

LONDON

BOOKFAIR

CATALOGUE

2021

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hachette
PRATIQUE

éditions
la
plage

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For the past 25 years, La Plage, an Hachette Livre imprint, has been fully committed to the environmental cause.

We publish titles focusing on a wide range of environment-related issues, with books on organic food, vegetarian and vegan cooking, alternative parenting, green building, non-violence, and more.

Our authors are all experts in their fields committed to the environmental cause and willing to pass on their knowledge and know-how.

All our books are produced on recycled or sustainable paper, with vegetal inks and without chemicals. We ensure optimal use of materials and waste reduction thanks to our formats. We favour local printers to reduce our carbon footprint.

DINNER'S READY !



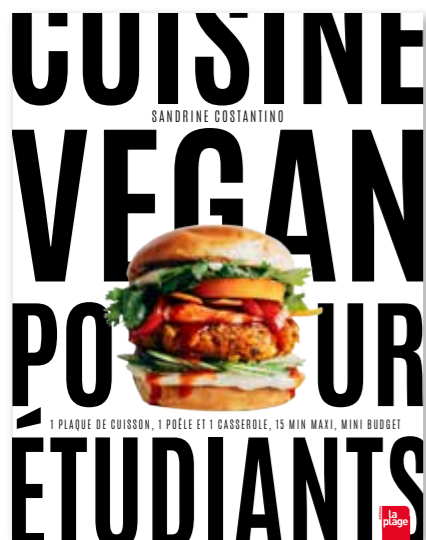
Softcover with flaps • 225x175mm
160pp. • 9782842218669 • May 2021
19,95 €

120 veggie recipes for the whole family

- Quick & cheap veggie recipes for everyday
- Weekly menus
- Tips and tricks to cook in an eco-friendly way



VEGAN COOKING FOR STUDENTS



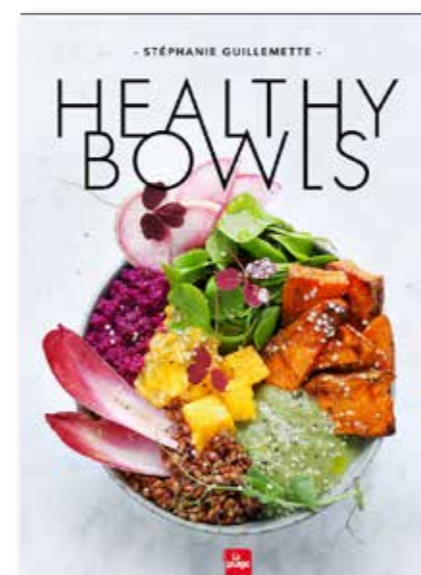
Hardback • 225x175mm 160pp. •
9782842218102 • August 2021 •
15,95 €

Only basic ustensiles, 15 min and 5€ needed!

- Few titles on the subject available on the market
- Simple, healthy, quick and cheap recipes to make with few utensils (no oven required)
- Bonus: at the end of the book, 16 weekly menus per season with prices, shopping lists and nutritional analyses.



HEALTHY BOWLS



Hardback • 260 x 192 • 160pp
9782842219451 • September 2021
19,95€

High in vitamins bowls for every seasons

- 75 energising & colourful recipes
- Every kind of Bowls, sweet for breakfast or salty for lunch
- Only fresh, in-season ingredients used

