

# *écosociété*



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# 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.

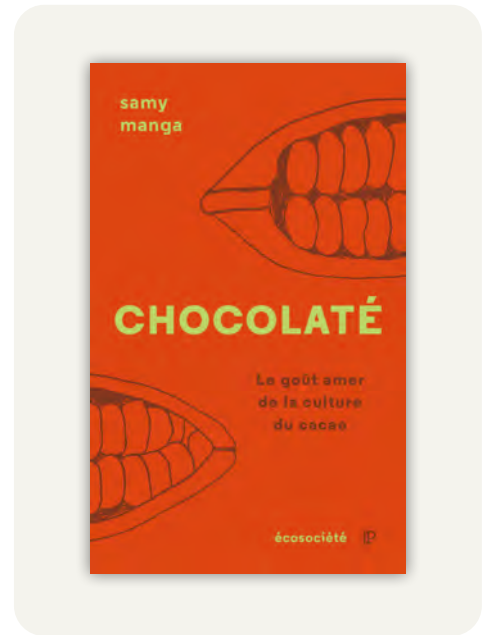
From ten years old onward, Abéna works alongside his grandfather in Cameroon's cocoa plantations. Valiant little general of the equatorial forests, Abéna is soon able to measure both the human and environmental damages caused by the monoculture farming of the bean responsible for chocolate.

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  
All rights available

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

# 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).



**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

## 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

# 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.

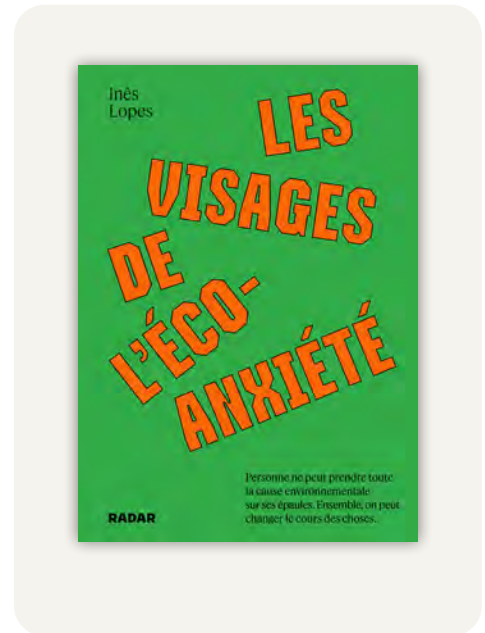
Have you ever experienced insomnia when wrestling over the world's droughts or massive forest fires? Or felt anxiety or despair about the magnitude of the effects of climate change? The ecological crisis has effects upon our mental and physical health. The term for this state is "ecoanxiety."

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  
All rights available

## **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**

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.



# Runaway World

Energy and Domination in the  
History of Human Societies

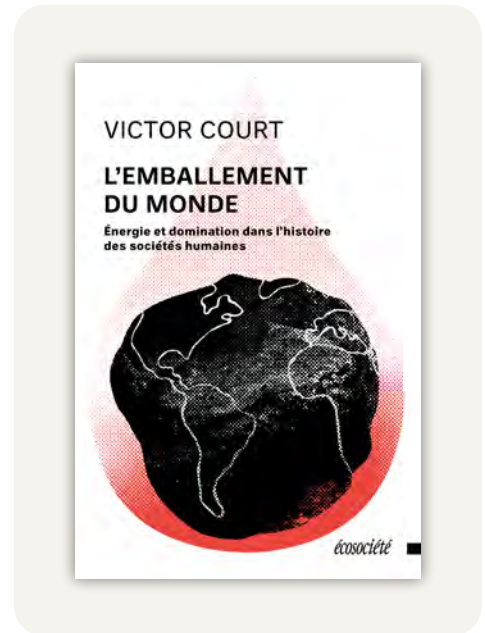
## Victor Court

Victor Court's work is an original and remarkable synthesis of the history of human societies viewed through the prism of energy relations and their implied modes of social organization.

From our food to our homes to our travels, energy touches upon all human activities. However, the use we make of it today has unprecedented repercussions on the biogeosphere. To such an extent, indeed, that we have shifted into a new geological epoch and begun the Anthropocene, the "human epoch." To understand how we came to disrupt the functioning of the Earth system to such an extent, Victor Court offers an ambitious historical synthesis of the impact of the exploitation of energy resources on societies and their environment. A world history of human societies seen through the prism of energy, from the Paleolithic to the present day.

