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Our Brain at Every Level

From the Big Bang to Social Consciousness

Bruno Dubuc

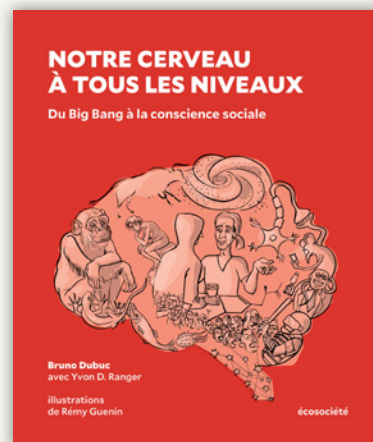
A captivating interdisciplinary journey that bridges the gap between scientific questions and socio-political issues, and reminds us how the brain, the body and the environment form an inseparable system.

Our brains at every level is a comprehensive overview of our knowledge of the most complex organ of all living beings. It is an evolutionary history of the origins of human thought, from the Big Bang to self-awareness. A reference work for understanding our body-brain in constant dynamic interaction with its environment, this ambitious and unprecedented transdisciplinary journey takes the form of a dialogue between a science populariser and a militant film-maker. Over the course of 12 encounters in which they will discuss the nervous system, the self-organisation of living organisms and the self-management of human communities, as well as climate change, the two protagonists will build bridges between scientific knowledge and socio-political concerns.

Key Points

- A unique summary book: A veritable compendium of our most up-to-date knowledge of the most complex organ of all living beings, *Our Brains at Every Level* is a unique work of popular science that will appeal to the general public as much as to researchers in the cognitive sciences or social sciences.
- An original dialogue: While many books take the form of a dialogue, this one stands out for its narrative arc, the originality of its content and its fundamentally embodied character, showing by example the extent to which the brain, body and environment form an inseparable system.
- An interdisciplinary approach: *Our Brains at Every Level* stands out from other popular works on the brain because of the bridges it builds between scientific aspects and social issues.

Bruno Dubuc holds a master's degree in neurobiology from the Université de Montréal, and is a popular science writer, film-maker and activist. After working for ten years as a journalist and scientific researcher, both in print and on television, in 2002 he launched the world-renowned reference website *Le cerveau à tous niveaux* (www.lecerveau.mcgill.ca).



Notre cerveau à tous les niveaux
Du Big Bang à la conscience sociale
2024 • 572 pages
All rights available

A very original book
[...] There's a lot
to learn.

Sonia Lupien, Radio-Canada

Fascinating!

Matthieu Dugal, Radio-Canada

Talking about Sex

Maude Painchaud-Major

Freeing ourselves from norms to invent the sexuality that suits us best

A relationship can be complete without penetration; you can come without ejaculating, have pleasure without coming; the first sexual encounter is rarely satisfying... and so on. Maude Painchaud-Major runs workshops on sexuality with teenagers. She has answered their questions in class and on Tiktok, listening to their concerns and their sexual experiences. Through her straight-forward, no-holds-barred approach, she aims to help teenagers free themselves from sexual injunctions and, ultimately, have more fun. From penis length to erogenous zones, masturbation, beauty standards, heteronormativity, gender issues and mutual consent, she invites us to slow down and talk about sex, quite simply, away from the shackles and pressures of performance.

Key Points

- A sexologist who has answered tons of questions from teenagers about sexuality in numerous workshops and on Tiktok brings together her answers.
- A no-holds-barred, no-taboos presentation of everything to do with sexuality, with a positive, inclusive approach.
- A tribute to desire, pleasure, sharing and consent. It's up to the partners to set the guidelines together, their needs and their limits, so that they can feel safe.
- An update on harmful sexual representations in pornography, rape culture and LGBTQ+ issues.

Maude Painchaud-Major has a bachelor's degree in sexology and is a trainer and lecturer in sexuality education. With several years' experience in psychosocial intervention, her workshops promote healthy, positive and inclusive sexuality education. During the pandemic, Maude started a TikTok channel to continue answering the many questions young people had about sexuality. *Talking about sex* is her first essay.

Her Tiktok channel: @apoil.sexed



Parler sexe
collection RADAR
2024 • 152 pages
All rights available

“A fine, well-crafted text, aimed at teenagers and young adults, but of interest to all ages [...] A fine text on a fine subject!

Quentin Wallut, Les libraires

Talking about Sex explores sexuality from a very human angle, talking about who we are, what we know about ourselves and what we do with diversity and nuance.

Sophie Gagnon-Roberge, SophieLit

Texting, Posting, Scrolling

Emmanuelle Parent

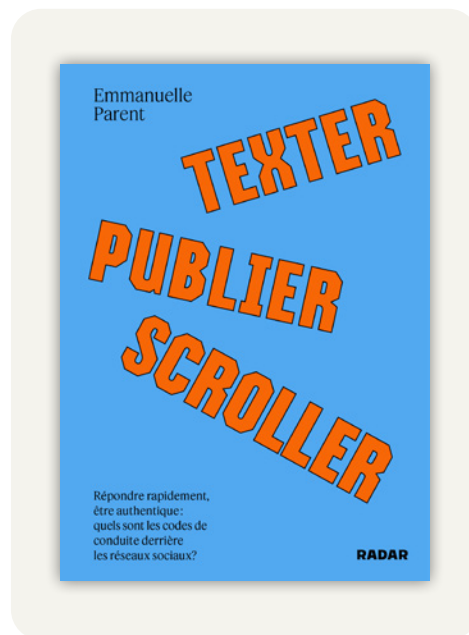
Learn the codes of social networking, stay true to yourself and communicate better with others.

