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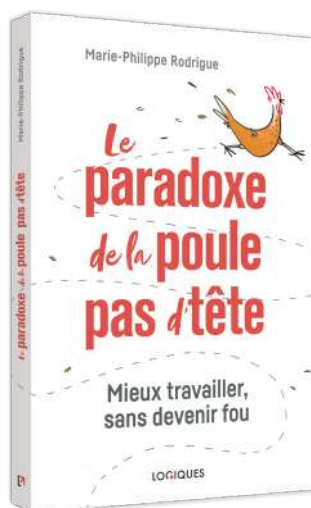
Non-Fiction

- 2 Le paradoxe de la poule pas d'tête – Mieux travailler, sans devenir fou /
The Paradox of the Headless Chicken: Work Better Without Going Crazy
- 3 Les angoisses de ma prof de chinois – Où s'en va la Chine? /
The Many Worries of My Chinese Language Teacher: Where Is China Heading?
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The Active Revolution: From Managing Illness to Promoting Health
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La Peur d'avoir peur – Guide de traitement du trouble panique et de l'agoraphobie /
Afraid of Being Afraid: A Guide to Coping with Panic Disorder and Agoraphobia
- 10 FOREIGN REPRESENTATION

New Releases

LOGIQUES

PRACTICAL GUIDE



Le Paradoxe de la poule pas d'tête -
Mieux travailler, sans devenir fou

/ The Paradox of the Headless Chicken:
Work Better Without Going Crazy

Marie-Philippe Rodrigue

LOGIQUES
AUGUST 2023
15.2 CM × 22.9 CM ■ 200 P. ■ \$29.95

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AUTHOR

A speech therapist by training, **Marie-Philippe Rodrigue** is the founder and owner of Clinique Expression in Quebec City. Fascinated by the issues of career development and fulfilment in the workplace, she offers mentoring services in organization and time management.

A book to help you take control of your schedule and find the fun in work

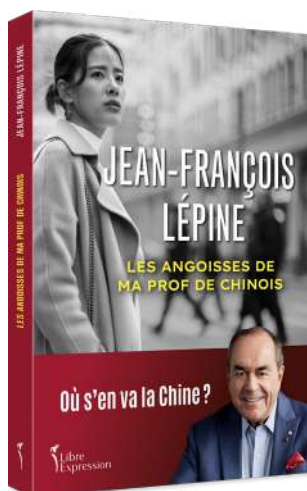
DESCRIPTION

Using a straightforward approach, the author delves into her own experiences in the hope that these will also inspire her readers. In her light, gently humorous tone she addresses the issues of efficiency, productivity, organization, time management, and mental workload, with no guilt attached. The guide is divided into three sections: the laws of productivity, the myths associated with them, and tips to put into practice in your professional life.

SALES POINTS

- This book suggests concrete tools for structuring and optimizing your schedule.
- Very active on social media, the author has nearly 5,000 followers on Instagram.
- Since 2019, she has hosted a podcast on speech therapy, which now has over 100 episodes.

New Releases



Les angoisses de ma prof de chinois -
Où s'en va la Chine ?

/ The Many Worries of My Chinese
Language Teacher: Where Is China Heading?

Jean-François Lépine

LIBRE EXPRESSION
OCTOBER 2023
15.2 CM × 22.9 CM ■ 336 P. ■ \$29.95

All rights available



AUTHOR

A seasoned journalist, **Jean-François Lépine** was a Canadian diplomat from 2015 to 2021, as director of the Government of Quebec's offices in China. Chief reporter for Société Radio-Canada and CBC in Beijing, Paris, and Jerusalem from 1982 to 1990, he is renowned as an unparalleled analyst and communicator. From 1990 to 2013, he presented several popular public affairs programs on Radio-Canada television and on TV5 Monde. The excellence of his work has been recognized with many awards and honours. Jean-François Lépine was named Officier de l'Ordre du Canada in 2012, and Officier de l'Ordre du Québec in 2022.

Should we fear China and its dream of becoming the world's biggest
superpower? Are the Chinese a threat to us?

DESCRIPTION

Jean-François Lépine has spent time in China and with the Chinese for 40 years. First as a journalist in Beijing in the 1980s and later for a term of six years ending in June 2021 as a diplomat, at the head of the Quebec government's network of offices in China. He is one of few Canadians to have had such a long and rich experience in the country and is also able to speak the language. In this book, describing the people encountered over those 40 years—including the woman who was his Chinese language teacher, with whom he is still in contact—he paints a portrait of a people that wants to dominate the world, shows us what they think of us, and suggests what we can learn from them.

