

REFERENCE & LIFESTYLE

FALL 2020

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CLEVER BABY BOARD BOOKS



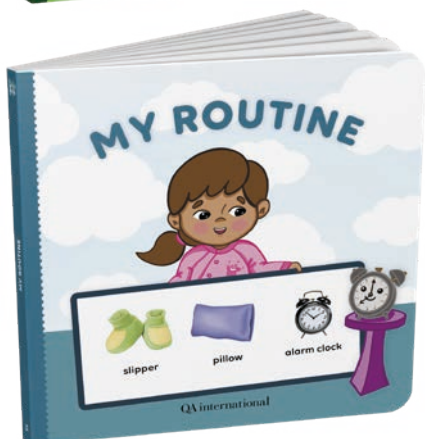
The Clever Baby collection offers a wide range of realistic, entertaining picture books—so that learning can be fun!



Baby Animals

From your house to the ocean, learn about baby animals!

- *Baby Animals* presents very realistic images of animals. It helps teach toddlers to identify animals and their habitats.
- A character on each two-page spread makes the book more engaging.
- Bonus: a bird is hidden in each two-page spread. Can you find it?



My Routine

From morning to night, learn about your daily routine!

- *My Routine* uses a colourful, realistic visual to present the steps of your routine. Each two-page spread focuses on one step.
- Everyday objects are identified to help build your child's vocabulary.
- Bonus: children can have fun finding the objects in each illustration. Learning becomes a game!

PAGES: 24 pages

FORMAT: 150 mm x 150 mm, board book, rounded corners

TARGET AUDIENCE: Children aged 0 to 3



Colours

Learn the colours of the rainbow from things all around you!

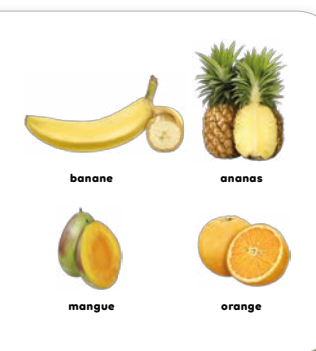
- *Colours* presents basic colours using playful characters and realistic objects. There is a different colour for each two-page spread.
- Bonus: the last page includes objects in every colour so children can indicate their favourite colour. Interaction promotes learning!



Food

From the garden to the market, learn about the food that's on your plate!

- *Food* presents very realistic images of different foods and where they come from (the garden, the farm, the market, etc.) It also introduces toddlers to recipes from around the world, such as pizza, sushi and tacos!
- A character on each two-page spread makes the book more engaging.
- Bonus: children can identify their favorite food at the end of the book. Interaction promotes learning!



banane

ananas

mangue

orange

grenouille

feuille

grenouille

lime

dragon

lime

dragon

MÖBIUS SERIES

NEW

FAVOURITE

An optimistic series for children to discover how to help the planet, one small gesture at a time!



MÖBIUS, a non-fiction series like no other, presents historical facts, wacky information and simple solutions to help the environment. Funny sketches and hyper-realistic illustrations share the pages with expert-reviewed information as well as statistics to further the reader's knowledge.

- Presents a positive, constructive and non-judgmental vision of the environment and pollution.
- Divided into easy-to-use sections, with realistic illustrations that complement the information and funny sketches that lighten the text.
- All statistics are represented through images to help with comprehension.
- Each book includes activities that can be done at home or in the classroom.
- The glossary acts as a mini-dictionary and provides definitions for more complex words, identified throughout the text using a special colour.

Why is it called Möbius?
Because the universal recycling symbol is a Möbius loop!

PAGES: 32 pages

FORMAT: 200 mm x 200 mm, hardcover

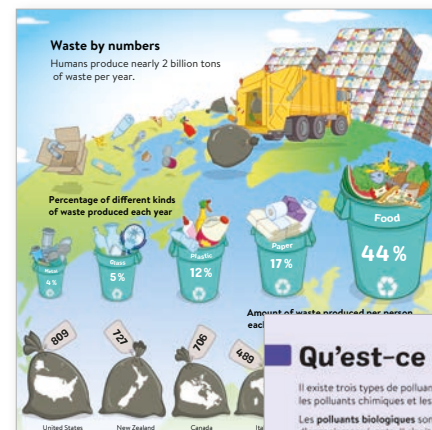
TARGET AUDIENCE: Children aged 7 to 12 (elementary school)

Other titles soon available in this series: Forests and Soils

THE ENVIRONMENT is a greater source of global concern today than ever before. In order to protect it, we must understand what is threatening its delicate balance.

WASTE pollutes and devastates our environment. Where does it come from? What is it made of? What can we do to reduce or eliminate waste completely?

WATER is an essential substance for all living beings. That's why it's known as "blue gold." Since the survival of every lifeform depends on it, what can we do to protect this valuable resource?



What are some other ways to dispose of waste?

Recycling lets us make new objects using the raw materials from old ones.

Composting transforms organic waste, such as food scraps, into compost.

Before turning the page, can you spot the items that can be recycled and composted in the picture?



Qu'est-ce qui pollue l'eau ?

Il existe trois types de polluants : les polluants biologiques, les polluants chimiques et les polluants physiques.