Is it possible to be yourself on social networks? Is adequate screen time the same for everyone? Should you reply to messages straight away? Emmanuelle Parent spoke to hundreds of teenagers about their relationship with social networks. In a realistic portrayal of the good and bad sides of social networks, she aims to equip teenagers with knowledge of the codes and unspoken things, and to help them make healthier use of the various platforms. The book is structured around three characteristic ways of using social networks. Texting to communicate with others and the expectations this raises, posting to talk about yourself or something that interests you, and “scrolling” to see what others are saying and doing.

Key Points

- Simple, effective tools to help you learn to set your limits, and to let the people interact with you, knowing what those limits are, so that you don't feel so much pressure to be constantly available.
- Clear explanations of why social networks exist, how they work and their codes, tacit or otherwise.
- Tips and methods that work to help us spend less time on our phones. There's even a list of activities developed by an occupational therapist to replace screen time with other pleasures!
- Presentation of the platforms and the specific uses of each.

Professor of communications at the Université de Montréal, **Emmanuelle Parent** co-founded the Centre pour l'intelligence émotionnelle en ligne (CIEL) in 2019, an organisation that promotes digital well-being among teens and children. Based on the latest scientific studies, its training courses offer concrete methods of intervention in a non-judgmental approach that puts young people's voices first *Texting, Posting, Scrolling* is her first book.



Texter, publier, scroller
collection RADAR
2024 • 144 pages
All rights available

RADAR

“To write this highly engaging essay, the author met hundreds of young people [...] She brilliantly dissects the digital world, its codes and its unspoken secrets. A thought-provoking read about our online lives.”

Curium Magazine

Gardening in the Ruins

What Gardens in a Toxic World?

Bertille Darragon

This is the reference book for coping with the onslaught of the industrial world on our bits of garden. So that you can put your hand to the soil with full knowledge of the facts.

Growing your own patch of garden has many virtues, but the vegetable garden is not cut off from the world. It suffers the toxic assaults of our industrial lifestyles through the air, water and soil. An essay on the main contaminants in our gardens and a manual for dealing with our industrial liabilities, *Gardening in the Ruins* explains where the various pollutants come from and how they affect vegetable plants.

For each contaminant (ozone, acid deposits, heavy metals, pesticides, GMOs, plastics, medicines, radionuclides), the author explains what is at stake and shows how to limit the damage. Like a neighbor in the field, without resorting to the language of an expert, Bertille Darragon urges us to take action rather than resign ourselves.

Key points

- A two-for-one : a treatise on contaminants and a collection of gardening tips.
- A concise, easy-to-understand study: far from boring catalogues on the countless contaminants, this book explains their origins, behaviour and effects in a perfectly didactic way.
- Scientific seriousness: the book is backed up by numerous scientific references and endorsed by specialists in the field.
- Lively and colourful: By combining essays, practical advice (with diagrams, photos and graphs) and personal accounts in the form of informal conversations between friends, this book stands out from the classic works on the gardening shelves.

Bertille Darragon practises gardening and market gardening in France. As a botanical, she is involved in her daily life and her community against the policies and practices that are accelerating climate catastrophe. *Gardening in the Ruins* is her first essay.



Jardiner dans les ruines.
Quels potagers dans un monde toxique?
2024 • 380 pages
All rights available

With its well-documented glossary, the book is both an essay on pollution and a practical guide.

Ismaël Houdassine, *Le Devoir*

Gardening in the Ruins blends ease of reading, a concrete, practical approach and scientific explanations.

François Desnoyers, *Le Monde*

Ecosabotage

From Theory to Action

Anaël Chataignier

What if eco-sabotage were to become part of the tactical arsenal of climate activists? Essential thinking for the rest of the world.

What's wrong with the strategies adopted in response to the current ecological disaster? What if eco-sabotage were to become a more effective tactic for climate activists? For Anaël Chataignier, the lack of decisive victories for the environmental movement, the climate emergency and the inertia of the system mean that we need to talk about strategies, organisations and modes of action. Anaël Chataignier has written both a treatise on political strategy and a short manual on eco-sabotage, so that the environmental movement can regain the offensive and change the course of events. A richly documented fieldwork based on a number of historical events, the work of thinkers on political organisation and her own personal experience as an activist.

Key Points

- Rehabilitating a strategy: the use of sabotage as a tactic of resistance is not new, yet this form of militant action now seems to be discredited as never before, including within social movements. The author reminds us of its effectiveness throughout history (suffragette, French Resistance...), and why this tactic should be reconsidered in the light of today's urgency.
- A militant reflection: The book offers a rich source of reflection in the form of a treatise on political strategy, covering both the historical and theoretical aspects of concepts such as the diversity of tactics, civil disobedience, sabotage, forms of militant action, and so on.
- A small, practical manual: with the aim of providing a practical answer to the question "what can we do?", the author also offers a real small manual on eco-sabotage, in which he shares the elements that need to be taken into account in preparing and organising an action and in matters of security.

Anaël Chataignier was born in the south of France. After graduating from the Beaux-Arts with a degree in drawing, he regularly exhibited his work in France and abroad. The issues of politics and democracy are as much a part of his artistic work as his participation in various militant environmental and/or anarchist groups. For some years now he has been trying to bring these two aspects of his practice together. He teaches drawing at a fine arts school in France.



Ecosabotage, a form of civil disobedience aimed at curbing the destruction of the planet, is necessary and essential, for the author: “We don't come to ecosabotage for pleasure or romanticism, we do it because it's the last resort”.

Élizabeth Ménard, 24 heures

AfroQueer

25 Committed Voices

Fabrice Nguena

25 moving portraits to help queer and Afro-descendant people escape invisibility.

AfroQueer people suffer from a double invisibility and marginality: they experience stigmatisation within Black communities, but also within the LGBTQIA+ community when they live in countries with a predominantly white population. This book, which brings together the portraits of 25 AfroQueer people living in the French-speaking world (Quebec, the West Indies, France, Belgium and sub-Saharan Africa), aims to help make these people more visible in their respective social spaces and to deconstruct prejudice against them. It is vital that young AfroQueers can finally see themselves in people who look like them, so that they can dream and project themselves into a future they would otherwise never have imagined.

