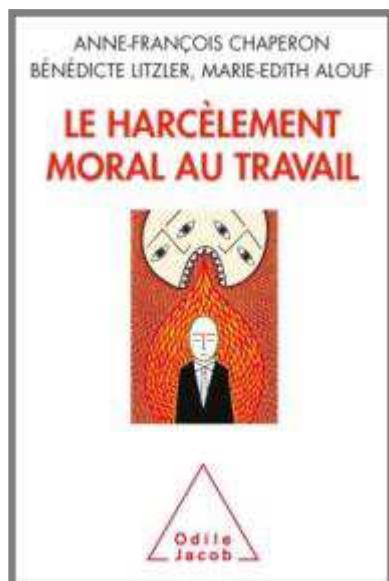
- An encounter, a clash, an adventure of two men on the razor's edge — with the hope of healing.
- Medicine of the body and medicine through language, both serving a mental cure.
- Healing as a quest, for patient and physician.

Anne-Françoise CHAPERON, Bénédicte LITZLER  
and Marie-Edith ALOUF

## Psychological Harassment in the Workplace

A complete, indispensable book to understand and identify psychological harassment — and learn to defend oneself

**Anne-Françoise Chaperon** is a clinical psychologist and a consultant for business enterprises on psychosocial risks in the workplace. **Bénédicte Litzler** is a lawyer on the Paris Bar, working primarily in the area of social law. **Marie-Edith Alouf** is a journalist.



Psychological harassment is especially pernicious because it often goes unnoticed. Before a victim becomes aware that he or she is being harassed, numerous factors, linked to psychic destruction and the loss of self-esteem, have already taken hold. The better informed we are, the better equipped we will be to identify and challenge harassment. Such is the goal of this book.

From the legal point of view, a delayed awareness in proving harassment often works against the victim. This is why the notion of harassment is dealt with here in its various aspects. First, there must be an understanding of the psychological phenomena (manipulation, undermining of self-esteem) and then of the means of protection (self-assertion, counter-manipulation, awareness of unconscious patterns). And if psychological self-defence is not enough, the next step is legal action.

Illustrated with numerous testimonies and adapted to both public and private sectors, the approach described here covers the range of means, from psychology to legal action, that are available to victims of harassment.

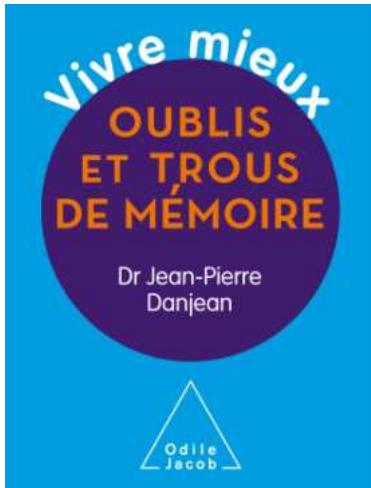
- An approach based on the unique collaboration of three experts — a psychologist, a lawyer and a journalist — and a close study of several cases.
- Psychological harassment is a growing issue. In France, it concerns 10% of the population.
- An indispensable tool in the prevention of harassment: defining, understanding, self-defence, action.

# Jean-Pierre DANJEAN

## Forgetfulness and Memory Lapses

How memory works and what to do to prevent memory disorders and maintain brainpower.

**Jean-Pierre Danjean** is a general practitioner and the author of *Vivre mieux avec sa fatigue chronique*.



When should forgetfulness become a cause for concern? At what point in the spectrum beginning with banal absentmindedness brought on by overwork, to a more serious memory lapse caused by ADD or by depression or by Alzheimer's disease or by any other of the intermediary cognitive disorders?

Many people past the age of 50 worry about their occasional memory lapses, fearing they may be early warning signs of Alzheimer's disease. Although Alzheimer's affects many people, it is far from being the sole cause of forgetfulness. Memory lapses often have less serious sources and, in many cases, memory can be improved without much difficulty. Because there are so many different sorts of memory lapses, anyone, regardless of age, can suffer from them. What are the main causes of forgetfulness and of

some of the other more serious memory disorders? Overwork, anxiety? What can be done to overcome the different types of memory disorders? At what point does 'normal' forgetfulness become pathological?

