

Editions Odile Jacob

FRANKFURT

2018

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Jeanne SIAUD-FACCHIN



Jeanne Siaud-Facchin is a clinical psychologist and the founder of Cogito'Z, the first centers in France (in London, Paris, Marseille, Lyon, Nantes, Lille, Toulouse, Bordeaux, Nice, Reims and Avignon), for the diagnosis and treatment of children with learning difficulties.

A recognised specialist in issues concerning gifted children, she is notably the author of the **international bestsellers**:

Trop intelligent pour être heureux
250,000 copies

and ***L'Enfant surdoué***
200,000 copies sold in France

She is the creator of an innovative programme of mindfulness meditation, for children and adolescents, known as 'Mindful Up'.

Jeanne SIAUD-FACCHIN



250.000
copies sold of
her previous
book !!!

Help Me to Live, Please!

What is a good psychiatrist, and what can you expect from him?

Jeanne Siaud-Facchin is a clinical psychologist, psychotherapist, and founder of the Cogito'Z Center. She practices and teaches mindfulness meditation. A recognized specialist in the gifted, she is the author of many bestsellers and notably the international success, *Trop intelligent pour être heureux*, sold in 10 languages.



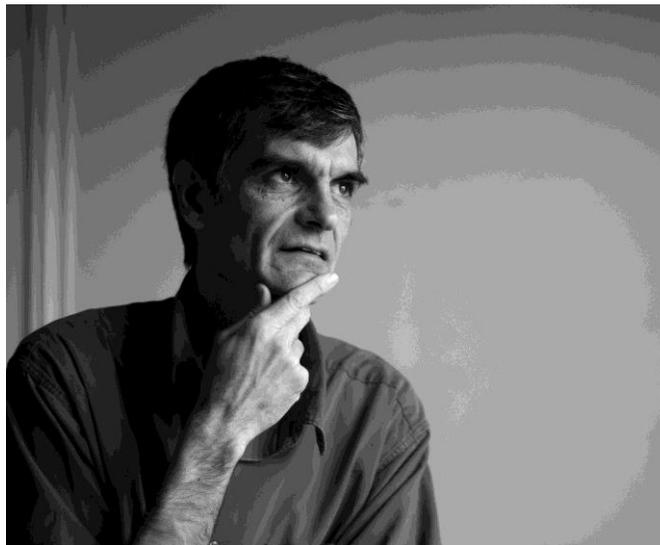
“What is psychology, and what good is it? Rather: what good is it for me? Because that is the ultimate question: psychology should help us to live better.

That is the subject of this book: how a new psychology has become necessary. Incontrovertible. Life-saving. A psychology that gets out of the rut of being only an archeology of suffering and turns toward a psychology of resources. A psychology that integrates with intelligence and flexibility all the current contributions and knowledge of the neurosciences (affective, cognitive, social) to provide everyone with the means to be well. A mature, integrative psychology that looks at the complete human being, but acknowledges the need to be effective.

But to accept that challenge, one can't be afraid to engage body and soul with one's patient. The promises of the new psychology are ultimately simple: each psychiatrist is responsible for what he or she undertakes in the service of the patient. A psychiatrist is no longer the one who listens, at best understands, but the one who co-constructs. A building of life. The blueprints are made together, revised, adjusted together. With this somewhat mad idea that if the worst may sometimes occur, one must also anticipate... the best! We are not sheltered by the best, we must keep telling ourselves that! It's enough simply to know it's there!” J. S. F.

- **With the energy and talent she is known for, Jeanne Siaud-Facchin proposes here a new practice of psychology: a practice in which the psychologist works together with his/her patient, including emotionally; a practice that takes into consideration all existing theories as tools in a toolbox ; a practice that takes responsibility for the outcome of the results**
- **Here one finds fascinating arguments and the energetic tone already found in the best-selling *Trop intelligent pour être heureux*...**

Jacques TASSIN



Praise for *Think Like A Tree*:

“A poetic-philosophical-botanical voyage.”

Le Figaro

“While avoiding an ill-advised anthropomorphism, he explains to the reader how, far from being lovely creatures indifferent to the world around them, [plants] have developed the invaluable intelligence to be born, to survive, and to compose the immense plurality of the living world.”

Le Figaro

“The research scientist in plant ecology made a notable appearance on 'La Grande Librairie' program on May 3. . . requests from booksellers soon followed.”

Livres Hebdo

“Trees, editorially speaking, are doing very well. . . In this forest of books, the one by the ecologist Jacques Tassin stands out.”

Les Échos

“A book that intelligently blends science, history, spirituality, and literature, warns against "a certain contemporary magical thinking" which over-interprets scientific observations, imagining that trees live in clans, have an aura, and can read our minds.”

Le Figaro Littéraire

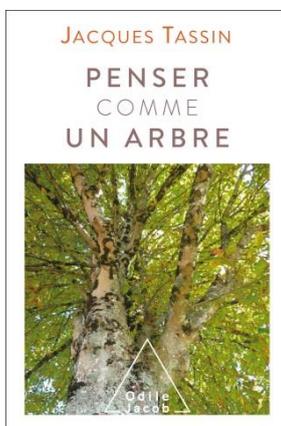
Jacques TASSIN

Think Like a Tree

On the
bestseller
lists for
months!

The tree as a model

Jacques Tassin is a researcher in plant ecology at CIRAD (Center for International Cooperation in Agricultural Research for Development). He is the author of *La Grande invasion, Qui a peur des espèces invasives ?* (2014) and *A quoi pensent les plantes?* (2016).



The French author who preceded Wohlleben and his best-seller, pursues his reflection in this small, light, yet profound book for thinking and living better: **what can we learn from the way of life of trees to rethink and improve our own, and increase our well-being?**

People are showing an increasing interest in trees. Recent books (*L'Arbre entre visible et invisible* by Ernst Zürcher, *The Hidden Life of Trees* by Peter Wohlleben) invite us to take them as models, without however specifying how that should be done, beyond a few metaphors or analogies.

By contrast, this book offers **an in-depth analysis** of this perspective of seeing the **tree as a source of inspiration**, in its resemblances to as well as its differences with humans. By using **established scientific knowledge**, rather than resorting to uncertain ideological notions, it is possible to evaluate the promises and the limits of this approach.

- **A small, light, yet profound book for thinking and living better**
- **Released in May... already 18.000 copies sold!**

Rights sold: Plataforma (Spain), Sonda (Italy),
The Forest Book Publishing (Korea)

Lucy VINCENT



"My new book is on the **many effects dance can have on the body and the brain.**

The handful of people who have read it all told me that **it makes them want to dance** - the best reaction I could have hoped for.

I begin by looking at the **most amazing recent scientific discoveries** relating to dance. You may have heard of **therapies using dance to help patients with Parkinson's or Alzheimer's**, or to help students learn in schools. The effects are very apparent and researchers have wanted to understand why.

We've learned that **our muscles are our largest endocrine gland**, releasing hundreds of "myokines" that affect our physiological and psychological functioning. We will be turning to **prescriptions of movements for the liver, sleep, digestion, the immune system, appetite control, anxiety, depression, and so on.**

But for me, what is even more exciting is the **current research on the role of the cerebellum** (the part of the brain that coordinates and regulates movements) **in emotions and intellectual processes.** This means that we **might also imagine prescriptions for movements to learn math, languages, or to control our emotions**, which would affect our stress levels and our immune system (and therefore, susceptibility to illness).

I believe they can **change the way we live our daily lives**, whether in looking after our bodies, or in managing social situations.

I hope you like it!"

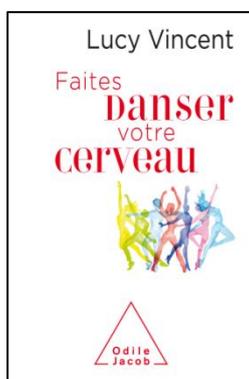
Lucy Vincent

Lucy VINCENT

Make Your Brain Dance

Dance is a magical activity to boost your brain power

A neurobiologist, **Lucy Vincent** is the author of several best-selling books, notably *Comment devient-on amoureux ?* which has been translated into Italian, Brazilian, Korean and Turkish. She has worked for ten years for Radio France producing and presenting scientific and radio programs.



Dance is a magical activity for boosting one's brain power. Indeed, it combines the benefits of music and sport.

A stressful life, love problems, couple problems, a lack of inspiration, chronic fatigue, a monotonous life, too much work, weight problems... there is almost no problem that can't be improved by practicing dance on a regular basis.

Neurobiology has made revolutionary discoveries in the past twenty years that show how the coordination of complex movements on musical rhythm leads to the de novo creation of networks in the brain. It creates new connections between the cognitive brain, the executive brain, and the emotional brain, while opening up new paths to emotional management, creativity, access to memory or the physiological control of bodily functions (digestion, sleep, weight control, agility...).

In this book, you are given all the information necessary to enable you to rediscover your body and to stimulate your brain by exploiting centers of pleasure! Shall we dance?

- **A simple, illuminating idea which has been proven to work: return to the body to take care of one's head and feel better!**
- **Fatigue, bad mood, stress, eating disorder, sleep problems... : a scientifically-based explanation of the effects of dance to improve your everyday life**
- **Dancing for everyone: a presentation of the great ballroom dances to help you discover the one that suits you best in function of your personality, your life, or your problems of the moment!**

Rights sold: Ponte Alle Grazie / Gems (Italy)

| Odile Jacob | September 2018 | 208 pages |

Lionel NACCACHE



Praise for *Do you Speak "Brain"?*:

"A success: the work is lucid, informative, and full of wit (...). This spirited work takes the reader on a voyage to the realm of the conscious and unconscious mind."

Le Monde

"What a great idea! (...) This book is filled with an abundance of knowledge and humor."

Psychologies Magazine

"The eminent neurologist Lionel Naccache, with his wife, the novelist Karine Naccache, undertakes an enthralling deciphering of the mechanisms of the brain: memory, emotions, consciousness, and language."

La Grande Librairie/France 5

"This book was born out of a summer program on France Inter that boasted an audience of millions of listeners. From the radio to the book, the original delight is intact, and the expanded text causes these cerebral words to resound in a human comedy in which each one of us is the main character." *Santé Mentale*

"A magical book in which the authors talk brilliantly, clearly, and in an entertaining way about the sciences of the brain in a language unlike the foreign tongue filled with abstruse words that is normally used. This lesson on cerebral things is truly exhilarating."

France Culture

"This work is also a voyage to the foundations of our subjectivity, which resonates with philosophy by exploring the complex connections between the subject and the object."

Philosophie Magazine

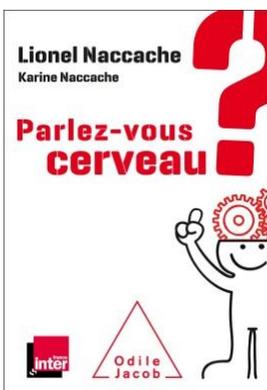
Lionel NACCACHE & Karine NACCACHE

EVENT!

Do you Speak “Brain”?

35 stories for 35 key terms, from neuron to consciousness

An alumnus of the École normale supérieure, **Lionel Naccache** is a doctor of cognitive neurosciences, a researcher in cognitive neurosciences at the ICM (Institut du cerveau et de la moelle épinière – Institute for Brain and Spinal Cord) at the Salpêtrière Hospital, and professor of medicine at the Université Paris VI. He is the author of *Le Nouvel inconscient*, *Perdons-nous connaissance?*, *Un sujet en soi*, and the recently published *L’Homme réseau-nable* and *Le Chant du signe*.



The science of the brain tells us about ourselves – our emotions, our memory, our perceptions – but it does so in a language that is still not very accessible to us. Glia, basal ganglia, hippocampus, membrane receptor...; these terms rise up like a wall between our brain and us.

Parlez-vous cerveau? offers to tear down that wall in 35 short, enlightening and entertaining chapters, each devoted to a fundamental concept, and illustrated with a remarkable story, making the concept more easily assimilated and memorized.

We see the glia and the neuron wage a very instructive battle of the sexes; we encounter the basal ganglia in the guise of a balloon vendor; we discover the double life of the hippocampus, the palace of memory at night, the cerebral GPS by day.

Easy to read, complete, and extremely instructive, the first guide that enables the reader to become an expert in the language of “brain!”

- **Instructive and entertaining, important facts about the brain by one of the greatest French neurologists**
- **Progressing from the most basic elements (neurons, neurotransmitters...) to the most complex (language, feelings, imagination, consciousness), 35 stories for 35 key terms which, from neuron to consciousness, establish as many lasting connections between our brain and us**

Rights sold: Paidos (Spain)

Isabelle PERETZ



Dr. Isabelle Peretz is a cognitive neuropsychologist and a professor of Psychology at the University of Montreal.

Her research focuses on the musical potential of ordinary people, its neural correlates, its heritability and its specificity relative to language. She has published over 175 scientific papers on a variety of topics, from perception, memory, and emotions to performance.

In 2005, Prof. Peretz became the founding co-director of the international laboratory for Brain, Music, and Sound research (BRAMS). In 2011, she was awarded the prestigious Neuronal Plasticity Prize (IPSEN Foundation); and in 2012, she received the Adrien Pinard Prize by the SQRP (Société Québécoise pour la Recherche en Psychologie). Dr. Peretz is a fellow of the Royal Society of Canada and of the American Psychological Association.

Praise for the book:

“This work is aimed not at great specialists in the field [...] but at the **widest possible audience**, which, thanks to this book, will be able not only to learn the foundations of the science of music, but will also be able to reflect on the lessons that can be drawn from it for training and encouraging young learners. And why not the less young? Because, according to a growing number of studies, learning music at an advanced age might stop or slow down cognitive decline. For those who, like I, are fortunate enough to know this very **lively and positive author**, it isn't surprising that she includes adorable sketches of cats by the illustrator and doctor of neuropsychology, Isabelle Lussier. ”

La Recherche

“According to a Canadian study, music is the third source of pleasure in life, following sex and sunshine. . . The neuroscientist Isabelle Peretz, a great specialist on the subject, tells all of this in a **small book that is as rich in information as it is accessible.** ”

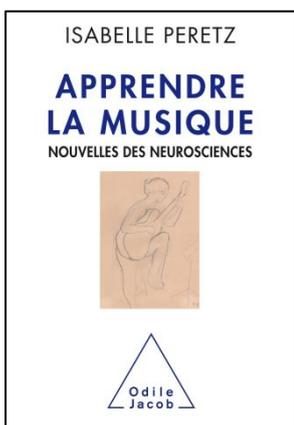
Cerveau et Psycho

Isabelle PERETZ

The Power of Music

By one of the greatest specialists in the world, the neuroscience of music written for everyone, both parents and teachers

Isabelle Peretz holds a chair in research in neurocognition of music at the University of Montreal. During the last three decades, she has turned Montreal into the world capital of the study of the musical brain. A member of the Canadian Royal Society, she has received numerous awards for excellence for her research. Since 2005 she is director of the International Laboratory for Brain, Music, and Sound Research (BRAMS), of which she is also the founder.



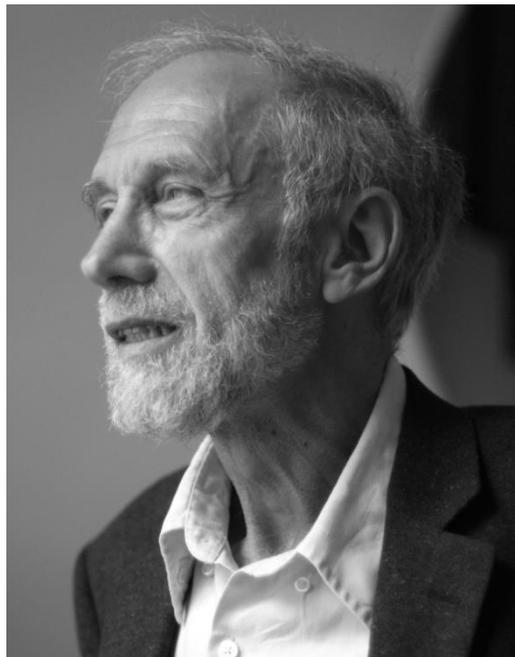
“What advantages can learning music have for us? Does it promote other forms of learning? According to the latest research, a child who is involved in a musical activity stands out on the scholastic front, and has proven to be more altruistic. Does a child need to have a musical ear? What if he sings off-tune? What about the adult that decides to study music, even belatedly, in retirement?

Today, teachers and administrators in school systems are asking these questions of themselves, and of experts. And quite recently, Switzerland invested in quality musical education by incorporating it into its constitution. To what extent does this popular enthusiasm for a musical education have a scientific foundation?

In fact, all human beings are born with a musical brain that enables them to absorb all music in the world. In other words, all human beings are born musicians.” I. P.

- **Simple, illuminating, and fundamental, a miracle of scientific popularization**
- **The fruit of more than thirty years of research on the neurobiological foundations of music in conjunction with education, which tells us everything about the way in which music acts and transforms our brain**
- **Specific, scientifically-based measures to encourage musical education at a very young age, notably in school**

Alain CONNES



Praise for *The Specter of Atacama*:

“A captivating inquiry into the enigmas of science.”

Le Point

“Has the great mathematician Alain Connes created a **new literary genre?**
A genre derived from the detective novel and which might be called a
‘scientific novel’?”

Les Échos

“**Fiction is used as Ariadne’s thread to lead the reader into the labyrinth of knowledge** and allow him to share a bit of that “libido sciendi” that has animated all great builders of theories.”

Les Échos

“**Marvelous fiction** that will certainly appeal to all readers who are interested in science but are put off by overly abstract popular works.”

Les Échos

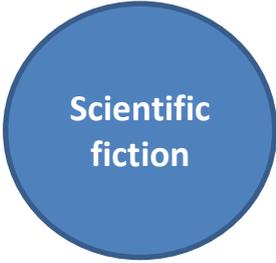
“An opportunity to talk about astronomy and the wonders of the starry sky. But also about mathematics, of course, and even music.”

Les Échos

Alain CONNES, Danye CHÉREAU & Jacques DIXMIER

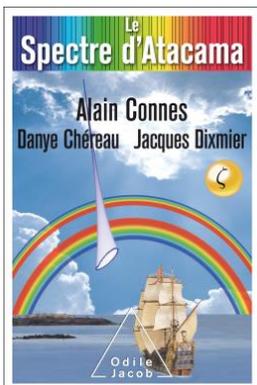
The Specter of Atacama

A Trio for the End of Time


 Scientific fiction

A whimsical and wacky novel which offers also ethical and metaphysical reflections

Alain Connes is a world-renowned mathematician, professor at the Collège de France, Chair of Analysis and Geometry, a member of the Académie des sciences, and of several international academies including the National Academy of Sciences in the United States. He received the Fields Medal in 1982. **Danye Chéreau** has studied literature. Uninterested in mathematics in her youth, the vagaries of life enabled her to discover the scientific milieu and the world of scientists upon which she casts her gaze always with curiosity, delight, and empathy. **Jacques Dixmier** has taught at the universities of Toulouse, Dijon, and Paris. He is a “pure” mathematician, but some of his areas of research (operator algebras, representations of groups, enveloping algebras) are useful in quantum mechanics. He has also published short stories of science fiction. They are notably the authors of the successful *Le Théâtre quantique*.



From a mysterious source there appeared a first message that had just been received by the Alma Observatory in Chili, and was saved from oblivion by the main character in the book, a mathematician obsessed with a conjecture. His tribulations, his initiatory voyage to decipher the spectral message resembling a bar code take us to Tierra del Fuego, Saint Helena, to California, Washington, into space, and perhaps even to heaven.

Following *Le Théâtre quantique*, whose subject was quantum mechanics and time, *Le Spectre d'Atacama* describes the music of shapes, or how we perceive space spectrally and musically. The book includes an introduction to the methodology of a mathematician which consists of “thinking right.” Then the reader is guided very far away in the direction of the link between space and music, with Messiaen and his Quartet for the End of Time, ultimately being able to hear the patterns, one of the great discoveries of the great mathematician Alexandre Grothendieck, and to communicate in the zeta language with hypothetical aliens...

Jean-Claude CARRIÈRE



Praise for Jean-Claude Carrière previous' books:

“Jean-Claude Carrière likes the zigzags of thought, of chance encounters, of gusts of air.”
Le Monde

“Since the 1960s, Carrière has had his finger on the pulse of Europe’s **imagination** – wether unpacking a story about the universal nature of humanity from an ancient Hindu saga or capturing the neuroses just beneath the skin of the European middle classes.”