From hunter-gatherers to contemporary extractors to the harvesters of antiquity and the Middle Ages, our need for energy has not only transformed our models of social organization but also our relations of domination: humans over nature, on the one hand, and certain humans over their fellow humans, on the other. The author examines the sources of the changes that humanity has experienced throughout our evolution, revealing the ruptures caused by the successive exploitation of the Sun, wind, water, and fossil fuels. The book teaches us, among other things, how our ancestors became bipedal, how critical the domestication of fire and tracking was to our development, what conditions were necessary for the emergence of agriculture, when and how the state appeared, and finally why the industrial revolution occurred, and how to apprehend the meteoric acceleration of human societies ever since.

*L'emballement du monde* ultimately raises the question of the future of the human adventure: that of salvation through technical progress or that of a global collapse. What if, because of the finiteness of resources and the ongoing ecological disaster, the path to take was rather that of sobriety?



**L'emballement du monde.**  
**Énergie et domination dans**  
**l'histoire des sociétés humaines**  
2022 • 504 pages  
All rights available

“A masterpiece.  
Neither a  
catastrophist nor  
a smug technophile,  
Victor Court offers a  
middle path between  
technical progress  
and sobriety.  
A major book.”

Emmanuel Lechypre  
L'Express

# 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

# The Agroecological Revolution

Feeding everyone without destroying the planet

## Alain Olivier

The global food system needs a rethink, and this complete guide to agroecology is the perfect place to start

Are we ready for the agroecological revolution? There's no longer any doubt that the Green Revolution of the 1960s failed and that the current global food system is dysfunctional. Just look at the issues: soil depletion, biodiversity loss, health problems from pesticides, millions of people with nutritional deficiencies, not to mention farm debt, the privatization of life, and the fact that agribusiness giants control the seed supply and food distribution systems. It's high time we brought agriculture in line with environmental concerns.

The author uses his experience as a teacher and agricultural researcher to take the reader step by step through the scientific principles and agricultural practices of agroecology, which focus on proper soil management, recycling the plant and animal biomass, and protecting water and ecosystems. Crop rotation, mixed cropping, agroforestry and integrating livestock in a sustainable way should be the norm. Because agroecology recognizes the value of the soil, farmers' knowledge and the role of women, one of its core tenets is that the people who feed us must have access to land and seeds.

In the current context of climate change, sustainable practices, social justice and food sovereignty should be the main pillars of agroecosystems and food systems in general. Agroecology – a broad social movement whose goal is to establish more sustainable and more equitable practices – is our best shot at transforming the relationship between human beings and their food, their land, and an exhausted and depleted natural world.

Professor at Université Laval's Faculty of Agriculture and Food Sciences, **Alain Olivier** holds the Chair in International Development and heads the Interdisciplinary Research Group in Agroforestry (GIRAF). In 2004, he received the Prix international La Recherche, Environment category, and in 2016, the Prix d'excellence en enseignement from Université Laval for his work in the internationalization of education.



La révolution agroécologique.  
Nourrir tous les humains  
sans détruire la planète  
2021 • 288 pages  
All rights available

An extraordinary book. This is the basic tool to get an idea of what agroecology is.

Lionel Levac  
Radio-Canada

## Rodolphe Christin

### Real Life is here

Can we still travel ?

Tourism is one of the industries that has had the strongest growth over the past few decades. Practiced by a tiny minority of the world's population, it harms people, landscapes and territories, even in its "greenest," most "responsible" forms. What does this mean ? Under these conditions, should we travel at all ?

Such is the wide-ranging issue that Rodolphe Christin asks us to consider in this short and powerful book. Following up on the devastating critique of tourism he articulated in *Manuel de l'antitourisme* (Écosociété, 2017), here, he focuses on travel itself and the possibilities it represents in today's world. Indirectly, he is responding to the opposition between tourism and travel that often comes up in debates around these issues. Christin argues that tourism is above all economic, while travel is essentially a philosophy. It is possible, therefore, "to see here and there, navigating on undeniably imaginary and probably irrepressible waters, some of its most meaningful forms".