Readers will find answers to such questions in this concise book illustrated with numerous examples that explain how memory works and what to do to prevent memory disorders and maintain brainpower.

- From banal forgetfulness to serious memory disorders: tests and essential guidelines to help decide how and when to take action.
- How to deal with each different sort of disorder: lifestyle, managing memory problems, maintaining brainpower.
- Detailed information on coping with serious memory disorders, including Alzheimer's, with specific advice for family and carers.

# Pr. Didier HOUSSIN

## Health Hazards

A warning, an analysis and some proposals to protect the world's future inhabitants

**Pr. Didier Houssin** has been a professor of surgery at Paris-Descartes University since 1988. A specialist in surgery and liver transplants, he is a former director general of the Etablissement Français des Greffes (French Transplant Establishment), Chief of Surgery at Hôpital Cochin, director of medical policy for Paris hospitals and director general of health services. Since 2011 he has headed the French assessment agency for research and higher education (AERES).



In the late 20<sup>th</sup> century, several major health crises occurred in France. Triggered by medical products (blood) or by environmental factors (asbestos, heat waves), these crises resulted in a loss of confidence in a health system that had failed to function properly. Although improved health safety procedures have since been introduced these have not always succeeded in preventing crises.

A number of epidemics occurred during the same period, some of global and potentially alarming proportions. Such serious health crises as Aids, BSE (bovine spongiform encephalopathy) and SARS required a global approach.

The aim of this book is to learn from past crises and improve health and safety protection. Nowadays, major epidemics ought to be regarded as natural catastrophes that we must anticipate and prepare for rather than submit to.

- An indispensable reflection on health and safety precautions that need to be established for the future.
- The fascinating and disturbing history of past global health crises.
- A crucial analysis by an expert in health and medical policies.

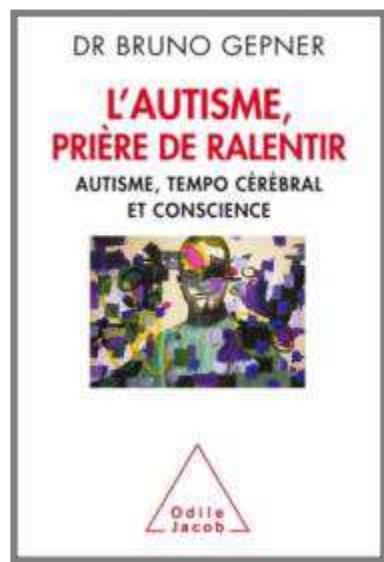
## Dr. Bruno GEPNER

# Autism: Please Slow Down

## Autism, cerebral tempo and consciousness

Hope for autistics: a new approach recommends reducing noise levels and visual stimulation in their environment

**Dr. Bruno Gepner** is a psychiatrist with a doctorate in neuroscience, a senior lecturer at Aix-Marseille-1 University, and president of the *Autisme Vie Entière* federation, at Montperrin Hospital Centre, in Aix-en-Provence.



People with autism often feel that everything around them is moving too quickly, particularly in relation to social interaction (speech; face, eye and emotional expression; gestures; movement). From their earliest childhood this excessively rapid pace leads to numerous difficulties in understanding verbal, emotional and body language and in adjusting social behaviour accordingly. These difficulties, in turn, generate stress, anguish and withdrawal.

Reducing noise and visual stimulation in autistic children's environment (ecologically or with the aid of specialised software) will heighten their visual attention, improve verbal and emotional comprehension as well as imitative skills, calm stress-linked behavioural disorders and favour social-emotional reciprocity.

This book aims not only to inform the parents and health providers of autistic children, but also to bring greater awareness to a wider audience; to offer hope thanks to recent findings in the neurosciences; and, finally, to present the reader with Doctor Gepner's theoretical-clinical approach, which he has developed during a 25-year career spent working with autistic children and adults.