SALES POINTS

- Jean-François Lépine completed a term of almost six years as a representative of Quebec in China.
- The author's previous book, *Jean-François Lépine – Sur la ligne de feu* (2014), has sold **40,500 copies**.
- As a China and Asia specialist Jean-François Lépine analyzes and comments on international current affairs on Radio-Canada and in conversation with Paul Arcand on 98.5 FM.

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New Releases

les éditions
du journal

HEALTH



La révolution active – De la gestion de la maladie à la promotion de la santé

/ The Active Revolution: From Managing Illness to Promoting Health

Dr Jean-Pierre Després

LES ÉDITIONS DU JOURNAL
OCTOBER 2023
17 CM × 23 CM ■ 256 P. ■ \$34.95

All rights available



AUTHOR

Dr Jean-Pierre Després is a professor in the department of kinesiology at Laval University in Quebec City, as well as the scientific director of the VITAM centre for sustainable health research. His research interests include obesity, diabetes and cardiovascular disease, and how these conditions can be prevented through exercise and healthy eating.

A scientific book written in accessible language that pinpoints the various risk factors leading to chronic societal diseases

DESCRIPTION

As many of us are leading less active lives, we're seeing an alarming increase in some chronic so-called societal diseases. One of the main factors is the prevalence of visceral fat, which is associated with a number of risks for the body. This book starts by examining the various risk factors for chronic societal diseases from a scientific perspective, but in a simplified way. It goes on to focus on visceral obesity and its consequences, as well as how it affects different sociodemographic groups such as women, seniors and young people. But there is good news, as the author points out how prevention by lifestyle can be a key solution.

SALES POINTS

- This book offers an extensive toolbox for building good lifestyle habits, because it's never too late to start!
- The author dispels several myths:
 - Visceral obesity can affect people who are thin or fat.
 - Body Mass Index (BMI) is an obsolete indicator that cannot determine if a person is in good or poor health.

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Introduction

Part 1 The state of play

- Chapter 1 – Chronic “societal” diseases
- Chapter 2 – The medical response to chronic societal diseases
- Chapter 3 – The limits of medicine versus the tidal wave of chronic societal diseases

Part 2 What the science says

- Chapter 4 – Obesity: beyond a healthy weight
- Chapter 5 – Fatty liver disease: another consequence of our lifestyle

- Chapter 6 – The causes and mechanisms of visceral obesity
- Chapter 7 – Women's body fat and chronic societal diseases
- Chapter 8 – Aging healthy: chronic diseases are not inevitable
- Chapter 9 – Our children's lifestyle: at school and at home

Part 2 Potential solutions

- Chapter 10 – Physical activity, sedentariness, cardiorespiratory fitness
- Chapter 11 – Nutrition and health: making the message simple
- Chapter 12 – Prevention by lifestyle: beyond the individual approach
- Conclusion

New Releases



Cessez le feu! Comment désamorcer les violences du quotidien

/ Enough is Enough! How to De-escalate Violence in Our Daily Lives

Isabelle Côté

TRÉCARRÉ

MARCH 2023

15.2 CM × 23 CM ■ 168 P. ■ \$27.95

Rights sold: French outside Canada (Eyrolles)

A book that offers practical tools and proven techniques to stem the rise of violence

DESCRIPTION

Barely a day goes by without the media reporting a violent incident in a family home, a school, a hospital, a business, or on public transport. Employees are verbally abused, politicians are threatened, and nurses are assaulted in vaccination clinics. These are just a few examples. It's easy to feel powerless against all the manifestations of violence we encounter.

This practical guide is intended to help stem the rise of aggressive and violent behaviour we may find ourselves exposed to as we go about our lives. It offers a unique perspective and fosters an understanding of the contexts in which acts of violence are committed to help avoid or de-escalate these situations.

SALES POINTS

- Few books about violence are written for the general public.
- Someday we will all witness or be a victim of verbal, physical or psychological violence. As the pandemic drags on and the social climate worsens, a guide like this could not be more timely.

TABLE OF CONTENTS

- Chapter 1 – Two things we should know about violence
- Chapter 2 – Our temperament in a conflict situation: friend or foe?
- Chapter 3 – Why violence? Factors that influence behaviour
- Chapter 4 – Acting on the feeling: when anger turns to violence
- Chapter 5 – How violent behaviour can escalate
- Chapter 6 – How to get away from verbal and physical violence
- Chapter 7 – How to get away from psychological harassment and manipulation

TRÉCARRÉ



AUTHOR

Isabelle Côté has a diploma in social assistance and a degree in social service from the University of Sherbrooke, plus 35 years of experience as a social worker, including twenty-five with Quebec's youth protection agency. Since 2015, she has worked exclusively as a consultant and trainer dedicated to the prevention of violence and harassment.