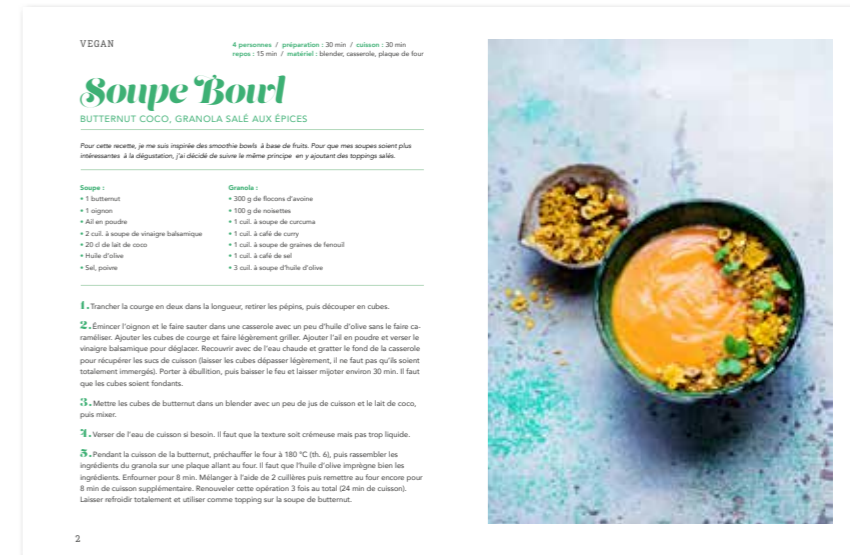
THE POWER OF FASTING



Hardcover • 225x175mm
80pp. • 9782842218577
April 2021 • 12,5 €

200 answers to the most frequently asked questions!

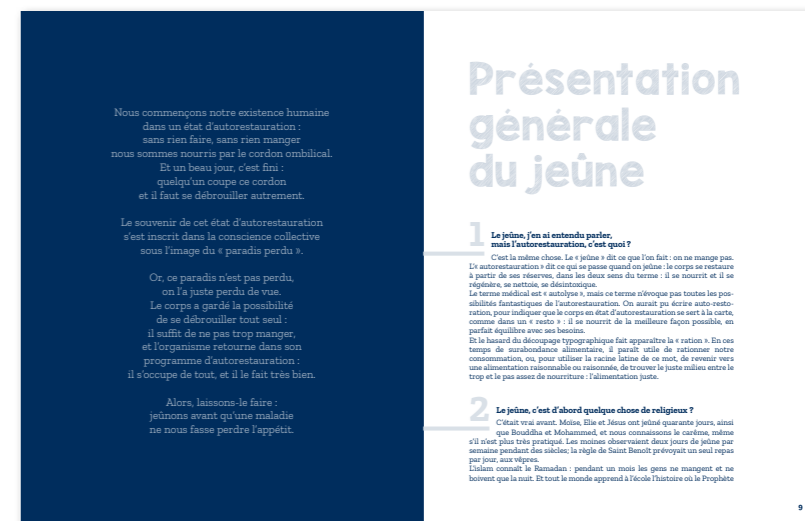
- A question/answer book
- Already 30k cps sold of the first edition
- The benefits of fasting
- Advice to choose the fasting program which suits you best



ALSO AVAILABLE

HEALTHY BRUNCH

Softcover • 260x190mm
156pp • 9782842218065
Available • 19,95 €



FEEL GOOD SOUPS



Softcover • 267x197mm
252pp. • 9782842219512
Available • 29,95 €



SUPER FOODS SERIES

- Super foods series
- Recipes centered around one ingredient, dish or cooking method
- Recipes that are both healthy and yummy
- Ideal for vegan, vegetarian, and gluten-free diets
- Beautiful photographs

Softcover • 225x175mm
80pp. • 9,95 €

COOKING WITH HERBAL WATERS



Learn the benefits of cooking with herbal waters, also known as hydrolates. A never-before-seen topic!

9782842219215
June 2021

LACTO-FERMENTATION



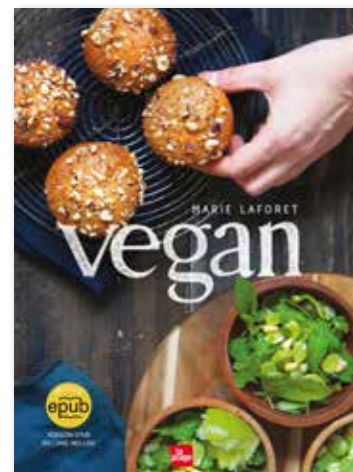
Re-discover the powers of lacto-fermentation and make your own recipes at home. Already 14 000 cps sold of The Art of Fermentation by La Plage!

