



ÉDITIONS DE MORTAGNE

2018

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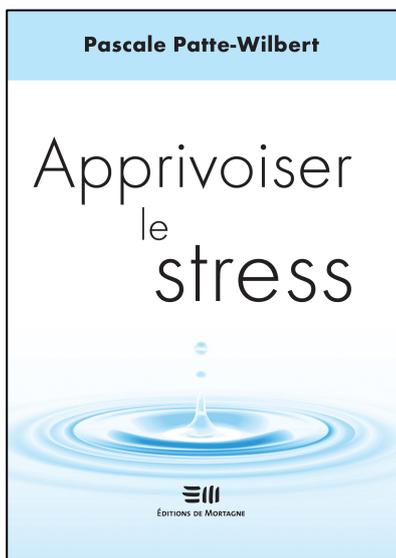
Self-Help – Motivation - Spirituality - Esoterism - Astrology - Dreams
Health - Well-Being - Alternative medicine - Sexuality

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ÉDITIONS DE MORTAGNE

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MANAGE STRESS

YES, you can LIVE WITHOUT STRESS! At least you can make sure it does not affect your balance or your health!

HOW? In a simple and practical way, in three steps:

- UNDERSTAND the process that is triggered automatically during a destabilizing situation and leads to chemical, biological and physical changes that can, in the long term, become harmful to the body.
- EVALUATE your vulnerability and your level of stress thanks to the many ideas for reflection
- SET OUT effective strategies, based on breathing and visualization exercises, and learn how to tame and manage stress.

At the end of your reading, you will have tools to gradually and sustainably install the well-being in your life.

2018 – 240 pages – All rights available



IT IS RAINING AT HOME

Talk about your mental health with your children

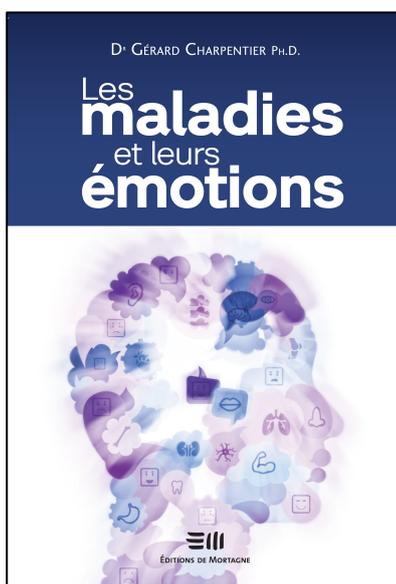
A parent's mental illness is a hurricane in the lives of children. Depression, bipolarity, schizophrenia, anxiety disorders, personality disorder: the parental weather changes continuously and children are not immune to raindrops or thunderstorms. They live the storm, feel it, support it.

Because of shame about mental suffering, the parent often chooses to hide it and wallow in silence to protect his family. But children always know that something is happening. And keeping them out of the way could lead to fear, anger, uncertainty, confusion, misunderstanding and guilt, in addition to having long-term psychological consequences.

The author's experience as a mother and child psychiatrist convinced her that children need to be informed as clearly as possible in order to understand and develop coping strategies.

This book proposes to accompany the parent, step by step, in a dialogue with his children, thus allowing him to leave the secret and the shame.

2018 - 256 pages – All rights available



DISEASES AND THEIR EMOTIONS

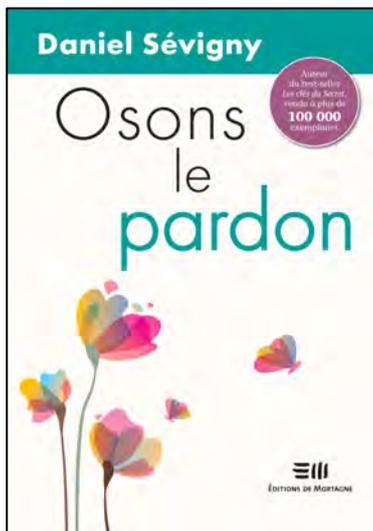
Understanding our psychosomatic reactions

Nowadays, it is common to hear that organic diseases can be directly related to the emotions that we live. Your body expresses precisely the problems that your "head" does not want or can not see. This body-emotion interaction is called "psychosomatization".