Lisa Jardine, *The Times, Books*

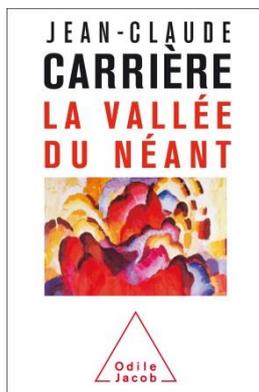
Jean-Claude CARRIÈRE



"Read this!
Read this!"
Le Figaro

The Valley of Nothingness

Jean-Claude Carrière has had great success with, for example, *L'Argent* ("Money"), *Fragilité* ("Fragility"), and *Einstein, s'il vous plaît* ("Please, Mr. Einstein"). His latest works, *Croyance* ("Belief", 2015) and *La Paix* ("Peace", 2016) are bestsellers. Screenwriter for Jacques Tati and Luis Buñuel, dramatist, writer, Jean-Claude Carrière is one of the most significant thinkers of our time.



We come from it, and we return to it. And yet, we are unable to talk about it. Nothingness – which is neither nothing, nor the void – remains fundamentally unknown, the non-being, without feelings, without awareness, and without memory.

To approach it, cautiously, I set off on a stroll, following paths randomly. I wanted to see how others have reacted, here and there, in the history of the world, to the most secret, the most enduring of mysteries.

As everyone knows, we are all carried by an irresistible movement. That movement is our master. Nothing remains, nothing comes back.

How, then, can we protect ourselves from the despair and the vanity of our lives, if we are to keep nothing of them?

How can we perhaps derive strength, maybe even joy, from this?

And why should we dream of immortality?

- **An intimate reflection on universal questions, written with the finesse and intelligence we have come to know in Jean-Claude Carrière's writing**
- **Jean-Claude Carrière looks at the teachings of the 3 monotheistic religions and of Buddhism, myths, tales and legends, ancient civilizations and their relationships to life, death, and eternity**
- **When Jean-Claude Carrière talks to us of life, death, and eternity, he is talking about himself, but also about all of us**

Marc CRÉPON



Praise for Marc Crépon previous' books:

“Starting from the effects of violence and not its causes, the philosopher [Marc Crépon] refuses to accept the spiraling of its justification. Without sociological consciousness, but far from nihilism, he proposes "murderous consent," an active clarity that makes protest possible. ”

Libération

“In this **enlightening work**, the author calls for us "to escape our contemporary nihilism, as Albert Camus defined it, that is, a proliferation of a generalized murderous consent.”

Le Vif de l'Express

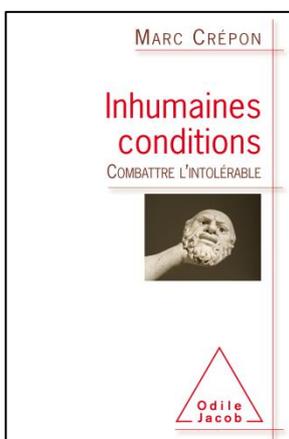
“With references to Kafka, Blanchot, Celan, Sartre, Derrida, Arendt, Sebald, Kertész, and Perec, Marc Crépon shows that violence is 'inscribed within the very heart of our relationship with language,' the language that was given, imposed, by others, which, 'more foreign than we can imagine,' can deceive or betray, and the one that, being unable or prevented from "addressing the Other as he is," in his uniqueness, addresses 'his social class, his religious faith, or any other aspect of belonging, his collective or community identity.”

Libération

Marc CRÉPON

Inhuman Conditions Battling the Intolerable

Marc Crépon is a philosopher and head of the department of philosophy at the École Normale Supérieure. His main research interests are war and violence. He is the author of some ten works including *La Vocation de l'écriture* (Odile Jacob, 2014), that has been translated into English by SUNY Press in April 2018.



It isn't true that violence is inevitable, and that our societies can do nothing to fight against it.

In this book, the philosopher Marc Crépon continues the reflection on violence he began in *L'Épreuve de la haine*. How does it happen that suddenly we decide to no longer tolerate that which seemed normal before? How does that which was once a part of our surroundings suddenly become intolerable?

It isn't because we are abruptly overtaken by good feelings, but because we have learned to see the violence in what we once accepted passively. We learn to no longer tolerate that which makes our world literally inhuman. And then situations turn around, individuals rebel, legislation is passed, and societies evolve.

This is when philosophy comes into play. Its mission is to make visible – and thus intolerable – the suffering of wage-earners at work, the death penalty, the often disgraceful way our societies treat refugees, the conditions of animals in slaughterhouses – these are the moral battles described in this book.

- **A strong response to the omnipresent violence around us**
- **A firm position on contemporary issues. The book looks at problems in the workplace, the death penalty, nuclear energy, the violence done to animals**
- **The personal work of a philosopher who is being recognized by the media**

Alain EHRENBURG



Praise for *La Mécanique des passions*:

“Cognitive science is becoming 'the barometer of how we conduct our lives'. Gradually, neuronal man would take the place of social man. . . Alain Ehrenberg has analyzed this cognitivist revolution from a sociologist's perspective in *La Mécanique des passions*.”

France Culture

“Pursuing his study of forms of contemporary individualism, in *La Mécanique des passions* the sociologist Alain Ehrenberg looks at the cognitive neurosciences, which have become the 'barometer' of modernity, to determine what they modify in individual or social behaviors, and what image of the human being they produce.”

Libération

“With *La Mécanique des passions*, the sociologist... Alain Ehrenberg further anchors his work on contemporary self-determination and individualism.”

Les Échos

“The neurosciences are no longer content to offer solutions only to mental pathologies, such as depression or schizophrenia. Without warning, from neuro-marketing in neuro-pedagogy or neuro-economics, they have become part of our daily lives. Having become cognitive, they are involved in the field of social problems, behaviors, and emotions. Essentially elevated to the rank of moral authority through their scientific results, they also support that social ideal unique to society today made of self-determination, over-achievement, the revelation of hidden potential.”

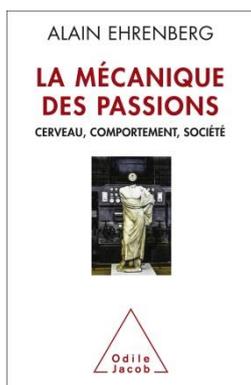
Les Échos

Alain EHRENBURG

The Mechanics of Passions Brain, Behavior and Society

For Alain Ehrenberg, if the 20th century belonged to psychoanalysis, the 21st century will belong to the neurosciences

Alain Ehrenberg is the author of ground-breaking books that have greatly impacted the history of ideas: *La Fatigue d'être soi* (translated into English by McGill University Press – *The Weariness of Self*), *Le Culte de la performance*, *L'Individu incertain*, and, most recently, *La Société du malaise*. Sociologist, director of research at the CNRS, he founded in 2001 the Cesames (*Psychotropics, Mental Health, Society Research Center*).



Never before has the brain occupied such an important place. Leaving the realm reserved for it by neurology, it has become an essential social player. So believes Alain Ehrenberg: our behaviors, whether pathological or normal, will now be analyzed in neurobiological terms, with the expectation for concrete applications in politics, law, economics... **A new social science is born.** And its implications are decisive: indeed, it involves our individual and collective well-being, the education of our children, the treatment of addictions and illnesses, but also the development of positive and democratic emotions, such as empathy or benevolence.

For Alain Ehrenberg, if the twentieth century belonged to psychoanalysis, the twenty-first century will belong to the neurosciences. And with them a new type of individual is revealed, one living in a society whose values are those of autonomy, performance, and competence. **In matters concerning the brain and the cognitive sciences, then, there is much more than just scientific issues that will henceforth be in play: an ideal for life and a new society are offered as models for the future.**

- **A unique analysis of the new pathologies of the individual in the contemporary world and the ideals conveyed by psychology, psychoanalysis, and the neurosciences**
- **An original point of view by an author who is interested in the social dimension of pathologies and treatments which medicine and science can offer**

Rights sold: Einaudi (Italy), Suhrkamp (Germany)

Jacques DE LAROSIÈRE



Jacques de Larosière is a prominent actor of the world financial scene: he was the **Managing Director of the International Monetary Fund** for almost nine years (1978-1987), then **Governor of the Banque de France** (1987-1993), before becoming **President of the European Bank for Reconstruction and Development (EBRD)** from 1993 to 1998. He is currently an advisor to the **President of BNP Paribas**.

Praise for Jacques de Larosière previous' books:

“No other witness, in France or abroad, shall have been in the foreground for such a long period of time. **He undoubtedly deserves the title, often misled, of experts** (expertus, “the one who experienced it”).”

Le Figaro

“This book is a **beautiful lesson of temper as well as of economic and monetary policy.**”
Valeurs actuelles

“There are periods of upheavals during which it is **instructive to listen to those with great wisdom: Jacques de Larosière is such a person, who has one of the most wonderful CVs in the Republic.**”

L'Express

“The **elegant narration** of events and the **clarity of the argument** take the reader on a fascinating voyage through time.”
Politique Étrangère

Jacques DE LAROSIÈRE

Ten Preconceived Notions That Are Leading Us to Economic and Financial Disaster

Jacques de Larosière has spent his entire career in the upper echelons of financial institutions: he was director of the International Monetary Fund (1978-1987), before becoming governor of the Banque de France (1987-1993), then president of the European Bank for Reconstruction and Development (1993-1998). He is advisor to the president of BNP-Paribas. He is also a member of the French Académie des sciences morales et politiques. He is the author of *50 Ans de crises financières [Fifty Years of Financial Crises]* and *Les Lames de fond se rapprochent*.



“The banks are mainly responsible for the 2007-2008 crisis”; “Too big to fail”; “Low or negative interest rates favor investment, thus growth”; “You shouldn’t over-react to public debt”; and so forth...

In this short work, Jacques de Larosière analyzes the 10 commonly held beliefs – and the same number of preconceived ideas – that are quite simply leading us to disaster.

No, banks are not the only things responsible for the most serious crisis we’ve experienced in the recent past! Monetary laxity, notably that of the Fed and its president, Alan Greenspan, have played just as harmful a role. As for banks, by asserting that they could not go bankrupt or they would take down the entire financial system with them, they were encouraged to develop suicidal behavior.

Have we really learned any lessons from that crisis? asks Jacques de Larosière between the lines. Nothing could be less certain. The strength of preconceived notions is such that we are continuing to exhibit a relative tolerance for a debt that is, however, colossal. Or to accept, even encourage, an overabundance of liquidity in the financial system. Thus, this book is a cautionary tale: the old demons are still here, and the risk of an even more serious crisis is real.

- **Each chapter explores a preconceived notion, its apparent logic, and its consequences, in order to dismantle it**
- **A very effective and instructive approach**

Kevin O'ROURKE



Praise for Kevin O'Rourke's previous books:

"This is a **big, important work**... This is a book that should be widely read.

David S. Jacks, *World Trade Review*

"**No better book exists** on the role that commerce has played in generating both the wealth of nations and the wars between them. **The authors command the literature the way Victorian admirals ruled the waves.**"

Niall Ferguson, Harvard University

"**A work of extraordinary scope and ambition and a major achievement.** Findlay and O'Rourke show how international trade opens an illuminating window onto fully a millennium of world economic history."

Barry Eichengreen, University of California, Berkeley

"**A splendidly ambitious new book**...an excellent reference book for anyone wanting a better understanding of economic developments in the last millennium."

The Economist

"***Power and Plenty*** is (...) **engaging...well written, spiced with nuggets of fascinating information and dry wit.** [Findlay and O'Rourke's] economics is sophisticated and mainstream...but enriched with an unusual attention to noneconomic factors."

Clive Crook, *Financial Times*

"The authors have an important story to tell and **they tell it superbly.** This is a work brimming with scholarship, deftly combining narrative history with accessible economic analysis. **This is a goldmine of a book. Open it where you will, there are nuggets to be extracted. It will remain the standard work on the history of world trade** and indeed the development of the world economy for many years to come."

Frank Geary, *Irish Times*

Kevin O'ROURKE

A Short History of Brexit

Kevin O'Rourke is professor of economic history at the University of Oxford. A member of the British Academy and the Royal Irish Academy, he is the author of works of reference on the history of globalization. From Ireland, living in France, and a councilman in St. Pierre d'Entremont in Chartreuse, he has been publicly outspoken in defense of Ireland's position on Brexit.



This book is the story of a divorce, the one between the United Kingdom and Europe with the referendum of 23 June 2016. To understand what happened, Kevin O'Rourke retraces the episodes in a relationship that was never simple.

Indeed, very quickly in the 1950s, the path to supra-nationality was chosen by the six founding countries of the European project. And it was around that path that later all the other countries would rally, coming up against a Great Britain that was jealously guarding its sovereignty and above all dreaming of the creation of a free trade zone...

From the birth in 1951 of the European Coal and Steel Community to Brexit, Kevin O'Rourke analyzes the various stages in the European construction, then of the challenges to it, highlighting the ambiguities of the British position: on the creation of a common market, on the issue of borders, on expansion. He recalls why Europe presented a unique opportunity for Ireland, on both the political and economic level. Finally, after putting Brexit in perspective within the context of a globalization under pressure, Kevin O'Rourke examines the scenarios for the U.K.'s exit, and their costs.

- **The holder of an extremely prestigious chair at Oxford University (the Chichele Chair), Kevin O'Rourke offers us a fascinating analysis of Brexit and a well-argued plea in favor of Europe**
- **Text available in English!**

Éric NATAF



Praise for Eric Nataf previous' books:

“There’s **enough suspense here to make the average reader hyperventilate**; a descent into darkness that becomes increasingly gloomy.”

Epok magazine

“Eric Nataf is a **master of the thriller**. . . *Le Mal par le mal* is a true whodunit: mysteries, enigmas, horrible crimes, clues offered in slow, measured drops, suspense, surprises.”

Tageblatt

“**A very good thriller**, with just enough suspense, rhythm, and strong characters.”

La Dépêche du midi

“Sustained by writing far superior to the usual dry prose of the genre, the story is a **descent into increasingly dense darkness**.”

EPOK

“The realism of the descriptions, and the very sequenced division of the story, accelerates the narrative which distills its plot twists until the ultimate, gripping denouement.”

Le Parisien

Éric NATAF

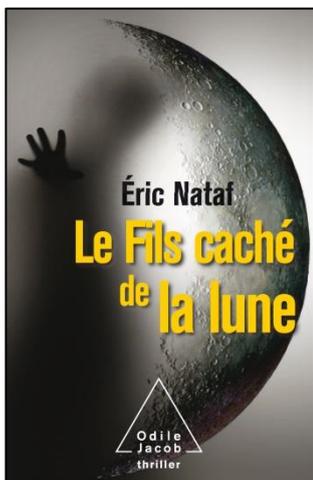
The Hidden Son of the Moon

Fiction

THRILLER

Shipwrecked in space

Éric Nataf is the author of several novels published by Odile Jacob. His bestsellers *Autobiographie d'un virus*, followed by *Le Mal par le mal*, have been translated in several countries and have established him as one of the new masters of the thriller in France. Eric Nataf is also a doctor, radiologist and head of teaching at the Cochin Hospital in Paris.



What would happen if a human being were born on the moon and for his entire life experienced only weightlessness? What would he look like? Could he still be described as Homo sapiens?

This is the question Éric Nataf asks in this scientific thriller. Fate has not been kind to Abel, the extra-terrestrial. His mother was a serial killer who had terrorized the American coasts, and his father was a former Nazi; Abel was born during a secret space journey. Secret for good reason... His mother Herma's death sentence had been commuted into an experimental sentence: a one-way space voyage to the moon.

Up there, nothing happens as expected. Abel grows up, he scarcely looks human. He will survive almost everything, and will develop special abilities, notably a sixth sense unknown on Earth, the ability to read others' thoughts, and take control of them. Horrified by his mother's fate, he nurtures a growing and implacable hatred for humanity. His talent makes him a dangerous individual, but his power to wreak havoc remains minimal... as long as he remains on his planet. Because who would want, seventy years later, to bring him back to Earth?

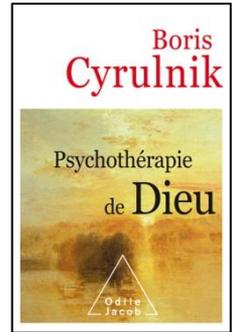
- **A scientific thriller with a breathtaking plot**
- **A space odyssey combining suspense, surprise guests, horror, revenge, and even humor, with very well-documented scientific data (physics, ecology, history, etc.)**
- **A reflection on the world to come: how can one live on a planet other than Earth. How to adapt to the lunar environment? What abilities must one develop to survive? How does this transform individuals? But also the geostrategic stakes of space conquest**

| Odile Jacob | September 2018 | 608 pages |



Boris CYRULNIK, *God's Psychotherapy*

Boris Cyrulnik is a neuropsychiatrist and director of studies at the University of Toulon. He is the author of immensely successful works, including *Un merveilleux malheur*, *Les Vilains Petits Canards* and, more recently, *Sauve-toi, la vie t'appelle*, *Les Âmes blessées*, which all sold more than 200,000 copies and are widely translated.



"The need for God is characteristic of the human condition, but it varies depending on individual and social conditions. Sometimes God is intense: He must be a Saviour. Sometimes we think about Him less often and He becomes a kind organizer. With advances in education, religion is losing its power; when we are rich, we think less about God; when justice is assured, we do not call on Him; when as a society we enjoy security, we are less in need of his protection.

The need for social conditions such as education, wealth, justice and security is such that we can predict the return of God, but we love God the way we love men. Those who have acquired a rigid attachment submit to a totalitarian God, while those who have a secure attachment will be sufficiently confident in their God to be tolerant of others who love a different God. Could young people be inventing a new way to love God? May God hear them." - Boris Cyrulnik

Rights sold: German (Beltz), Italian (Bollati Boringhieri), Spanish (Gedisa), Portuguese (Instituto Piaget), Brazilian (Vozes), Dutch (Lannoo), Greek (Kelethos), Romanian (Litera), Serbian (Akademska Knjiga) and Slovenian (Modrijan).



François HÉRITIER, *As Days Go By*

Françoise Héritier was a world renowned anthropologist and a professor at the Collège de France (she occupied the chair of Claude Lévi-Strauss) and at the École des hautes études en sciences sociales. She wrote important, path-breaking books, including the hugely successful *Le Sel de la vie* sold in 14 languages and notably translated into English by Penguin (*The Sweetness of Life*, 2012).



This work by Françoise Héritier continues *Le Sel de la vie*, published in 2012, which sold 300.000 copies. Making use of personal writing, the author captures and retranscribes what is common to us all: the ability to remember positive things, suspended moments, little pleasures that create a taste for life.

*"...to sit on the dry stones of a little wall alongside a lizard;
to temporarily occupy an office that is not your own and imagine the work of the real occupant;
to applaud a play, an opera, or a speaker so loudly and strongly that your hands ache;
to try on new shoes; to have had a dolls' house, a play tea service;
to remember the sensual pleasure of cutting out the pages of a book with a paper cutter ..."*

This intimate, sensitive and generous experience of writing invites each of us to rediscover and collect these individual, but commonly shared, sensations, which make us perceive the wealth of a life when they emerge from our memories. A book that helps the reader feel alive.

Rights sold: Italian (RCS Rizzoli), Spanish (Aguilar – Santillana Ediciones Generales), Portuguese (Valentina, Brazil).



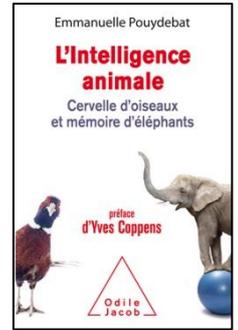
Emmanuelle POUYDEBAT, *Animal Intelligence*

Emmanuelle Pouydebat is an ethologist. A scientist at CNRS and at the Museum of Natural History, awarded numerous scientific prizes, she has been working on behavioural evolution for more than fifteen years, particularly in manipulation skills, use of tools and the notions of culture and tradition.

What is animal intelligence? And how can it be defined and evaluated? Classically, intelligence is defined as a set of mental functions, including language, that contribute to conceptual and rational knowledge. No surprise that such a definition applies best to human intelligence, which it places at the top of the hierarchy.

This book is a surprising enquiry into the diversity of adaptive behaviour in the animal kingdom: memory, navigation, innovation, sharing and cooperation: who knows how to do what, and what exactly is the uniqueness of human intelligence?

Rights sold: Italian (Corbaccio), German (Goldmann Verlag / Verlagsgruppe Random House), Spanish (Plataforma), Japanese (Hayakawa Shobo), Simplified Chinese (Beijing Time-Chinese Publishing House).



Jacques TASSIN, *What Do Plants Think About?*

Jacques Tassin carries out research in plant ecology at the CIRAD (International Centre for Agricultural Research for Development). He has written several books and over a hundred scientific articles.

Botany has recently made decisive advances in understanding what plants perceive of the world around them, of others of their own species and of their predators. Unlike animals, which are focused on themselves, plants are all about exteriority.

Despite being rooted in place, not only are plants able to move, on a time frame that is not like ours, but they are sensitive to both light and touch. Plants talk to each other, and have exchanges with the entire animal kingdom for the sake of pollination. Plants are not individuals, but instead are extended by others...

