

CATALOGUE

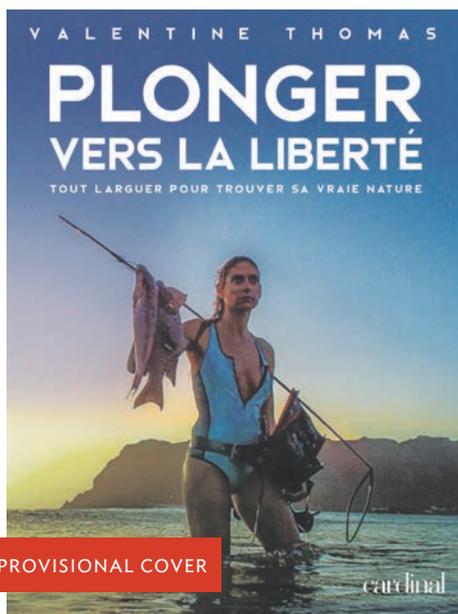
Spring 2019



COFFEE-TABLE BOOKS

LIVE FREE AND DIVE

The Lawyer Who Quit it All to Pursue Happiness



While pursuing a brilliant career as a criminal lawyer, Montreal's Valentine Thomas chose to leave it all behind for a life of adventure in keeping with her true calling. Speargun in hand, the globetrotting explorer and snorkeler has since experienced a profound inner transformation, made important discoveries about the state of our oceans, and radically changed the way she eats. In this beautifully inspiring book, she takes us along on a dazzling journey around the globe to discover the world's most beautiful seascapes, sharing with us the story of her transformation, as well as succulent and environmentally-friendly recipes that are easy to prepare!

LIVE FREE AND DIVE, IN SUMMARY:

- The first book by this rising Instagram star (183,000 subscribers)
- A book-experience that combines sensory pleasures with an inspiring journey and ecological awareness
- Presents 40 recipes and tricks to easily prepare seafood
- Contains many exceptional colour photographs of heavenly landscapes

VALENTINE THOMAS

ISBN	978-2-924646-46-5
COVER	Paperback
FORMAT	7.5" x 9.75"
PAGES	192
PUBLISHED	April 17, 2019
PRICE	\$29.95



LIVE FREE AND DIVE

The Lawyer Who Quit it All to Pursue Happiness



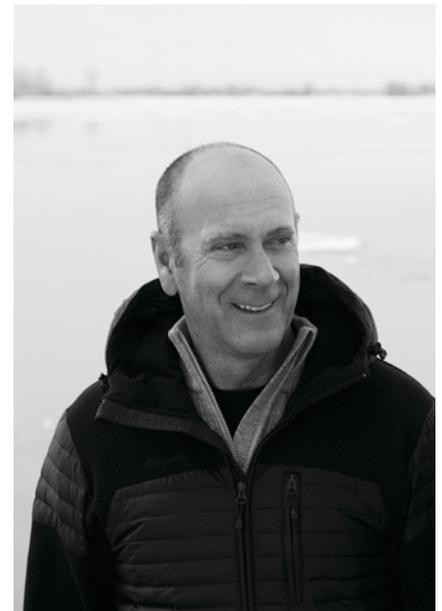
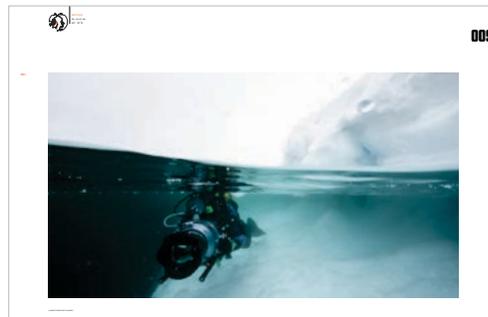
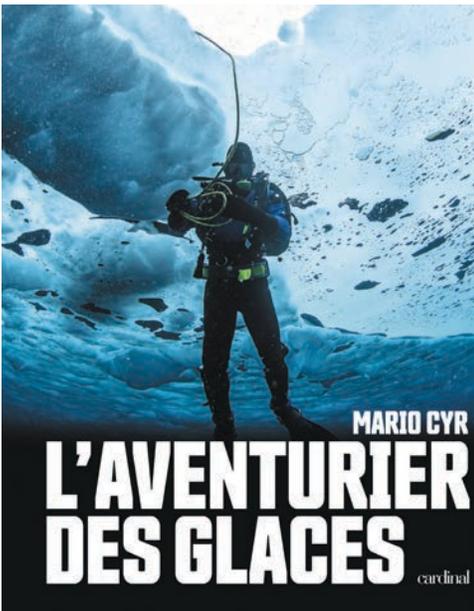
VALENTINE THOMAS

Valentine Thomas was born in 1987 in Montreal's Plateau Mont-Royal neighbourhood. After studying criminal law, she moved to London where she worked as a financial analyst for six years. In 2010, she was introduced to freediving fishing in Egypt. Within a few years, she became one of the best-known spearfishers in the world and was featured in the *Daily Mail* and *Business Insider*. In 2013, she broke the world record for spearing the biggest Atlantic Jack off Ascension Island; the same year, she broke another world record for free diving for more than five minutes. Valentine has been sharing her underwater photographs on Instagram since 2012 and now has over 183,000 subscribers. In February 2018, she hosted a Ted Talk entitled *Tomorrow, I could die*. In August 2018, she captivated tens of thousands of listeners as a guest on the world-renowned podcast, *The Joe Rogan Experience*.