In addition to providing a historical overview, this book presents the steps specific to this mechanism: emotions felt, mental decoding, the message transmitted, the receiver - which is the part of the body affected by the emotion - and the reaction.

Diseases and their emotions do not pretend to be a medical or psychological dictionary. It does not seek to replace a professional diagnosis, but rather to complete it by revealing the hidden side of discomfort that handicap you in your daily life.

2018 - 360 pages – All rights available.



LET'S DARE FORGIVENESS

Daniel Sévigny

We often find it is difficult to forgive, thinking that what happens is the fault of others. Living a true forgiveness turns out difficult or even impossible. But there are several reasons for which this last step is important, if not essential. It frees us from the experiences of the past which continue, injustices that we constantly ruminate, undeserved abandonment, a life we have not chosen, a strap of ill-being which we believe never to be able to free us. In this book, the author guides the reader on the path of forgiveness so that he can recover the peace of the heart and feel fully happy. It helps them to follow the two basic rules A (Acceptance) and P (Pardon) to finally reach a life harmony, peace of mind, heart and soul.

2017 – 120 pages – All rights available



Feng Shui - The Key to a happy life in couple

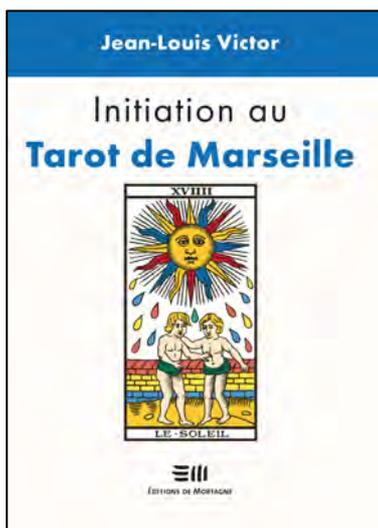
Luc Antoine

You want to build or develop your living reflects the harmony of your couple life? The key is between your hands! The important thing is to involve you both in the layout of your home, expressing what brings you closer, but also what sets you apart. This book is based on a western view of Feng Shui. You will be able to fill up with concrete and original ideas to create your space by ensuring you maximum well-being, especially in the bedroom, the room that most symbolizes your relationship.

If you are planning to build your dwelling together, this book will show you how to express your true couple needs, respecting your individuality.

This western view of Feng Shui offers valuable assets to create link, to build, strengthen or even restore the couple relationship.

2017 - 120 pages – All rights available



Initiation to the Tarot of Marseille

Jean-Louis Victor

To understand and interpret the Tarot, it is important to know that it is not a game like the others ... It is a personal approach which everyone can achieve at their own rhythm. Recognized worldwide, the Tarot of Marseille needs a basic learning before understanding the answers to the questions asked, and that is what this guide offers you.

After a clear and precise presentation of the 22 major arcana and their symbolism, you will go from discovery to discovery towards the understanding of your destiny.

If you trust the Tarot by decoding its message, it will give you advice, predict an outcome, or tell you orientation to be taken. It will become the companion and support you need in difficult times, but also a source of encouragement in the daily life.

2017 - 136 pages – All rights available.



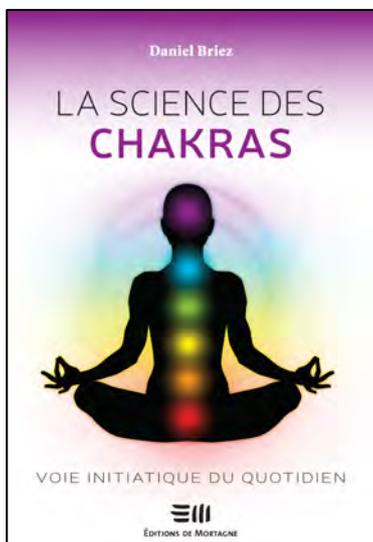
Serenity in 12 steps Placide Gaboury

Based on the 12 steps of Alcoholics Anonymous, this book is intended for anyone who is addicted to a person, a habit, work, drugs, alcohol, gambling, sex, power, and so on.