### Antitourism Manual

This very successful essay shows how the planet's #1 industry — tourism — impacts the environment, foreign "destinations", as well as our own mindscape. Rodolphe Christin's delicate musings about the packaging of territories, globalization, and the fallacy of "sustainable tourism" are thought-provoking. So is his questioning of the value of an activity that we (all 3.5 % of us humans who travel) view as our birthright. A test for every self-righteous traveler.

**Rodolphe Christin** is a sociologist, the author of half a dozen essays and a novel. He lives near Grenoble — and yes, he has widely travelled.



**La vraie vie est ici.**  
**Voyager encore ?**  
2021 • 160 pages  
All rights available



**Manuel de l'antitourisme**  
2017 • 144 pages  
Spanish and Italian rights sold

# 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 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 Myth of Human Enhancement

A political and environmental criticism of transhumanism

**Nicolas Le Devédec**

Understanding the true nature of transhumanism and the capitalist model of society behind it

The goal of the transhumanist movement is to enhance human physical and mental capacities through augmentation procedures. Among its mind-boggling claims are that it can optimize our cognitive abilities, adapt the body to extreme conditions, select the genes of unborn children, and transcend sickness and death. But, while these procedures are promoted as the ultimate path to individual empowerment, instead they simply serve to feed productive capitalism.

Sociologist Nicolas Le Devédec highlights the relationship between transhumanism and neoliberalism, whose main goal is to “actively reconfigure individual and collective human behaviour so it conforms to the market and corporate model”. Internalizing the norms of self-improvement and performance that transhumanism promotes drives people to view their bodies as capital to be maximized, or as a resource to be exploited. Viewed in that light, the augmented human is the ultimate neoliberal subject. As proof of his theory, the author points to the popularity of smart drugs and psychostimulants in such diverse fields as healthcare, transportation and finance: their use clearly meets the need for workers to constantly produce more in less time. Freeing ourselves from the false promises of transhumanism means breaking out of the paradigm of unfettered growth in which it is rooted.

It's obvious that transhumanism is not the liberating agent we've been told it is, but rather a means of alienation and exploitation. Indeed, it would be unrealistic to “believe that technological breakthroughs conceived in, by and for the capitalist society, would in any way help slow the pace and reduce the amount of work. Moreover, because of its focus on mastering and controlling nature, transhumanism has a potentially destructive effect on the living world. Confronted by transhumanism, whose goal is to change human beings in order not to change the world, we must first reclaim our political freedom, and then establish a new relationship with the natural world and with living beings, human and non-human.



**Le mythe de l'humain augmenté.**  
2021 • 160 pages  
All rights available

This powerful essay tackles the subject of transhumanism and demonstrates quite convincingly the powerful economic and political interests behind this ideology.

Généthique

# Losing South

Decolonize International Solidarity

## Maïka Sondarjee

A real framework for analysis and action to rethink North-South relationships and counter the temptations to withdraw into oneself.

Has the time come to develop a moral and political position that would enable us to show greater solidarity with peoples of the South? Asking us to genuinely rethink North-South relations, Sondarjee puts forward a new framework for analysis and action: radical internationalism. Distinct from liberal internationalism, alterglobalization or deglobalization, radical internationalism provides a progressive, intersectional and multilateral vision of international politics. Sondarjee's book also proposes to define an alternative based on solidarity before nationalism, and to offer concrete political and economic solutions that would allow us to leave neoliberal globalization behind.

Although the left often claims to be "internationalist" or to support "alterglobalization", it does not consistently or coherently include the exploitation of people living in the global South in its analysis of the capitalist system. Few are willing to explain what a truly progressive foreign and multilateral policy would look like. And while the economic transition is often mentioned, we forget to say that ending the exploitation of other parts of the world is the only way to carry out a just transition towards another system.

Derived from a moral position that is intended to make the Other a part of our concept of politics, radical internationalism could be the basis for rehabilitating practices such as international cooperation and official development assistance.

**Maïka Sondarjee** has a Ph.D in political science from the University of Toronto, where her thesis analyzed the inclusion of populations from the South in the development of World Bank policies. She is now a researcher at the International Development Research Centre (IDRC). Her interests include approaches based on feminism, decolonialism and criticism of international systems, and she is also a founder of InformedOpinions, a group working to amplify women's voices in the media.



**Perdre le Sud.**  
**Décoloniser la solidarité**  
**internationale**  
2020 • 272 pages  
All rights available

## Alain Deneault

### The Legalization of Fraud

A handbook on Tax Havens

When schools deteriorate, when a clinic is forced to close, when a viaduct collapses or a festival loses a subsidy, Tax Havens are to blame. A source of increasing inequality and huge tax losses, the use of Tax Havens by large corporations and wealthy individuals goes a long way to explain today's austerity policies.