9782842218638
Available

VEGAN MEALS ON TOAST



9782842218218
Available



THE GREAT BIBLE OF VEGAN FOOD

Softcover
260x190
324 pp.
9782842216627
Available
19,95 €



VEGGIE COOKING FOR BEGINNERS

Softcover
260x190
324 pp.
9782842217501
Available
19,95 €

AGAR-AGAR



9782842211639
May 2021

VEGGIE BURGERS



9782842213602
June 2021

ORGANIC CANDIES



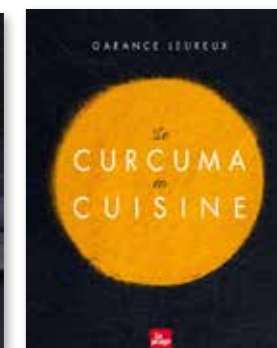
9782842217945
Available

VEGAN CHEESES



9782842218010
Available

COOKING WITH TURMERIC



9782842219178
June 2021



250 VEGAN RECIPES FOR EVERYDAY

Softcover
260x190mm
256pp.
9782842217884
Available
24,95 €



VEGETARIAN RECIPES FOR EVERYDAY

Flexicover
260x190
324 pp.
9782842217853
Available
24,95 €

VEGETABLE MILKS AND YOGHURTS



9782842218591
Available

FERMENTED BEVERAGES



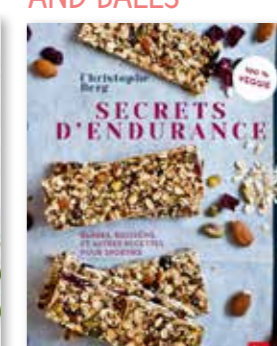
9782842219161
Available

NETTLES & DANDELION



9782842218850
April 2021

ENERGY BARS AND BALLS



9782842218874
May 2021 • 14,95€

JUICE EXTRACTOR



9782842213848
Available

THE COMPLETE GUIDE TO FASHION DESIGN

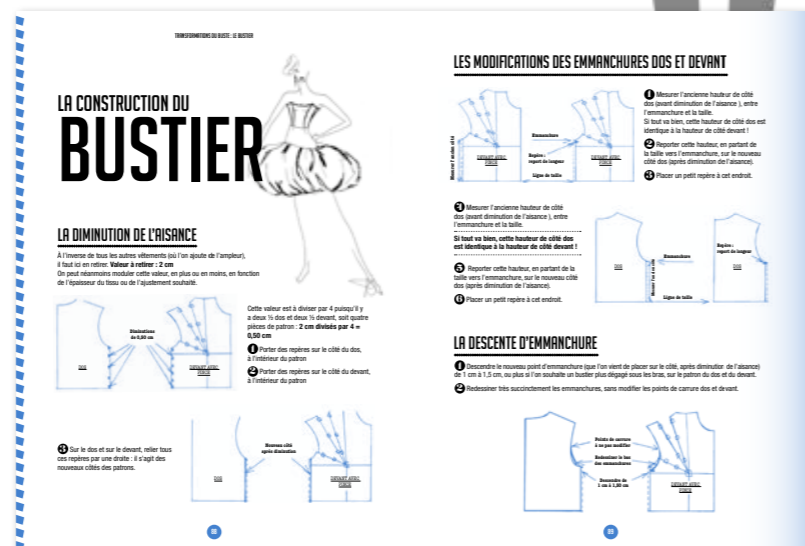


Everything you need to design your own wardrobe

- A professional manual for sewing enthusiasts or future seamstresses, stylish and inspiring
- Three volumes of 500 pages, with more than 6000 sketches and illustrations: a complete method for making all types of custom-made women's clothing.
- A specialist author who, over 25 years of teaching, has continually refined their approach into a highly detailed method that can be used by students who cannot attend physical classes.