This journey is a growth in abandonment, trust and faith, so as not to remain imprisoned in suffering. With this awareness, you will take a step towards freedom ... towards serenity.

What is life? asked Crowfoot, a Native American sage. It is the brilliance of a firefly in the night, it is the breath of a buffalo in winter, it is the small shadow that runs in the grass and is lost at sunset. We are agitated a little, we take ourselves seriously for a moment and we pass.

2017 - 128 pages – All rights available



The science of chakras Daniel Briez

Devoted entirely to the study of the chakras, this book is a comprehensive self-healing method of being.

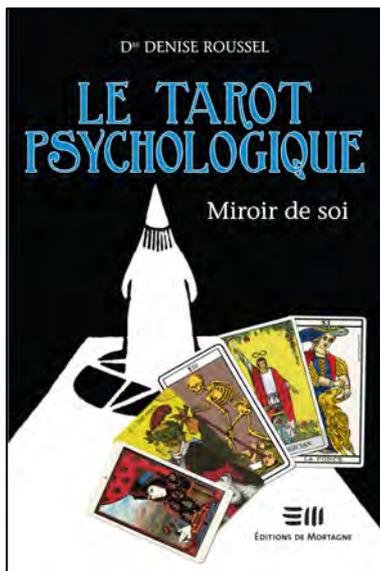
Thanks to the harmonization of energies, it is possible to break the situations of imbalance that we reproduce periodically.

This book will teach you more about the definition, role, the location and the analysis of the seven major chakras :

- their primary function;
- the qualities and defects associated with their performance (harmonious or dysharmonious);
- the elements, numbers and keywords corresponding to each;
- the physical and psychological effects of their good or bad performance.

Practical exercises on color and sound related to chakras are also offered.

2017 - 320 pages – All rights available

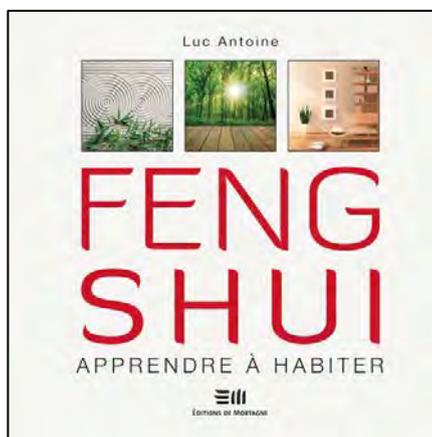


The psychological tarot Denise Roussel

For a long time, the Tarot was an esoteric tool of knowledge, an occult instrument of power ... Here, it is rather presented as a mirror of yourself. The Psychological Tarot is an active well-established principle of projection: the consultant identifies himself with polyvalent images, from the popular tradition. Instead of based on clairvoyance and passive listening, this game takes advantage of the concept of synchronicity. You will hardly believe the coincidences which will come out! So you will express your personal problems, grasp their emotional impact and how to solve them. By a psychological drawing, the consultant supports himself, finally happy to do so.

In this book, you will discover the peculiarities of the best known Tarot games and seven kinds of drawings, from the simplest to the most complete. With its clear explanations, its many examples and its practical manual, it is addressed both to the experienced psychologist to the curious who wishes to push his discovery further.

2017 - 400 page – All rights available



A practical guide to create harmony and balance in your living and working spaces.

- The first seven chapters of the book pertains to the foundations of Feng Shui in the Occident - energy, polarity, and symbolic mirror - associated with Sacred Geometry : Why and how to learn to live - How energy is manifested and how to use it to ensure your well-being - How to capitalize on the poles (yin and yang) in connection with a construction - The world of forms in terms of Feng Shui and Sacred Geometry (the golden number) - An original approach to symbolic pieces of the house to arrange them in a better way - How to decrypt the mirror that reminds us our home to become its creator.

- The last two chapters take us directly to the field : Secrets of Feng Shui expertise - Establish clear guidelines and steps to complete our development projects, processing and construction.

300 pages – 40 drawings – All rights available.