COFFEE-TABLE BOOKS

THE ICE ADVENTURER



Foreword: Denis Villeneuve
Texts: Nancy Chiasson

From one pole to another, and to the farthest reaches of the ocean, Mario Cyr (diver, cameraman, explorer, entrepreneur and speaker) has known for more than forty years exactly how to capture breathtaking pictures of hundreds of species.

This photographic adventure novel is an extraordinary dive into the artful life of the ice adventurer.

THE ICE ADVENTURER IS . . .

- A coffee table large format book with a hardcover
- 288 pages of photos of animals, landscapes and extraordinary adventures
- An adventure novel filled with exciting anecdotes

MARIO CYR

ISBN	978-2-924646-31-1
COVER	Hard
FORMAT	8.5" x 10.875"
PAGES	288
PUBLISHED	September 26, 2018
PRICE	\$39.95



THE ICE ADVENTURER

126



126 Nous nous apprêtons à quitter la banquise lorsque un ours est aperçu dans l'immensité de l'Arctique. C'est un bébé ours de l'espèce ours arctique et il a tout bonnement continué son chemin.

MARIO CYR

Mario Cyr has been a part of over 150 documentaries produced by Discovery Channel, National Geographic, IMAX, Radio-Canada, the BBC and Disney. Born in Îles-de-la-Madeleine (the Magdalen Islands), the seafaring world is a great passion of his, and he is an expert in cold water diving. Nicknamed the “Spielberg of the deep sea,” he allows us to see the impossible. With his already more than 500 conferences/shows, Cyr captivates people here, in Europe and even in Asia.

177



105

AU LOIN

105 Nous nous apprêtons à quitter la banquise lorsque un ours est aperçu dans l'immensité de l'Arctique. C'est un bébé ours de l'espèce ours arctique et il a tout bonnement continué son chemin.

Est-ce que je m'ennuie quand je suis en expédition? Oui, certainement. Mais je m'y fais. J'ai rarement connu le mal du pays. Il faut dire que lorsque je pars dans une contrée éloignée, je m'assure que tout mon petit monde va bien et est en sécurité. J'ai trois grandes filles qui sont adultes maintenant, mais quand j'ai commencé à faire des expéditions, elles étaient très jeunes. J'avoue qu'à cette époque, mes absences prolongées étaient plus difficiles à vivre. En quittant ma famille, j'avais le cœur gros. Les moyens de communication étaient plus limités à l'époque, je savais que je n'entendrais pas la voix des gens que j'aime pendant une longue période. Une fois au large cependant, je me concentrais sur l'aventure à venir.

Comme notre clan familial est tout serré, je savais que ma femme et mes enfants pouvaient compter sur les grands-parents et le reste de la famille en mon absence. Mes filles voyaient en leur oncle Normand et leur grand-père Hénéri, qui habitait juste à côté, de bons pères de substitution. C'est grâce à la famille et à de nombreux amis que j'ai pu mener cette vie d'aventurier.

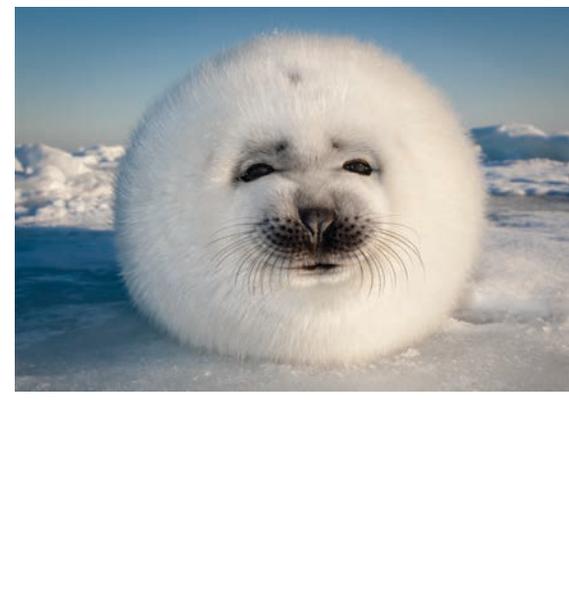
Wempêche, il m'est arrivé de me sentir coupable pour toutes ses absences. Et puis un jour, une de mes filles m'a dit: « Tu sais, papa, c'est nous qui étions tristes pour toi quand tu partais, car nous t'imaginions seul sans nous dans ta petite tente sous le froid glacial. » C'est là que j'ai compris qu'elles étaient tristes comme moi au moment des départs, mais qu'après un certain temps, la vie reprenait son cours normal pour elles aussi. Et à mon retour, elles étaient ravies d'avoir droit à des histoires d'ours polaires au lieu du traditionnel conte du Petit Chaperon rouge. Nous nous amusons aussi à apprendre l'algababé nous. J'avais coutume de leur ramener un souvenir, et je me souviens d'un retour où elles semblaient avoir