Key Points

- An ode to diversity: resilient life paths, sometimes difficult and troubling, but always unique and touching, with very different profiles: activists, but also a rugby player, a scientist, a believer and James Baldwin...
- A place of power: a real empowerment of one's own queer and Afro identity, through these different portraits, which helps to clear a future for current and future generations.
- Queer love: AfroQueer talks about queer love, about the possibility of existing as Afrodescendant and queer people in the world. Homosexuality is still criminalised in some African countries, so we must salute the courage they have shown in their testimonies.
- Useful references: inspirational personalities, reference works, novels, films, etc. At the end of the collection, the author provides a number of useful references to help you better understand the history and reality of AfroQueer people.

Born in Switzerland to Cameroonian parents, Fabrice Nguena has lived in Canada for the past 15 years. A human rights activist, queer (LGBTQI+), anti-racist and pan-Africanist, he is currently a governor of Fondation Émergence. *AfroQueer* is his first book.



AfroQueer. 25 voix engagées
2024 • 216 pages
All rights available

A remarkable book. These stories, when given the opportunity to be told publicly, are essential. Whether we owe them to ourselves or not, they save lives.

Barbara Krief, *Nouvel Obs*

Chocolaty

The Bitter Taste of Cocoa Farming

Samy Manga

From the cocoa plantation to the chocolate bar, author Samy Manga's *Chocolaté* brilliantly portrays the chocolate industry's enduring layers of exploitation, ranging from the political to the intimate.

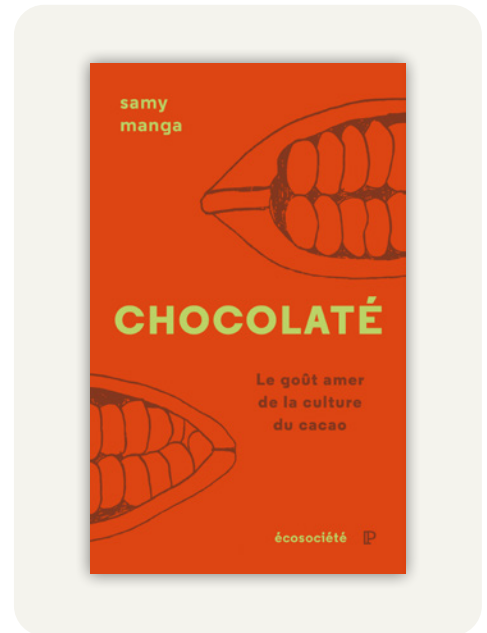
From ten years old onward, Abéna works alongside his grandfather in Cameroon's cocoa plantations. Valiant little general of the equatorial forests, Abéna is soon able to measure both the human and environmental damages caused by the monoculture farming of the bean responsible for chocolate.

African countries supply about two-thirds of the world's cocoa production, but what lies behind the trade of one of the world's most sought-after commodities? In the North, young and old alike savour their desserts and sweets, but are they conscious of the misery "cocoa mania" inflicts upon Africa?

Abéna's journey in *Chocolaté* reveals the underbelly of cocoa cultivation, an operation emblematic of the neocolonial economic relations between the "green gold" multinationals and the Sub-Saharan countries they exploit. The book exposes the poverty of those who farm and produce chocolate, as well as forced child labour, pesticide poisoning, water and soil contamination, large-scale deforestation, and the loss of biodiversity. For those African cocoa-producing countries that receive but a tiny fraction of the tens of billions of dollars generated each year by the chocolate industry, cocoa farming has, indeed, left them with a bitter taste.

Chocolaté is a vividly told story that skillfully and poetically weaves the transmission of ancestral memory and political indignation. Samy Manga takes us to the land of his childhood, beneath the large mango tree where the annual cocoa sale is held. And in the middle of the night, his rage at the violence of the exploitation of the people and resources of the Mother Continent rings out as a resonant cry.

Born in the Cameroon rainforest, Samy Manga is a writer, ethnomusician, sculptor, and environmental activist. His book *Opinion poétique*, a poetic exchange with Swiss author Caroline Despont (L'Harmattan, 2021), received the Grand Prix de Poésie Africaine d'Expression Française in 2021.



**Chocolaté. Le goût amer
de la culture du cacao**
2023 • 136 pages
English Rights Sold

Captivating.
And deeply shocking.
And upsetting.
This is as much the
story of your life
as it is the story of
so many children
from so many
African countries.

Penelope McQuade
Radio-Canada

Working Less is not Enough

Julia Posca

At the heart of our collective breathlessness, Julia Posca offers a necessary reflection on how to rethink our relationship with work.

Reducing working time is a long-standing demand for improving the quality of life of employees. By spending less time at work, we could finally catch our breath. But would working less be enough to restore balance to our overloaded lives? In the absence of a ready-made solution, Julia Posca explores ways of giving meaning back to work. To the dystopia into which we are sinking ever deeper, we could oppose the utopia of 'demarketised, democratised and depolluted' work. It's an invitation to rethink the organisation of work so that it responds first and foremost to the most "authentic" needs: to ensure a dignified existence for all, to nurture rich relationships, to bequeath a good life to future generations.

Key Points

- In-depth reflection: Julia Posca offers us an in-depth reflection on the nature of work in capitalist societies, and what it would mean to have work that could meet the social challenges of the 21st century and the ecological crisis.
- A real sociology of work: The author offers an in-depth analysis of work in today's societies and how it has changed in recent decades.

A necessary struggle: Although the author seeks to move beyond the struggles to reduce working hours, she clearly shows how they remain relevant and necessary.