- A critical analysis of current practice in dealing with autism.
- A plea for a thought-out, personalised fusion of the various educational and therapeutic approaches.
- A humanistic reflection on the condition, anguish and singularity of autistic children and adults.

**Dr. Florian FERRERI and Franck GRISON**

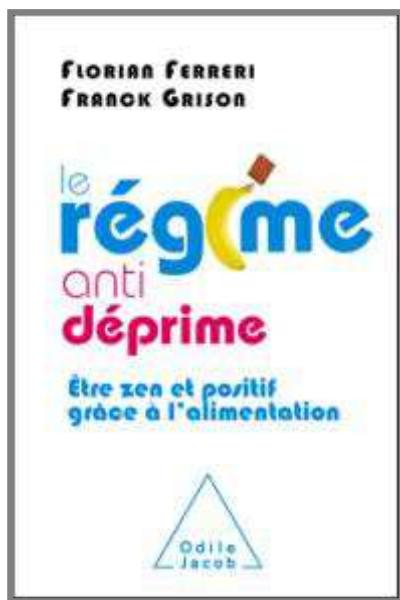
## The Anti-Depression Diet

### Nutrition for a Positive Zen Approach to Life

A detailed explanation of the links between food and moods illustrated by easy and delicious recipes

**Dr. Florian Ferreri** is a psychiatrist, university professor-hospital practitioner in Medical Psychiatry and Psychology at Hôpital Saint-Antoine (Paris), where he heads an important consultation specialising in the diagnosis and treatment of patients suffering from depression and their families.

**Franck Grison** is a dietician working in Medical Psychiatry and Psychology at Hôpital Saint-Antoine.



We naturally alter our food choices according to the seasons and to our appetites and moods. Without paying much attention, we regularly use nutrition as a remedy: coffee in the morning to wake up and to get a good start to the day, an energy bar when we feel stressed, something sweet if we need comforting or in order to fight against a sudden loss of energy. Such habits show that what we eat influences our emotions and vice versa.

In this book, Dr Florian Ferreri and Franck Grison give a detailed explanation of the links between food and moods. They also provide some delicious recipes to make us aware that enjoyment, nutritional variety and good eating habits are important, not just for physical health but also as morale boosters.

- When you feel low or depressed: signs to look out for and how diet can help you feel better.
- Weekly programmes to help you choose the right foods according to the season, with a selection of menus and easy, affordable and tasty recipes.
- Everything you could wish to know about food's 'superpowers'.

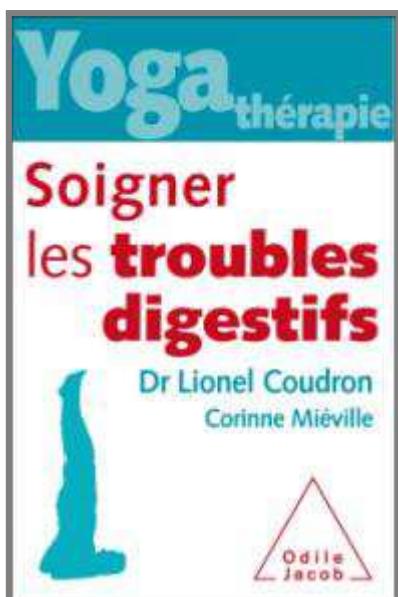
## Dr. Lionel COUDRON and Corinne MIÉVILLE

### Treating Digestive Disorders

A practical, concise and widely accessible book to treat digestive disorders

**Dr. Lionel Coudron** is a physician. He has taught yoga for more than thirty years and is currently the director of the Yoga Therapy Institute. He is the author of the highly successful *Le Yoga. Bien vivre ses émotions* and *La Yoga-thérapie*.

**Corinne Miéville** teaches yoga and trains yoga instructors with Lionel Coudron at the Yoga Therapy Institute.



Digestive problems are widespread, and the resulting discomfort causes fatigue and overall health problems. Research has shown that besides being vulnerable to the emotions, stress and burnout, the digestive tract possesses its own nervous system which communicates with the brain, so that the state of one necessarily influences that of the other. A healthy digestive tract and intestine will thus have a positive impact on overall physical and psychic well-being.