divertage hâte de recevoir leurs cadeaux que de me voir. Je n'étais pas heureux de leur attitude et, pour leur servir une petite leçon, j'ai attendu une semaine avant de leur donner ces fameux présents. Je voulais qu'elles se souviennent toutes les trois de ce moment.

J'ai aussi promis à mes filles qu'elles pouvaient compter sur moi en tout temps, même si j'étais très loin.

En août 2007, j'étais au nord du Groenland, à une cinquantaine de kilomètres de Qaanaaq, pour filmer les narvals. J'ai alors reçu un courriel d'urgence me demandant de rappeler le plus vite possible à la maison. Par chance, j'ai reçu ce message juste avant de me trouver dans une zone où j'aurais été difficilement joignable. Grâce au téléphone satellite, j'ai pu appeler chez moi et apprendre que l'amoureux de l'une de mes filles venait de mourir de manière tragique. Percevant la détresse de mon enfant, j'ai immédiatement voulu revenir auprès d'elle, comme elle me le demandait. La question n'était donc pas de savoir si, mais comment j'allais m'y prendre. Après avoir avisé la production de mon départ, j'ai dû faire un bout de chemin en traîneau à chiens, louer un hélicoptère pour me rendre à l'aéroport, multiplier les vols entrecoupés de plusieurs escalas au cours d'une même journée, avant de prendre un vol international. Arrivé au Canada, j'ai loué une voiture et pris un dernier avion pour les Îles-de-la-Madeleine.

Tout ce trajet vers la maison aura duré trois jours, sans parler de ce qu'il a coûté. Évidemment, je n'ai jamais regretté d'avoir pris cette décision. J'ai honoré ma promesse. J'ai fait le choix d'être un aventurier et de partir au loin, mais ma famille est toujours demeurée ma priorité.



053

PHOTOGRAPHY

THE ART OF TAKING THE BEST PICTURES WITH YOUR CELL PHONE



From food to “selfies,” to portraits and landscapes, Alexandre Champagne reveals all of his photography tricks in a simple but complete guide in order for you to get professional results, without a camera! Whether you are beginning as a photographer or have been a photographer for a while, or whether you take pictures simply for fun in order to send to your loved ones or post on social media, this book will allow you to take full advantage of your telephone and get the best possible results.

- Pro tips for taking the best possible pics
- All of the best apps to get in order to practise taking snapshots
- A fun and accessible book

ALEXANDRE CHAMPAGNE

Because of his ongoing passion for photography, Alexandre Champagne co-founds *Trois fois par jour* (*Three Times a Day*) in 2013 and becomes the official photographer for the brand’s magazines and books.

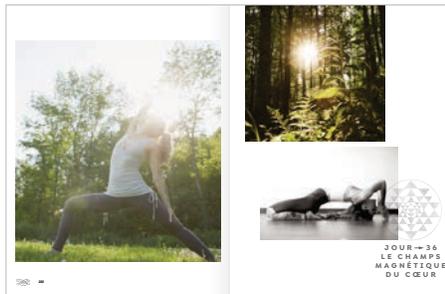
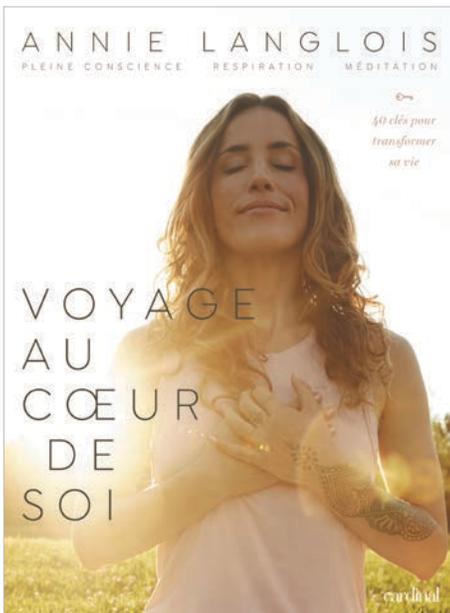
Today, he runs his own photography studio, where he teaches workshops and master classes. He also offers free photography sessions to those who could otherwise not afford it.