Julia Posca is a sociologist and researcher at the Institut de recherche et d'informations socioéconomiques (IRIS). A member of the editorial board of *Liberté* magazine, her publications include *Le manifeste des parvenus. Le think big des pense-petit* (Lux, 2018).



Travailler moins ne suffit pas

2023 • 144 pages

All rights available

“A very interesting reflection on the duration of work, but above all, on the purpose and objectives of work.”

Gérald Filion, Radio-Canada

Julia Posca calls for a profound change in the way work is done, so that employees can rediscover meaning in their professional activities.”

François Desnoyers, Le Monde

The Ecofascist Temptation

Ecology and the Far-Right

Pierre Madelin

The ties between the climate crisis and repli identitaire, or identity withdrawal, will only exacerbate over time. We must understand ecofascism to better fight it.

While the relationship between the far right and environmentalism may not be obvious, an ecofascist current indeed runs through the global family of nationalist and identity ideologies, touching on issues of demography, tensions between localism and universalism, immigration, etc. Indeed, ecofascist theories have been shown to sow a certain degree of discord into political ecologies.

Even if no government has yet claimed it, the movement, still embryonic, could well intensify in the years to come. "It seems reasonable to me to consider that the more the ecological crisis worsens, the more the democratic and emancipatory options we have to face it will diminish, and the more, on the contrary, extreme solutions, still unthinkable today, risk being imposed," writes Pierre Madelin in this book, a work at the crossroads of a history of ideas, intellectual cartography, and political foresight.

Essential reading to better fight this alliance between "brown" and "green" ideologies.

Pierre Madelin is a philosopher and translator specializing in environmental humanities. At Écosociété, he is the author of *Après le capitalisme: Essai d'écologie politique* (2017) and of *Faut-il en finir avec la civilisation? Primitivisme et effondrement* (2021). He is also the author of *Carnets d'estives: Des Alpes au Chiapas* (Wildproject, 2021) and *La terre, les corps, la mort* (Éditions Dehors, 2022).

Contents

Introduction • 1. Ecofascism: A Polysemic Concept • 2. What Is the History of Ecofascism? • 3. Ecofascism Today: In France • 4. Ecofascism Today: In the United States • 5. What Is the Future of Ecofascim? • Conclusion



La tentation écofasciste.
Écologie et extrême droite
2023 • 272 pages
All rights available

Literature on the links between ecology and the far right is abundant but of uneven quality. This is a book that stands out clearly for its depth of analysis.

Christophe Fourel
Alternatives Économiques

The Electric Car

Between Miracle and Disaster

Laurent Castaignède

What if the promise of the electric car was, in fact, but the prelude to a predictable disaster?

In the context of an increasingly acute climate crisis, the emergence of an electric alternative to the gas car promises to solve the latter's principal shortcomings, namely health and climate issues. But is the electric car a credible replacement? Is it truly a more sustainable alternative?

According to transportation expert Laurent Castaignède, we are witnessing but another fable that only enables us to accept further dependency. A green-washed option, certainly, but one that exists against a backdrop of perpetual economic growth. Because while electric cars do not emit greenhouse gases in and of themselves, they do mobilize a great deal of a resources to manufacture, and offer no solution for traffic congestion, the impact of road infrastructure on communities, or the ever-growing disproportionate sizes of today's vehicles.

Examining the earliest electric car, dating back to the invention of the automobile, Castaignède allows us to take the true measure of what the electric shift implies in terms of transport: something wavering between miracle and disaster.

An engineer, Laurent Castaignède is a graduate of the École Centrale Paris, and worked for nine years at Renault. Castaignède is a speaker and environmental impact advisor, as well as a media expert on issues regarding transportation. He is the author of *Airvore ou la face obscure des transports* (2018) and *La bougeotte, nouveau mal du siècle?* (2021), both published by Écosociété.



La voiture électrique.
Entre miracle et désastre
2023 • 184 pages
All rights available

The Faces of Ecoanxiety

Inês Lopes

Climate change impacts the environment, but it also affects our physical and mental health.

Have you ever experienced insomnia when wrestling over the world's droughts or massive forest fires? Or felt anxiety or despair about the magnitude of the effects of climate change? The ecological crisis has effects upon our mental and physical health. The term for this state is "ecoanxiety."

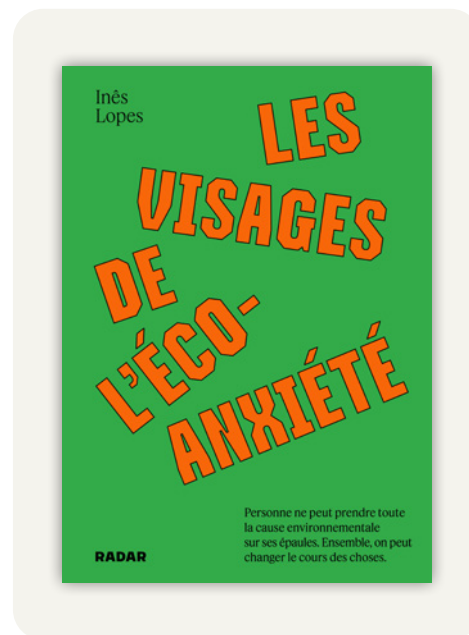
Commonly experienced among youth, ecoanxiety is multifaceted. This work helps readers recognize the various symptoms and manifestations of ecoanxiety in order that they might mitigate its impacts and better support their mental health. The book also offers concrete tools to help reduce the effects of ecoanxiety. The antidote to being paralyzed with helplessness, proposes author Inês Lopes, is a collective commitment to change. A single individual cannot, after all, take the entire environmental cause upon their shoulders alone.