Slow digestion, stomach ache, reflux, bloating, intestinal contractions, bowel transit disorders: how can yoga help problems such as these, which people often hesitate to bring up?

Yoga therapy consists in applying yoga to health. It associates yoga exercises (postures, breathing, meditation, relaxation) to lifestyle (nutrition, pace) and affects the various aspects of the self: physiology, anatomy, psyche. This concise practical guidebook offers a personalised consultation that will enable readers to determine the causes of their problems and treat them naturally, actively and effectively. A healthy mind in a healthy body.

- **Digestive disorders concern 70% of gastroenterological consultations. Twice as many women as men suffer from digestive problems.**
- **When medication doesn't work, yoga with its natural, holistic approach can be particularly effective in responding to digestive disorders.**
- **The clearly illustrated yoga postures described here are easy to follow, without assistance.**
- **Step-by-step exercises and recommendations for a healthy lifestyle.**
- **The author is a renowned yoga teacher.**

# Lionel COUDRON and Corinne MIEVILLE

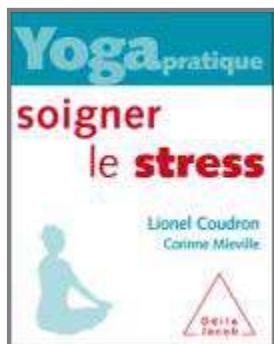
## Practical Yoga

Two practical, concise and widely accessible books show how to regain quality sleep and how to eliminate stress

**Lionel Coudron** is a physician with qualifications in acupuncture, nutrition, biology, medicine and sports traumatology. He has taught yoga for more than thirty years and is currently the director of the French Yoga-Therapy Institute. He is notably the author of *Le Yoga. Bien vivre ses émotions* (2006) and *La Yoga-Thérapie* (2010), published by Editions Odile Jacob.

- A completely natural, holistic approach that works on mind and body for optimum overall benefit.
- Accessible, concise, illustrated books that will enable readers to practise yoga on their own at home.
- Step-by-step explanations and lifestyle health tips.

### Practical Yoga - Overcoming Insomnia



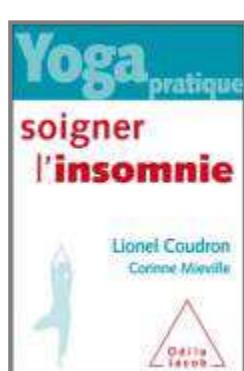
Yoga is recognised as one of the best ways of overcoming insomnia — and current scientific studies have demonstrated yoga's effectiveness.

Since drugs to fight insomnia tend to produce undesirable side effects, these findings are particularly significant as they point to an alternative form of treatment. This book shows how to resolve recurring sleep-disorder problems through a programme of yoga sessions which aim to regulate our internal biological clocks.

Each yoga posture in the programme is broken down into a series of images, accompanied by the author's indications, to enable readers to reproduce the posture easily, accurately and profitably. The detailed health tips that are also included here constitute a real home yoga-therapy consultation.

| Odile Jacob | February 2013 | 128 pages |

### Practical Yoga - Overcoming Stress



Contemporary life makes increasing demands on our time. As we rush around we may feel trapped in an uncontrollable whirlwind. And yet there is a simple way of controlling such feelings: by practising yoga. Over the millennia yoga has proven its usefulness, and modern studies underline its efficacy.

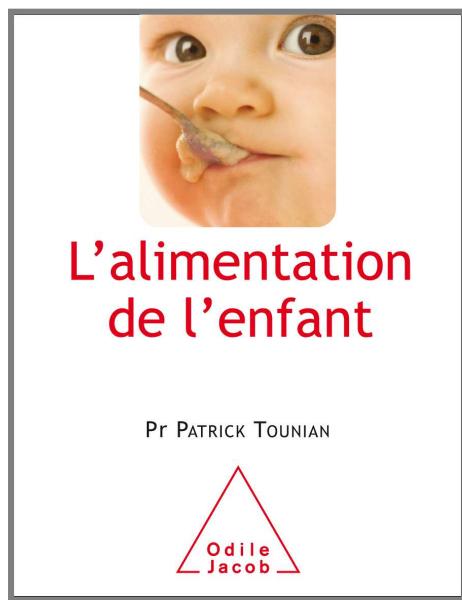
By intervening directly on the disagreeable sensations that the body stores and that nourish irrational thoughts, yoga postures help to wipe out all forms of tension and pain. These postures have a positive effect on the body, whether as a form of treatment (once stress has taken hold) or pre-emptively.