ISBN	978-2-924646-20-5
COVER	Paperback with flaps
FORMAT	6.5” x 9”
PAGES	224
PUBLISHED	September 19, 2018
PRICE	\$22.95



HEALTH & FITNESS

JOURNEY TO YOUR HEART AND SOUL Mindfulness, Breathing, Meditation: 40 Keys to Transform Your Life



There is no need to go to the other side of world to find the answers to our existential questions. Whether we feel the need to recharge our batteries or wish to experience a great transformation, Annie Langlois invites us on an introspective journey, with 40 stops, along an itinerary in as many small chapters to understand our true essence and find our way to self-realization.

- 40 exercises (keys) based on lessons learned from yoga and meditation
- An inspiring book with a lot of blissful, magnificent pictures
- A well-known author, appreciated in the industry of well-being: her platform Mon Yoga Virtuel has over 55,000 members.
- More than 5,000 copies from her first book *At-Home Yoga Retreat—7 Steps to Find Balance* sold
- More than 12,900 Instagram followers

ANNIE LANGLOIS

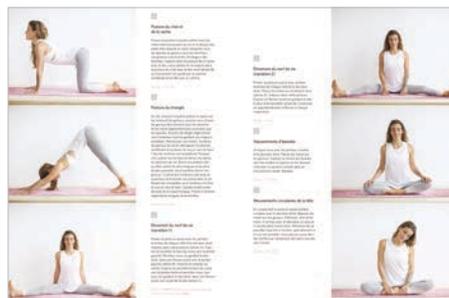
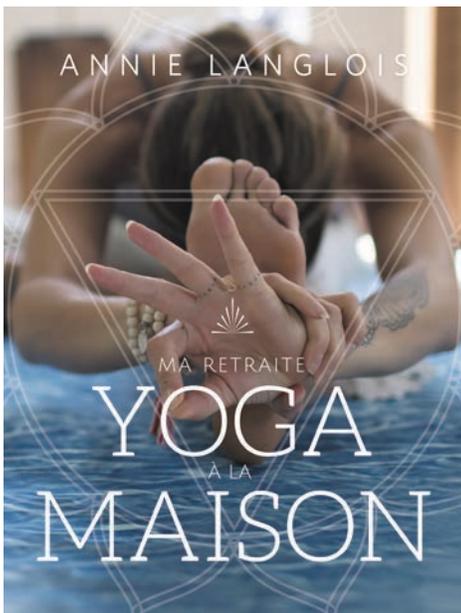
Co-founder and president of the interactive yoga platform **Mon Yoga Virtuel**, Annie Langlois is a certified yoga teacher. Living between Bali and Quebec, she has been hosting yoga retreats everywhere around the globe for several years.

ISBN	978-2-924646-42-7
COVER	Paperback
FORMAT	7.5" x 9.75"
PAGES	256
PUBLISHED	February 6 th , 2019
PRICE	\$29.95



HEALTH & FITNESS

AT-HOME YOGA RETREAT 7 Steps to Find Balance



At-Home Yoga Retreat—7 Steps to Find Balance offers an approach that is accessible to everyone. The author guides the readers through several yoga, relaxation and meditation sessions while also offering paths to reflect on how to retrieve life balance. Be it for the simple pleasure of movement or with the aim to adopt a comprehensive approach, this seven-step formula allows readers to experience a yoga retreat in the comfort of their own homes.

- A comprehensive approach
- Over 250 inspiring photos
- 80 yoga poses explained in detail
- 14 guided relaxation and meditation sessions
- A teacher certified in hatha, kundalini and vinyasa yoga as well as in conscious breathing

ANNIE LANGLOIS

Co-founder and president of the interactive yoga platform **Mon Yoga Virtuel**, Annie Langlois is a certified yoga teacher. Living between Bali and Quebec, she has been hosting yoga retreats everywhere around the globe for several years.

ISBN	978-2-924646-02-1
COVER	Paperback
FORMAT	7.5" x 9.75"
PAGES	224
PUBLISHED	January 18, 2017
PRICE	\$26.95



HEALTH & FITNESS

MEDITATING MADE EASY 28 Days of Mindfulness



Meditating Made Easy offers easy to understand information and guides the reader through a complete 4-week meditation program to integrate mindfulness into their everyday life.

The author shares her experience and her thoughts to help people find their balance. Without ignoring the benefits of traditional medicines, she suggests additional solutions to better understand to one's physical and mental health.

SOPHIE MAFFOLINI

Sophie Maffolini has been working as a doctor up North since 2013. She suffered from anorexia when she was studying medicine and turned to mindfulness meditation for healing. In addition to her training in general medicine, Maffolini has a diploma in ayurvedic medicine (or Ayurveda), coaching, yoga and Reiki. She also gives lessons on how to reduce one's stress and increase one's well-being.

ISBN	978-2-924646-26-7
COVER	Paperback
FORMAT	7.5" x 9.75"
PAGES	280
PUBLISHED	March 28, 2018
PRICE	\$29.95



LIFESTYLE

DECO THERAPY 50 Ideas to Feel Good at Home



In her second book, Vanessa Sicotte, the queen of decor, shares her thoughts on the current issues with decorating. Fifty short articles show how simple design principles and combinations can completely transform any space into the perfect space to call home.