New Releases



La Masculinité antitoxique – Ce que tout homme bienveillant devrait savoir

/ Anti-toxic Masculinity: What Every Man Who Cares Should Know

Michel Dorais

TRÉCARRÉ
MARCH 2023
15.2 CM × 23 CM ■ 232 P. ■ \$29.95

All rights available



AUTHOR

Michel Dorais is the author of numerous books about prevention and diversity in human sexuality.

A professor and researcher at Laval University, he lives in Quebec City.

An essay that aims to define and identify toxic male behaviour, and ultimately prevent it from happening

DESCRIPTION

This book is written for men of all ages, not without a touch of humour, to share the attitudes we need to embrace to fix our emotional and relationship problems. The author demonstrates the harmful effects of toxic virility without completely vilifying men. Because masculinity and virility are not inherently toxic, and there's nothing to say they have to be. But how can we cultivate more positive masculinity? By fostering anti-toxic behaviour. This involves not only refraining from unhealthy, controlling aggressive and violent actions ourselves, but also calling out and putting a stop to what we see around us.

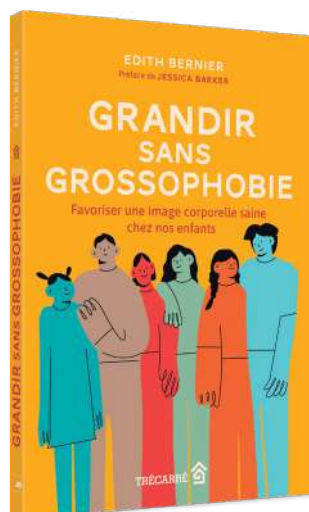
SALES POINTS

- A well-documented and reader-friendly book filled with practical examples.
- The author's previous book, *A Guy's Guide to Good Sexual Conduct*, was published in 2021. It attracted great media attention and went on to sell **3,500 copies** in Quebec.

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| Chapter 3 – Is there an animal inside us? | Chapter 10 – Toxic virility in politics / the politics of toxic virility |
| Chapter 4 – There's no shame in admitting something's not right | Chapter 11 – Not taking yourself too seriously: it's serious business |
| Chapter 5 – It's not easy to ask the right questions | Chapter 12 – What is friendship for? |
| Chapter 6 – Male anger: manage the frustration, prevent a crisis | Chapter 13 – Seeking models and mentors |
| Chapter 7 – Desire, flirting and love: how to tell them apart | Chapter 14 – It's OK to become who you want to be |
| | Chapter 15 – The anti-toxic masculinity game plan |

New Releases



Grandir sans grossophobie- Favoriser une image corporelle saine chez nos enfants
/ Growing Up Without Fatphobia: How to Promote a Healthy Body Image to Our Children

Edith Bernier

TRÉCARRÉ
FEBRUARY 2023
15.2 CM × 23 CM ■ 240 P. ■ \$26.95

All rights available



AUTHOR

Edith Bernier has a degree in communications from Montreal's UQAM. In 2013, she started a blog called *La Backpackeuse taille plus*. Since 2017, she has been writing about and taking a stance on the issues of fatphobia, diversity and body image in the media. Her fatphobia blog, *Grossophobie.ca*, is THE essential reference on the topic for Francophones all over the world. Her first book, *Grosse, Et puis ? Connaître et combattre la grossophobie (Fat? So What? How to Understand and Fight Fatphobia)* had published in 2019. *Growing Up Without Fatphobia: How to Promote a Healthy Body Image to Our Children* is her second book to be published by Trécarré.

A timely, important and compassionate book for parents everywhere, as well as educators and health experts

DESCRIPTION

Many children grow up exposed to ambient fatphobia, which can become internalized. This may lead them to develop a distorted body image and pave the way to eating disorders and low self-esteem. This guide for parents, no matter what their own "body history" or physique, provides food for thought and tools to help break the cycle of fatphobia and body loathing for kids of all ages, from toddlers to preteens.

SALES POINTS

- The author's arguments are supported by a consultant psychologist (Rose-Marie Charest) and nutritionist (Claudia Houle).
- The author takes an active stance and is an important advocate in the fight against fatphobia.