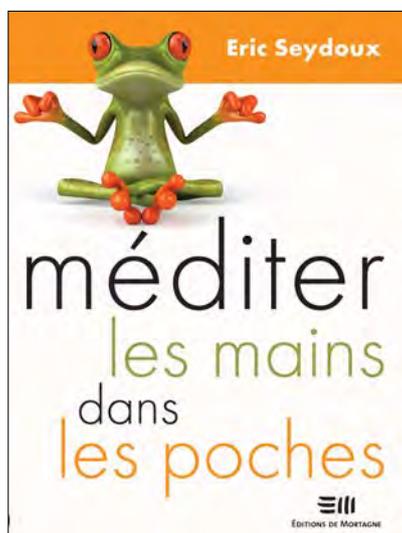
FENG SHUI - Learning to live in your space.

From the same author :

THE MIRROR-HOUSE or Occidental-Style Feng Shui

The author associates his spiritual knowledge to his architectural experience to offer practical keys to his reader to increase his well-being in his house, by the amelioration of the energy circulation. The book is full of simple, concrete and not expensive ideas which will allow you to harmonize your residence, by playing, for example, on the choice and the position of the pieces of furniture and the decoration?

2004 - 236 pages - RIGHTS SOLD : Spanish



Meditating, hands in pockets

Eric Seydoux

This guide serves up the key elements to achieve an easy and fruitful state of meditation. Through a precise and vivid description of the basic elements of meditation practice, the author shows us the balance between simplicity and depth and helps the reader find a more poetic, soothed, confident and happy self.

Just like a helpful hand, this book highlights and shares tips and tricks to accompany all readers – no matter how experienced – who wish to be coaxed along the path of meditation with an encouraging whisper and a tap on the shoulder.

September 2013 – pocket size, 150 pages – All rights available.

The Way of Happiness

Christine Benoît

This book aims to help you to achieve. It will help you to understand that, contrary to what the consumer society wants us to believe, happiness is not just to satisfy the needs and fill gaps. Happiness is an inner state that requires knowledge, acceptance and self-realization, openness to others and to our environment in order to overcome the ego.

"This book is the result of the process of an ordinary woman who took one day realized that it needed to change her way of living and thinking to fight his dissatisfaction and incompleteness. This woman is me. Between the desire to change and the confrontation of reality ... the road is long and difficult What does it change how? to go where? for what? ... " **April 2013 – 240 pages – All rights available**



Happiness, here, now

Eric Seydoux

Live harmony, inner peace, a life worth living.

Everyone wants and deserves to be happy. Today more than ever before, as happiness deliberate choice is accessible to everyone, in their own way, at their own pace and according to their own criteria. The universe is such a wonder! Beyond all that we can ever understand with our only small intellects. What power, what complexity, what beauty and what violence, too! And we are part of this creation!

How to live life without getting lost amid all these masterpieces? Where is the center? Where am I, me, and who am I? What is love ? How to cure? So many questions that we ask ourselves every day, and who will find answers in this book.

2016 - pocket size, 200 pages – All rights available.



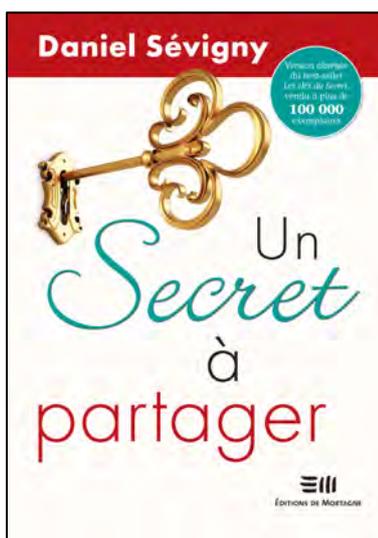
NEVER NEVER NEVER get upset

Daniel SÉVIGNY

Avoid, check, transform your anger to live happily and in peace with yourself.

"This book speaks of anger, its sources, about how and why this energy is so devastating and why we need develop anger management to remain calm and live in peace with ourselves.

2016 - 176 pages – All rights available.