Illustrations by Lauren Kolyn

VANESSA SICOTTE

ISBN	978-2-924646-25-0
COVER	Paperback
FORMAT	6.8" x 9.4"
PAGES	192
PUBLISHED	May 16, 2018
PRICE	\$26.95



DECO THERAPY 50 Ideas to Feel Good at Home



VANESSA SICOTTE

Vanessa Sicotte is a mother of three adorable children: two girls and one boy. She is also a business woman, a blogger, and a passionate decorator. In 2009, she took the plunge and created her very own blog and directory titled *Damask & Dentelle* which contains the addresses of more than 2000 decor shops in Quebec. Today, Sicotte manages the website *lappartement.shop*.

Born and still living in Montreal, she loves vintage and secondhand stores. She appeared in the French television shows *Sauvez les meubles!* and *Marché Conclu!* on Canal Vie. Sicotte is a regular on the ICI Radio-Canada show *Marina Orsini*.



Trente-neuf. Ma fille, tu grandiras

Petit appartement (ou condo, ou maison) deviendra grand! Selon les étapes de la vie, les besoins en matière d'aménagement et d'espace évoluent. Un loft, c'est merveilleux, ouvert et lumineux. Mais quand on a un bébé naissant qui ne fait pas ses nuits et un chum musicien qui travaille jusqu'aux petites heures du matin, ce n'est peut-être plus l'idéal. Quand on quitte la maison pour la première fois, le choix de son adresse dépend souvent de deux facteurs principaux: le prix du loyer et la proximité des transports en commun. Et peu importe si l'appartement possède une jolie vue ou beaucoup de rangement...

Puis, les années passent, et les moyens et les besoins changent. Vient le temps de se créer une demeure où l'on souhaite passer du temps plutôt que de chercher tous les prétextes pour en sortir. Cet endroit doit être suffisamment grand et avoir un beau cachet qui corresponde à ses goûts. Il doit également être situé dans un quartier, une ville ou un village qui interpelle. Et puis, il faut penser à se garder un peu de place pour évoluer... Le but, ici, n'est pas de vivre au-dessus de ses moyens (loin de là!), mais plutôt d'avoir en tête que l'endroit où on élit domicile doit convenir à ses besoins à moyen et à long termes.

Déménager est suffisamment stressant pour qu'on évite de le faire tous les ans. Bon, après, c'est parfois un sport ou un divertissement pour certains qui aiment la chasse et qui convoitent toujours un nouveau projet décoratif, ou alors un flip immobilier. Mais mon conseil s'adresse aux autres - à ceux qui cherchent à poser leurs valises pour plus qu'un tour de calendrier: projetez-vous un peu avant de vous commettre.



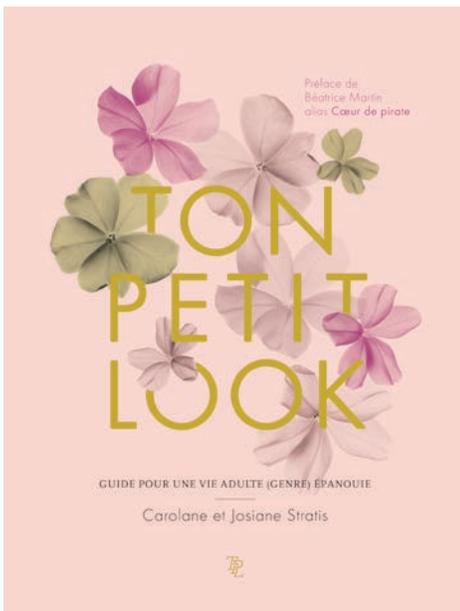
116 Déco thérapie

Déco thérapie 117



ESSAYS

TON PETIT LOOK Guide to a Beaming-ish Adult Life



In this anniversary book of TPL, the Stratis twins propose exclusive texts on work, money, social networks, pop culture, life in an apartment, fashion, beauty, friendship, sexual life and general love. In 115 testimonies and practical articles, they explain why our body is just fine the way it is, show us how not to be victims (of fashion or of people) and talk about the challenges of life, big and small. In short, it's the bible of how to become an awesome adult.