SUMMARY

- 1 - What is fatphobia?
- 2 - Being fat is not a choice
- 3 - Coming to terms and breaking the cycle of your own fatphobia
- 4 - The fear of having a fat child
- 5 - Fatphobia in your child's entourage
- 6 - Standing up for your child
- 7 - The effects of ambient fatphobia on children
- 8 - Talking to your child about weight
- 9 - Children and food
- 10 - Setting an example for your child

Backlist

HEALTH

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L'Anxiété apprivoisée – Transformer son stress en ressource positive

/ Taming Anxiety: How to Turn Stress into a Source of Strength

Amélie Seidah, Isabelle Geninet

TRÉCARRÉ

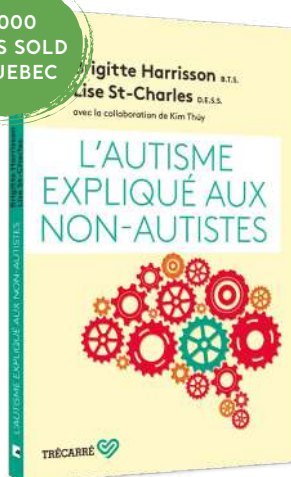
FEBRUARY 2020

15.2 CM × 22.9 CM ■ 152 P. ■ \$22.95

Rights sold: France (Marabout)

A book to help readers discover their strengths and foster personal growth in everyday life

40,000
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IN QUEBEC



L'Autisme expliqué aux non-autistes

/ Explaining Autism to the Non-Autistic

Brigitte Harrisson, Lise St-Charles

With the collaboration of **Kim Thúy**

TRÉCARRÉ

MARCH 2017

15.2 CM × 22.9 CM ■ 176 P. ■ \$19.95

Rights sold: Belgium–Dutch (Deltas), Canada–World English (Dundurn), China (China Worker Publishing House), France (Marabout), Italy (Vallardi), Saudi Arabia (King Saud University), Spain–Castilian and Catalan (Viena Editorial)

A unique and courageous framework for understanding autism, with 50 aspects of autistic functioning presented in a question-and answer format, as well as numerous real-life guidelines based on an understanding of ASD in line with current neurological research

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L'Estime de soi et l'Autiste

/ Autism and Self-Esteem

Brigitte Harrisson, Lise St-Charles

With the collaboration of **Kim Thúy**

TRÉCARRÉ

MARCH 2019

15.2 CM × 22.9 CM ■ 224 P. ■ \$19.95

Rights sold: Belgium–Dutch (Deltas), France (Marabout)

A guide to help those with autism build a sense of identity and self-esteem

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IN QUEBEC



Grosse, et puis ? – Connaître et combattre la grossophobie / Fat? So What? How to Understand and Fight Fatphobia

Edith Bernier

TRÉCARRÉ
SEPTEMBER 2020
15.2 CM × 22.9 CM ■ 256 P. ■ \$27.95

Rights sold: France (Marabout)

An essential guide to help readers identify fatphobia, fight the stigmatization of fat people and consider their own perceptions

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Endométriose et fibrome utérin – De la souffrance à l'action / Endometriosis and Uterine Fibroids: Move on from Pain by Taking Charge of Your Health

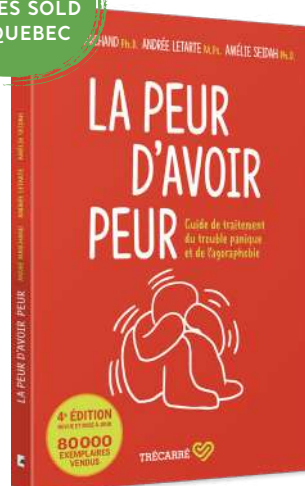
Aïssatou Sidibé, Marie-Josée Thibert

TRÉCARRÉ
MARCH 2022
15.3 CM × 22.9 CM ■ 176 P. ■ \$29.95

Rights sold: French outside Canada (Litos-Éditions du Rocher)

A book that advocates taking back control over your health and your uterus by offering content covering more than just the condition

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IN QUEBEC



La Peur d'avoir peur – Guide de traitement du trouble panique et de l'agoraphobie 4^e édition revue et augmentée / Afraid of Being Afraid: A Guide to Coping with Panic Disorder and Agoraphobia 4th edition, revised and expanded

André Marchand, Andrée Letarte, Amélie Seidah

TRÉCARRÉ
MARCH 2018
15.2 CM × 22.9 CM ■ 264 P. ■ \$24.95

Rights sold: France (Livre de Poche), Latin America and US–Spanish (Oceano), Romania (Editura for You)

A new, enhanced, and updated edition of a classic reference book on anxiety

Foreign Representation

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