A SECRET TO BE SHARED

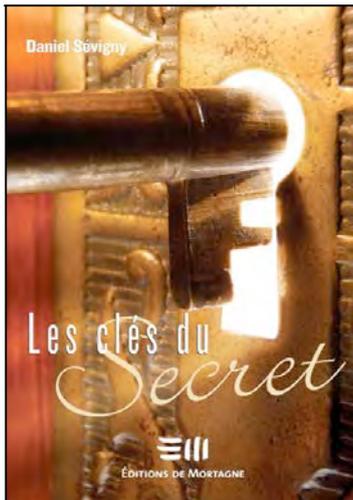
Daniel SÉVIGNY

The **POCKET EDITION** of the best-seller **KEYS OF SECRET**, sold at more than **100 000** copies.

2016 - pocket size, 176 pages – All rights available.

The keys of secret

Daniel Sévigny



The world best-seller THE SECRET explained the law of attraction and proved, by many testimonials, which it is true and effective. All that is lived inside reflects outside: it is there that the law of attraction starts.

The author gives us the Keys of the Secret.

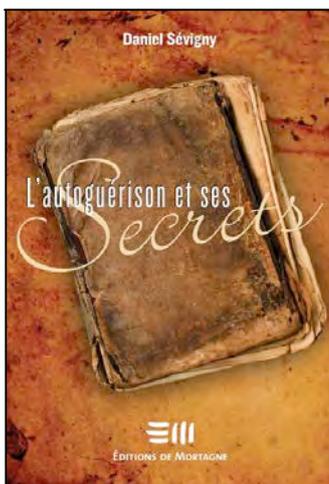
Thanks to his Method « Gestion de la Pensée/Management of the Thought », he helps us to control our thoughts and to act on our daily life. For almost 20 years, he has taught this method throughout the world and thousands of people apply it in their life and obtain what they wish deeply.

THE SECRET exposes the PHILOSOPHY of action which must animate us. The MANAGEMENT OF THE THOUGHT is the CONCRETE METHOD which gives us the KEYS to live the law of attraction each day of our life.

2008 - 192 pages - More than 100 000 copies sold !

Rights sold : Spanish – English – Rumanian

The self-recovery and its secrets



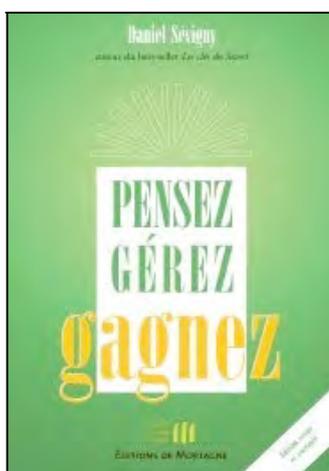
In his first book « The keys of the Secret », the author explained the LAW OF ATTRACTION and how to apply it in our daily life to succeed and reach happiness and serenity.

In this second book, people in good health or ill will discover keys to reach and keep health thanks to the law of attraction and the power of the energizing channel.

Seven keys to obtain what we are looking for, to feel the energy, to open our mind and progress on the way of self-recovery.

2009 - 138 pages – Rights sold : Rumanian

Thin, Manage, Win



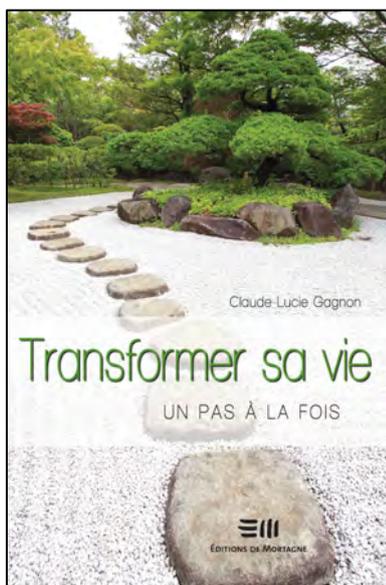
We all search for happiness. It is sometimes there, why is it not permanent? By managing your thoughts, you will evolve on a fantastic path, the path of happiness. Follow the instruction in this book and your life will become the reflection of a fulfilled person.