| Odile Jacob | February 2013 | 128 pages |

## Childhood Nutrition

A guide for every parent, by a specialist in childhood nutrition

**Pr. Patrick Tounian** is a professor of paediatrics in paediatric gastroenterology and nutrition at Armand-Trousseau Hospital, in Paris.



Parents who wish to know what their child should eat have countless books and magazine articles to turn to. So the subject should hold no secrets for them.

In fact, parents are more likely to be inundated with information dispensed by paediatricians, by friends and relatives, and by the baby-food industry. Amidst so many different, sometimes contradictory, recommendations, parents are often at a loss: Which is the best type of milk? At what age should an infant's diet be diversified? Is excessive sugar really so harmful? Should one delay the introduction of foods that may cause allergies? Are organic foods preferable? What should you do so your child does not become obese?

These are some of the questions to which Patrick Tounian provides some surprising answers.

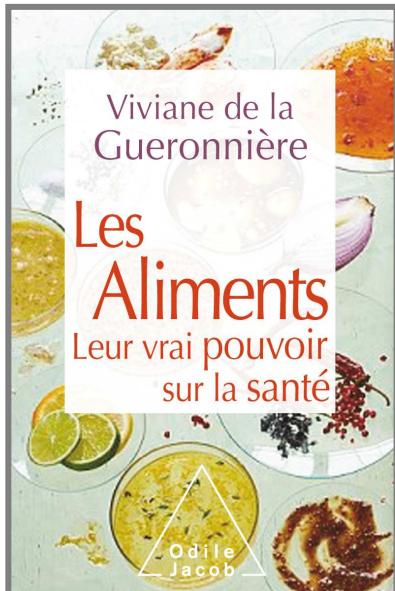
- A warning: children are not miniature adults; they have their own specific needs.
- Clear, concrete answers, backed by the latest recommendations made by internationally respected experts.
- The informed advice of a paediatrician, who has specialised in nutrition for more than 20 years.

# Dr. Viviane DE LA GUÉRONNIÈRE

## The Food We Eat How it Really Affects Health

Find out what you should really eat  
to preserve health and prevent disease

**Dr. Viviane de la Guéronnière** is a physician specialising in public health. She is an adviser to a French agency that assesses research and higher education (AERES). She has co-authored numerous scientific publications on human nutrition evaluating the health impact of various foods.



The health benefits of good nutrition are increasingly well documented: the latest scientific studies show that the right diet can lead to a 50% drop in the number of serious cardiovascular diseases. Regular exercise and no smoking could prevent more than 80% of all heart attacks, 70% of strokes and cancers, and 90% of cases of diabetes.

Yet it is clear that most of us do not take advantage of these findings. In part, because it is not easy to glean the necessary information among the quantities of available facts and figures and contradictory expert opinions. But also because nutrition is a whole: what matters is maintaining the right equilibrium.

We need to become aware of the powerful and precise benefits of each food. For example, citrus fruits are active in combatting cancers of the digestive tract; walnuts and chocolate combat cardiovascular diseases; coffee reduces the risk of diabetes.

Every effort has been made in this book to enable readers to put into practice the evidence revealed by these studies. Each item explaining the beneficial effects of a specific protective food is accompanied by advice on the best way to consume it and to prepare it. Also included are vitamin charts and suggested weekly recipes (in function of the reader's profile). The purpose throughout is the prevention of cardiovascular diseases and cancer.

- **Preserving wellness and health is vital, and nutrition can help us meet this goal.**
- **More than 40 foods or food categories are reviewed here, as are the various diseases that nutrition can help prevent.**
- **A book for anyone who wishes to (or needs to) pay attention to what they eat.**

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