This book invites us to discover the inner world of plants.

Rights sold: Italian (Edizioni Sonda), Simplified Chinese (Hainan Publishing).



Yves AGID & Pierre MAGISTRETTI, *Glial Man*

Yves Agid is professor emeritus of neurology and cellular biology at the Université Paris-VI. Member of the Académie des sciences, founding member of the ICM, he is a specialist in clinical and biological research in neurodegenerative diseases. **Pierre Magistretti**, physician and neuroscientist, is professor at the École polytechnique fédérale de Lausanne (EPFL), the Université de Lausanne, and at King Abdullah Univ. of Science and Technology. He is one of the pioneers of research in glia. His world-renowned work has revealed glia's role in the energy metabolism of the brain, in memory and in neurodegenerative diseases.

Neurons represent only a portion of the cells of the human brain. Another portion is made up of glial cells. It was long thought that they simply served as supporting tissue, but it has recently been discovered that this is not the case.

This is a revolution in the understanding of many diseases of the nervous system. Great progress is to be anticipated to improve the fate of patients and find new medications!

Rights sold: World-English (Oxford UP)





Christophe ANDRÉ, *Come Meditate with Us*

Christophe André is a psychiatrist and a psychotherapist, and the author of such bestselling books, as *Secrets de psys* [*Therapists’ Secrets. What You Must Know To Feel Fine*], *Les Psys se confient* [*Therapists’ Lives*] and *Et n’oublie pas d’être heureux* [*And Don’t Forget to be Happy*].

There are a great many ways to meditate. It is up to each of us to find our way, our path, the one that is right for us and which will help us better to face the violence of the world, but also to admire and appreciate its beauty.

Under the direction of Christophe André, this book presents the journeys, the convictions, the struggles, and offers the advice of more than 20 experienced clinical, contemplative, religious, and philosophical meditators.

It will enable the reader to discover the wealth and the depth of different meditative practices. And, hopefully, to whet his or her appetite for more...

Rights sold: Romanian (Editura Trei), Turkish (Pegasus Yayinlari).



Alain BRACONNIER, *Nobody Listens to Me!*

Alain Braconnier is a psychologist, psychiatrist, former head of the Mental Health Association of Paris’s 13th arrondissement, consultant at Pitié-Salpêtrière University Hospital, emeritus professor at the Ecole des Psychologues Praticiens. He is the best-selling author of *Mother & Son* and *Daughters & Fathers*, as well as of *How Anxiety-Ridden Are You?*, *Being a Parent Today*, *Optimistic* and *The Optimistic Child*.

Listening is at the core of human relations. In our all-communication all-the-time era of virtual dialogue, it would do us good to get back to the benefits of listening. In order to feel fulfilled, happy and acknowledged, we must know how to listen to others in order to be heard.

How can we raise our chances of being heard and understood? How should we choose the right person to talk to? How can we improve our own ability to be heard?

Being listened to depends on more than just choosing who to speak to, it also involves developing certain qualities. Listening – and being listened to – can in fact be learned. This book sheds light on listening’s stakes in human relations and proposes a practical method for getting ourselves heard and having our points of view taken into account. At any age, improving listening contributes to feeling better about yourself and others. Let alone the fact that being heard is often therapeutic.

As a therapist, the author listened to, saw and heard a great number of children, teenagers and adults. His experience enables him to propose a new theory of listening, and of being heard and understood.

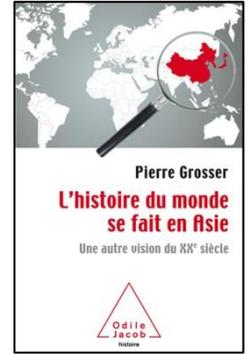
Rights sold: German (Goldmann – Verlagsgruppe Random House), Romanian (Editura Trei), Simplified Chinese (Beijing Mandarin Panorama).





Pierre GROSSER, *The History of the World is Made in Asia*

Pierre Grosser is a research historian specialised in the history of international relations and issues of the contemporary world, which he teaches at Sciences-Po. He was Director of Studies at the Diplomatic Institute of the Ministry of Foreign Affairs in 2001 and has received numerous prizes for his various books, including *Traiter avec le diable? (Dealing With The Devil?)*, which won the Prix de la Revue des deux mondes, and *1989, l'année où le monde a basculé (1989, The Year The World Changed)* which won the 2009 Prix des Ambassadeurs.



Pierre Grosser presents here a totally unknown aspect of twentieth-century history: the absolutely crucial role played by Asia on the world stage since 1905.

Are we aware, for example, that Japan's stance against Russia in 1905 was decisive in the game of alliances, and thus for the outbreak of the First World War? Or that Manchuria, in the 1930s, predicted the camps of the Second World War? And is not it also in Asia that post-Cold War regrouping has been played out?

Largely based on unpublished archives as well as works by Japanese, Vietnamese, Chinese and Korean historians, Pierre Grosser recalls that the great powers were Asian empires (including the United States!), shows that everything happening in Asia had consequences for Europe and, above all, restored the role of Asian countries to their full stature.

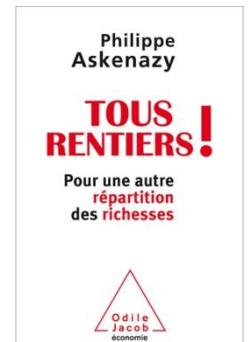
A book that profoundly updates our understanding of international relations and geopolitics in the 20th century.

Rights sold: Italian (Einaudi).



Philippe ASKENAZY, *For A New Distribution of Wealth*

Philippe Askenazy is a senior researcher at the French National Centre for Scientific Research (CNRS), a professor at the Paris School of Economics, a permanent visitor at the National Institute of Economic and Social Research (London) and a columnist for *Le Monde*. He is the author of *Décennies aveugles* (translated into English by the University of California Press) and *Désordres du travail* (Le Seuil), which was awarded the Readers' Prize for Economics (2004). He created the French Group Les Économistes Atterrés (Appalled Economists), a collective that promotes radical analysis.



Thomas PIKETTY :
EHESS & Paris School of Economics

“Philippe Askenazy’s latest book — *For A New Distribution Of Wealth* — is extraordinarily refreshing and innovative, and deserves wide international recognition.

Askenazy demonstrates convincingly that it is above all balances of power and legal and institutional systems that determine wealth distribution.

The parts dealing with the emergence of a new participatory union movement are particularly effective: in describing the unorthodox mobilization of subway drivers in New York, London and Paris, or of American nurses, or of chambermaids in Parisian luxury hotels or bus drivers in Silicon Valley, Askenazy gives hope and shows that several future scenarios are possible within the current framework of globalization.

The sections dealing with “ownership”, the new order in which private property is sacrosanct, are also delicious — particularly when Philippe Askenazy analyzes attempts at private takeovers of intellectual property and of all rental income.

A must-read!”

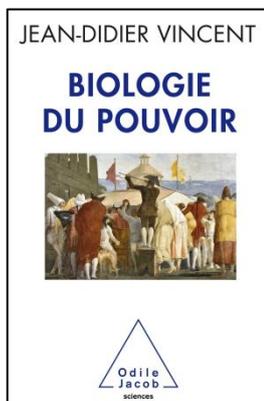
Rights sold: English (Verso)

Jean-Didier VINCENT

The Biology of Power

The strange ballet of emotions that connect power, sex, and violence

Jean-Didier Vincent is a neurobiologist and a neuropsychiatrist. Director of the Alfred-Fessard Institute of CNRS at Gif-sur-Yvette, professor at the Institut universitaire de France and in the medical school of Paris-Sud, he is also a member of the Académie des sciences and of the Académie de médecine. He has written the well-known *Biologie des passions*, which revealed the mysteries of the brain, and many other books (*Voyage extraordinaire au centre du cerveau*, etc.) widely translated.



Following many experiments carried out on humans and animals, biologists and specialists in the neurosciences agree on the universality of the domination carried out by an individual, or a group, on others. At a very early age, our brain grapples with notions of imitation, empathy, and charisma, a desire for justice and humiliation, of violence and appeasement, managed by the flow of a few crucial molecules – hormones called oxytocin and vasopressin – controlled by the famous testosterone.

It is quite possible that Planet Earth is experiencing the beginning of a historic upset: the transition from an age-old form of governance founded on fear and violence – dictators and terrorism proliferating – to the much more subtle, and apparently democratic, digital power, which is seen increasingly every day. And yet, though in new forms, the same power is being perpetuated. This is why Jean-Didier Vincent here raises the question of the biological bases of power.

Fascinating, and disturbing, because Dr. Vincent's strange molecular mix can also be applied to the wiring of romantic desire and to those that lead to the creation of political monsters.

- **How biology explains what is going on in the brains of leaders, and in those of their subjects...**
- **Told by Jean-Didier Vincent, the strange ballet of emotions that connect power, sex, and violence**

Rights sold: Codice (Italy)

| Odile Jacob | January 2018 | 272 pages |

Michel CASSÉ & Marie-Christine MAUREL

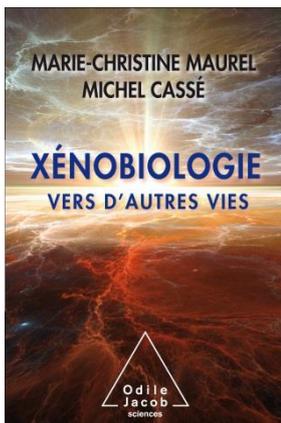
Xenobiology

Toward other Lives

The first steps of a new science, whose repercussions could shake our conception of the living and of its evolution

Michel Cassé, astrophysicist at the CEA [The French Alternative Energies and Atomic Energy Commission] and at the Institut d'astrophysique de Paris, is the author of many popular books such as *Généalogie de la matière* (translated into English by Cambridge University Press), *Du Vide et de la création* and *Les Trous noirs en pleine lumière*.

Marie-Christine Maurel, professor at the Université Pierre et Marie Curie and at the Muséum National d'Histoire Naturelle, is a specialist in the origins of life and of "molecular archeology."



"Xenobiology" is the very recent emerging scientific study of forms of life created by synthetic biology.

Unusual molecules today are emerging from laboratories (artificial DNA, transmuted amino acids) out of which unheard-of creatures will perhaps emerge, as once happened 3 billion years ago on our planet.

Scientists are now replaying the historical scenario of emerging life, and all variations are open to them. The other biology they are exploring bluntly raises questions about the natural and the artificial.

In the course of a fascinating dialogue, an astrophysicist here retraces the history of "our" life, the one we know on Earth and elsewhere (exobiology), whereas xenobiology is revealing the first results of research that unveils radically new forms of life, whose evolution is absolutely unpredictable.

This encounter with the origins of life challenges our conception of the living: what if we were only one form of life among many others? This might just pave the way to a surprising "xenophilosophy"...

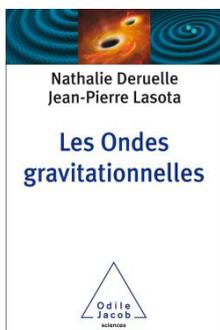
- **When an astrophysicist encounters a specialist in synthetic biology, they discuss the origins of the universe and of life**
- **A very accessible account of what is known about the appearance of life**

Nathalie DERUELLE & Jean-Pierre LASOTA

Gravitational Waves

Farewell, telescopes! Astronomy of the future will be gravitational

Nathalie Deruelle, director of research at CNRS, is a member of the Astroparticle and Cosmology Laboratory at Université Paris 7-Paris Diderot and affiliated professor at the Yukawa Institute in Kyoto. **Jean-Pierre Lasota** is director of research emeritus at the Paris Institute of Astrophysics, la Sorbonne, and professor at the Nicolas Copernicus Center of Astronomy in Warsaw. He is also the author of *La Science des trous noirs*.



In 1916 Albert Einstein discovered them in his general relativity equations, but he later came to doubt their existence. In the 1960s, attempts on the part of a visionary physicist to demonstrate their existence ended in a notorious fiasco.

It was not until the autumn of 2015 that two detectors in the USA at last began to vibrate, one after the other, as they registered the passage of a gravitational wave emitted by two merging black holes, 1.5 billion years ago. Two years later, after observations of several other black hole mergers, the LIGO and Virgo interferometers were able to detect gravitational waves emitted by the merger of two neutron stars, an event followed by an electromagnetic firework. **The Nobel Prize awarded for these discoveries in 2017 testify to their importance; they are to revolutionize astronomy.**

Einstein's General Theory of Relativity explains gravitation — from falling objects to the expansion of the Universe — by replacing Newton's universal attractive force with the geometry of space-time. When two celestial bodies circle each other, space-time is deformed, as it always is around a massive object, but it then folds in on itself, in oscillations which propagate at the speed of light. These waves, coming from the edges of the Universe, initially very intense, become tiny by the time they reach Earth, so their detection requires instruments of extreme precision.

- **The gravitational waves have opened a new window in astronomy, just as four centuries ago Galileo's telescope opened a new window on the visible world**
- **Who knows what strange objects, in years to come, will be revealed to us by observing the sky in gravitational waves**

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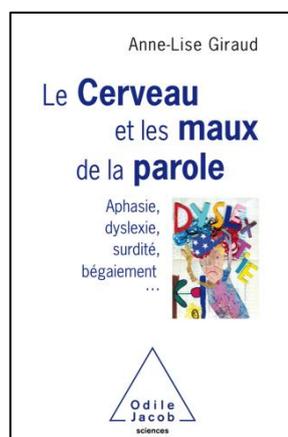
| Odile Jacob | March 2018 | 336 pages |

Anne-Lise GIRAUD

The Brain and Speaking Disorders Aphasia, Dyslexia, Deafness, Stuttering

Everything you need to know about speaking disorders

Anne-Lise Giraud is a doctor of neurosciences, specializing in language and its pathologies. She is Director of Research at the Centre national de la recherche scientifique, and tenured professor at the University of Geneva, where she directs a laboratory for research on the brain, hearing, and language.



What is the origin of speech in our brain? What is its place in our consciousness? Through which neurobiological mechanisms can someone be deprived of it? Why is someone unable to speak after suffering a stroke? What is “stuck” when someone stutters? What happens to words in a brain when someone becomes deaf? Why do schizophrenics hear voices?

Anne-Lise Giraud brings together the ideas and the neuroscientific data that has emerged in the last few years on disorders affecting speech. She brings the reader up to date on this faculty of language that distinguishes us from other animal species, and responds with documented detail to the specific questions asked by people afflicted closely or remotely by these types of language disorders: What’s wrong with me? How can I be treated? Will I be cured?

Both clear and detailed, a book that provides correct answers to the questions that are asked about speech and the pathologies related to it.

- **Aphasia, stuttering, deafness, dyslexia, autism, psychosis...: a clear and precise explanation of the neurobiological foundations at play in speech disorders**
- **An enlightening presentation of the most advanced methods being used to treat neurological language pathologies**
- **A reflection on the specific technological challenges raised by those treatments and on the unprecedented ethical questions raised by the intervention of humans on their own brains by these sophisticated, but sometimes invasive, therapies**

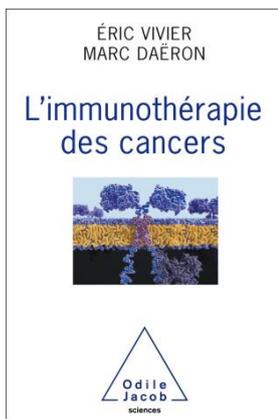
Éric VIVIER & Marc DAËRON

Cancer Immunotherapy

Can cancer be cured by our own immune systems?

Éric Vivier, professor of immunology at the university Aix-Marseille, honorary director of the Centre d'immunologie de Marseille-Luminy, and scientific director of the Société de biotechnologie Innate-Pharma, is a member of the French Academy of Medicine and of the Institut Universitaire de France.

Marc Daëron, head of research at Inserm, former head of the department of immunology at the Institut Pasteur, is a member of the French Institute for the History and Philosophy of Science and Technology.



We have known for some time that the immune system is capable of ridding an organism of all intruders that threatens its survival. All, or almost all: cancerous tumors escape it. Without our understanding why, cancer thwarts the warning signs in the immune system and proliferates calmly, whereas lethal cells and other lymphocytes nearby should be able to eliminate it in a few hours.

The idea of reprogramming the immune system to fight against cancer cells, by perfecting antibodies-medication, promises to be a true therapeutic revolution. Today a complement to classic approaches (chemotherapy and radiation), it is gradually asserting itself. Remarkable success has already been recorded, alongside unexplained failures, which highlights the power of the approach, but also the difficulty of it: it involves “awakening” the immune system, but not inciting it to declare war on the entire organism.

This is the fascinating story of new cancer immunotherapies told here by the authors, from the first observations in the early twentieth century to the discovery of points of control that block immunity, and the perfection of the first generation of “anti-cancer medication” that liberate immunity. A notable fact: this scientific revolution is accompanied by an unprecedented reorganization of collaborations between research and industry, the sign of increased effectiveness. Immuno-oncology is being born under the best of auspices, and will make the headlines in the years to come.

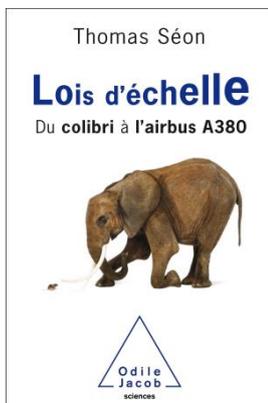
- **A radically new approach to the treatment of cancer**
- **A major hope for a new therapy**

Thomas SÉON

Scaling Laws

From the hummingbird to the Airbus

Thomas Séon, a physicist, researcher at the CNRS (Centre National de Recherche Scientifique), is a specialist in fluid dynamics, a domain in which many scaling laws are seen, and which are the subject of this book.



One might believe that, behind the infinite diversity of strategies within the living world, are hidden laws of extreme simplicity. Who would think that the hummingbird and the condor, the mouse and the tyrannosaurus, or even the goldfish and the whale, share common laws of physics? These “scaling laws,” as simple as they are elegant, transcend dimensions to give access to essential principles.

That the surface area of the wings of a bird are proportional to its weight is rather intuitive; that the ratio of the two is exactly the same for a sparrow, an ultralight plane, and an Airbus A320, is much less so. Similarly, the ratio between weight and metabolism is the same for a shrew and an elephant. In fact, if the animal world belongs to the realm of biology, it also conforms to incontrovertible laws of physics and geometry. This is an ideal path, greatly unexplored, for teaching and for a deep understanding of the laws of nature.

This very innovative book invites the reader to look at nature in a different way, to be more attentive to the dimensions of things and to their shapes than to a comparison of them. This analytical method accessible to all, as distant as possible from the classic theoretical approach, should create many enthusiasts and might profoundly change the teaching of science.

- **News flash: the living world is governed by extremely simple laws!**
- **These scaling laws, through their simplicity, their universality, and their intuitive nature, should become part of our common education**
- **At a time when education is being profoundly reformed, this new approach has the potential to play a major role. There is no comparable book on the market**

Yann VERDO

Einstein's Violin

Einstein, Niels Bohr, and Gödel

The marvels of infinite space accessible to all

Yann Verdo is a journalist at *Les Échos*, where he writes a weekly scientific column.



In his spare time, the journalist Yann Verdo dives into quantum physics, general relativity, and logic. Out of his imaginary encounters with Einstein, Cantor, and Gödel, which he relates in the form of dialogues, there result a new familiarity with those individuals whom we thought we knew well, and a profound understanding of great themes – time, the infinite, matter – that they revolutionized.

Yann Verdo shows once again that there is nothing like an enlightened enthusiast to guide us on the most difficult of paths. Not to mention that to the pleasure of understanding there is added here that of a stroll enlivened by interludes: the only goal is to whet our curiosity and the humor of the moment. Thus, through an astonishing sleight of hand, the pleasant wandering is revealed through the writing to be much more structured than it appears, and the reader finds himself initiated, through style and humor, into the great mysteries of mathematics and physics.

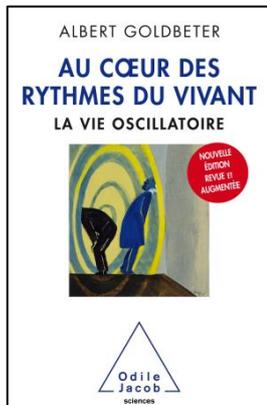
- **A very original initiation into the mysteries of science, for the “honest man” of the twenty-first century**
- **From the theorem of Gödel to the infinity of Cantor and Einstein’s relativity, the key elements of scientific knowledge**

Albert GOLDBETER

Oscillating Life

At the Heart of Life Rhythms

Albert Goldbeter is a professor in the science faculty of the Free University of Brussels. He is currently the science-class director for the Belgian Royal Academy. Trained in the group headed by Ilya Prigogine (Nobel Prize in Chemistry), Goldbeter is an internationally recognised specialist in life-rhythm mechanisms and a pioneer in the burgeoning research area of systems biology. He recently received the five-yearly Prize of the National Belgian Fund for Scientific Research (FNRS).