«It's legal!» proclaim the culprits. In five efficient chapters, Alain Deneault raises the political questions surrounding this legalized scam. How does one define it and what are the dramatic consequences of this kind of plunder? Just how do we confront the laws of the rich and powerful?

It's time to put an end to this senseless mechanism by which taxpayers finance banks through servicing of the debt and public services, allowing business to profit while taxpayers lose. We need to address the issue of tax havens, collectively, so that what is now legal is no longer so.

### Perverse Totalitarianism

On a Multinational and its Power

Can the word "totalitarianism" describe the power of multinationals as it has been instituted and imposed since the early twentieth century? Modern political thought holds that the subjects of a collectivity are supposed to obey not the powerful, but the law. Perversely, however, that situation has been reversed. Today, multinationals ensure that the deliberations of political assemblies are subject to other "laws," their laws, whose effectiveness they uphold – "laws" of the market or competition. Total, the French multinational, is a textbook case. This book examines how it has established itself as a sovereign private authority, in a process that has been imitated by other multinationals. Total has become a power distinct from states – one that dominates them, takes them over, and uses them as tools in order to rule, and to extract resources, through the oligopoly that it forms with its peers.

Published in France by Éditions Rue de l'Échiquier.

Alain Deneault, program director at Collège international de philosophie in Paris, has written on multinationals, tax havens, and the ideology of governance.



**Une escroquerie légalisée.**  
Précis sur les « paradis fiscaux »  
2016 • 128 pages  
English rights sold (Canada)  
Spanish rights sold



**Le totalitarisme pervers.**  
D'une multinationale au pouvoir  
2017 • 144 pages  
All rights available



# 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 m<sup>2</sup>), 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

# 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

# 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 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 Artisan Farmer

A Handbook for raising Broiler Chickens, Laying Hens, and Dairy Goats using Artisanal Techniques

## Dominic Lamontagne

Foreword by Marc Séguin

The basics of agricultural practices to enable artisan farmers to inhabit almost everywhere, and perhaps especially in hostile terrain.

Both the winners and losers created by the massive industrialization of agricultural processes seem to have forgotten that agriculture was first designed to feed us. Once, there was no country without peasants, and every rural area had its traditions and artisans. Today, regions are devitalized by the rural exodus that is emptying our countrysides. Might not small ecological farms be a formidable antidote to this? Following in the footsteps of Jean-Martin Fortier, who gave us a work on market gardening (*Le jardinier-maraîcher*), Dominic Lamontagne invites us to reappropriate our agricultural knowledge.

Lamontagne tells us about the methods and tools we need to raise laying hens, broiler chickens, and goats. How do you build a henhouse or a trough? How do you milk a goat? How can you tell if your farm animals are in good health? The author answers all of these questions, using illustrations, and focusing on manual solutions that show respect for animals and the land.

Lamontagne has called on other contributors to round out the volume with valuable sections on other aspects of the family and ecological farm: bees, geese, sheep, and permaculture. This is an important guide for anyone who wants deeper solidarity with the environment and greater self-sufficiency.

After running a bistro in Montréal (among other things), **Dominic Lamontagne** moved with his family to Sainte-Lucie-des-Laurentides. Since then, he has focused on promoting food self-sufficiency and responsible gastronomy through his website *En pleine gueule*. His book *La ferme impossible*, published by Écosociété in 2015, is a vibrant plea for the return of family farms.



**L'artisan fermier.**  
**Manuel d'élevage artisanal**  
**du poulet de chair, de la poule**  
**pondeuse et de la chèvre laitière**  
2019 • 352 pages  
All rights available

“It's like a bible,  
an incredible source  
of information.  
Really a very  
well researched  
handbook.”

Julie McNicoll  
Radio-Canada

# 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



# “Québec was founded in my country!”

A journal of meetings, from Ani Couni to Kiuna

## Emanuelle Dufour

Emanuelle Dufour confronts the shame she feels over her ignorance of Québec’s Aboriginal people and uses it as motivation to meet some fifty leading Aboriginal figures.