ABOUT THE BLOG

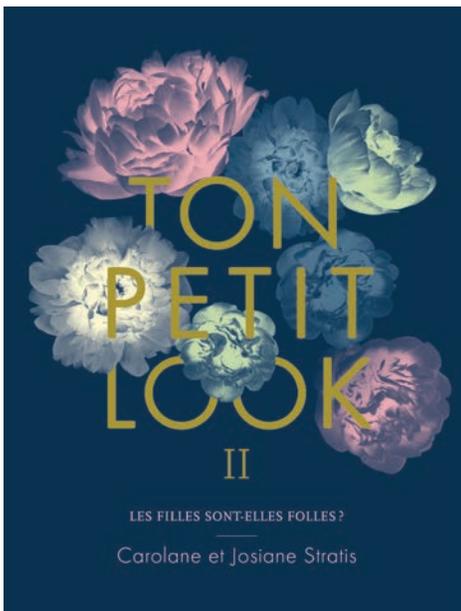
Ton Petit Look puts today's fashion and style into context. It is mostly aimed at young women from 15 to 25 years old. With its unique tone, both funny and biting, TPL demystifies fashion and trends by bringing their readers to assert their own style.

CAROLANE & JOSIANE STRATIS

ISBN	978-2-924646-08-3
COVER	Paperback
FORMAT	7.5" x 9.75"
PAGES	144
PUBLISHED	February 15, 2017
PRICE	\$26.95



TON PETIT LOOK II Are the Girls Crazy?



After the success of their first book *Ton Petit Look—Guide pour une vie adulte (genre) épanouie*, the Stratis sisters come back with a second volume full of new, touching and witty texts. In this book, the famous bloggers focus on mental health, a topic that is close to their heart. With infinitely intimate testimonies that challenge taboos and texts brimming with practical (but too rarely available) information, the authors lift the curtain on mental health and provide an opportunity to reflect on many of its aspects, such as its impact on daily life and social relations. In this book, wonderful illustrations both express and enhance the tone of quiet girl talk between friends (#LaVibeTPL), a tone that has become *Ton Petit Look's* (TPL) trademark both on the Web and on the shelves.

ISBN 978-2-924155-95-0
 COVER Paperback
 FORMAT 7.5" x 9.75"
 PAGES 224
 PUBLISHED November 4, 2015
 PRICE \$26.95

CAROLANE STRATIS

Carolane was born 30 years ago, 12 minutes before her sister. Since then, she had two children herself: Dolores and Marcel. She cofounded *Ton Petit Look* six years ago, as well as *TPL Moms* some three years later. She graduated in fashion design and management. Co-author of the book *Ton Petit Look—Guide pour une vie adulte (genre) épanouie*, Carolane is a team worker.

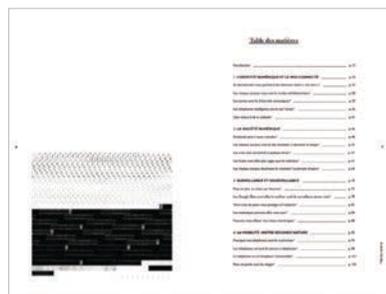
JOSIANE STRATIS

Josiane was also born 30 years ago (really!). She has one child named Arthur, two dogs called Winston and Clément, as well as several diplomas in fashion marketing, cultural animation and research, communications and journalism. Despite a full schedule due to the websites she cofounded with her twin sister (*Ton Petit Look* and *TPL Moms*), Josiane tries to get some sleep every now and again. (And that, even if her brain is always spinning.)



ESSAYS

50 QUESTIONS TO EXPLAIN THE WEB TO MY DAD



Have smartphones killed boredom? Where have our family photos gone? Are connected objects simple gadgets? With its wealth of digital innovations, the last decade sometimes gives us the impression that we just landed on a new planet. However, when we scratch the shiny surface of our modern culture and behaviours, we often discover many old habits and ways of functioning. Through 50 questions, Fabien Loszach attempts to explain that the world as we know it today, i.e. fashioned by new information technologies, may not be as different from the “good old times” as we think.

FABIEN LOSZACH

Sociologist specializing in digital humanities and web strategist, Fabien Loszach writes and presents the weekly segment *Mythologies du Web* of the TV show *La sphère*, broadcast on ICI Radio-Canada Première.

ISBN 978-2-924155-98-1
 COVER Paperback
 FORMAT 5.5” x 8”
 PAGES 272
 PUBLISHED May 18, 2016
 PRICE \$19.95



ESSAYS

NAKED! The Benevolent Dictionary of Sexuality



From A to Z, *Tout nu! Le dictionnaire bienveillant de la sexualité* highlights themes related to the discovery of sexuality, BUT ALSO on identity, relationships with others and self-image. An essential dictionary to open discussion, to take the drama out of painful matters, to explain, and to reassure; the reference tool for teachers and all the parents who won't be able to do without anymore! Myriam Daguzan Bernier answers with rigor, kindness, and no taboos at all to many questions the teenagers are asking themselves.