Hardback • 260x195mm
500pp. • 9782842219109
October 2021 • 49,95 €



HIDDEN CLOSET TREASURES

Softcover
240x170mm
96pp.
9782842219390
August 2021
17,95€

Upcycle your wardrobe

- Simple techniques to transform your clothes
- An eco-friendly approach
- Written by a sewing expert



SEWING

Softcover with flaps
240x170mm
144pp.
Available
29,95 €

Getting started and getting better

- A best-selling title in France
- A must-have for all sewing beginners
- Over 100 step-by-step illustrations



ECO-FRIENDLY KNITTING

Softcover with flaps
240x170mm
128pp.
9782842219413
August 2021
19,95 €

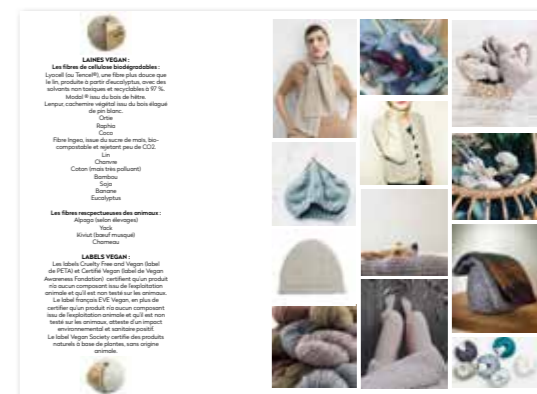


THE SEWING DOCTOR

Softcover with flaps
240x170mm
144pp.
September 2021
29,95 €

100 practical questions and answers, to know everything about sewing

- Suitable for all levels, from absolute beginners to experienced sewers
- Structured in 6 parts: patching, retouching, beginners sewing, catching up on a missed stitch, etc.
- Each question is accompanied by explanatory tutorials and diagrams



20 timeless clothes made from vegetable fibres

- First knitting book on this topic
- Accessible to all, from beginners to experienced knitters
- Timeless pieces to keep in your wardrobe forever



SEW YOUR OWN HOME

Softcover with flaps
225x175mm
80pp
Available
12,90 €

Sew your eco-friendly home

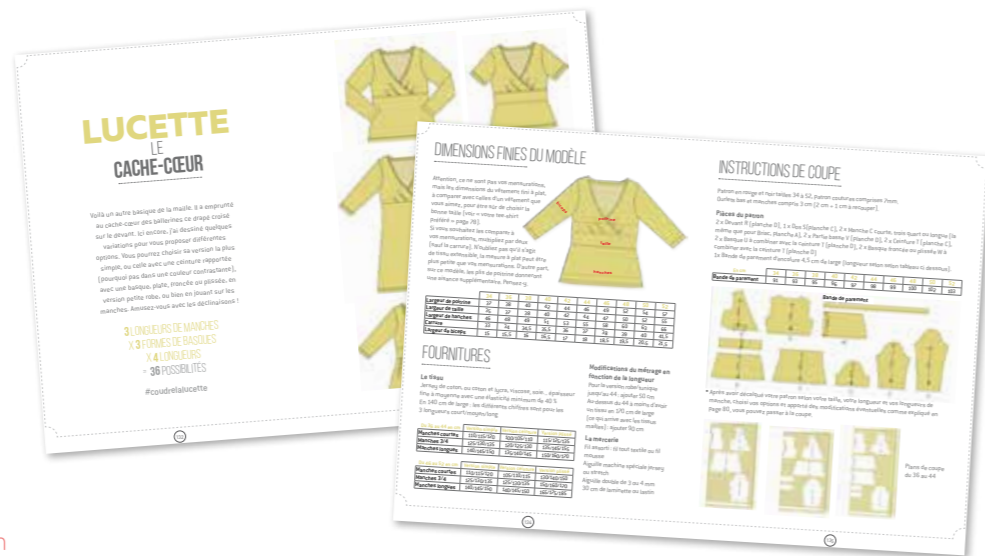
- 30 sewing projects to decorate your interior the eco-friendly way
- Numerous projects for creating common bathroom and kitchen items: long-lasting sponges, cotton cleansing pads



for make-up removal, bio film to keep dishes fresh in the fridge, etc.