“The truth is that I was born in Québec, that my family has lived on their traditional lands for over 200 years, and yet I know almost nothing about them and I don’t know a single Aboriginal person. The truth is that I’m ashamed of myself ... ashamed of us.”

After meeting with members of New Zealand’s Maori people, Emanuelle Dufour realized how little she knew of about Québec’s First Nations. When she returned, she began the process of learning more about the everyday life of the Aboriginal people and launched a timely and important dialogue. Why do our history books ignore the residential schools, and why do “Indian” stereotypes still appear in pop culture? How did Aboriginal people experience the Oka crisis? Based on her own experience, but also drawing on the experiences of many indigenous and non-indigenous people, this multi-faceted book explores the legacy of our colonial past and brings to light stories that have remained in the shadows for too long.

“Québec was founded in my country!” says Anna Mapachee, turning the tables on our colonial past. While systemic racism still shapes the Aboriginal condition, this meeting journal also bears witness to the work being done by different communities to reclaim their languages, their ancestral knowledge and their identities, at such places as the Kiuna College in Odanak, “a school just for us”.

How about you? Are you ready to find out what role you can play in the story?



«C'est le Québec qui est né dans mon pays!» **Carnet de rencontres, d'Ani Kuni à Kiuna**  
2021 • 208 pages  
All rights available

It's so fascinating,  
so instructive,  
and so creative  
as well. It really  
resonated with me!

Rebecca Makonnen  
Radio-Canada

# How Tax Havens Ruined my Breakfast

**François Samson-Dunlop**

Afterword by Alain Deneault

“That’s it – from now on, I’m taking myself out of their business. I won’t have anything to do with companies that are involved in tax evasion!” Our hero, a young man in his thirties, is now aware of the octopus-like grip that tax havens have on our lives, and he has decided to meet the challenge. Setting out on his quest under his partner’s amused (and savvy) eye, he gradually comes to realize that he will be giving up a very large number of everyday items. Kitchen table? It comes from IKEA. Artisan-made knife that will support the local economy? Delivered by FedEx. Auteur film at the cinema? Financed by Amazon. iPhone? Apple is a supreme master of the art of avoiding taxes. In short, it’s not going to be easy.

Can one person sever all ties with anything connected with tax havens, whether directly or indirectly? Inspired by the work of philosopher Alain Deneault, this graphic novel wittily takes apart the tax evasion ploys used by multinationals. It makes us see how deeply political the issue of tax havens is, and how deeply we need a collective response to them.

After showing his mettle with *Philadelphie*, **François Samson-Dunlop** co-authored and illustrated *Pinkerton* and *Poulet Grain-Grain* (La Mauvaise tête). He is the cofounder and editor of the fanzine *Tout va bien*, and his column on “Sport and society, sort of” is published in *Planches*, a Québec graphic art/comic strip periodical.



Comment les paradis fiscaux  
ont ruiné mon petit déjeuner  
2019 • 216 pages  
All rights available

Despite the complexity of the subject, *How Tax Havens Ruined My Breakfast* is an easy read. This is where its main strength comes from.

Christine Beaudoin  
Le mouton noir

# How (and why) I Became a Vegan

**Eve Marie Gingras**

Foreword by Elise Desaulniers

In *Comment (et pourquoi) je suis devenue végane*, Eve Marie Gingras shares how her thinking evolved on veganism, our relation with animals, abusive and cruel treatment meted out in slaughterhouses, and the environmental problems we are facing. She examines the cognitive dissonance arising from an essentially meat-based diet: we often turn a blind eye to the conditions of production that bring eggs, milk or foie gras to our plate. Whether their origins are industrial or artisanal, their consumption raises a moral dilemma that we need to look at now more than ever.

This book, resulting from Gingras's personal experience, is intended for anyone who is aware of the consequences of their food choices, who is curious to learn more about what is at stake, and, especially, who wants to make choices more consistent with their ethics.

**Eve Marie Gingras** has a visual arts degree from the Université du Québec à Montréal and has been working as a massage therapist for over a decade. Her interest in ethics, her love for animals, and a need to feel useful brought her back to the drawing table. *Comment (et pourquoi) je suis devenue végane* is her first graphic novel.



**Comment (et pourquoi)  
je suis devenue végane**  
2020 • 144 pages  
All rights available

“Much more than a testimony or a story, it is a vibrant plea, a skilful vulgarization of the issues of veganism, of its different schools of thought.”

Christian Saint-Pierre  
Le Devoir