- More than 150 words with: word origin, definition and concrete examples related to current topics
- Practical informations and resources for young people
- A respectful and inclusive approach, connected to actual reality
- Colourful illustrations by Cécile Gariépy

MYRIAM DAGUZAN BERNIER

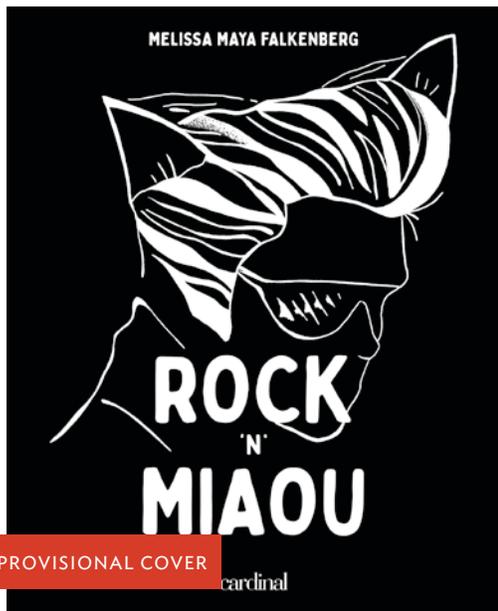
Graduated in art history as well as in higher education pedagogy and a sexology student at Université du Québec à Montréal, Myriam Daguzan Bernier has been writing in numerous Quebec media—BazzoMAG, *Châtelaine*, *Clin d'oeil*, *Nightlife*, *Huffington Post* and *La Gazette des femmes*—and spends a lot of time snooping through books and on the web, looking for relevant and enlightening information about sexuality-related issues. This is her first book . . . and will certainly not be the last!

ISBN	978-2-924646-44-1
COVER	Paperback with flaps
FORMAT	6.5" x 9"
PAGES	272
PUBLISHED	March 27, 2019
PRICE	\$34.95



YOUTH BOOKS

ROCK'N'MEOW



Rock stars told to children aged 4 to 7

Did you know that with his first paycheck, Elvis offered his mother a pink Cadillac? That Patti Smith likes to walk around Coney Island? That people threw tomatoes at Bob Dylan when he chose to plug in his guitar? If all these stars were cats, what would they look like? The little stories of the great rock'n' roll stars are told to children by Melissa Maya Falkenberg in a pretty illustrated book, full of kittens that will delight the youngest and revive the memories of the older ones.

A music lover, the journalist, columnist, animator and mother of two young children illustrated by light touches and with a lot of delicacy the life of these mythical figures. A family reading!

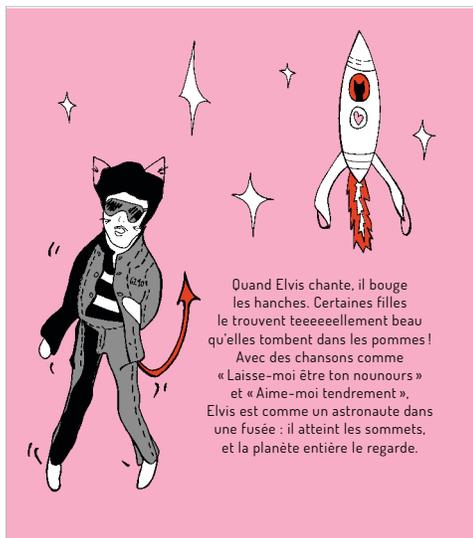
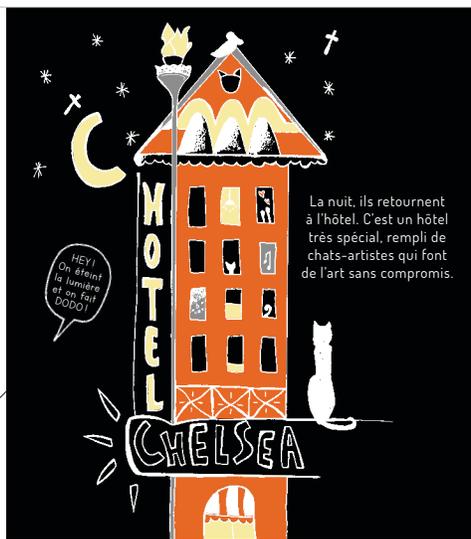
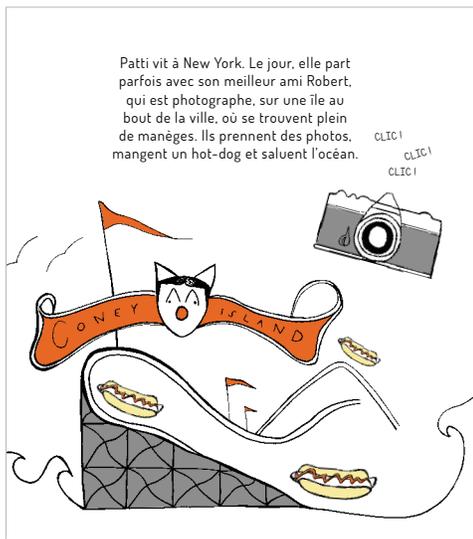
- Eight stories for eight rock'n' roll stars!
- A smooth introduction to the world of rock music
- Stories to share with the family
- And why not read the book while listening to music?