- An affordable way to spruce up your home – while also doing your bit for the planet!

SEWING STRETCH



Softcover with flaps • 240x170mm
160pp. • Available • 24,95 €

All there is to know about sewing stretch fabrics

- All the techniques and step-by-step instructions to craft projects with elastic materials
- 8 sewing patterns adaptable to all sizes
- Brand new edition focused on trousers, skirt, shorts, etc, after the success of volume 1 dedicated to tops
- A bestselling title in France



SEW YOUR OWN LINGERIE

Softcover with flaps
240x170mm
224pp.
9782842218553
April 2021
24,95 €

Everything you need to know to make your own underwear

- All the techniques needed to sew your own lingerie, with detailed step-by-step instructions
- Design templates available in all sizes, from smallest to largest
- Including several projects that can be completed in just half a day

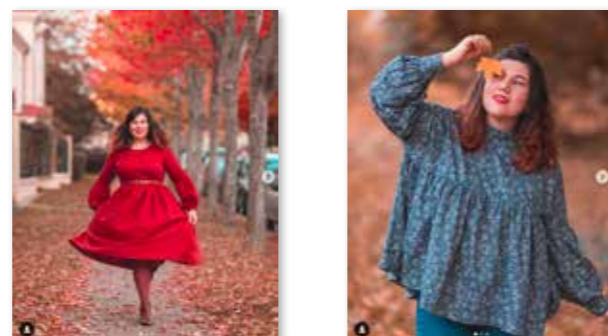


BODY POSITIVE SEWING

Softcover with flaps
240x170mm
160pp.
9782842217372
May 2021
24,95 €

Everyone can create their own style

- Learn how to measure yourself and discover your perfect look and colour match, all illustrated with images of confident women
- Unique angle among sewing books
- Rising trend of body positivity and individual style
- Nine patterns from UK sizes 14 to 60 (EU sizes 42 to 60) including essentials, T-shirts, anoraks... all specially selected to be the perfect addition to your capsule wardrobe



NATURAL BEAUTY



Softcover with flaps • 225x175mm
120pp. • 9782842219208
June 2021 • 14,95 €

Tips & tricks to adopt an eco-friendly beauty routine

- Learn how to read the labels of your cosmetic products
- More than 100 DIY beauty tips and treatments
- Routines organised by season

DIY COSMETICS AND HYGIENE PRODUCTS FOR ALL THE FAMILY



Softcover with flaps • 260x190mm
252pp • 9782842218584
Available • 24,95 €



You can finally make all your essential cosmetic and hygiene products yourself!

- With more than 300 recipes, you'll never again need to buy chemical-filled cosmetics from the supermarket
- Including a variety of hygiene, beauty, face, body, and hair care products
- Each category of products is broken down into sections organised by age and skin type, so you can choose the perfect product to suit your needs