With a PhD in educational psychology, Inês Lopes has been collaborating with schools, cultural institutions, and the health community as a social and environmental educator for 20 years. She is an activist with Mères au front, an organization that mobilizes mothers to protect their children and life on Earth in the face of the climate emergency. *Les visages de l'écoanxiété* is her first book.

Overview

- Strategies and tools to help deal with all forms of stress and anxiety.
- A realistic presentation of the eco-social issues experienced by adolescents today with hopeful projections.
- A detailed table of feelings and emotions, with explanations to better differentiate them.
- The work highlights the importance of taking care of oneself to better care for others and the environment.

A judgement-free book with no preconceptions, and above all, without any obligation for participant success.



Les visages de l'écoanxiété
collection RADAR
2023 • 160 pages
Spanish Rights Sold

RADAR

Used on boats to lead the way, the radar detects obstacles and pitfalls. Radar's essays explore a subject and uncover preconceived ideas. Books to navigate this era of climatic and social upheaval. To build a inhabitable world in which to flourish.

The Animal Cause

Alexia Renard

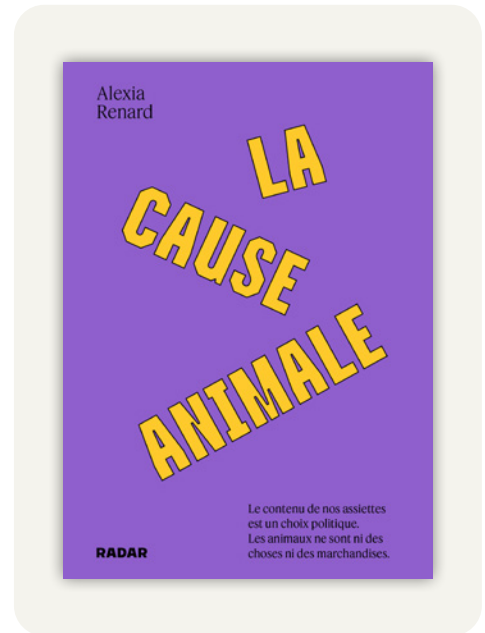
The content of our plates is a political choice. We must stop treating animals as things.

Considering whether or not to eat animals isn't a new idea. Animal welfare has, however, become a polarizing subject in recent debates--to the point of becoming almost sensationalized. The subject of animal welfare, after all, forces us to examine not only our relationship with animals but also with humans. The choice of whether or not to eat animals underpins a fundamental query: is it possible to ensure the wellbeing of animals without calling everything we eat into question? While adolescents may be increasingly sensitive to the issues surrounding animal welfare, author Alexia Renard offers a historical, ethical, political, and ecological examination of animal welfare and our food choices. With great humility, this work offers judgment-free avenues for reflection in order to reconsider our relationship with animals and re-examine how we consume our food.

Alexia Renard is a PhD candidate in political science at the Université de Montréal and specializes in the sociology of social movements. Renard holds a master's degree in environmental and sustainable development and a bachelor's degree in philosophy. A vegan, she is passionate about politics, particularly about the history of animal rights. She is the co-author, alongside Virginie Simoneau-Gilbert, of *Que veulent les véganes? La cause animale, de Platon au mouvement antispéciste*, published in 2021 by Fidès.

Overview

- A historical presentation of the animal rights cause contextualized into political, environmental, and sociological perspectives.
- The relationship between the fight for animal rights and other social movements such as feminism, environmentalism, social justice, and anti-racism.
- Clear and contextualized explanations of such terms as animal living conditions, speciesism, sentience, vegetarianism, carnism, veganism, ethics, antispeciesism, etc.
- The book includes a chapter on the development of critical thinking. Above and beyond the subject itself, the author provides insights and examples on thought shortcuts, confirmation biases, fallacies and paralogisms, generalizations, and slippery slopes.



La cause animale
collection RADAR
2023 • 128 pages
All rights available

Committing to Friendship

Camille Toffoli

Truly deep friendships are based in unconditional acceptance; that's what makes them so strong.

An original, no-holds-barred look at all the various kinds of friendship and the many ways it can empower us, Camille Toffoli's observations and insights will challenge your preconceptions about this often misunderstood relationship.

Friendships are a place where we're free to be our real selves and share our deepest thoughts and feelings. Whether short-lived or enduring, they play a role in shaping who we are. In this highly original, no-holds-barred essay, her own experiences are interwoven with others' stories, Camille Toffoli shows how friendship can influence our lives, and even have a political impact, as the bonds it forges have the potential to transform our world. Whether they hurt us or help us grow, friendships can radically change the way we think about and see the world. Why not restore friendship to its rightful place at the centre of our society? *Committing to Friendship* invites readers to explore the power of friendship and unlock its empowering potential.

Camille Toffoli is the co-founder of the Montréal feminist bookstore, L'Euguélonne. In 2021, Éditions du remue-ménage published Camille's essay *Filles Corsaires*. In 2022, the book won the Prix des Libraires du Québec, Essay category.

Overview

- Transcending the well-defined boundaries of romantic relationships, friendships have the power to influence our day-to-day decisions and even our very identity.
- This book has a story for every kind of friendship, whether forged online or through letters, whether short-lived or enduring.
- The essay provides an unusual take on the political impact of friendship: by creating places where we can be vulnerable and talk freely about what's important to us, we're empowered to take action to improve our quality of life.



S'engager en amitié
collection RADAR
2023 • 136 pages
All rights available

RADAR

This book is a nugget, accessible and touching. Camille takes you on a journey through those friendships that reassure, move and question us.

Soazic Courbet,
L'Affranchie bookstore

Why not cycle?

Stein van Oosteren

Cyclists will give you a dozen reasons why they ride. But the underlying reason behind them all is fun and freedom.