Heartbeat, breathing, alternating periods of waking and sleeping, the ovarian cycle, animal migration, plant flowering: life is rhythm. Numerous other periodic processes are engaged in cell life, often imperceptibly. For example, a biological clock controls the cycles of cellular division, from the earliest embryonic phases to the adult organism. Brain activity is underpinned by neuronal rhythms, and many hormones are secreted in a pulsatile manner.

Among the many rhythms that regulate organisms and their physiology, some are linked to the environment: circadian rhythms, which roughly follow a 24-hour pattern, allow us to adapt to alternating night-and-day cycles; other rhythms are linked to the yearly seasonal cycle: flowering, hibernation, migrations, and reproduction in numerous species. Life rhythms can vary from a fraction of a second to several decades.

Where do these multiple rhythms come from? What functions do they serve? Why are periodic phenomena so common among biological systems? This book aims to present the main life rhythms and to delve into the heart of the underlying regulatory mechanisms.

- **This book offers the first synthesis of existing knowledge on the rhythms of life, as observed at different levels of biological organisation.**
- **Based on experiential data and on modelling techniques, the author highlights the origin and dynamic rhythms that constitute an essential aspect of existence: oscillating life**

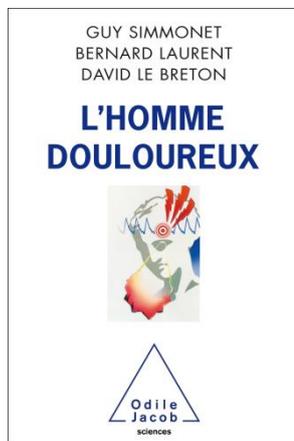
Guy SIMONNET, Bernard LAURENT & David LE BRETON

Humans In Pain

Guy Simonnet is professor emeritus of cell biology at the University of Bordeaux-III; he is a member of the French Society for the Study and Treatment of Pain, and of the International Association for the Study of Pain (IASP).

Professor Bernard Laurent is a neurologist and head of the Anti-Pain Center, which he founded at the CHU [Centre Hospitalier Universitaire] of Saint-Étienne.

David Le Breton is professor of sociology at the University of Strasbourg. A member of the Institut universitaire de France, he is the author of more than forty books.



The failure of our Western societies is all the more obvious in that more than two-thirds of chronic pain patients are not being treated appropriately for it.

How can we explain such an epidemic, and such a failure? What is lacking in our understanding of pain? And what is lacking in the treatment of all those patients?

Coming out of the work of three specialists – a neurobiologist, a pain doctor and an anthropologist – this book shows that pain doesn't develop in an amnesic brain, but within a central nervous system imbued with the past, both painful and not painful, close and distant.

This is why, without neglecting the considerable progress of biomedicine and the neurosciences, it is essential to put the patient back in the heart of the painful phenomenon. Which implies focusing on the patient's individual history and his vulnerability to pain, which relate as much to existential issues as to biological ones.

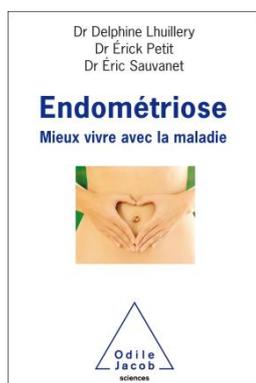
- **A complete analysis of the phenomenon of pain on three levels: neurobiological, medical, and anthropological**
- **A healthy questioning of the effectiveness and even the possibly harmful role of certain pharmacological treatments (morphine and its derivatives), at the same time as a presentation of the new treatments of tomorrow**

Delphine LHUILLERY, Erick PETIT & Eric SAUVANET

Endometriosis: Living With a Diagnosis

One of the first non-specialist books on this specifically female illness

Delphine Lhuillery is a pain doctor at the Clinique Oudinot and at the Saint Joseph's Hospital in Paris. She is a member of the French Society for the Study and Treatment of Pain, and of RESENDO, dedicated to the treatment of women suffering from endometriosis. **Erick Petit** is a radiologist at the Saint Joseph's Hospital in Paris, head of the female imagery unit. Founder and head of the Endometriosis Center at Saint Joseph's, president of RESENDO, he is a member of the World Endometriosis Society, the French Colorectal Infiltrating Endometriosis Study Group, the French Radiology Society, and the Société d'imagerie de la femme. **Eric Sauvanet** is an obstetrical/gynecological surgeon, head of the gynecological surgery department at Saint Joseph's. He is the co-founder of the Endometriosis Center at Saint Joseph's, and of RESENDO.



Endometriosis is an inflammatory and hormone-dependent disorder linked to the migration of cells that line the interior of the uterus during a period. Today it is estimated that 176 million women worldwide, or one out of six women, suffer from it. Resulting in intense pain and often causing infertility, it is a disorder that is not easily cured, but for which there are now treatments to relieve it.

Written by three specialists, this is one of the first works intended for the layperson on this specifically female disorder: what are the warning signs of the disorder? Whom should you consult? How can you obtain a reliable diagnosis? What are the treatments for potentially very intense pain? What to do if you want to get pregnant? Should you participate regularly in active sports? Should you alter your diet? How can you maintain an active sex life? In short, how can you live better with this disorder?

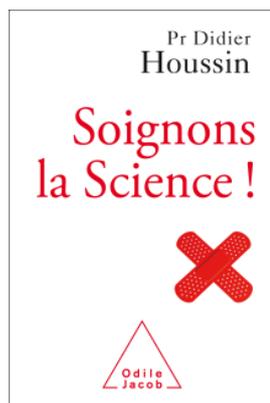
- **Intended for the layperson: women suffering from the disorder will find answers to all of their questions here**
- **The expertise of the authors: the wealth of clinical cases of endometriosis calls for the collaboration of various specialists, who happen moreover**
- **To be accustomed to working together at the Endometriosis Center at Saint Joseph's Hospital**

Didier HOUSSIN

Let's Take Care of Science!

A wake-up call from a scientist concerned with the tendency toward gigantism in science

Professor of surgery at the Université Paris-Descartes, a surgeon and department head at the Hôpital Cochin, **Didier Houssin** directed the Établissement français des greffes, before becoming Director General for health at the French Ministry of Health from 2005-2011. From 2013 to 2016, he chaired the Management Board of ANSES, the French Agency for Food, Environmental and Occupational Health and Safety, and from 2011 to 2015, he was the CEO of the French Agency for the Evaluation of Research and Higher Education. He is currently a member of the World Health Organization.



“Beautiful, joyful, universal, superpowerful, etc.”: this describes science today, according to Didier Houssin. And, using supporting examples, he points out that science has never achieved such power, through its diagnostic tools, the masses of data, and the sums involved. Should we be overjoyed, or disturbed by this?

In Didier Houssin’s opinion, science has in some ways become a victim of its success. After having been used for diplomatic and military purposes in the 19th century, it now finds itself summoned to contribute to economic growth – not without consequences that could result in its distortion, or at least in seriously falsifying its approach: whether this involves increasingly significant administrative restrictions, inter-disciplinary and institutional in-fighting or media coverage, a source of errors and misunderstanding. The ills the scientific colossus is suffering could indeed cause it to implode into itself.

And yet, if we wish to heal science remedies do exist! They involve training for a scientific education that would begin in elementary school, and the development of a culture valuing quality and assessment.

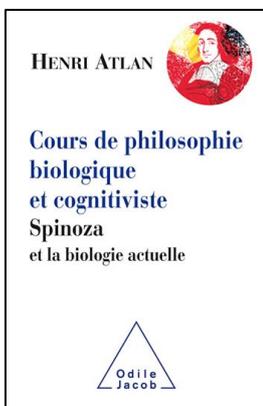
- **Well-written, exhibiting great depth, the book is a reflection on the recent tendency toward gigantism, encouraged primarily by Big Data**
- **Includes examples taken from all scientific disciplines proving that Didier Houssin is an exceptional expert in the scientific culture he is speaking for**
- **The tone of its criticism is moderate, a criticism that is welcome, as scientific frauds are clouding the narrative (the glyphosate scandal, for example)**

Henri ATLAN

Spinozist Configurations

Lectures in Biological and Cognitivist Philosophy

A physician, biologist, philosopher and author, **Henri Atlan** is regarded as a pioneer in the area of complexity theory. He served as a member of the French National Consultative Ethics Committee and is a former director of research at the Ecole des Hautes Etudes en Sciences Sociales (EHESS). He is, most notably, the author of *Entre le cristal et la fumée*, *L'Organisation biologique et la théorie de l'information*, *Les Étincelles de hasard*, *La Science est-elle inhumaine?*, *U.A. L'Utérus artificiel* and *Des embryons et des hommes*.



This book was born out of a bold wager: shedding light on Spinoza through the neurosciences and neurobiology.

What is the living being? What is the connection between the body and the mind? A renowned physician and biologist, Henri Atlan shows that, unexpectedly, it is in a seventeenth-century philosopher that we can find the most relevant answers to these questions.

It would be false to say that Spinoza's philosophy pursues the same goals as the neurosciences: that of reducing the activities of the mind to those of the brain. Henri Atlan is firm on this point: Spinoza's philosophy is not materialism. And that is why it can help to understand what has remained a "mystery": the emergence of cognitive functions, such as thought or reflection, within complex systems such as that of the human brain.

This examination of Spinoza's *Ethics* is unprecedented and opens a profoundly new path, associating science and philosophy.

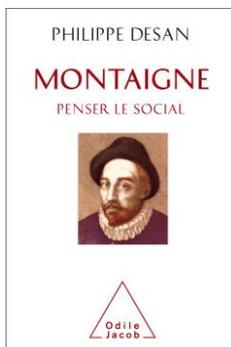
- **The reputation of Henri Atlan, a great biologist and physician, whose work is both rigorously scientific and profoundly original, outside the norm**
- **A bold attempt to understand the most current issues in science by means of the philosophical ideas of Spinoza**
- **An introduction to both one of the greatest philosophies in history, and to the most current issues in the neurosciences**
- **A new way of thinking about the relationships between the brain and the mind**

Philippe DESAN

Montaigne: Thinking about the Social

What is society, according to Montaigne?

Philippe Desan is a specialist in the history of ideas and the Renaissance. He holds a Chair in the History of Culture at the University of Chicago, and has published many books on the Renaissance and on Montaigne. He is also director of the journal *Montaigne Studies*. He is the author of *Montaigne. Une biographie politique* [*Montaigne: A Life – Princeton University Press, 2017*], which has become a work of reference.



In this work, Montaigne becomes an ethnologist; he sets off to discover the Other – Others: other societies, other people, other continents, other customs, other civilizations.

And so we find in the *Essais* passages that could be described as sociological and anthropological. This aspect of Montaigne’s work has been unexplored until now. We are invited to discover it now by Philippe Desan, the author of the masterful *Montaigne: A Life*.

What is society, in Montaigne’s opinion? What does it mean, and what are the implications for an individual to live in society? Is it a constraint, a form of limitations imposed on individual freedom, a “voluntary servitude”?

This very original book shows how Montaigne thought about the social, how he, well before Bourdieu or Durkheim, asked the question of the place of the individual in society, of his freedom, or, on the contrary, of the social determinism that weighs on him.

- **An overlooked, unknown and neglected aspect of Montaigne studies**
- **A way of showing Montaigne’s modernity**
- **A wide-ranging work that will stand out in Montaigne studies**
- **A study destined to become a work of reference, one that will be required for all courses on Montaigne**

Alain RENAUT, Jean-Cassien BILLIER, Patrick SAVIDAN & Ludivine THIAW-PO-UNE

Lessons of Philosophy

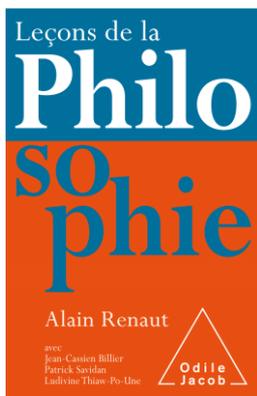
The best in philosophical teaching for (almost) everyone

Alain Renaut is professor emeritus of political philosophy and ethics at the Sorbonne. He is also director of the Centre international de philosophie politique appliquée.

Jean-Cassien Billier is assistant professor in the department of philosophy of the Faculté des Lettres at the Sorbonne.

Patrick Savidan is professor of ethics and philosophy at the Université Paris-Est Créteil and president of the Observatoire des inégalités.

Ludivine Thiaw-Po-Une has a Ph.D in political philosophy and is a researcher at the Sorbonne.



Philosophy presented in 28 lessons: an introduction and a handbook for beginners, the curious, and committed readers.

Works from the greatest, most classic, thinkers, such as Aristotle, Descartes, Spinoza, Kant, Hegel, and Nietzsche, to the most contemporary, such as Foucault, Rawls, Rorty, Habermas, and Derrida.

The great themes of metaphysics, moral and political philosophy, and aesthetics presented in their contexts, with the classic questions they raised, but also in their contemporary forms.

A global philosophical perspective on recent scientific discoveries (in biology, astrophysics), bioethics, the environment, European construction, relationships between society and religion, and others.

A philosophical lexicon and a directory of philosophers.

- **The gamut of philosophy, from the most classic to the most contemporary**
- **Philosophers, their doctrines, their conceptual creations**
- **The reputation of Alain Renaut, a great specialist and translator of Kant**

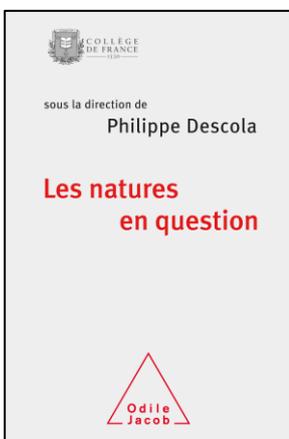
Philippe DESCOLA (dir.)

“Collège
de
France”
Series

Natures in Question

Philippe Descola is an anthropologist and professor at the Collège de France, and holds the chair in the anthropology of nature.

With contributions by Geoffrey Lloyd, Jean-Noël Robert, Philippe Descola, Étienne Anheim, Stéphane Van Damme, Alain Wijffels, Frédéric Keck, Alain Prochiantz, Justin Smith, Anne Cheng, François Ost, Claudine Tiercelin, Marie-Angèle Hermitte, Alain Fischer and Clément Sanchez



Nature is not what it used to be...

Due to the many meanings with which it has been endowed, nature has for a long time formed the principal axis for a number of oppositions in European thought: nature and culture, nature and the supernatural, nature and art, nature and spirit, nature and history...

An increasing number of studies, which are looked at in this book, cast doubt on the general nature of those categories and on their relevance. Today, for example, we know that many animals, such as finches and chimpanzees, are capable of exhibiting cultural differences, or that the most isolated ecosystems on the planet, in the interior of Australia and in Amazonia, bear the mark of human influence...

Is the erosion of the boundaries of nature absolute, or are we nonetheless witnessing the endurance of certain fundamental discontinuities between humans and non-humans?

- **Coming out of the most recent autumn colloquium at the Collège de France, an interdisciplinary reflection on questions raised by displacements and the blurring of boundaries between natural determinations and human determinations**
- **The most recent thinking on nature in the era of biotechnology and artificial intelligence**

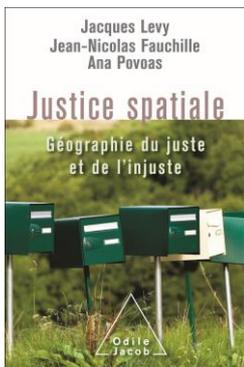
Jacques LÉVY, Jean-Nicolas FAUCHILLE & Ana POVOAS

A Theory of Spatial Justice

The Geography of the Just and the Unjust

What is a “just space”?

Jacques Lévy, is a geographer, graduate of the École normale supérieure de Cachan, professor at the École polytechnique fédérale de Lausanne, and at the University of Reims. His work deals with the theory of the space of societies, notably through the geography of the political, of cities and urbanity, of public space and urbanism, of Europe and globalization. **Jean-Nicolas Fauchille**, a Ph.D. at the École polytechnique fédérale de Lausanne, is an urbanist and researcher in the social sciences of space. **Ana Póvoas**, Ph.D. at the École polytechnique fédérale de Lausanne, does research in the social sciences, and is an architect-urbanist. She is interested in the impacts of space in the development of individuals and of societies.



Geography is becoming increasingly important in the public debate. Expressions such as “territorial breakdown,” “abandoned downtowns”, “abandoned rural areas,” “medical deserts”, are abundant. The question of justice, central to a democracy, is strongly enhanced by arguments relating to space.

Based on field surveys carried out among European citizens, this book shows how an unprecedented relationship between space and justice has been constructed in the past few decades. It examines spatial questions that have an important impact on our democracies: does urbanization create injustice? Are we assigned to where we live, or is it our choice? Should public services (health, education...) be allocated according to the number of inhabitants, or by km²? How can governmental administration be organized so that it functions more judiciously?

On all of these questions, we discover that citizens have points of view that they support according to their conception of justice. Conversely, the great theories of justice, from Aristotle to Amartya Sen, are filled out by integrating spatial arguments. In the end, the question of spatial justice (“What is a just space?”) shakes things up, and forces one to find solutions using a participatory democracy approach.

- **An exciting and very timely work that challenges many received ideas, notably on the “territorial breakdown” denounced by so-called experts**
- **Jacques Lévy is a geographer very well known for his work. He was recently awarded the Prix Vautrin-Lud, the highest distinction in geography**

Frédéric LASSERRE & Alexandre BRUN

The Geopolitics of Water

Water – a source of conflicts

Frédéric Lasserre, geographer at the Université Laval, is director of the Conseil Québécois d'études géopolitiques (CQEG – Quebecois Council on Geopolitical Studies).

Alexandre Brun is assistant professor in the “Geography and Planning” department at the Université Paul Valéry in Montpellier.



Water is not a resource like others. Oil and minerals are exchanged following the laws of the market; water, a vital necessity, is shared in function of needs, but its very gratis nature makes its governance an eminently political issue. However, if we no longer count the conflicts owing to an unequal distribution of water resources, we have not yet observed a “water war.” But who would dare wager, in these times of climate change and global warming and the increase in the number of droughts, that there never will be any?

Every river presents a unique political problem, in that it involves the ways of life of the countries it passes through. The choice of intensive farming killed the Aral Sea and dried out the Colorado River, while the Aswan High Dam over the Nile raises serious questions of access to water in Ethiopia and the Sudan, without resolving Egyptian agricultural issues. The Jordan River, unilaterally governed by Israel, and the Euphrates, barred by Syria in Tabqa, have greatly contributed to the rise in conflicts: the Six-Day War, and the Arab Spring in the Middle East.

These tensions over a natural resource that is becoming increasingly rare demand, precisely, a return to nature, and to a questioning of any productivist or political governance of this common resource. A sign of the times: there is now no longer any large European city, such as London or Paris, that isn't attempting to “reconquer” its river and instill a new relationship with water.

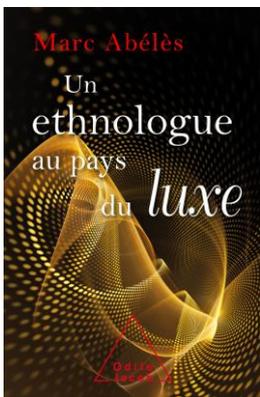
- **Water: a major geopolitical issue in the 21st century**
- **Will it take “water wars” to impose an equitable distribution of resources?**

Marc ABÉLÈS

Is Luxury Worth Considering?

An anthropology of luxury

Marc Abélès is one of the most eminent French anthropologists. Working under the guidance of Claude Lévi-Strauss, he devoted his early work to the political practices of a social group in Ethiopia. Director of the Laboratory of Anthropology of Institutions and Social Organizations at the CNRS and director of research at the EHESS, his research focuses on political practices and institutions, in France and Europe.



Marc Abélès undertakes here a true anthropological investigation into luxury. He shows that it should be the object of intellectual questioning, and should no longer be looked at simply through an economic lens.

Granted, luxury is situated within capitalist logic and attests to a global economy. But it is also the manifestation of a fundamental aspect of human beings: a desire for the immutable, the pure, for what transcends monetary value. Sociologists, in the lines of Barthes or Bourdieu, have studied fashion, more rarely luxury, but always in terms of domination and legitimation: the imposing of taste and the division between distinction and vulgarity. Luxury has always invoked controversy and criticism.

Marc Abélès proposes his own definition: luxury refers to what has no price and thus projects beyond the world of value. It transcends the universe of necessity. He also highlights the paradox of luxury: its products, considered to be exceptional, inaccessible, rarely remain the privilege of a minority. It was thus with tea, which, first consumed only by the British aristocracy, later became the beverage of workers. The same phenomenon can be seen with brands: luxury is threatened by trivialization. It must constantly reinvent itself. The luxury industry thus represents a space of creativity.