Our thoughts and the energy which they liberate forge our destiny. We can choose them, control them and manage them;

In this book, many steps are indicating the different paths to follow. You will learn how to :

- acknowledge your poor habits and change them;
 - define your objectives ;
- choose winning expressions which will lead you to Happiness and Success.

240 pages – All rights available



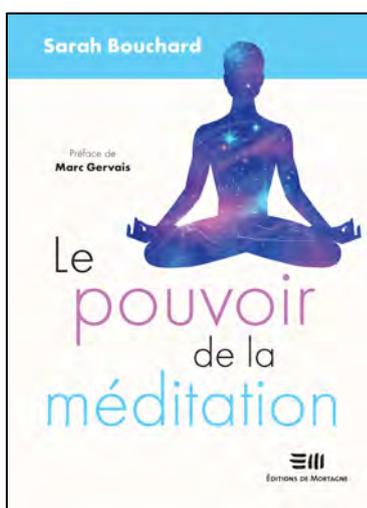
TRANSFORM YOUR LIFE - One step at a time **Claude-Lucie GAGNON**

Life is like a path made of Japanese steps toward which converge a multitude of trails. Today, choosing this book, you put your foot on a stone that will lead you on a different route than you borrow. This decision will enable you to learn a little more about yourself, enjoy life more. Every turn you make in your life is an opportunity to understand what hinders the fluid movement of your approach, diverting the source of deep and lasting joy.

You are you feeling exhausted, discouraged, weakened? You ask yourself if you're wrong? What should you implement to be happier? What drains your energy, you breathless, takes up all your time?

The tools offered by the author will help you Reading this guide will help you answer these questions, develop a fulfilling attitude and recognize the moments of transformation that arise voussur your way. During your reading, you will begin the next steps in your journey with more confidence and assurance.

2016 - 224 pages – All rights available.

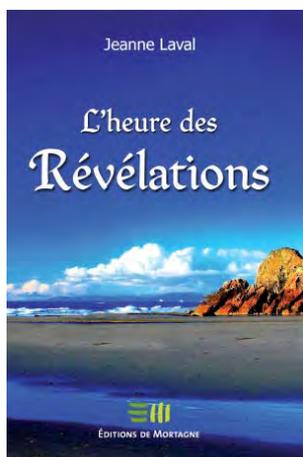


The power of meditation **Sarah Bouchard**

ACCESS YOUR POWER INSIDE!

Containing 49 subjects to meditate, such as fear of lack, mourning and its steps and strengthen the immune system, this book will help you become the master of your thoughts. It also offers lessons and meditation exercises allowing you to welcome and accept the human being you are. So you can finally detach yourself from your ego to listen to your inner voice. After all, it is she who has the solution! Your potential is in you, it is unlimited and it is ... at your fingertips!

2016 - pocket size, 238 pages – All rights available.



TIME FOR REVELATIONS

Jeanne LAVAL

Preface by Jean-Louis Victor

Jeanne Laval, one of the greatest mediums of the last century, had the full range of possibilities parapsychic: automatic, direct writing, clairvoyance, telepathy, extrasensory perception ...

It was followed for almost 20 years by leading experts (Professor Charles Richet "medicine Nobel Prize" and especially Dr. Osty "former director of the Metaphysical Institute in Paris") who managed to communicate scientifically with several separate entities the medium, each with its own personality, his writing and his knowledge.

The book she gave us offers answers to fundamental questions we all ask about life, death, the afterlife, the evolution of humanity, the future of the planet ... etc. This is a **masterpiece of more than 1,000 pages in which the reader will find the answer to more than 1,000 questions in the Invisible knowledge**, including:

- What destiny? Who determines that? Can we change course? How is death? Reasons and consequences of suicide? What about euthanasia? What we think in the past the death penalty? Are we in night dreams explaining our earthly life? What about terrestrial unions? Of soul mates? What is suffering? Karma? Reincarnation?



Press the button!