“Cycling is fun and you can run red lights.” “Oh sure, bikes are great, but you gotta have room for cars.” “Biking is dangerous! And besides, there are lots of things you can’t carry on a bike.” Who better to challenge these preconceived ideas than a Dutchman living in France? Few people know that, before the Netherlands became known as a paradise for cyclists, the car was king. That was in the 1970s, before citizens started a remarkable bicycle uprising, one that proved the pedal revolution is first and foremost a matter of political will.

With wicked humour, van Oosteren explains why we need to make our cities bikeable: because it’s good for our health, our morale, our children’s independence, the life of our neighbourhoods, the planet, and so much more! One by one, he tackles the many political and psychological roadblocks to cycling. Based on his experiences debating the topic with elected officials, the author believes that it’s time we started asking the real questions about transportation. For instance: not “how many cars can drive on a street”, but rather “how many people can use it”? Bike paths can accommodate seven times as many people as car lanes, so the math is easy!

To believe in change, you have to experience it first-hand. Because he can’t take you with him to the Netherlands, van Oosteren helps you to see public spaces from his Dutch point of view. You’ll return happy and amazed, as if you’d actually visited the bicycle kingdom, and say to yourself: “The question isn’t ‘why cycle,’ it’s ‘why *not* cycle’?”

Spokesperson for the Collectif Vélo Île-de-France, Franco-Dutchman Stein van Oosteren has been contributing to the discussion on cycling in France since the release of the documentary *Why we cycle?* in 2017. *Why not cycle?* is his first essay.



Pourquoi pas le vélo?
2021 • 200 pages
All rights available

“A stimulating book that joyfully dismantles a whole series of preconceived ideas.”

Weronika Zarachovicz
Télérama

An Ecology for the 99%

20 capitalism myths debunked

**Frédéric Legault, Arnaud Theurillat-
Cloutier and Alain Savard**

Illustrations by Clément de Gaulejac

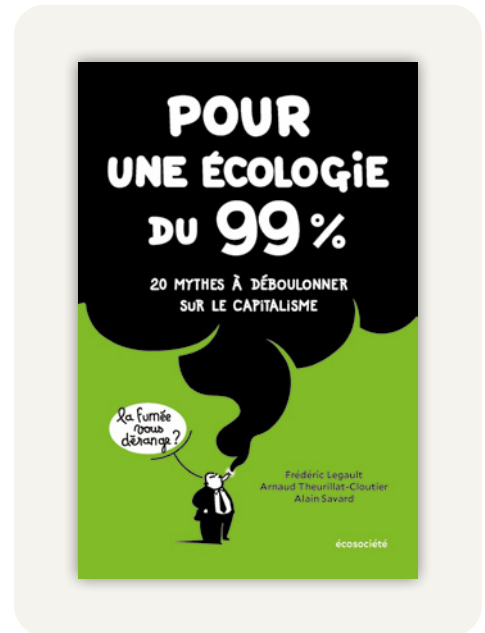
Can we be eco-warriors and stay true to our principles? This hard-hitting book is a must-read if we want to stay on the right path and preserve our living planet.

If everyone - from Emmanuel Macron to Jeff Bezos, and even Coca-Cola - is green, why is the environmental crisis growing at an alarmingly rapid rate? With the world population already experiencing the impact of climate change, not all of us are equally exposed to its violent effects. Environmental protection continues to be a divisive issue, with steadfast supporters but equally real enemies, some of whom stoop to greenwashing. The purpose of this book is to draw the battle lines.

To avoid being duped by false allies and create an ecology for the 99%, we must discuss a taboo topic: the exit from capitalism. Basically, this book is a crash course in the economics of capitalism and political strategies, an attempt to build a grassroots environmental movement by launching a discussion about some persistent myths. It presents compelling evidence why carbon market policies will fail, why a capitalist economy cannot be based on renewable energy sources, and why we should be protesting against overproduction, not overconsumption.

Time is running out, we can't afford to take any wrong turns.

Frédéric Legault teaches Sociology and is finishing a thesis on post-capitalist economics. Arnaud Theurillat-Cloutier is a Philosophy teacher, doctoral candidate in Sociology and author of *Printemps de force* (Lux éditeur, 2017, Prix du livre politique de l'Assemblée nationale du Québec, 2018). Alain Savard is a union advisor and has a PhD in Political Science (York University). They are involved in Quebec's environmental movement through, among others, the grassroots movement and eponymous website, *La planète s'invite au parlement*.



Pour une écologie du 99%
20 mythes à déboulonner
sur le capitalisme
2021 • 296 pages
English and Arabic rights old

We close the book
with a clear awareness
of the problems,
their causes, possible
solutions and the
forces at play.
A must read!

Anne Plourde
IRIS - Institut de recherche
et d'informations socioéconomiques

The Art of Recipe-Free Cooking

Food Resilience Guide

Véronique Bouchard

Sometimes cooking can seem like a lot of work: busy schedules, complicated recipes, hard-to-find ingredients for a dish by some famous chef ... It's no wonder ready-to-eat food sometimes seems so attractive. But what if we learned to cook without recipes? Véronique Bouchard wants us to discover our own inner cook, regain our food autonomy, and eat food that's in season and available.

Given the current issues of climate change, resource depletion, pandemic fears and growing social inequality, it's more important than ever that we learn a new way of eating, cooking and preserving locally produced food. A true anti-cook book, The Art of Recipe-Free Cooking provides all the tips and techniques readers will need to develop their cooking instincts and promote food resilience. It serves up tasty topics such as:

- The main reasons for eating seasonal, local and organic food, and moving away from mindless eating and prepared meals.
- The basics of a diet that's good for your body, and for the planet.
- Tips on freezing, canning, fermenting and drying.
- The ABCs of making: bread, kombucha, kefir, sprouts and shoots.
- A map of Quebec, by terroir.
- Variations on 27 themes: salads, risottos, pies, croquettes, pancakes, sauces, pestos, soups, veggie pâté, muffins, pastas, stir-fries, etc.
- The Art of Recipe-Free Cooking might well be the last cookbook you ever buy! A tribute to the artisans who feed us, this guide is sure to build your confidence and make your cooking more seasonal, as well as helping to create a greener, more resilient and more nutritious food culture.