- **The originality of Marc Abélès, an anthropologist who has always carried out his research against the grain, off the beaten path**
- **A new look at global exchanges. Marc Abélès focuses on a specific point: that of exchanges between Europe and China. For a long time, luxury traveled from China to Europe. Today, the opposite seems to be true**
- **An analysis of the connections between luxury and contemporary art**
- **A study of luxury that does not lean on classic sociological themes from the time of Bourdieu, those of distinction and domination**

Gilbert CETTE, Antonin BERGEAUD & Rémy LECAT

The True Impacts of Growth: Toward an Awakening?

A condensed look at what you should know to understand what is at stake in the current debate on growth

Gilbert Cette is a professor of economics associated with the University of Aix-Marseille, and an expert in the job market.



Whereas the twentieth century was an exceptional period of prosperity for our developed countries, the motors for growth seem to have slowed down since the beginning of the twenty-first century. And, contrary to what has been thought for a time, uncertainty concerning GDP figures and its growth cannot alone explain the slowdown. Two scenarios emerge: one, popularized by the American economist, Robert Gordon, describes a “secular stagnation;” the other anticipates, on the contrary, a coming wave of growth notably associated with artificial intelligence and a digital economy.

To understand the risks that weigh on future growth, it is essential to distinguish its various elements in order to assess those that would be eliminated, those that would only be “asleep,” and those that are on the verge of being born. This is the approach taken in this work.

The authors analyze the main factors in growth, notably productivity which is primarily fed by innovation, stressing the importance of institutions to encourage the convergence of developed countries; and finally they speak out against the endemic delays in France and countries in the South in carrying out indispensable structural reforms.

- **Very clear and instructive, this book is a summary of what you should know to understand what is at stake in the current debate on growth**
- **Without choosing between the different growth scenarios, the authors propose concrete options and the implementation of a true evaluation of reforms**

Pierre-Noël GIRAUD

New
Edition
updated
and revised

The Useless Man

A political economy of populism

Pierre-Noël Giraud is a professor of economics at the École des mines de Paris and at the Université Paris-Dauphine. He is the author of books in economics which have had a great impact, including *L'Inégalité du monde* (1996), *Le Commerce des promesses* (new edition 2009), and, more recently, *L'Industrie française décroche-t-elle?* (2013).



Globalization is shaping our world today, decreasing some inequalities, reinforcing others: whereas inequalities among countries – external – are diminishing, inequalities of income – internal – continue to increase, engendering a considerable mass of “useless men:” the unemployed in rich countries, but also subsistence-level workers, farmers without land, the inhabitants of slums, all those whose labor force is worth little or nothing.

To understand precisely the mechanisms that result in what Pierre-Noël Giraud calls “traps of uselessness” and what solutions must be envisioned to make them disappear, is the goal of this book.

To do this, Pierre-Noël Giraud opens the black box of the economy: he throws the doors wide open, exposing his methods, goals, and tools. From there, he raises a fair number of questions, decisive for the next thirty years: has Malthus become relevant again to define our relationship to nature? How have the various globalizations – digital, corporate, financial – led to an increase in inequalities? Why is uselessness, among all others, an essential target for our public policies?

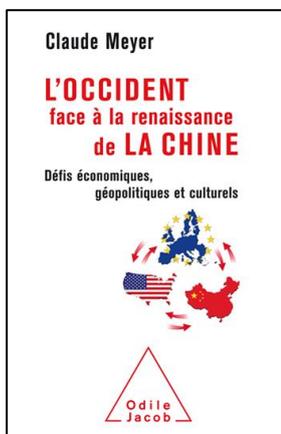
Highlighting the danger that the spread of economic conflicts poses to our societies (in other words, the fact that they are not represented by collective forces), which is the consequence of globalizations, Pierre-Noël Giraud here raises issues that go well beyond only economic concerns.

- **The destiny of the useless man in a globalized world, the division of labor among nomadic employment and sedentary employment, new economic conflictualities: themes that are profoundly timely and imperative for the future**
- **English version available!**

Claude MEYER

The West Facing China's Rebirth

Claude Meyer has led a dual career as an international banker and an academic specializing in Asia at the EHESS, then at the University of Paris I Panthéon-Sorbonne and at Sciences Po. He is currently advisor at the Asia Center of IFRI (Institut français des relations internationales) and researcher at GEM-Sciences Po. His previous book *Chine ou Japon : quel leader pour l'Asie ?* [*China or Japan: which leader for Asia?*] has been translated into English (Columbia University Press and Hurst & Co./Oxford U.P), Japan (Jiji Press Publications) and Simplified Chinese (Beijing, Social Sciences Academic Press).



In 2030 China's GNP will have surpassed that of the United States, thereby becoming the most powerful country in the world. Why does that change in leadership promise to have great significance for Europe? What are the economic, political, and above all civilizational consequences of this? Under what conditions can the dialogue between China and the West be advantageous?

This very complete and well-informed book puts into perspective the incredible rise of China – it's important to remember that in 1820 China was the primary world power – and reveals the limits it is facing today, in spite of the ambitious and aggressive policies of Xi Jinping. Stressing the necessary rebalancing of exchanges between China, the United States, and Europe, it suggests looking at the historical precedent of the Jesuits in China in the sixteenth century to stimulate a rich, lucid, and demanding dialogue.

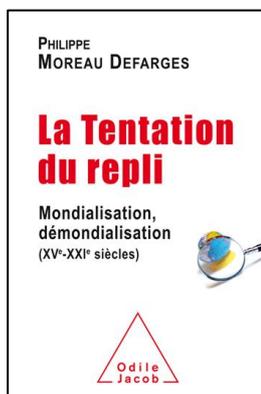
- **It is the first time in history that a country/continent, with such a large population, is in a position to impose its supremacy on the rest of the planet. The stakes are enormous!**
- **Combining history, economics, and geopolitics, this book analyzes in great detail the consequences of Chinese leadership, while avoiding the dual pitfalls of fascination and demonization**
- **Indispensable for a knowledge of contemporary China, and of how it is positioning itself on the international stage**

Philippe MOREAU DEFARGES

The Temptation to Withdraw Globalization, Deglobalization

Can deglobalization be the future for humanity?

Philippe Moreau Defarges is a former diplomat and researcher at the Institut français des relations internationales (IFRI - French Institute of International Relations). He has held several administrative posts, notably in the sector of European construction. He has taught at Sciences-Po (Paris), and co-directed the Ramses annual strategic review (IFRI) from 2002 to 2015.



This book sheds light on the dark side of globalization. It shows that the process of conquering land beginning with the first humans has always provoked reactions of defense in the face of this irresistible dynamic.

Globalization is driven by millenary forces: the invention of increasingly sophisticated tools, an accelerated increase in the number of people, the development of means of communication and circulation. As for deglobalization, it is characterized by movements of withdrawal, with very fragile defenses against the unfolding of globalization.

After giving an overview of the three principle forms of globalization that have occurred since the fifteenth century, and the reactions they provoked, Philippe Moreau Defarges raises the question: can deglobalization promise a future for humanity? Should humanity renounce that magnificent motor laboriously created on the ruins of Roman Antiquity – the idea of progress?

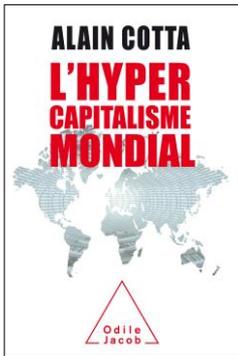
Erudite, fascinating, this book explores a subject that is fundamental to our humanity and to its future.

- **Accounts of globalization abound. This original synthesis reveals its dark side and provides a different perspective, that of a rejection of globalization**
- **Philippe Moreau Defarges is a born popularizer, and works expertly with his subject. His books are best sellers, with sales ranging from 15,000 to 30,000 copies**

Alain COTTA

Global Hypercapitalism

A graduate of the French business school HEC, Ph.D in economics and with a degree in law, **Alain Cotta** is professor of economics at Paris-Dauphine. He is the author of many books, the most recent, published by Fayard in 2015, being *La Domestication de l'humain*.



The theory Alain Cotta defends here is the following: the world will henceforth be ruled by the confrontation of two capitalisms, a corporate, private capitalism of American origin, and a State, public capitalism born in emerging countries, in response to the first.

There is no doubt that this dualism might lead to war, notably between the United States and China. And though Alain Cotta doesn't rule out that hypothesis, he shows that the convergence of the two capitalisms – hypercapitalism – is more likely. Hypercapitalism will ultimately end in the fusion of oligarchies already in place while the middle classes will become homogenized.

In the hypercapitalist context, it isn't material goods, but the production of information that will assure profit to the greatest satisfaction of the middle classes, and the security of oligarchies in place that control the media and social networks. Its stability thus seems assured in spite of inevitable economic and social crises. The single true threat that Alain Cotta foresees is that of demographic constraints and migration flows.

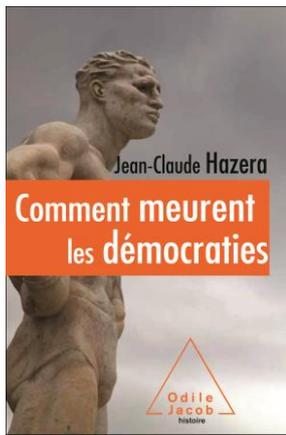
- **Erudite and original, this book presents a true portrait of the “Dynamics of hypercapitalism,” tracing its lines of strength**
- **It is also a denunciation of the elites and of their oligarchical power, exercised on the middle classes**

Jean-Claude HAZERA

How Democracies Die

Democracies now know they are mortal

Jean-Claude Hazera is a journalist in economics (he was editor-in-chief of *Échos*). His most recent work, *Les Patrons sous l'Occupation* (co-authored with Renaud de Rochebrune), was a best-seller.



Democracies now know they are mortal. Italy, Germany, Spain, and France have experienced this painfully throughout the twentieth century.

How can one explain the fact that the greatest and the oldest democracies were able, in just a few weeks, sometimes in just a few days, to collapse? This is the question raised in Jean-Claude Hazera's new book.

It is in the dark years between the two World Wars that the answers can be found. How did it all begin? What are the origins of the decline of democracies?

Many have put forth economic causes, inflation, recession, and joblessness. But that doesn't explain everything: in fact, how is it that the United States, affected as greatly by the economic crisis as Germany, escaped fascism?

Presenting archival documents, memoirs, and personal testimony, this book is an original and disturbing account of that turbulent interwar period, but it might also serve to shed unique light on the dangers confronting our modern democracies.

- **The reputation of the author on these questions of contemporary political history**
- **A work of reflection on institutions, their strengths, and their weaknesses, and the reason for their endurance**

Philippe TROUCHAUD

Cybersecurity

Philippe Trouchaud, a partner at PwC (PricewaterhouseCoopers), is responsible for the development of cybersecurity programs in Europe, the Middle East, and Africa. In that capacity, he advises heads of companies in the CAC 40, international groups, and important Internet companies. The author of many articles on the subject, he is a frequent participant in meetings organized around the management of cybersecurity.



Criminal attacks aimed at computer systems are creating true paranoia: there was WannaCry, which affected 300,000 computers around the world, paralyzed the British health system, in the goal of holding ransom and spying on certain companies. Yet the attack was also thwarted thanks to the work of a young 22 year-old British “geek.”

Confidence: that is the key to advancing serenely in the cyberworld. This book shows that confidence depends on several factors, notably the ability to manage a cybercrisis. How better to regulate cybersecurity and enact common rules? What is the essential training that a company must be able to offer its managers? How can one choose partners in a security market that has become overwhelming?

This book offers concrete answers to those questions. Cybersecurity is henceforth part of a company’s branding, and as such it is a strategic element that managers and directors must know how to implement.

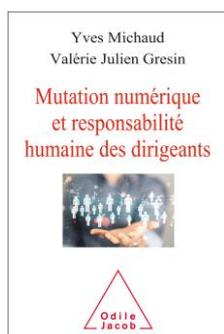
- **All specialists agree that hacking incidents are only increasing. This book proposes ways to learn how to protect oneself while acknowledging that zero risk no longer exists**
- **The human factor remains at the center of this approach, whether in an appreciation of the risk, or in the proposed solutions**

Yves MICHAUD & Valérie JULIEN GRESIN

Digital Mutation, and the Human Responsibility of Leaders

Yves Michaud is a French philosopher and honorary professor of philosophy in many French and international universities. He was notably Director of the École nationale supérieure des Beaux-Arts from 1989 to 1997. In 2000, Michaud founded the Université de tous les savoirs (University of all knowledge), a French government initiative to disseminate information on new scientific advances. His research involved the study of political violence and empiricism, especially the works of John Locke and David Hume, and the relationships of the arts and culture in a globalized, technological world.

Valérie Julien Gresin is founder of the consulting firm ASM Conseils, a specialist in support and collective coaching to top management.



The stupefying progress since the 2000s in the digitization of data and in its processing in real time are fundamentally changing our lives and our representations. Its impact on work is particularly important since work is, dematerialized, automated, and internationalized.

The originality of this book is that it examines these upheavals from two perspectives: that of **philosophers and academics**, and that of **professional corporate managers** who are experiencing these changes in their everyday professional lives. In this respect, it is not a matter of “humanizing” or of “thinking about” the corporation, but of concretely putting modes of reflection in the service of discernment, lucidity, and a stepping back to see clearly.

What becomes of the management of a corporation in the face of the blurring of borders between the inside and the outside? What risks do social networks and “fake news” pose to it? How can management reinvest its responsibilities? What place can be given to the social sciences along the way?

These are some of the questions broached in this book, which attempts to define a common language between intellectuals and managers, to think about the challenges of the future.

- **This book responds to a need being expressed increasingly within corporations to find the tools for reflection and discernment**
- **Yves Michaud, a philosopher and founder of the Université de tous les savoirs, has always attempted to respond to the search for meaning he has sensed coming out of society**

Elisabeth DUFOURCQ

The Spirit of Invention Power Play

The great science saga

Elisabeth Dufourcq has a doctorate in political science, was State Secretary for Research in 1995 under President Jacques Chirac, and was subsequently Inspector General for Social Affairs until 2006. She is currently director of curriculum in the history of science at the Institut Catholique in Paris.



This book is much more than simply an introduction to science, to all of science. It doesn't aim to show us around mathematics, astronomy, and physics the way we visit a museum. It is a living invitation to science, to a reasoned and in-depth understanding of its results and its discoveries: how does one become a scientific inventor? How do you formulate your discovery? How is it made known? How is it incorporated?

From the first, rudimentary knowledge of Homo sapiens to the recent progress in artificial intelligence, while looking at Greek medicine, the power of numbers in architecture and mathematics, but also the political implications of science, Élisabeth Dufourcq presents here the great panorama of science. In a plain-spoken style, with stupefying scholarship that is always accessible, the mysteries of scientific inventions are revealed.

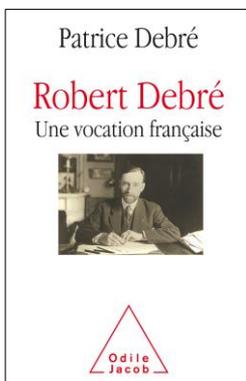
- **A masterful panorama of the great scientific inventions**
- **Much more than a history of science, an inquiry into the scientific mind, the logic of discoveries, the innovative strength of science**
- **A clear style, even in explaining the most complicated reasoning in mathematics and physics**
- **A survey of all the sciences, and how they relate to philosophy and politics, as well**
- **A true encyclopedia of scientific discoveries**

Patrice DEBRÉ

Robert Debré: A French Vocation

A very great physician, a great scientist, a model for the French

Patrice Debré is professor of immunology at the Université Pierre-et-Marie-Curie-Paris-VI. He has been the department head, director of a research institute at the hospital la Pitié-Salpêtrière, and a French ambassador responsible for the fight against AIDS and transmissible illnesses. After a monumental biography of Louis Pasteur, he has notably published *Vie et mort des épidémies* as well as, more recently, the best-selling *L'Homme microbiotique*.



This book, a magnificent fresco, recounts the extraordinary story of the Debré family, which made its mark both in politics and in science in the twentieth century. In an atmosphere that recalls Stefan Zweig's *The World of Yesterday*, Patrice Debré does more than just recount the exceptional story of his family: he brings a whole part of French history back to life.

Among the members of the family we are most familiar with Michel Debré, who contributed to shaping the V^e République, by writing its Constitution. A steadfast Gaullist, he participated in the restoration of France in the aftermath of the war, as well as in the resolution of the Algerian crisis. As for Robert Debré, considered to be the father of French pediatrics, he collaborated in perfecting treatments for infantile illnesses, notably meningitis and poliomyelitis. He was instrumental in important early hospital reforms, which ended in the creation of the Centres hospitaliers universitaires (CHU), the future INSERM [Institut national de la santé et de la recherche médicale – French National Institute of Health and Medical Research], as well as the Centre international de l'enfance.

- **The style of the narrative is very upbeat, almost that of a novel**
- **The story of a family that is also a way of restoring the history of France from the beginning of the twentieth century to the present**
- **The reputation of the author, and of the members of his family, whose careers are discussed in the book**

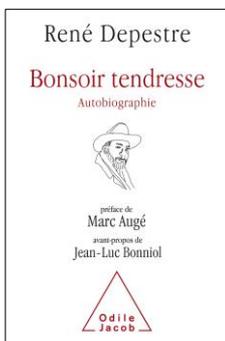
René DEPESTRE

Good Evening Tenderness Autobiography

The memoirs of René Depestre, an important figure in the Negritude movement, alongside Aimé Césaire and Frantz Fanon

René Depestre is a poet, novelist, essayist, and an important figure in the Negritude movement and in the struggle against colonialism.

Introduction by Marc Augé



René Depestre, one of the most eminent figures in Negritude thought and in the Castro Revolution, looks back here on his life, his commitments, notably alongside Castro and Che, his struggle against colonialism, his encounters with Pablo Neruda, Jorge Amado, Georges Pérec, André Breton, his connections with Aimé Césaire and Frantz Fanon, and his disillusionment.

Defining himself as the “wandering Haitian,” going from hope to disillusion, from utopia to awareness, he travels the world, the Soviet Union, China, Brazil, Argentina, Chili, and above all Cuba. Breaking with the Castro regime in 1978, he worked at the UNESCO secretariat. In 1988, he won the Renaudot Prize for *Hadriana dans tous mes rêves*.

He sees in the so-called “black soul” a fiction, a phantom, a false “carnival” identity, a trap of colonialism, more imposed than truly felt. He himself says he is a man of many roots. And it is “all the chaos of a life” that he relates in this book, in a style close to that of story-telling, poetic and without concessions.

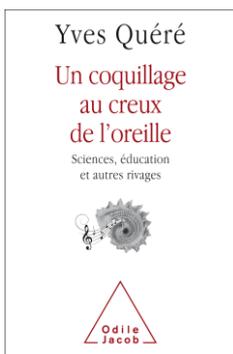
- **The life of an intellectual, revolutionary, and adventurer**
- **An original reflection on identity and skin color**
- **A look back on his revolutionary dreams and the Cuba regime, in the time of Castro and Che**

Yves QUÉRÉ

A Shell in the Middle of the Ear Science, Education, and Other Shores

Written with happiness, with multiple formulations and aphorisms, this book is an invitation to meditate on the beauties and contradictions of life

Yves Quéré, a physicist, was professor and curriculum director at the École polytechnique. A member of the Academy of Sciences, he participated with Georges Charpak and Pierre Léna in the “La Main à la pâte” program of renovation in teaching. He is the author of several books also published by Editions Odile Jacob.



“Our lives are profuse. Profuse in joys and in sorrows, in victories and in retreats, in failures and in accomplishments, fashioned by our ideas, our actions, our plans, our deeds and our misdeeds, our flights, and our falls, sometimes our betrayals... They might – written in a language that is out of the ordinary – be compared to a symphony, itself the effigy of a passing of time, and thus of duration... These songs, these fleeting and quickly disappearing melodies, the idea might then come to listen to them again during a wandering stroll; and to fixate on some of them in the variegated order in which they arise. Below you will find nothing other than that.”

Y. Q.

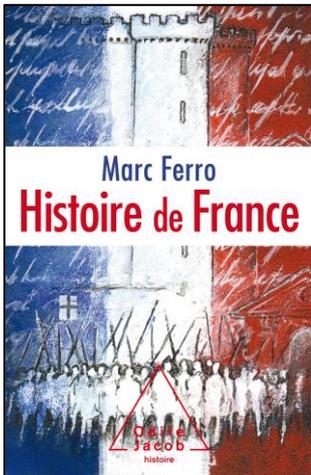
Near Beirut, at the gates of Syria, in the Paris metro, or in a provincial high school, we follow Yves Quéré in his intellectual and poetic wandering about everything and nothing: music which initiates us into the complexity of thought; the superfluous use of the superlative; the new craze of classifying; the complicit connections of science and art; “courses in ignorance;” the lessons we don’t receive and those that are given too easily...