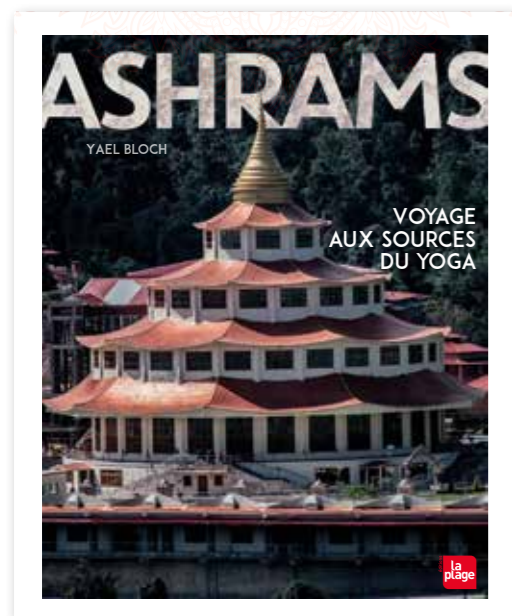
IN THE SAME SERIES



CLEANING PRODUCTS FOR THE WHOLE HOUSE

Softcover with flaps
260x190mm • 216pp.
9782842218270
Available • 24,95 €

ASHRAMS



Hardback • 285x230mm
240pp. • 9782842219529
October 2021 • 34,95 €

Journey to the roots of yoga

- Discover ashrams : Indian spiritual retreats that are attracting a growing number of Western practitioners.
- A rarely-covered subject
- Great gift potential



ALSO AVAILABLE



YOGA: 2 500 YEARS OF HISTORY

Hardback
285x230mm
240pp.
9782842218317
Available
34,95 €

YOGA AT HOME



Boxset - 1 leaflet of 24pp and 50 cards 115x90mm • 80pp.
9782842219420 • August 2021 • 24,95 €

Try these à la carte yoga sessions !

- Including a notebook to learn how best to structure your yoga sessions and cards illustrating each position
- A perfect tool that allows you to design a yoga session suited to your needs, choosing the duration and its goal (to relieve pain, relax, boost energy levels, etc.)

ALSO AVAILABLE

DOWNWARD FACING DOG



Softcover with flaps
150x200 mm • 160 pp.
9782842216443
Available • 15 €

ABOUT THE AUTHOR:



Clémentine Erpicum is a yoga teacher who shares its philosophy through her blog and various workshops. She travels a lot, discovering ashrams all around the world. She is the authors of several on yoga titles released at La Plage.

YIN YOGA



Softcover with flaps 260x190mm
216pp. • 9782842218379
Available • 24,95 €

ASHTANGA YOGA



Softcover • 260x190 mm
216 pp. • 9782842216481
Available • 24,95 €

ENERGY YOGA

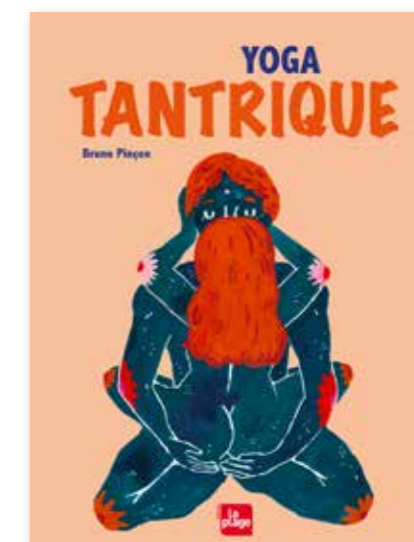


Softcover
225x175mm
80pp.
9782842219284
August 2021
9,95 €

Transform your energy into a positive force

- The basics of energy yoga
- Key movements
- Techniques to manage your energy and feel less stressed

TANTRIC YOGA



Softcover with flaps
200x150mm
180pp.
9782842219253
August 2021
15 €

Unleash your sexual energy!

- A pretty little book with original and imaginative illustrations
- The basics and key postures of Tantric Yoga, to release one's sexual energy.
- The key places in the history of tantric yoga

KITCHEN GARDEN REVOLUTION



Hardback • 260x190mm
160pp. • 9782842218287
April 2021 • 19,95 €

Discover how to become self-sufficient with permaculture

- Permaculture as a starting point to a more eco-friendly way of life
- A sharp sense of humour, feminist and bold
- Advice from several experts in the fields of cooking, ecology, permaculture, and more.