Véronique Bouchard comes from a family of farmers and grocers. Today, she's an agronomist, lecturer and ecofeminist who is active in her community, and co-founder of the Ferme aux petits oignons, a diversified organic vegetable farm in Mont-Tremblant. She has received many academic and professional prizes and awards.



Cuisiner sans recettes.
Guide de résilience alimentaire
2020 • 216 pages
All rights available

We must put human relationships back at the centre of our economy and our diet. Changing the way we produce, consume, cook and eat is the first step towards finding solutions to climate change.

Véronique Bouchard

The Sustenance Garden

Self-sufficiency through no-tillage

Marie Thévard

The essential guide for how to become food self-sufficient and grow a thriving food garden without depleting the soil.

Living by your convictions: that's the choice Marie-Thérèse Thévard (Marie-Thé to her friends) made roughly thirty years ago when she launched her food self-sufficiency and no-till gardening venture in her adopted region of Saguenay, Québec. The Sustenance Garden is the story of her beliefs, research and effort she put into practicing an environmentally responsible lifestyle based on independence from fossil fuels, resilience, healthy eating, permaculture, agroecology and community living.

Divided by month, with step-by-step explanations of how to grown a thriving organic food garden, the guide lays out the principles and techniques to grow vegetables, fruits, legumes – even grains! In contrast to the soil depletion caused by industrial agriculture, Marie-Thé focusses on the qualities of the soil. Her central tenet is no-till gardening, an approach that shuns tilling in favour of mulching – and she chose to set up her venture in a northern, boreal climate that many would consider unsuitable for market gardening.

Thanks to Marie-Thé's many years of experience, you will learn:

- The principles of permaculture, agroecology and no-tillage;
- How to combine crops to get a thriving, resilient ecosystem;
- Techniques for protecting crops against the cold;
- Organic methods of controlling the most common crop pests;
- A toolkit to help you organize your garden: storage tips, tool suggestions, schedules for sowing, planting and harvesting, etc.;
- Ways to preserve vegetables and seasonal recipes;
- Poultry raising basics.

Written by the daughter of Marie-Thé, Marie Thévard (also known as Marie-Thé), *The Sustenance Garden* is an essential roadmap for anyone wanting to get more out of their sustenance and no-till garden and gradually become food self-sufficient. With its many illustrations and photos, this book is a must-have for both beginner and experienced ecological gardeners.



Le jardin vivrier.
Autosuffisance et non-travail du sol
2021 • 384 pages
All rights available

An essential guide that reveals all its secrets for creating a thriving ecological garden at home, regardless of the size of the land, and at a lower cost.

Dany Bouchard
Le Devoir

The Market Gardener

A Successful Grower's Handbook
for small-scale Organic Farming

Jean-Martin Fortier

Foreword by Laure Waridel

More than 200 000 copies sold

Jean-Martin Fortier's internationally acclaimed handbook for small-scale organic farming, have already sold 200 000 copies in English and in French. In his micro-farm located in Quebec, growing on just 1.5 acres (10 000 m²), owner Jean-Martin Fortier feeds more than 200 families through their thriving CSA (Community supported agriculture) and seasonal market stands.

The secret of his success is the low-tech, high-yield production methods they've developed by focusing on growing better rather than growing bigger, making his operation more lucrative and viable in the process. *The Market Gardener* is a compendium of La Grelinette's proven horticultural techniques and innovative growing methods, a complete guide packed with practical information. Inspired by the French intensive tradition of maraichage and by iconic American vegetable grower Eliot Coleman, author and farmer Jean-Martin Fortier shows by example how to start a market garden and make it both very productive and profitable. Making a living wage farming without big capital outlay or acreages may be closer than you think.

Jean-Martin Fortier is a farmer, educator, and advocate for regenerative agriculture. He is author of the international bestseller *The Market Gardener*, founder of Growers & Co., and co-founder of the Market Gardener Institute. In 2015 he established the research farm la Ferme des Quatre-Temps. He lives and farms in Quebec, Canada.



Le jardinier-maraîcher.
Manuel d'agriculture biologique
sur petite surface

2015 • 240 pages

Rights sold: Chinese, Croatian,
Dutch, English, German, Italian,
Korean, Spanish, Vietnamese.

Jean-Martin offers us
a dream, but it's very
real. And profitable!
He provides us with
all the necessary
information to achieve
it, and then, he tells us
that it's easy.

Thimothée Croteau
Les Jardins d'Inverness (Québec)

The Bee and the Hive

The Ecological Beekeeper Handbook

Alain Péricard

Foreword by Pierre Rabhi

The updated and expanded edition of an ecological beekeeper handbook that has become an essential in the French-speaking world.

Devastated by industrial and chemical agriculture, bee populations are under serious threat throughout the world. Their vitality is an indicator of our biosphere's health, and we urgently need to develop an environmentally appropriate apiculture as part of a widespread organic revolution in agriculture.

This book will tell you:

- where to set up hives, and what resources you will need to do so;
- what equipment and tools you will need to carry out your tasks as you visit hives throughout the beekeeping season;
- how to identify, prevent, and protect hives against disease, parasites, and predators, and how to keep colonies in good health;
- specific techniques associated with interventions that focus on the queen and genetic selection;
- how to extract, use, and transform honey and other products from the hive.

Written by an experienced beekeeper, the book is abundantly illustrated.

Alain Péricard kept bees for twenty years before moving to an almost exclusive focus on ecological beekeeping in the early 2000s, at Rucher biologique Apis in Québec. A graduate of McGill University in international and intercultural communication, feminist theories, and qualitative methodology, he has taught, done research, and worked as a scientific journalist specializing in agriculture and the environment.