Behind what Yves Quéré nicely calls the “streaking” of life are perceived a few solid convictions: the importance of the beautiful, the unshakable confidence in humanity, an unwavering thirst to know....

Marc FERRO

History of France

Marc Ferro is Director of Studies in Social Sciences at the École des hautes études en sciences sociales. He is notably the author of *La Révolution de 1917* [*October 1917 : a social history of the Russian revolution*], *La Grande Guerre* [*The Great War, 1914-1918*], *Cinéma et Histoire* [*Cinema and History*], *Pétain*, and *L'Histoire des colonisations* [*Colonization: A Global History*]



Yes, History is a force, just as there are economic forces or religious beliefs: they have an active effect on society. But what kind of History are we talking about? The heroic history of the Bourgeois of Calais, the tragic history of Saint-Barthelemy, or of the Paris Commune, the glorious – or shameful – history for a given episode in the past, but which covers how many myths, quarrels, silences and lies...

But there is another, more anonymous, history. That of the inhabitants of France, so similar yet so unlike their neighbors, at work and at home, and so prone to civil war... How can these characteristics, these differences be explained?

Marc Ferro here confronts an analysis of French society with the events in its history: isn't this fulfilling the former dream of Fernand Braudel? Today, when the sovereignty of the nation-State is being challenged, it is critical to revisit the history of this country to better understand how it has been experienced and how it can be analyzed today.

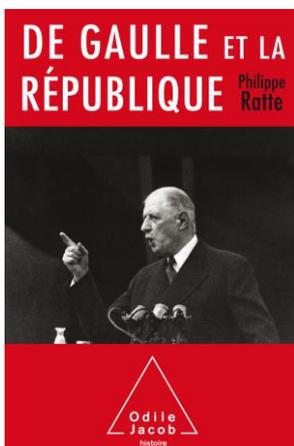
- **A new revised and expanded edition**

Philippe RATTE

De Gaulle and the Republic

A history lesson from an exceptional moment, the speech that founded the Fifth Republic

Philippe Ratte, a graduate of the École normale supérieure, is a professor of history, and member of UNESCO. He is the co-author, with Michel Godet, of *La France des bonnes nouvelles*.



The French Constitution of 1958 is a decisive event in contemporary history. But do we know the speech that presented it, and which introduced the Fifth Republic? In this book Philippe Ratte proposes a return to the source of that founding event and take one's time to read, to understand, to analyze and to weigh the impact of the speech given by de Gaulle on 4 September 1958, on Place de la République in Paris.

Why such a speech? What did the new Constitution contain, what was its political context? What type of republic was thereby defended and introduced? And above all, what history did that founding act open up: what would be the first applications of the Constitution (elections, functioning, key events from 1962 to 1969) and its later evolution (from 1969 to the present)?

From the speech delivered on 4 September 1958, the foundation of French political life is studied, and at the same time the spirit of Gaullism is defined.

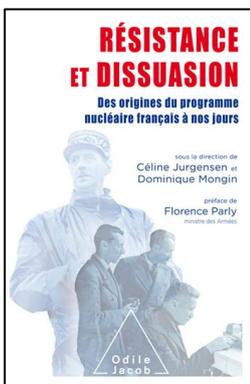
- **A decisive speech for the history of France**
- **A history lesson from an exceptional moment of founding and reform**
- **An analysis of the founding of the Fifth Republic**
- **A close look at what Gaullism was**

Céline JURGENSEN & Dominique MONGIN (dir.)

Resistance and Dissuasion

The French Nuclear Industry from Its Origins to the Present

A collection of work edited by **Dominique Mongin** and **Céline Jurgensen**. Preface by **Florence Parly**, Minister of the Armed Forces; foreword by **Bruno Racine**, former president of the Bibliothèque nationale de France. **Dominique Mongin** has a doctorate in history (Université de Panthéon-Sorbonne), specializing in the history of contemporary international relations as well as in issues of security and defense. **Céline Jurgensen** is director of strategy in the Military Applications Division at the CEA.



This book deals with French nuclear dissuasion policy, from its origins during World War II, up to the present. It shows the close connection between the Resistance within free France, centered around De Gaulle in London, and the premises of the future French policy of nuclear dissuasion. The term “Resistance” in the title should thus be understood in its historic meaning: resistance to the German occupation during World War II and the defense of French autonomy – objectives incarnated by the group Nuclear Physicists for a Free France and, later, by the France’s refusal to submit to an Atlantic alliance.

France’s unique nuclear energy history is studied here.

The book tells the story of the French nuclear adventure, which was simultaneously one of engineers, scientists (such as Frédéric Joliot-Curie), as well as political figures and theoreticians of dissuasion. It also looks at the relationships France maintained with its British and American allies up to the creation of the Commissariat à l’énergie atomique [French Alternative Energies and Atomic Energy Commission] (CEA), in 1945.

The birth of this policy of dissuasion is marked by the traumatic collapse of France in 1940. Dissuasion, that is, a refusal of nuclear war, and the goal of turning the territory into a sanctuary, were the responses to the disaster of the invasion.

- **The origins of France’s policy of dissuasion: a history that is still widely unknown and little studied**
- **An important element in the history of the Second World War**
- **The issue of national sovereignty and that of the relationships between France and its allies (British and American)**
- **The question of nuclear energy and defense is central in current debates**

Maurice VAÏSSE

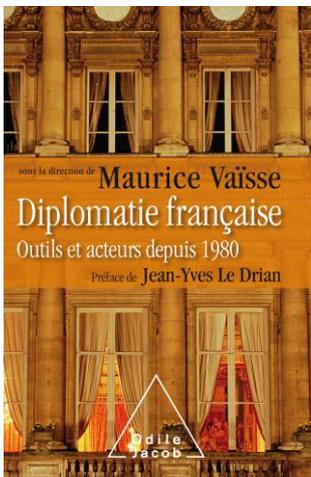
French Diplomacy

Tools and Participants Since 1980

Maurice Vaïsse is one of the greatest specialists in the history of international relations, of foreign policy, and of French military defense. He teaches at Sciences Po, Paris.

40 contributors, ambassadors, specialists in diplomacy, plenipotentiary minister.

Interviews with **Alain Juppé, Hubert Védrine, Jean Picq, and Gilles Andréani.**



This is a history of the Fifth Republic, from the perspective of its foreign policy. The period chosen, from the 1970s to the present, was one of constant and important reforms.

During those years, the government's policies of modernization were accompanied by a reform of the way the Ministry of Foreign Affairs functioned. The evolution of international affairs (relationships with former de-colonized countries, the emergence of new States, the end of the Cold War, the increase in new challenges: economic, climate, and others), the attempt by the Ministry of Foreign Affairs to protect its prerogatives and fight against the dismantling of its activities, finally, the size of the budget allocated for external activities and for the Ministry of Foreign Affairs, the revision of public policies, as well as the challenge represented by globalization, were determining factors of the "permanent crisis" that affects the Ministry.

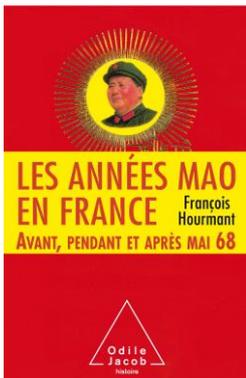
The dominance of the president in foreign policy under the Fifth Republic and the influence struggle with other ministries, notably that of Finance and of Culture, are two threats that weigh on the Ministry of Foreign Affairs.

- **A diplomatic history of the French Fifth Republic, from the 1980s to the present**
- **Interviews with former ministers of Foreign Affairs (including Alain Juppé and Hubert Védrine)**
- **A complete and documented view of the Ministry of Foreign Affairs and of French diplomatic policy**

François HOURMANT

The Mao Years in France Before, During, and After May 68

François Hourmant, historian, is assistant professor in political science. He is a specialist in the relationships between intellectuals and powers; his work focuses notably on the Mitterrand years, Stalinism, and Castro's ideology.



Throughout its history France has regularly fallen prey to political passions, some of which were violent. Maoism was one such passion. Between 1966 and 1976, a true Maoist fever indeed took hold of a great number of French intellectuals, artists, and politicians. More than a utopia, an ideology, Maoism permeated all realms of society: film (Jean-Luc Godard, Michelangelo Antonioni), literature (Roland Barthes, Philippe Sollers), psychoanalysis (the heirs of Jacques Lacan, J.-A. Miller, Gérard Miller), philosophy (Sartre, Foucault, André Glucksmann, Guy Lardreau, Alain Badiou). They all shared a fascination with what was called the “Chinese miracle.”

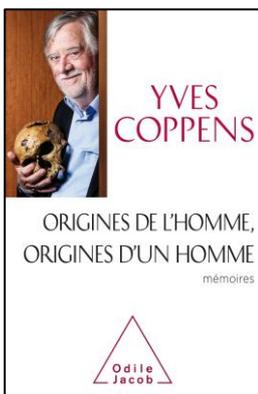
François Hourmant's book aims to understand that collective fever, between fanaticism and dogmatism, blindness and radicalization. He emphasizes that Maoism arose at the same time as the rise of mass culture and that it was considered a possible response to the social, political, and cultural crisis that erupted in May '68. In the face of a USSR of programming and bureaucratization, Mao's China represented the promise of a revolution within the Revolution.

- **The mystery of a political and cultural fascination**
- **An attempt to understand how an ideology is forged, notably among the elite**
- **The mechanisms of this “indoctrination,” personalities, organizations, journals, newspapers, authorities, and men in power who nourished and defended the Maoist ideology; what still remains of it today**

Yves COPPENS

Origins of Man, Origins of a Man

World-renowned discoverer of a large number of famous human fossils, including Lucy, **Yves Coppens** is a paleontologist, honorary professor at the Muséum national d'histoire naturelle and at the Collège de France, a member of the Académie des sciences and of the Académie de médecine. His notable publications include *Pré-ambules*; *Le Genou de Lucy*; *L'Histoire de l'homme*; *Yves Coppens raconte l'homme* and *Pré-textes*. His most recent publications are the best-selling *Pré-ludes* and *Des pastilles de préhistoire*.



Here are the long-awaited memoirs of Yves Coppens, a world-renowned scholar, paleontologist of international stature, but also a writer beloved by the general public for his eloquence and simplicity of style.

How, then, did Yves Coppens become what he is today? How did he contract what he calls “archeologitis,” that is, an attraction to what came before, to the people of before, but also to the “elsewhere,” the people of “elsewhere.”

What personalities might he have encountered throughout a life dominated by a need to understand the origins of human beings?

How did he contribute decisively to the advancement of that discipline, prehistory, which he loved madly and to which he has contributed so much?

And how is it possible to maintain, intact, for more than fifty years, such a passion for the life of the first humans, as well as such a furious desire to tell everyone, in the simple and precise language of a devotee, that history which is nothing less than that of our ancestors?

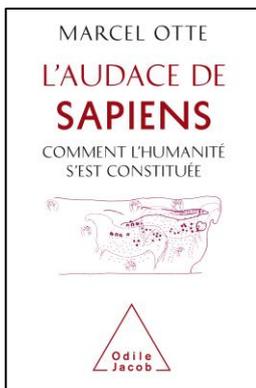
- **Richly illustrated, the memoirs of a great paleontologist, a man of exceptional breadth and an indefatigable story-teller, world-renowned prehistorian, and award-winning French scientist**
- **The story of a life dedicated entirely to studying, explaining, reconstituting, understanding, telling about, and conveying the history of human beings, and the mystery of our origins**

Marcel OTTE

The Audacity of Sapiens How Humanity Was Formed

It is time to bring back thought, responsibility, and courage to a consideration of the prodigious human adventure

Historian of art and archeology, **Marcel Otte** is professor of prehistory at the Université de Liège. The author of numerous reference works, he is a specialist in cultural exchanges during the Paleolithic period and is director of many archeological digs in Europe.



One cannot explain the explosive expansion of humans over the Earth, against all laws of biology, other than by observing a single factor unique to that species, a sort of “illness” that affects its mind: the complete dominance of audacity, of imagination, of a quest for freedom, over all other forms of behavior, both innate or learned.

By using his power of thinking, prehistoric man indeed fought biological laws and defied environmental constraints, without being limited by them. This succession of challenges overcome is illustrated by bipedalism, the use of made tools, the construction of shelter, the control over fire, the invention of burial sites, the development of mythical tales, artistic creations, the development of farming...

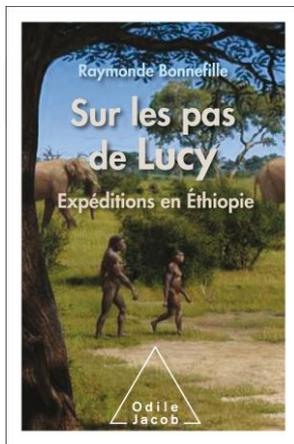
For the prehistorian Marcel Otte, it is time to reinsert thought, responsibility, and courage into a reading of the prodigious human adventure, the one that brings us so many marvels, fascinating facts, dreams. Those populations invented everything, from the most beautiful to the most useful, guided only by their audacity!

- **Richly illustrated, the great adventure of Homo sapiens, its constraints, challenges, and conquests (bipedalism, tools, fire, grave sites, art, farming, language...)**
- **Adding to the debate on the innate and the learned, a reasoned reflection on the primordial role of thought in the adventure of the first humans on Earth**
- **An ambitious reflection on archeology, whose aim is not to passively illustrate the history of humanity by way of discoveries, but, through a wealth of data, to coherently describe a body of conscious, logical, and verifiable actions**

Raymonde BONNEFILLE

Following Lucy Expeditions in Ethiopia

Raymonde Bonnefille is a biologist geologist. A former member of the Centre National de la Recherche Scientifique (“Geology of the Quaternary”), she is a specialist in tropical pollens. She is the author of over a hundred articles on tropical pollens, but also on the history of vegetation, the application of the palynological method to reconstruct the environment of prehistoric people, and on paleoclimates.



A palynologist reports from inside the adventure that led to the discovery of Lucy in 1974 on the Hadar site in Ethiopia. . .

Daily life on the site of an archeological dig, fieldwork, rivalries between scientists and between teams...: this is an opportunity for the reader to learn about the first big African expeditions, encountering along the way a few of the figures, usually men, who dominated paleontology at the time: Jean Chavaillon, Maurice Taieb, but also Mary Leakey, Donald Johanson, and of course, Yves Coppens. . .

- **A unique account by one of the few women to have actively participated in the great archeological expeditions in the Omo Valley in the 1970s**
- **The story – from the inside – of the discovery of Lucy, the most famous Australopithecus, 3.3 million years old**

Jean-François & Lucie MURACCIOLE

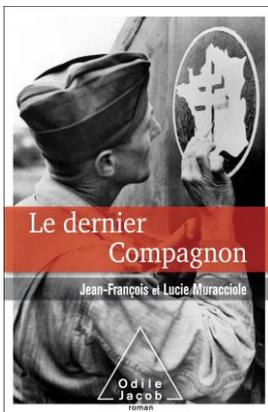
The Last Companion of The Liberation

The True Novel of The Free French People

A true
historical
docu-
fiction!

Another way of reading and understanding history

Jean-François Muracciole is professor of contemporary history at the Université Paul-Valéry Montpellier III. A specialist in the history of World War II, his work focuses on Free France, the Resistance, and military history.



A recognized specialist of World War II and the Resistance, Jean-François Muracciole in this book proposes the true novel of the Free French, those men who decided, in 1940, to join the Resistance and to work with de Gaulle, who at the time was unknown and seeking refuge in England.

Though it is indeed a novel, everything is historically true: the battles, the networks, the dialogues between Churchill and de Gaulle, especially, the organization of the Resistance in occupied France, the quarrels among Gaullists and Communists on the eve of the Normandy Landings, the battles in Africa, in Syria and in Italy, sabotage operations, and more. True historical docu-fiction, this story sheds an original light on the dark history of that period, from the Call of 18 June 1940 to the Landing and the Liberation of Paris.

Along the lines of *Army of the shadows*, here is the adventure of exceptional Resisters, ordinary men who became heroes, whose destinies intersected with those of heads of state and of “Great History.”

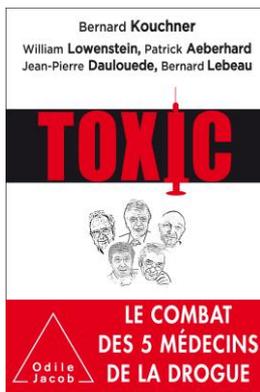
- **A gallery of portraits of the men who decided to join the Resistance and follow de Gaulle, who at the time was completely unknown**
- **Fictional history and Great History come together to weave a surprising tale of the Resistance**
- **Along the lines *Army of the shadows*, the novel of a dark period of French history**
- **The reputation of the author, a recognized authority on World War II and the Resistance**

Bernard KOUCHNER, et al.

Drug addiction

Thirty Years that Changed Everything – But Tomorrow?

Bernard Kouchner is a politician. He is the founder of Doctors without Borders (DWB), Doctors of the World (DW), of the notion of the duty of intervention... He is a Nobel Peace Prize laureate for DWB. He was several time director of Health Services in Leftist administrations, in which he tirelessly fought to defend the interests of the sick rather than those of the medical institution. **William Lowenstein** is a hospital physician, internist and pulmonologist, he saw the first drug addicts die from AIDS at the Laennec Hospital in Paris. He was outraged by the shortsightedness of the specialists in drug addiction who intervened during that epidemic.



Drugs are a plague that for a long time France hasn't been able to treat. The AIDS epidemic in the 1980s revealed even more harshly the blockage in the French health system. It was in this tense context that a handful of doctors, led by Bernard Kouchner, became obstinately determined to change things. . .

Today, France has become the leader in matters concerning the treatment of drug users. Drug addicts are followed by generalists or in centers that specialize in addiction; overdoses are contained; the reduction of risks is winning out over cold turkey withdrawal; the drug use is henceforth treated like a full-fledged sick person. . .

To reach this point, it has taken three decades of determined effort.

This book tells of that impassioned effort, without neglecting the new challenges presented today by drugs, their uses, and the drug trade.

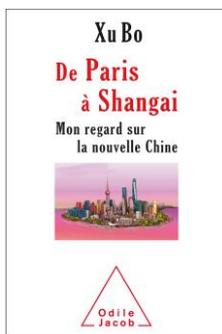
- **A loud, multi-voiced tale in which the five protagonists recall with humanity and verve the major moments of their battle**
- **Against the institutional inertia and the comfort of habits of thought, the invigorating and instructive account by five uncommon brothers in arms, driven by the same will to care for those who in the past were despised**
- **Armed with professional expertise, the sharp look of five “historic” specialists at the current situation: binge-drinking, multiple addictions, the drug trade, age of first use, shooting galleries, legalization. . .**

XU Bo

A Chinese Man from Paris Talks about the New China

A wonderful tale, teeming with anecdotes and portraits that bring to life from the inside the incredible revolution China has experienced in the past two decades

XU Bo is a career diplomat. After serving in Lebanon and Brussels, he is posted in France where he has lived for eight years. In 2010, he was director of international relations of the organizing committee of the Expo 2010 Shanghai China.



XU Bo was six years old when Mao's Cultural Revolution was launched, 18 when Deng Xiaoping opened China to the winds of globalization. From a family of "bad elements," it seemed he would not have a future. And yet, a measure by Deng Xiaoping would change his life completely by allowing him access to a university education and pursue a diplomatic career. A fate that his former classmates, who were less lucky than he, would not share ...

XU Bo begins his story with their reunion in Shanghai, where they all born. Forty years later, thanks to WeChat, the former students were able to meet again: a unique occasion to haphazardly recall the vicissitudes of the Cultural Revolution and their personal journeys, the nostalgia for a traditional China that has disappeared today, their former, "so peaceful" town, the unbelievable, and for them, disturbing metamorphosis of Shanghai into a glittering megalopolis...

With personal anecdotes, family memories and reflections on China today, this book paints the portrait of a generation, the one that is in power today, and of a country whose dazzling advancement is both worrisome and stunning at the same time.

- **Living in Paris for 8 years, XU Bo relates frankly the problems that China has encountered – pollution, the anarchic development of cities, inequality – as well as the opportunities – rapid modernization, unprecedented growth, etc.**
- **The book is also an appeal to consider China as it is, beyond prejudices and fears**

Alain BAUER & Marie-Christine DUPUIS-DANON

The Bloodhounds

A story of the French Intelligence Services in their own words

Alain Bauer is professor of criminology at the Conservatoire National des Arts et Métiers (CNAM) and at the John Jay College of Criminal Justice (New York) and the University of Law and Political Science of China (Beijing). A former adviser to Michel Rocard, he has been consulted by many governments on issues of security and terrorism. He is the author of over fifty books that have been translated into a dozen languages.