MELISSA MAYA FALKENBERG

ISBN	978-2-924646-49-6
COVER	Paperback with flaps
FORMAT	8" x 9"
PAGES	56
PUBLISHED	April 10, 2019
PRICE	\$24.95



ROCK'N'MEOW



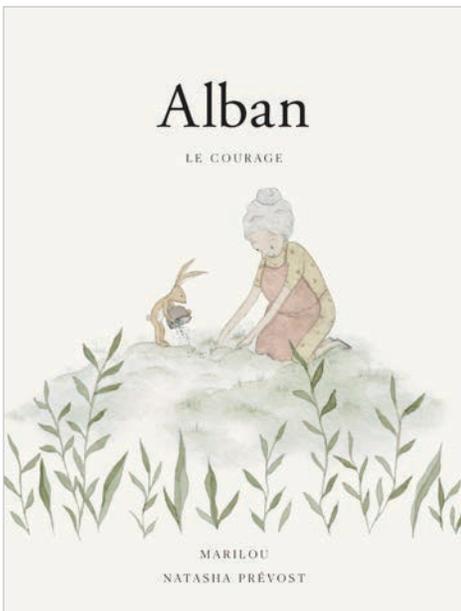
MELISSA MAYA FALKENBERG

Animator-reporter, designer, columnist and author, Melissa Maya Falkenberg is a well-known figure in television and radio as well as in print and digital media. In 2011, the influential radio show *Folk toi folk moi*, which she has been hosting for the past five years, became a series and received many awards and nominations. At the same time, she built the Radio-Canada web radios (3,000 French songs) and co-founded the Home Sweet Home studio, which allows musicians to record directly at her house in Rosemont. As an author, she signed the books *Québec western* and *Montréal toujours*. This is his first incursion into the world of children's books.



YOUTH BOOKS

ALBAN The Courage



Discover Marilou's first children's book; it is the start of the adorable Alban book collection.

Each book that the child reads allows him or her to learn a virtue based on the adventures of the young rabbit.

Attracted to the smell of the carrots in Mrs. Pomerleau's garden, Alban is unable to stop himself from stealing a few. That day, our friend the rabbit learns the true meaning of courage.

Beautifully illustrated by Natasha Prévost.

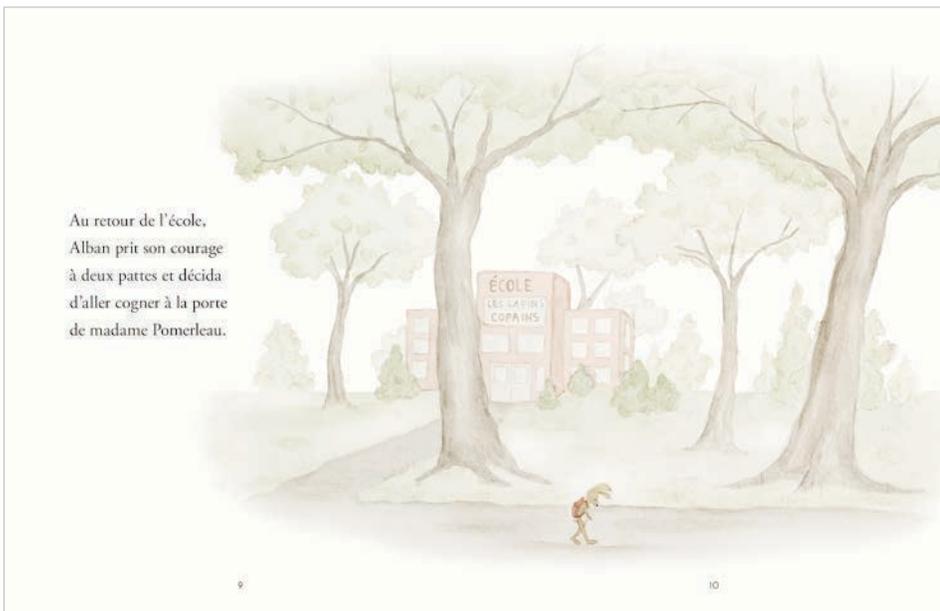
MARILOU

ISBN	978-2-924646-27-4
COVER	Hard
FORMAT	6" x 8"
PAGES	32
PUBLISHED	March 21, 2018
PRICE	\$14.95



ALBAN

The Courage



MARILOU

Marilou grew up in artistic and creative surroundings. Imagination and creativity, she believes, have always been the best outlets to express herself freely and fully. As a teenager, Marilou's days would end with her in pyjamas, a book about food or interior design in hand. Or maybe she'd watch an international cooking show on television. At 19, she left the family home and decided to put her knowledge and creativity to use in her own kitchen. Using a trial and error approach, she progressively re-tuned her culinary skills. Hosting guests quickly became one of her greatest pleasures. She has spent entire afternoons cooking, redecorating and setting the table with nice, affordable ends, to make her guests feel welcomed. She loves sharing her food and her home with those she loves.





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