SOW AND HARVEST YOUR VEGETABLE SEEDS



Softcover with flaps
225x175mm • 120pp.
9782842218201
Available • 17,95 €



Harvesting and sowing your vegetable seeds: the ideal beginner's guide

- A practical guide to learn how to harvest, preserve, and sow the most common garden vegetables
- With an approach that allows you to grasp both the economical and ecological aspects
- In partnership with Saint-Marthe Farm, a French specialist in organic seed production for more than 40 years

THE SECRET LIFE OF FARM ANIMALS



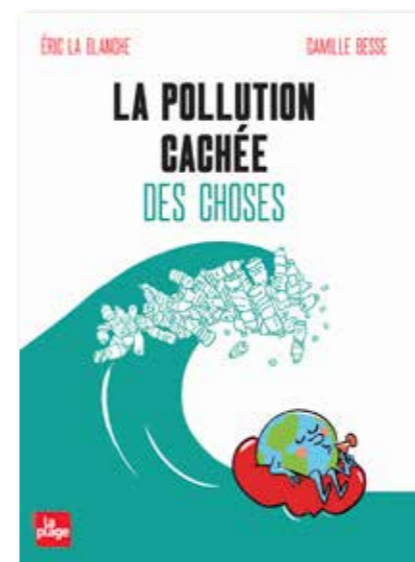
Softcover with flaps
235x170mm • 120pp.
9782842218201
Available • 19,95 €

At the heart of their emotions and perceptions

- An activist and writer of non-fiction graphic novels
- Humorous tone
- By the author of Fish eyelids (4,5k cps sold in France)



HIDDEN POLLUTION



Softcover • 235x170mm
176pp • 9782842218393
Available • 19,95 €

Non-fiction graphic Novel with Nénette La Planète

- Uncovering hidden pollution, both those that are rather well-known, and others much more inconspicuous (the internet, textile industry, etc.)
- A light, witty tone and colourful illustrations
- Created by Eric Blanche, author and committed eco-warrior, and Camille Besse, Press Illustrator.

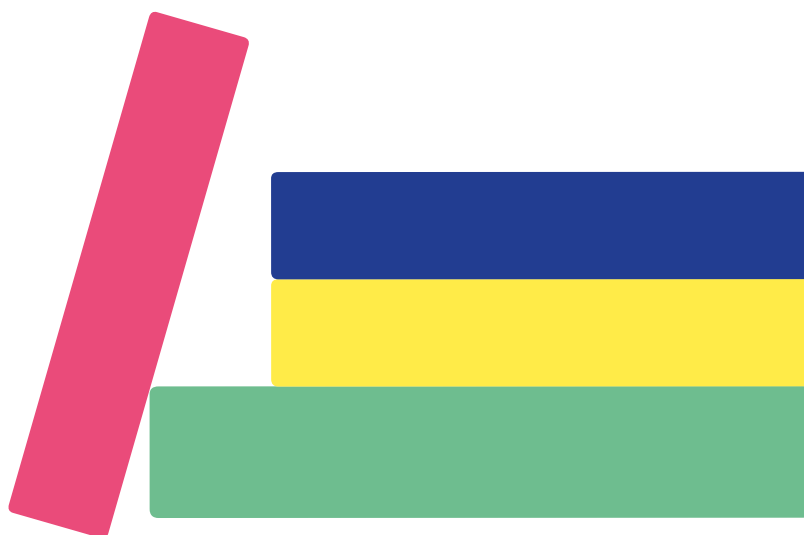
ECO-FEMINISM COMIC



Softcover with flaps • 235x170mm
176pp. • 9782842218645
April 2021 • 19,95 €

This funny comic strip will tell you everything you need to know about eco-feminism

- The first documentary comic on eco-feminism, a movement that combines feminism, ecology, and spirituality
- A fun take on the subject, with 35 commonly-asked questions and their answers
- Spotlight on feminism, an increasingly popular and topical subject



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Hachette Livre
58, rue Jean Bleuzen
92178 Vanves Cedex - France

WORLD ENGLISH,
NORTHERN EUROPE

Ariane Laine-Forrest
alaineforrest@hachette-livre.fr

FAR EAST, EASTERN EUROPE, SOUTHERN
EUROPE, BRAZIL, MIDDLE EAST

Janice Yip
jyip@hachette-livre.fr

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