After a career in executive banking, **Marie-Christine Dupuis-Danon** leads the UN team responsible for fighting against money laundering. She is the author of many books and articles that study the financial aspects of organized crime and terrorism.



For the first time the heads of French Intelligence speak out.

Interviews with the great leaders in French Intelligence, including: Pierre Lacoste, Jean-Yves Le Drian, Rémi Potra, François Mermet, Jean-Claude Cousseran, Bernard Squarcini, Patrick Calvar, Christophe Gomart...

- **These interviews break with a culture of secrecy; what the leaders say in no way glosses the difficulties, or the missteps, of the Services, or the manipulations that occur for reasons of high-level – or low-level – politics**
- **Preface by Jean-Yves Le Drian, Minister of Europe and Foreign Affairs**

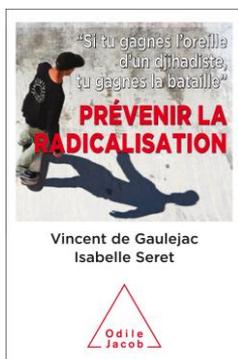
Vincent DE GAULEJAC & Isabelle SERET

Preventing Radicalization: Jihadism, Terrorism

From the accounts of many young people and their families

Vincent de Gaulejac is professor emeritus at the Université de Paris VII – Diderot. President of the Réseau international de sociologie clinique [International Network of Clinical Sociology], he is the author of more than twenty books, notably *Le Coût de l'excellence*, *Les Sources de la honte* and *La Lutte des places*.

Isabelle Seret has been a journalist and a member of ONG. Trained in victimology, she uses story-telling as a tool in fighting and prevention.



Why is jihadism so seductive for young people, including those in the middle classes and among Catholics? To which social and psychological expectations does the prospect of jihadism respond? How can we prevent young people from heeding the call of radicalization?

This book starts from two convictions: first, jihadist involvement, however radical it may be, does not necessarily end in terrorist violence, and necessitates a different treatment; second, any approach to prevention must include the families of the radicalized youth and offer them support.

It is that support of affected young people and their families, through the lens of story-telling, that is described and analyzed here. It enables the reader to understand in depth the paths, the motivations, and sometimes also the setbacks of these young people. It reveals the contradiction of their families, torn between their emotional loyalty and a devastating feeling of shame.

But story-telling is not only cathartic; the authors show, in fact, how to use it within the framework of a pedagogy of dissuasion vis-à-vis other young people.

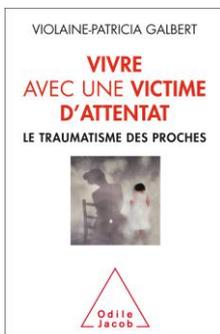
- **Undertaken first in Belgium shortly after the attacks that occurred in that country, this approach has received a great deal of attention from public authorities, and is seeing increasing interest in France, given the failure of de-radicalization policies**
- **A video clips were created from the interviews and can be consulted on the internet (details available in the book)**

Violaine-Patricia GALBERT

Living with a Victim of an Attack The Trauma of Those You Love

How to assist victims of an attack when they are loved ones

Violaine-Patricia Galbert is president of the Association of French Victims of the 2004 Tsunami, is an expert working with the Army, a lieutenant-colonel in the reserves, and is advisor to the Army chief of staff for the psychological support of military families. From 2015, 2016, and 2017 she was consulted in France, then in London, to treat victims of various attacks.



Since 2012, France has endured 24 attacks that have resulted in 259 deaths and 836 victims who survived. Though there has been a great deal of focus on the trauma of survivors, in order to provide support for them, it is only very recently that the psychic trauma experienced by the families and friends of those victims has been recognized.

Faced with the unthinkable that has befallen one of their own, those close to the victims do not escape unscathed. As a loved one, how can you understand what the victim of an attack is going through? Is it normal to suffer from an attack that you haven't personally experienced? How can you accept that you, yourself, can suffer from Post-Traumatic Stress Disorder? Confronted with a victim with physical or psychic wounds, what can you do in the first hours, the first days, to support the victim? In the long term, the attack has repercussions. How can you live day-to-day with the victim? How can you overcome the upheavals resulting from the trauma ?

Very concrete data, advice from a specialist in the treatment of victims and the families and friends of victims of an attack. Each chapter includes a checklist enabling the family member or friend of a victim of an attack to assess his progress in the process of assistance and support.

- **An incomparable book: a practical guide to help the friends and families of victims of an attack to assist them in the trauma they are experiencing indirectly**
- **A book for an understanding of what the victim is experiencing during the attack, immediately following the attack, then over the long term**
- **Targets a large audience: those close to the victim, witnesses, care-givers, emergency workers, social workers, associations**
- **English rights not available!**

Ghislaine THESMAR

A Life on Pointe

Dance as destiny

Ghislaine Thesmar began her career as a dancer in 1961 in the corps de ballet of the Marquis de Cuevas. She became principal dancer in 1972. After a long and brilliant international career, she was named professor at the Paris Opéra in 1988 where she teaches prestigious dancers, including Sylvie Guillem.



The life of a great principal dancer in the Opéra de Paris.

Principal dancers naturally fascinate and inspire dreams. Ghislaine Thesmar, the great principal dancer of the 70s and 80s, is no exception. In this book, she tells the story of her life: the initial turmoil as a dancer, her starring roles, the encounters that marked her career, her favorite partners, the choreographers with whom she worked: Rudolf Nureyev, George Balanchine, Bronislava Nijinska, Serge Lifar, Jerome Robbins...

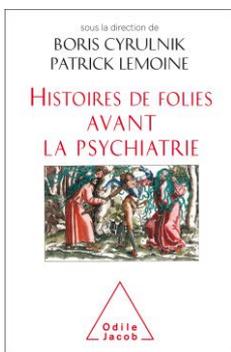
The reader will enjoy this tale during which we encounter the great names of classical dance who influenced her renown, often heirs of the history of the Ballets Russes. In addition, we learn how the rigorous education given by a distant mother and the artistic aspirations of a father, a youth filled with travel and openness to the other, a determined nature, sowed the fertile ground on which would grow the young Ghislaine Thesmar's desire to dance. The structuring of the star dancer went well beyond the performing of technique. Thus we see the development of a metaphysical aspiration to elevation. Both the story of a dancer's training, and one that covers a portion of the history of dance, it is a text that will delight all fans of classical dance. For it keeps the memory of dance alive.

- **The story of an exceptional principal dancer which in a very beautiful style offers an impassioned look at her life**
- **With Ghislaine Thesmar, the reader enters fully into that long line of transmission of the art of dance, one that is constantly renewed and enriched**
- **Along the way, we discover a portion of the history of dance and of its international influence, interspersed with the great names that have inspired the dreams of thousands of enthusiasts**

Boris CYRULNIK & Patrick LEMOINE

Stories of Madness before Psychiatry

Boris Cyrulnik is a neuropsychiatrist and teaching director at the University of Toulon. He is the author of many books, all of which have been bestsellers, including the recent bestselling *Psychothérapie de Dieu*. **Patrick Lemoine** is a psychiatrist, sleep specialist, doctor of neurosciences, and associate professor at the University of Beijing, he has published more than thirty books, many of which have been best-sellers, including *Le Mystère du placebo*.



La Folle Histoire des idées folles en psychiatrie, published in 2016, was such a success that we decided to publish its continuation! Indeed, the list of aberrations, false starts, dead ends, and even abuse that have marked the history of this still young discipline is long... Among the crazy stories that are found in this new work: the demonic affair of the possessed in Loudun; the incredible success of phrenology and pseudo-sciences; atrocities committed in the service of ideas about mental hygiene; the strange journey of Anorexia nervosa, the monster that destroys young girls; or the “sluggish schizophrenia” of dissidents under Stalin...

Involving a dozen experts, Patrick Lemoine and Boris Cyrulnik discuss psychiatry's past. They also invite us to focus on a few contemporary issues, difficult, to say the least: how much confidence should we have in psychiatry? What safeguards should we put in place? What would a society without psychiatry be like? And what will be the future of this branch of medicine that is inarguably not like others?

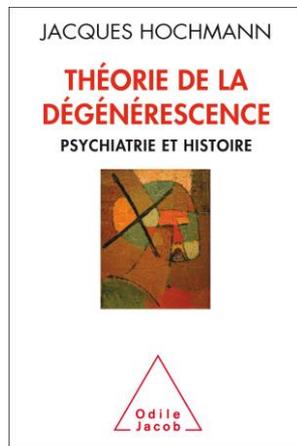
- **A lively and enlightening perspective of the history of a still young discipline**
- **An original reflection on the future of the treatment of psychiatric illnesses based on its past mistakes**
- **Proposals for the future**

Jacques HOCHMANN

Degeneration Theories Psychiatry and History

An analysis of the psychiatric degeneration theory

Jacques Hochmann is a psychiatrist and psychoanalyst. He is an honorary member of the Psychoanalytic Society of Paris, professor emeritus at Claude-Bernard University, and honorary physician at the Hôpitaux de Lyon. He is the author of *Histoire de l'autisme* (2008) and *Les Antipsychiatries. Une histoire* (2015).



Degeneration theory, developed by Bénédict Augustin Morel, which attributes mental disorders to the hereditary transmission of a pathological defect, was the great psychiatric theory of the second half of the nineteenth century.

Apparently abandoned, notably in the face of progress in genetics and out of an awareness of its terrible effects under the Nazi regime, the theory nonetheless maintained an occult existence, a sort of dormant myth, for some.

Supporting his ideas by his experience as a psychiatrist, psychoanalyst, and historian of psychiatry, the author aims to use the specific fate of a psychiatric theory as a means to contribute to an original perspective on the reactionary thinking demonstrated by many today.

- **The unbelievable story of a mad psychiatric theory centered on the idea of heredity which was put to the most horrible of uses, while having a lasting effect on mentalities**
- **From contagion of illnesses to the transmission of wrongdoing, an enlightening analysis of individual and collective fears in France in the nineteenth and twentieth centuries**
- **From the doctrine of original sin to the specter of suicide, an original look at the persistence of the myth of degeneration in France (Zemmour, Lasch, Michéa, Onfray)**

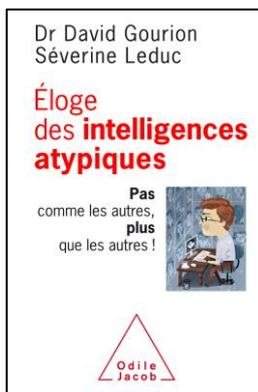
David GOURION & Séverine LEDUC

Not Like Others, More than Others In Praise of A-typical Intelligence

The key to another form of intelligence

David Gourion is a psychiatrist. He was clinical head in the university-hospital department of the Sainte-Anne Hospital, after receiving a doctorate in neurosciences. He is notably co-author with Dr. Henri Lôo of *Les Nuits de l'âme: guérir de la depression*, and of *La Fragilité psychique des jeunes adultes*.

Séverine Leduc is a clinical psychologist, specializing in diagnostic assessments of disorders on the autism spectrum.



Some people fear social interactions. It is that type of personality that interests Dr. David Gourion, people who are uneasy in the small social theatre, but who are endowed with many other qualities. How do they function? How to consider people like Charles Darwin, Alfred Einstein, Glenn Gould or Marc Zuckerberg?

It is better to try to understand the strengths and the fragilities of that type of personality, introduced in the concept of neurodiversity, that is, the idea that intelligence is multiple, evolutive, and dynamic. Would the presence of slight autistic traits be an advantage in some realms of intellectual functions?

- **An exploration of a certain personality profile and a particular form of intelligence**
- **Concrete advice to develop one's personality, to identify one's strengths and fragilities, live better in harmony with others**
- **An introduction to the concept of neurodiversity, that is, different forms of intelligence**
- **A new, graduated, tolerant, and positive approach to the autistic profile**

Stéphanie HAHUSSEAU

How Not to Endure Any Longer Deconditioning Oneself from One's Past

Everything you need to know about speaking disorders

Stéphanie Hahusseau is a psychiatrist, integrative psychotherapist, and specialist in emotions. She is the author of *Tristesse, peur, colère. Agir sur ses émotions* (2006), *Comment ne pas se gâcher la vie* (2003), and *Petit Guide de l'amour heureux* (2010).



Not knowing how to handle one's emotions, having the feeling that no matter what you do, you never succeed, not seeing how to escape a situation, always coming up against the same problems, especially where emotions are concerned...

Such thoughts which are shared by many women are often associated with psychic or physical issues: a lack of self-confidence, addiction, bulimia, hyperactivity, depression... Why do women (most often) have that feeling of just enduring their lives?

Stéphanie Hahusseau proposes a self-care program through mindfulness and breathing in order to return to the roots of the problem. To modify the way in which one perceives oneself – this is the goal of the approach Hahusseau offers. And it begins with an examination of some perceptions one has of one's childhood.

Supported by her clinical work and on numerous studies, Stéphanie Hahusseau shows the importance of examining a number of common symptoms from the perspective of a repressed trauma. All the hidden results of abuse lead to a loss of self-confidence and to the feeling that one's life has been wasted. It is never too late to free oneself from the past, recover psychic peace, and change the course of one's life. To decondition oneself from one's past, to no longer just endure one's life.

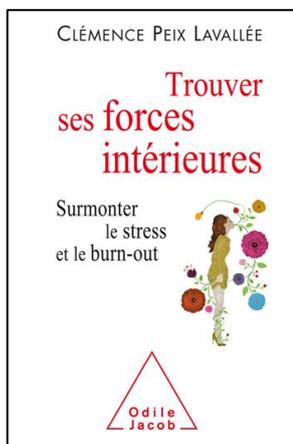
- **An astute psychological expertise originating in the reality of clinical cases, in particular involving women, and of their experiences**
- **A book for a general audience and for health-care professionals that explains how behavioral disorders, can be hiding repressed issues of abuse**
- **A true self-help program through mindfulness and breathing, to practice at home**
- **An original linking of depression, the regulation of emotions, hypersensitivity, unstable emotional life, with a traumatic past**

Clémence PEIX LAVALLÉE

Finding Your Inner Strength Overcoming Stress and Burnout

Rediscovering your inner strength and energy

Clémence Peix Lavallée is a scientist, has a Master of Science in physical chemistry from the Université Pierre et Marie Curie. Consultant in the performance and quality of life at work in companies, practicing sophrologist, TEDx lecturer, APM expert for company directors. Author of *Bien dormir sans médicaments*.



Burnout is a true social phenomenon. A large number of people are afflicted.

Physical, emotional, and mental exhaustion, burnout affects our ability to act, to think, our mood, even our vitality. It affects the three dimensions of the human being. To avoid it, the objective is to be able to regulate those three levels of energy: physical, emotional, and mental. Sophrology is a technique that deals with these three levels, its objective being to rediscover a state of equilibrium propitious to health, serenity, clarity, and energy in all its

dimensions.

What are the warning signs? What can you do when you feel on the verge of burnout? What are the strategies that enable you to recover afterwards? What method can you use to protect yourself and to not relapse? This book aims to provide answers to those questions, diagnostic tests for vulnerabilities, solutions to be clinically validated, edifying stories, and exercises to practice. To escape burnout forever, restoring one's inner power is the path to follow.

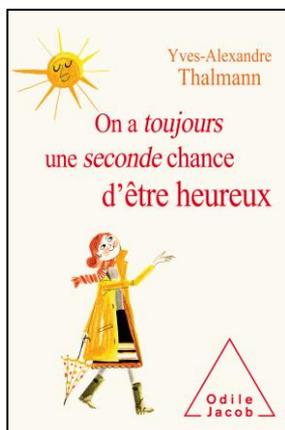
- **An approach combining the principles of sophrology and those of Chinese medicine**
- **A work with a practical aim: tools for self-evaluation, explanations, and exercises to do at home, at work, and emergency practices when you're at the end of your rope**

Yves-Alexandre THALMANN

We Always Have a Second Chance at Happiness Mindfulness Therapy

An original approach to happiness: memories have an immense potential for happiness

Jean-Yves THALMANN is professor of psychology and the author of more than a dozen books intended for a general audience, including *La Psychologie positive pour aller bien*, also published by Odile Jacob. Happiness and positive psychology are constant themes in his work.



There are two ways to be happy! The first consists of knowing how to appreciate what we are experiencing in the present moment. And the second? It comes out of our ability to remember pleasant memories stored in our unconscious, which, in addition, has the surprising ability to rework memories to make them more pleasant.

Positive psychology has shown that events we come to experience carry less weight for attaining happiness than does the way in which we experience them, and how we bring them back to life. In this way, even if we have allowed the present moment to escape, we have a second chance at happiness thanks to the capacity of our memories to filter positively those experienced moments.

Presenting rigorous scientific evidence, this book written by a great specialist in positive psychology, uses pedagogy to introduce the mental mechanisms involved in a quest for happiness, and proposes practical advice to develop the ability to think positively about one's life.

- **An overview of discoveries in the neurosciences, in particular on the functioning of memory and of cognitive biases**
- **A renewed approach to the resources of our mental mechanisms**
- **Rigorous on the scientific level, and practical, with advice for personal development**

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Patrick CLERVOY

The Power of Mind over Body

The role and the power of the mind in healing: a completely new approach

Patrick Clervoy is a psychiatrist, and associate professor at Val-de-Grâce hospital in Paris. He has been involved in several large military operations. He is the author of works on phenomena of psychic trauma and unconscious mechanisms of collective violence.



Do we really know today what it means to heal? The healing of an illness is polymorphous, sometimes mysterious, it can be subjective. Though the medical world can describe illnesses well, it cannot always explain what keeps us alive. However, these mechanisms, the forces at play when an illness is cured, can be revealed by science. This is what the psychiatrist Patrick Clervoy invites us to discover. Against all expectations, the history of mass healing, miraculous phenomena, magnetism, notions of vital energy, of empathy, are interesting in many respects. It is possible, without making judgements, to learn something from them. Because all those phenomena enable us to observe the role of the mind and its power over the body.

And so, isn't it time to grant more importance to the emotional and subjective elements that intervene in healing, elements that the medical world today consistently ignores, whereas these factors – as History has shown – are part of the healing process, or in any event influences it.

An argument for a more open-minded medicine that acknowledges the unexplored dimension of healing, the metaphysical dimension of the human being.

- **When a scientist looks at an unexplored dimension of healing: a completely new approach**
- **An approach that looks to history, philosophy, biology, psychiatry – all that goes into the healing process**
- **A vision that argues for the humanizing of medicine in the computer age**
- **A great book in the social sciences, beautifully written, very readable and accessible on a subject that is of interest to all: healing**

Élisa BRUNE

Too Bad – I’m Going For It 50 Stories to Grab onto Life

A book full of lust for life, an “antidepressant”

Élisa Brune is a novelist, essayist, and scientific journalist. She is also the author of books such as *Le Secret des femmes*, *La Révolution du plaisir féminin*, *Le Salon des confidences*, *Labo Sexo*, all of which were best-sellers and widely translated.



We are locked up in our daily lives, our certainties, obsessed by everything that is dysfunctional, whereas we need only dare to invite into our life the unexpected to rediscover the movement which each human being needs to live fully. A bit more awareness.

This collection of short essays gives us back what we had when we arrived here on earth: fresh thinking. Some fifty breaths of fresh air tucked away in life stories, all of which advocate an art of opening: to oneself, to others, to possibilities.

The couple, women, friends, the power of art to surprise us, sex, pleasure, the place of chance in our lives, science, destiny, in all these realms, let’s be the authors of our lives! Let’s be creative! With this book, Élisa Brune returns a bit of lightness to our heads, gives us the impulse necessary to return to the essential, the freedom to be oneself.

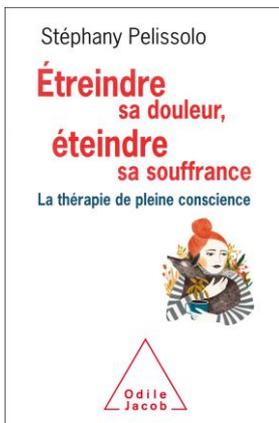
- **How can one perceive one’s own freedom? How can one listen to oneself, others, and chance? How can we act so we’re not on automatic pilot?**
- **Fifty short essays that focus on that bit of awareness that helps us see life from a positive angle**

Stéphany ORAIN-PÉLISSOLO

Embrace Your Pain, Eliminate Your Suffering Mindfulness Therapy

For an end to suffering, you must confront your pain

Stéphany Orain-Pélissolo is a clinical psychologist.



It rests on a surprising observation, but which is scientifically founded: suffering occurs when we refuse to acknowledge a painful experience, whether physical or psychic. As paradoxical as that might seem, one must, then, in order for suffering to stop, confront one's pain.