L'abeille et la ruche.
Manuel d'apiculture écologique
2023 • 360 pages
All rights available

“There is no doubt that the reader of this work will be rewarded with a wonderful initiation as I too had the privilege.”

Pierre Rabhi
Excerpt from
the foreword

Hens in the Yard

A Handbook to Raising Chickens in the City

Louise Arbour

The complete guide to knowing the ABCs of keeping chickens in an urban environment.

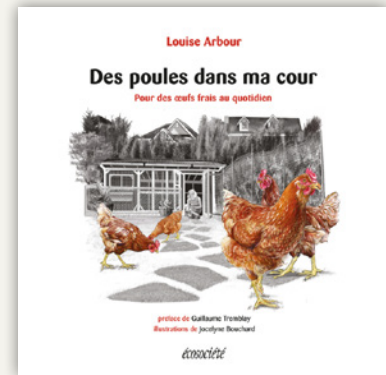
Let's say you have some space in your backyard, and you wouldn't mind some fresh eggs every day. We are more and more concerned about the environment, and more committed to eating locally: hen houses are definitely going to be a feature of tomorrow's urban reality. Louise Arbour generously shares her years of experience with laying hens and her wide-ranging research on this topic. Her guide will make you familiar with the anatomy and behaviour of the hen (*Gallus gallus domesticus*), and will also tell you how to:

- care for animal well-being,
- choose healthy laying hens,
- build or buy a proper hen house,
- take care of your hens in winter,
- feed your hens and take care of their nutritional needs,
- use prevention and biosecurity to reduce the threat of disease,
- understand how eggs are formed and laid.

The book also explains how to approach your town or city's elected officials and representatives and work with them to develop urban hen house projects, community projects, or therapeutic projects for seniors living in residences.

The guide calls on us to include hens in the overall mosaic of urban agriculture and the principles of permaculture. They are undoubtedly some of the best representatives of the "eat locally" movement!

Louise Arbour is one of the major ambassadors of the urban chicken movement in Québec. She is the founder and director of Poules en ville (Hens in Town), a consultancy company and school providing online training on raising hens in urban environments. She has written articles and given many lectures on this topic. She lives in Terrebonne, Québec, with her five hens, and is actively involved in VERTerrebonne, an organization dedicated to raising awareness of healthy and environmentally responsible habits.



Des poules dans ma cour.
Pour des œufs frais au quotidien
2020 • 288 pages
All rights available

The Other Pharmacy

A family Guide to Herbal Remedies

Laetitia Luzi

Illustrated by Mathilde Cinq-Mars

An accessible and nuanced guide to put together your green medicine cabinet at home.

Maybe you and your family live in a stressful, polluted environment. Maybe you're worried about a fragile parent, or anxiety wakes you up at night, or you live a long way from health care institutions. We all have good reasons to turn to plant-based care and to learn more about botanical medicine. This kind of medicine, practiced on every continent for thousands of years, has long been relegated to the margins. Today, though, natural forms of medicine are no longer practiced in secret: we are starting to acknowledge, study and teach them. Luzi's book is part of this emancipatory process, encouraging us to reestablish direct contact with plants and become less dependent on the pharmaceutical industry.

The book includes:

- fact sheets for 50 plants,
- explanations on how to choose, harvest, prepare and use these plants,
- advice on preventing and treating over 40 simple and common pathologies,
- warnings about side effects and counter-indications,
- a section on essential oils.

Laetitia Luzi is a herbalist, naturotherapist, aromatherapist and hypnotherapist. Trained as a sociologist and anthropologist, she worked for NGOs as a leader of humanitarian missions in the field, discovering alternative approaches to medicine through the traditional therapies of the countries in which she lived. Today, she teaches and works as a part-time consultant in Canada and Europe.



L'autre pharmacie.
Guide d'herboristerie familiale
2020 • 264 pages
All rights available

This family herbalism manual will delight anyone looking for theoretical medicinal knowledge and practical advice.

Violette Gentilleau
Les Libraires

A Train in the Night

The Tragedy of Lac-Mégantic

Christian Quesnel
and Anne-Marie St-Cerny

A modern capitalist tale, in which transporting black gold by rail claims 47 lives

“Some men, my child, are capable of spreading ruin and sorrow without even a hint of shame. Alas, their shadow has fallen on our little town.” Thus speaks a grandmother to her granddaughter about the tragedy in which they both perished on July 6, 2013 in Mégantic.

Author Anne-Marie Saint-Cerny has chosen these two characters to tell this modern-day capitalist tale, skilfully illustrated by Christian Quesnel. Who are the real culprits in the tragedy that claimed 47 lives? How could a train with 72 tank cars of flammable crude be operated by just one man?

Set in motion by Wall Street investors, cowboy producers of Dakota black gold, and oil conglomerates, and enabled by politicians who turned a blind eye, the tragedy struck a community that, even in the immediate aftermath of the event, found itself at the mercy of local developers and financial interests that were often far from well-intentioned.

The train left from North Dakota, USA. “But that’s so far away...” exclaims the granddaughter. “The evil smell of oil permeates the entire planet, my child,” replies the grandmother.

Much more than a human-interest story, the tragedy is a disturbing example of so-called “shock doctrine”. Based on the essay, *Mégantic : une tragédie annoncée*, the graphic novel powerfully illustrates the terrible events themselves and the search for culprits.



Mégantic. Un train dans la nuit
2021 • 96 pages
English rights sold

“A spectacular contribution to Canadian history, Indigenous history, and eco-history. The level of the art equals the narrative, working together to bring much-needed insight and wisdom to new generations”

Paul Buhle
Editor and Senior Lecturer
at Brown University