Les **polluants biologiques** sont des polluants qui viennent d'organismes vivants. Il s'agit entre autres de l'eau des toilettes rejetée dans les égouts, du fumier (excréments des animaux) et des **microorganismes**, comme les algues et les mauvaises bactéries. En trop grande quantité, ils peuvent polluer l'eau.

Les **polluants chimiques** sont des substances comme les produits nettoyants pour la maison ou certains engrais et pesticides utilisés par les agriculteurs. Ces substances finissent par atteindre les cours d'eau et les polluent.

Les **polluants physiques** sont des déchets qui ne disparaissent pas lorsqu'ils sont jetés dans l'eau : une bouteille de plastique, des emballages de nourriture, des pneus de voiture... Tous ces déchets qui finissent dans l'eau ne devraient pas s'y trouver !

Activités humaines

Comment nos activités polluent l'eau ?

Se laver, faire ses besoins, faire la vaisselle, la lessive ou le ménage... Ces activités de tous les jours qui se déroulent à la maison peuvent gaspiller et même polluer l'eau si nous ne faisons pas attention. Il en est de même pour les activités dans les usines et entreprises, qui rejettent dans l'eau des déchets et des produits polluants.

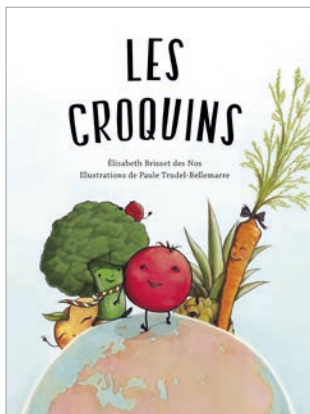
Un peu d'histoire

Pendant plusieurs milliers d'années, les humains étaient des nomades, c'est-à-dire que les villes et les villages n'existaient pas, les gens se déplaçaient pour trouver de l'eau, de la nourriture et des abris. Puisqu'ils étaient peu nombreux et voyageaient par petits groupes, leurs déchets ne s'accumulaient pas et leurs activités polluaient peu les cours d'eau.

Avec le temps, les villes et villages sont apparus, puis les usines. Les humains sont devenus toujours plus nombreux à produire toujours plus de déchets. Aujourd'hui, on trouve parmi ces déchets le **plastique**, grand ennemi des océans, en plus de l'eau sale, appelée «**eaux usées**». Cette eau sale rejetée par les maisons et les usines est en grande partie responsable de la pollution de l'eau.



Activités humaines



LES CROQUINS

Élisabeth Brisset des Nos
Illustrated by Paule Trudel-Bellemarre

This fully illustrated book presents 10 little stories told by 10 personified fruits and vegetables. Giovanni Broccoli, Henri Kiwi, Mei Peach, and friends hail from Mexico, Algeria, Canada, and Italy. Each character jokingly and deliciously talks about their backgrounds, their healthy goodness, and their growth.



PAGES: 80 pages
FORMAT: 185 mm x 245 mm, hardcover
TARGET AUDIENCE: Children aged 4 to 7



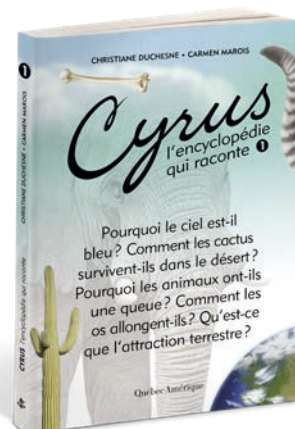
LES REDOUTABLES CROQUINS

Élisabeth Brisset des Nos
Illustrated by Paule Trudel-Bellemarre

The children's bestliked delicious character embarks on a journey around the world to meet the mighty Croquins—mighty fruits and vegetables feared by food lovers! From Omar Onion to Mehdi Spinach, Mexico to Iran via Italy, Giovanni will soon discover that these fruits and vegetables may have a bad reputation, but they are healthy and tasty when prepared well. This funny story is packed with twists and turns to teach children to love these valuable ingredients.

- Beautifully illustrated children's books;
- Great adventures that take place in different countries;
- Easy-to-do recipes including fruits and vegetables.

PAGES: 64 pages
FORMAT: 185 mm x 245 mm, hardcover
TARGET AUDIENCE: Children aged 4 to 7



CYRUS ENCYCLOPEDIA

Christiane Duchesne and Carmen Marois

Who is Cyrus?

Early on, Cyrus questioned the origins of the world, the life of the planet, the fears of prehistoric humans, the animal kingdom, the plant world, the cosmos and the human heart. Curious by nature, he searched, read and studied for many years, seeking answers to the thousands of questions that he has never stopped wondering about. He continues to marvel at new phenomena and focus on the unique aspects of the world around him.

PAGES: Between 152 and 168 pages
FORMAT: 140 mm x 191 mm
TARGET AUDIENCE: Children aged 8 to 12
RIGHTS SOLD: Korea and Poland

- Over 340,000 copies sold of the series's first edition

What does Cyrus enjoy most of all? Sharing his knowledge with those who, at any time of the day wherever they are, seek him out for answers to their questions.