Daniel Sévigny

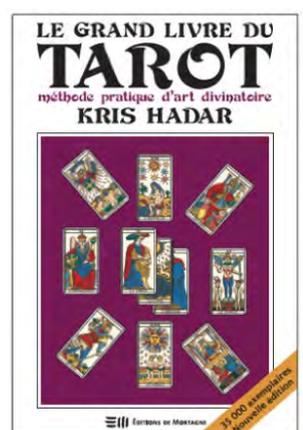
The future is the echo of our thoughts, our words and our actions ...

"I have written several books on the thinking mechanism. I thought I had all said and that the subject was exhausted. But the thought is a universe in itself. Discover its power, tame and use it, it's a project and it is worth the joy! Press the button! is an innovation in this kind of literature.

Whenever you see "Press the button!" in the text, return to the cover to press the button. You then hear me say a special message. By dint of hearing repeatedly over your reading, you will change your way of thinking in everyday life. By doing so, you open the doors of success, achievement and happiness. This will also transform your present and your future. Everything starts with thought, but still have to learn to think! "Daniel Sévigny

In this book, Daniel Sévigny deepens his teaching of the Management Thought, already extensively studied in previous works. He shares with the reader the research it has for many years, and the new elements it continues to discover on our thought process and the power of it. It is always the thought that gives power to ...

From the same author : THE KEYS OF SECRET, more than 100,000 copies sold.



The Great Book of the Tarot

Kris Hadar

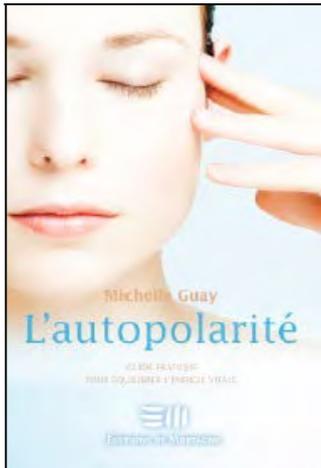
New edition

A book designed for all amateur and professional:

- Throughout the chapters, the key words are in bold for faster learning;
- The principle symbolized by the Tarot blade applies to key areas of life: professional aspects, emotional, spiritual, physical (health), etc. ;
- Many tables serve as a reminder;
- A full chapter is for professionals Tarot and the spirit that should be of serious consultation transpires in filigree, in essence, the technique and the course of the interview;
- A whole section is dedicated to the description of combinations (or meetings) slides between them in order to gain mastery of the event to predict;
- The design of prints can meet the consultant with great precision and thereby verify the accuracy of the prediction in its future course.

SELF-POLARITY Practical guide for the balancing of vital energy)

Michelle Guay



The therapy of the polarity allow the free circulation of vital energy in all organism.

The self-polarity constitutes a first stage of this therapy.

This simple and practical book can be read and understood by everyone. You will find there :

- Clear explanations and easy application of the techniques
- Energy and respiratory exercises which bring energy ;
- Exercises to reinforce the immune system ;
- Exercises to unloose pain and to relieve feelings of faintness ;

A hundred of physical exercises agreeably illustrated and intended to re-harmonise the body!

2009 – 230 pages – Rights sold : Russian

Better sleep... my dream !!

Brigitte Langevin



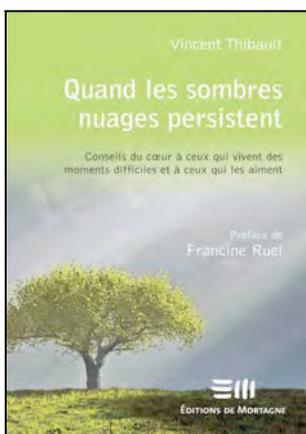
You find it difficult to find sleep? You wake up at night and do not manage to go back to sleep? You feel tired in the waking as though you had spent a sleepless night? You live the same situation as most people, more than a person on three complaining of trouble to sleep. But you can remedy this state thanks to this book.

You will discover the enemies of sleep, as well as directed strategies to improve quality and to overcome insomnia. Most spread sleep troubles (snore, nightmare, somnambulism, apnea, syndrome of chronic tiredness, etc.) are also approached, allowing to envisage appropriate solutions. This book is a gold mine of informations and judicious advices to sleep better, even into particular conditions, such as time difference, seasonal depression or menopause.