In this book Stéphane Pelissolo explains the precise mechanisms that transform our pain into suffering, and the proactive principles of therapy based on mindfulness that act directly on those mechanisms. With the help of audio files, she guides us step by step to enable us by ourselves (without medication) to feel less pain when we go through a period of suffering.

The aim of this book is to help everyone embrace their pain with compassion and thereby to eliminate suffering in order to leave room for all of the energy for life we have within us!

- **An original approach to suffering that demonstrates all the mechanisms that cause it: a refusal to feel pain; the attention that is constantly lost through ruminations on that pain ; the act of becoming that pain and no longer seeing what is good in life; the energy put into an endless struggle to make pain go away...**
- **A method for everyone, regardless of the type of suffering: somatic illnesses, chronic pain, emotional disturbances...**
- **An eight-week program of audio exercises, focused on attention and emotions, which enables one to escape the vicious cycle of suffering in which one becomes trapped**

Lisa LETESSIER

Lies Between a Couple, and Collateral Damage Understand and Work It Out, Leave, or Stay

Why do we lie to our significant other?

Lisa Letessier is a clinical psychologist. After working for several years at the Georges Pompidou Hospital in Paris, she is now director of the Cabinet Ennéade. Trained in cognitive and behavioral therapy and member of the Association Française de thérapie comportementale et cognitive, trained in Eye Movement Desensitization and Reprocessing, and a member of EMDR-France, practitioner of Young schema therapy, mindfulness instructor certified by the Mindfulness Development Association, she specializes in couples issues.



Why do we lie to our partner? And why does the discovery of a lie often develop into a drama within the couple, when it doesn't simply signal the end? What is to be made of those who mutually search through each other's their personal things, their emails or their phones? Can we live in absolute transparency? And how can we distinguish between what belongs to our "secret garden" and what falls within the category of an unacceptable lie?

Confidence, betrayal, transparency, a taste for secrecy: in this book, Lisa Letessier offers us a better understanding of the stakes and the repercussions, both direct and indirect, of lying within a couple, and also shows us how to act concretely to learn how better to manage one's fear of the other's lie, or one's own tendency to lie.

Whether it is a matter of adultery, of little daily lies, or of repeated dissimulations regarding work or money, practical exercises blending behavioral and cognitive therapy, schema therapy, and mindfulness, will help all those who have suffered from lying in their relationship to make an assessment of that relationship and to end the suffering brought on by the betrayal of the other.

- **An analysis of the psychological mechanisms of lying in a couple seen from two points of view: those that animate the one who lies, and those that cause the one to whom one lies to suffer**
- **True cases taken from the accounts of patients and from a general public survey carried out in preparation for the book**
- **Concrete exercises to repair a relationship or, if necessary, to repair oneself**

Jean-Luc DUCHER

Overcoming Anxiety All By Yourself

Anxiety in 100 questions/answers

Jean-Luc Ducher is a psychiatrist in Clermont-Ferrand. He is a clinician, psychotherapist, professor, and does research in depression and anxiety.



The number of people suffering from anxiety continues to grow. We are living in a world that actually encourages anxious behavior: fear for oneself, fear for the future, for one's children. Such worries, without being truly pathological, can still harm everyday well-being.

The goal of this book is to bring to people suffering from anxiety who have not yet sought help elements to better understand their problems (anxious anticipation; fear that something serious is going to happen; fear of not succeeding; that things won't happen the way one wants; panic attacks; tendencies toward OCD, panic, phobias...)

and offer them techniques to make their everyday lives more enjoyable.

But there are different forms of anxiety – how can we recognize them? How serious are they? How can we control them better? When is it time to seek treatment? This book answers those questions.

It is also meant for anyone who has minor anxiety, which is more or less problematic in certain situations, as well as for those who suffer from overwhelming and debilitating anxiety. An aid for self-knowledge and for understanding how to live better without anxiety in order to fully benefit from one's life.

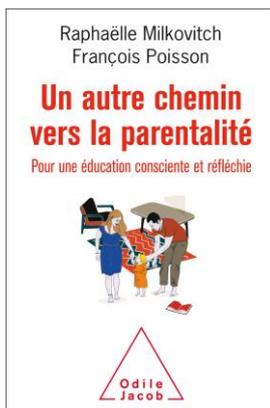
- **An accessible approach in the form of 100 questions/answers on an ever-present subject: anxiety**
- **A way to detect different levels of anxiety in oneself or one's loved-ones**
- **For the friends and family of an anxious person: the book will enable them to better understand what is happening, and potentially help him or her**

Raphaële MILJKOVITCH & François POISSON

Another Path To Parenting For Mindful and Thoughtful Education

Raphaële Miljkovitch is a psychologist, family therapist, doctor of clinical psychology and psychopathology, and a professor in the universities of Paris. She is an international specialist in interpersonal relationships, in particular those of the couple, or within the family. She is the author of several scientific works and articles on attachment and parenting, and on child development, from infancy to adulthood.

François Poisson is a sociologist, teacher of literature, and former school administrator. He has years of experience with adolescents and their parents. He is co-founder of the Centre de conseil en éducation et scolarité (CCES), and focuses on helping parents and children resolve issues involving school and education.



Even before their child is born, and long afterward, parents are bombarded with theories, advice, and even prohibitions that stifle the way they perform, and which do not take into account who they are and what they are experiencing. Like robots, they are expected to apply a program of good education whose virtues are considered to be universal.

However, to expect laid-back parents to be firm and intransigent, or authoritarian parents to engage a child in the decisions that are made, amounts to denying a part of their personality.

To expect parents to distance themselves from what they are naturally consists of putting them in an untenable position, one doomed to fail, which will only further destabilize them in their role as parents.

This book proposes **another approach to parenting** and advocates **a mindful and thoughtful education that starts with *parents*** and frees them from all the more or less conscious pressure that weighs on them and hinders them in their work as teachers.

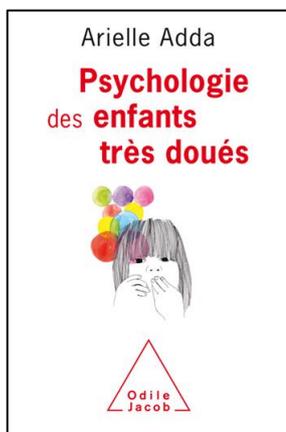
- **An original concept of parenting: that of meta-education, which proposes reflecting on what one is doing with one's child and why**
- **A new concept of the child: neither a tyrant, nor a vulnerable, defenseless being, but a true partner, one who has his share of responsibility in the relationship and in what he does**

Arielle ADDA

The Psychology of (Overly) Gifted Children

The strengths and challenges of the gifted child

Arielle Adda is one of the first psychologists in France to focus on the problems associated with gifted children. She has worked for more than 40 years in different clinical settings, she was the referring psychologist of Mensa France for ten years. She has given numerous lectures and is the author of *Adultes sensibles et doués – Trouver sa place et s'épanouir au travail* and *L'Enfant doué, l'intelligence réconciliée*, both best-sellers.



Discovering that their child is so-called “gifted” is most often a shock for the parents of these very sensitive, often ill-adjusted, children, who sometimes have difficulty integrating into a group. Fueled by a very profound knowledge of gifted children, Arielle Adda’s work answers these parents’ questions.

Reactions of the child that seem surprising, overwhelming emotions when faced with an apparently trivial event, remarks of impressive maturity, are explained and de-dramatized. The child’s strengths are revealed and the challenges he poses explained. His personality, his relationships in the family and with others, questions regarding education (specifically, to skip a grade or not), testing... all the specificities of his personality are clarified so that the behavior of the child is better understood. Advice will help parents find the right attitude to adopt: understand better to better support their child.

- **A cutting-edge analysis that reveals a profound knowledge of the multiple facets of the personality of a gifted child and the challenges he poses**
- **Arielle Adda is very well known in the community of gifted people; she lectures regularly**
- **The book will also be of interest to adults wishing to better understand who they are**

Hélène ROMANO

Helping the Child in Trouble

Separations, Grief, Terrorist Attacks

Hélène Romano is a psychologist and psychotherapist. She specializes in treating people who have been wounded psychically, with a primary focus on children. A close associate of Boris Cyrulnik, responsible for the training of professionals in the city of Paris following terrorist attacks, she is also a professional practitioner with a very active clinical practice. She is the author of more than twenty books, making her one of the principal experts in the field.



To develop with confidence, a child needs to be respected and loved by his parents, but he also fundamentally needs to feel they are keeping him safe.

This need for security is even more essential when life becomes fractured by painful or effectively traumatic events – separation, illness, accidents, aggression, mistreatment...

The recent tragedy of the terrorist attacks has shown how adults felt helpless faced with the need to reassure their children, not knowing what to tell them or what to do, being unfamiliar with the disturbing disorders or with the necessary comforting behaviors.

And so this book is important, as it aims to give parents the necessary guidance to understand what a child feels and to help him during times of trauma.

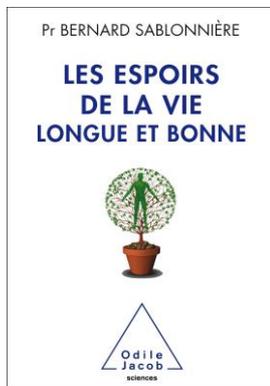
- **A response adapted to the growing violence occurring in our societies, from school bullying to terrorist attacks**
- **Contains many practical examples and explanations, clear and concrete guidance to help parents help their children and make them feel secure**
- **The author is regularly solicited by the media for her ability to popularize without dramatization delicate, even traumatic subjects**

Bernard SABLONNIÈRE

Hopes For a Long and Good Life

Will science help us become immortal?

Bernard Sablonnière is a biologist and physician, professor of molecular biology at the Université Lille-II, a researcher at Inserm [French National Institute of Health and Medical Research] and a specialist in neurodegenerative diseases. He is also the author of *Le Cerveau. Les Clés de son développement et de sa longévité*; *La Chimie des sentiments*, as well as the popular *Les Nouveaux Territoires du cerveau*.



Will science help us become immortal? Will the progress in medicine enable a prolongation of life and improve its quality?

Indeed, more and more people are living to 100. And what can their example teach us? That longevity is not just a matter of genetics or biology, but that a good environment, a “healthy life” also have an influence on the speed of aging of our organism. Because what is essential is to age well: it’s not just a matter of fighting illnesses linked to age, but to live longer in good health.

Soon, targeted treatments will reduce the causes of cellular aging; the use of stem cells or 3D organs will in the near future enable us to appear younger, and even to be “repaired.” A Mediterranean diet, resveratrol, metformin, or caloric restriction: what path to choose to remain young longer?

Supported by the very latest research in biology, genetics, and neurobiology, Bernard Sablonnière offers concrete ways to live better – and longer.

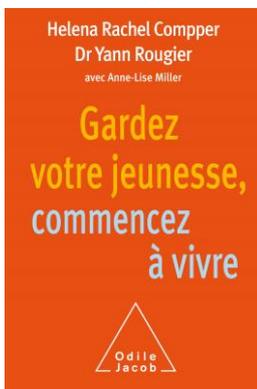
- **A subject of great importance, dealing both with the aging of the population and with advances in science**
- **A specialist, biologist and physician specializing in neurodegenerative diseases, here gives realistic and concrete keys to longevity**
- **A very accessible, clear book with rigorous scientific explanations, enabling the reader to see the differences between false miraculous recipes and true possibilities to act against aging**
- **Bernard Sablonnière, a specialist in diseases linked to aging, brings the reader up to date on the causes and the current or coming treatments for neurological aging**

Helena COMPPER & Dr. Yann ROUGIER

Keeping the Energy of a 20-Year-Old

Helena Compper is a specialist in nutrition and an expert in the realm of nutritional psychotherapy. She is co-author of *La Méthode acide-base* and *Ma promesse anti-âge*.

Dr. Yann Rougier is a nutritionist specializing in neurobiology and in nutrition health. His most important work includes the development of his Méthode-Minceur [weight-loss method], the Méthode SLIM-data® which has already been the subject of several publications.



An innovative approach to preventative health based on a simple scientific principle: all our cells function better when acid-base, mineral, and antioxidant balances are optimal in our organism. We know that free radicals and cellular inflammation, which in large part come from what we eat, are triggers for cutaneous aging; they contribute in the same way to the aging of all our organs.

To neutralize the triggers and prevent a number of illnesses, Helena Compper and Dr. Yann Rougier have perfected a method called **Biosystème** which is an overall strategy to improve one's food, manage stress, both physical and emotional. It is organized around effective life rules for revitalizing our organism and slow the deleterious effects of time: a system of detoxification, a non-toxic anti-aging nutritional program, activities that enhance daily energy and a positive mood. An action in synergy over our cells which produces overall improvement, and which can be felt inside and seen outside the body.

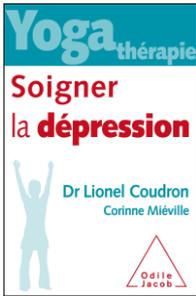
- **An approach to overall preventative health: food, physical and mental activities**
- **Improve the health of our food to regenerate the organism through acid-base balance**
- **A monthly program with healthy food, nutritional advice and recipes: everything to improve one's nutrition and prevent chronic illnesses (diabetes, obesity, cardiovascular disease, fatigue)**

Lionel COUDRON

Lionel Coudron has been a physician and yoga instructor for more than thirty years. He is the director of the Institut de yoga-thérapie. He is notably the author of the best-selling *Le Yoga. Bien vivre ses émotions* and *La Yoga-thérapie*.

Corinne Miéville is a yoga instructor. She directs training at the Institut de yoga-thérapie with Lionel Coudron.

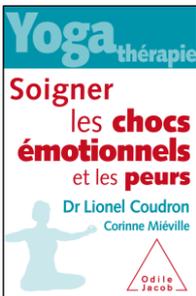
Treating Depression



Can yoga provide an alternative response in the treatment of depression? The answer is yes. This is what Dr. Lionel Coudron, physician and yoga instructor, explains, as he presents in this guide a true 7-point program to help break the vicious cycle of the illness.

Depression is an illness unlike any other that impacts emotions and psychology. If depression influences our thoughts and our behavior, the opposite is also true: our thoughts and our behaviors influence our state of mind. And that is exactly the goal of yoga: to work with thoughts and the body through breathing and poses to progressively free it from oppressive thoughts, reinforce energy, learn to recover, to distance oneself from dark thoughts, reinstall a state of peace, of awareness, and of joy. Such is the great advantage of this approach which doesn't claim to replace medication, but which enables each affected person to act directly on the physiological, psychic, emotional levels of the body. An approach whose benefits are scientifically recognized and whose practice is encouraged.

Treating Emotional Shocks and Fears



Fear of flying, verification phobias (OCD), fear of taking transportation following a violent trauma: all these forms of anxiety handicap daily life. They do not randomly take root, but yoga can have an influence on their uncontrollable mechanisms.

The association of poses, breathing, and visualizations with work on thoughts enables a deep modification, by oneself, of a state of fear and underlying worry.

Yoga exercises, by working on the various levels of the body – physiological, psychic, and emotional – free tensions, pacify the mental and lead to a relaxation. The practice of yoga renders accessible effective tools that enable one to control anxiety, its physical manifestations, and to rediscover confidence. By also following some more general healthy-living advice, it will be possible then to rediscover an inner security and thus transform one's life. When one feels better in one's body, one feels better in one's head.

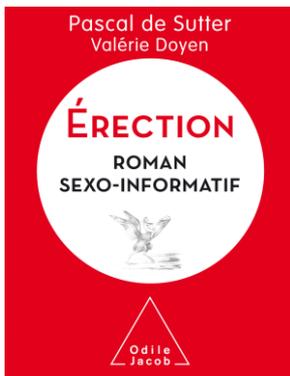
- **Yoga, through its physical and psychic activity, can help to break the vicious cycle of depression or emotional shocks and fears**
- **An illustrated book enabling the reader to practice yoga alone at home**
- **Contains medical expertise and step-by-step exercises, and advice for healthy living**
- **Written by one of the best known physicians and yoga instructors**

Pascal DE SUTTER & Valérie DOYEN

Erection: A Sexo-Informative Novel

A story, advice for understanding and improving erectile dysfunction

Pascal de Sutter is a psychologist, professor of psychology, clinician and researcher, a specialist in sexology. He teaches at the Université Catholique de Louvain and at the universities of Lille III and Metz. He has written several books on sexuality for the general reader which were best-sellers. **Valérie Doyen** is a sexologist. An instructor in sexual-functional therapy in Belgium and France, she teaches sexology at the Université Catholique de Louvain. She also consults for various training programs.



Nicolas Gembloux has had some relationship problems in his private life. On the professional side, involved in a stolen property affair, he is recruited by the secret service for a mission in the Middle East. What will happen to him before he rediscovered his self-esteem and his virility?

All men one day or another experience erectile dysfunction, which, when it isn't treated, can cause psychological trauma. When a medical exam reveals that the patient is in good physical health, the cause of the erectile problem is sought in inadequate psycho-sexual functioning.

The “sexo-informative” novel combines escape and the pleasure of fiction with advice and scientific information on a subject in sexology: impotence. The story of the novel is pure fiction. The sexual information is based on clinical reality and on research. The book aims to provide concrete advice to better understand and improve erectile function. It is written both for men and women.

- **Erectile dysfunction: a widespread problem which is difficult to talk about. From a study carried out in France in 2002 on men aged 18 – 70, a quarter of them suffered from an erectile problem, which afflicts close to half of men above the age of 45**
- **An original piece of writing: to allow oneself to be carried away by the story and return to the advice given at the end of each chapter**
- **It is possible to overcome erectile dysfunction, in the absence of organic pathology, through a better knowledge of male sexological functioning**

G rard SLAMA

Living Better with Diabetes

Be better informed to live better with diabetes

Dr. G rard Slama is head of the department of diabetology at the H tel-Dieu Hospital in Paris, and president of the Association of Francophone Diabetologists.



How can one live better with diabetes? A crucial question for that chronic illness that requires an active participation by the afflicted person. Living better means first learning how to understand the pathology to better control it. This **new edition** enables this. **Many things have changed in the treatment of diabetic patients, in particular new molecules, new insulins, new research are now available.**

The techniques for monitoring blood-glucose on a daily basis are undergoing a revolution which is only just beginning. New antidiabetic medicine has appeared. The contributions of new methods for exploring and screening complications, in particular ophthalmological, cardiac, and vascular, are explained. Quality of life is not forgotten: sleep apnea is the object of a new chapter; contraception and hormonal treatments for the diabetic woman are brought up to date.

Today, the diabetic patient can attain much greater autonomy and a better quality of life. The information presented in this book contribute to this. A reference work to be well taken care of and to take care of oneself well.

- **A true little encyclopedia of diabetes**
- **Dr. G rard Slama: one of the foremost experts, more than 40 years spent treating diabetics**
- **To understand the various types of diabetes, their characteristics, their treatments**
- **Essential rules to treat oneself when one is insulin-dependent**
- **The latest advances in treatments are discussed**

Vincent TRYBOU, Baptiste BROSSART & Marianne KEDIA

Self-harm: Understanding and Treatment

The first book to offer a complete and pragmatic approach to the treatment of self-harm behaviour

Vincent Trybou is a clinical psychologist and TCC psychotherapist. Coming out of his experience with the emotional instability and impulsivity in bipolar patients, he presents a practical approach to the emotional dysregulation of self-harm and different therapy models. **Baptiste Brossart**, a professor of sociology (École Normale Supérieure de Paris – EHESS), is a researcher at the University of Montreal. In his thesis, he proposes an analysis of the mechanisms underlying self-harming behavior. **Marianne Kedia** is a doctor of clinical psychology and psychotherapeutics, trained in cognitive-behavioral and humanistic psychology. She is a specialist in the treatment of psychological trauma.



What is self-harming behavior? How can it be understood, and how can patients be helped to confront it?

Close to 16% of teenagers between the ages of 14 - 17 engage in this sort of behavior, 35% of students have done it, and 15% repeatedly. Self-harming renders the subject helpless and those around him unable to understand. It is not easy to talk about, and health professionals, themselves, lack theoretical models to provide help.

This book, addressed primarily at therapists and health professionals, provides a better understanding of this practice that resides at the intersection of different disturbances (trauma, attachment, hormones, mood disorders, and others), which originate in a poor regulation of emotions. Emotions don't "come out" correctly due to factors that prevent individuals from finding effective means to express themselves. The book also offers a practical approach conceived as a taking charge by health providers, school nurses in middle and high schools, with practical, ready-to-use factsheets for psychologists, and therapeutic models based on an arsenal of cognitive-behavioral therapies.

- **A specialized tool to treat self-harming, a frequent behavior among adolescents**
- **Self-harming is at the intersection of several problems; the book enables an approach to an adaptive treatment strategy**
- **A practical approach for a taking charge by health providers, with practical factsheets ready to be used by psychologists**

NOTES

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