2009 – Rights sold : spanish (worldwide)

When dark clouds persist

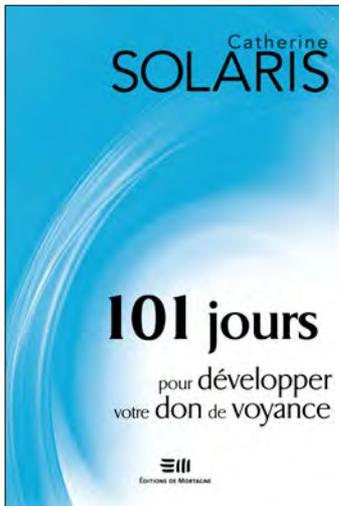
(Tips from the heart to those who are experiencing difficult times and those who love them)



A philosophical book for everyone, completed with many exercises, whose purpose is to help us to let go, step back, accept what is or what has been, cultivating the present, regain our confidence in our ability to be happy...

We all know hard times : periods of intense stress, painful questioning, accumulations of small worries or even real depressive episodes. The ups and downs are a natural component of life. But happiness is not the preserve of a handful of people apparently smiling. This is a state we can all grow, in spite of calamities, to manage difficult emotions, fears, illness, small and large obsessions.

2010 - 160 pages - All rights available



101 days to develop your clairvoyant

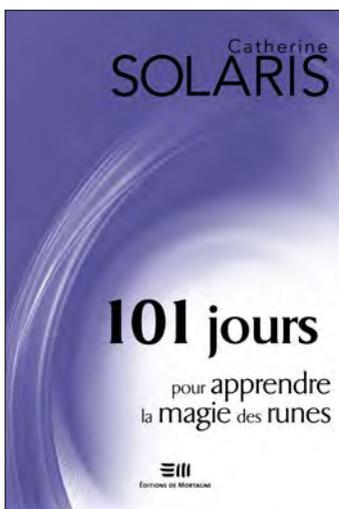
Catherine Solaris

This book provides a full range of methods used to successfully develop your clairvoyant. It will also help identify the source of your power, fruit of your emotional sensitivity or transmitted through an object.

Among the concepts presented, you will discover the basic arts of divination such as tarot cards, dice, the crystal ball and dreams. You will finish your learning with more advanced techniques such as pure clairvoyance, projection and contact with higher entities.

The theory is spread over 101 days, and periods of four days of exercises are available to practice your new skills.

2012 - 240 pages - All rights available



101 days to learn the magic runes

In this book, you will learn the history of runes, the gods associated with them, and how to make them. You will discover the runes at the rate of one per day, according to the method of your choice among all those available.

Subsequently, their use for divination and magic written, verbal and gestural will be explained.

In addition to help you better understand the outcome of your choice, they also serve to protect your home, maintain harmony in the family, building relationships lasting friendship or love, etc..

The theory is spread over 101 days, and four days, exercises are available to practice your new skills.

2012 - 240 pages - All rights available

101 days to discover your gifts

Using simple methods and accessible to all, you can release the capabilities that are in you. Step by step, from mental preparation to clean energy, the contact with entities protective up exercises with the four elements, you slowly open your mind. Well equipped, you can move to the next level.

Since everyone has different gifts, this book covers many topics: clairvoyance, magnetism, contact with the beyond, intuition and instinct, healing and various psychic powers.

The theory is spread over 101 days and every four days, the exercises are available to apply your new knowledge. If you follow the process as presented, you can close this book without having taken a positive experience ...

2011 – 240 pages – All rights available

101 days to learn the pendulum

Are you ready to discover the exciting possibilities of the pendulum?

Step by step you will learn that mythical object, its manufacturing, its history. Although it has been proven most often for divination or research, you will discover it has the ability to explore areas even larger.

Among the many ideas presented in this book, you discover how to ask the pendulum, how to communicate with the afterlife, how to make your own dials, searching for objects and people, the benefits of introspection, the power of analysis of the pendulum on health; cleaning the chakras, the power of crystals and energy complex of notions that will complement perfectly your new knowledge.

2011 – 220 pages – All rights available