Throughout the 12 volumes of this one-of-a-kind encyclopedia, you'll meet dozens and dozens of curious people who, like you, always want to learn a little bit more. It can also provide answers in a nutshell to such questions as:

- Why is the sky blue?
- How do bones grow?
- Why don't spiders get caught up in their webs?

Cyrus, l'encyclopédie qui raconte provides scientific answers to the questions we all ask ourselves about the world around us. Each of the 12 volumes satisfies our curiosity about astronomy, flora, fauna, the human body and much more. An online index makes searching easy.



Also available:





PAGES: 64 pages per volume
FORMAT: 235 mm x 260 mm
TARGET AUDIENCE: Children aged 10 to 16
RIGHTS SOLD: China, Greece, Korea, Mexico, Poland, Portugal, Russia, Spain, Turkey and USA

- Series of 6 volumes
- 20,000 words per volume

PROFESSOR GENIUS SERIES

An inspiring series designed to satisfy the most curious minds

The *Professor Genius* series is a thought-provoking encyclopedia that offers a fresh, creative and philosophical approach to knowledge. Designed as the professor's personal scrapbooks, each volume features an extraordinary collection of letters, maps, sketches, photographs, notes and facts in a dynamic and colourful presentation.

Subjects:

Discoveries and Inventions	The Universe
The Human Body	Music
Story of Life	Sciences



MY NOTEBOOK OF QUESTIONS SERIES

A fun series filled with answers to questions that children frequently ask

In the four volumes of *My Notebook of Questions*, Professor Genius personally answers those tricky questions that leave children wondering—and parents pondering! This fun series focuses on topics that naturally attract children's attention and comes in a conveniently small format perfect for their tiny hands.

PAGES: 96 pages per volume
FORMAT: 140 mm x 190 mm
TARGET AUDIENCE: Children aged 7 to 12

RIGHTS SOLD: China, Greece, Korea, Mexico, Portugal, Russia, Spain, Turkey and USA

• Series of 4 volumes • 7,500 words per volume

Subjects:

Inventions	Dinosaurs
The Human Body	The Moon



NAKED! The Benevolent Dictionary of Sexuality

Myriam Daguzan Bernier

From A to Z, *Naked! The Benevolent Dictionary of Sexuality* 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.

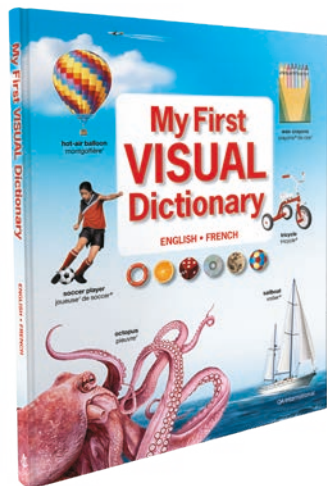
PAGES: 272 pages
FORMAT: 172 mm x 241 mm, softcover
TARGET AUDIENCE: Children aged 12 to 17
RIGHTS SOLD: France, Germany and Ukraine

- 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 Gariepy

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'œil*, *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!





MY FIRST VISUAL DICTIONARY

The ideal language-learning tool for toddlers

My First Visual Dictionary is an exciting collection of dazzling images, labelled with accurate terms meticulously chosen by education experts to meet children's interests and day-to-day reality. Toddlers will have fun identifying objects by looking at the illustrations; older children will enjoy looking at the illustrations while learning how the words are written. Unilingual, bilingual and trilingual editions are also available.

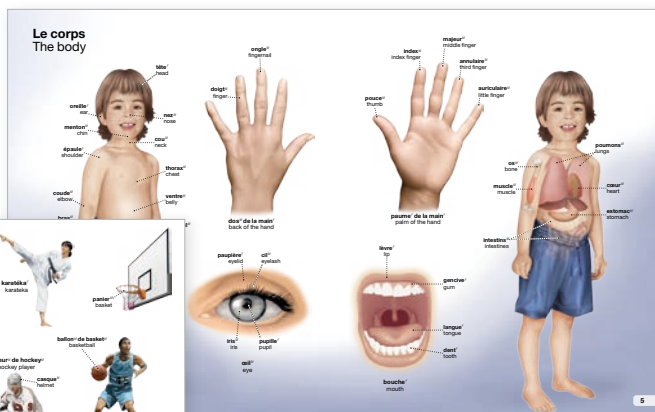
PAGES: 80 pages
FORMAT: 216 mm x 270 mm
TARGET AUDIENCE: Children aged 4 to 8
RIGHTS SOLD: Hungary and Poland

- Up to 3 languages
- 1,600 terms per language
- 1,300 illustrations
- Covering 36 subjects



“Conceived as a modern picture book with true-to-life drawings, this dictionary is a practical tool that not only helps young children learn language skills but also teaches this living language in the classroom.”

Association Choisir un livre, Internet (France)



Precise terminology allows children to learn proper vocabulary.



THE JUNIOR VISUAL DICTIONARY



Children want to see the world—this unique reference allows them to picture it in details

At school or at home, whether to broaden their vocabulary or to feed their natural curiosity, children have been using the *Junior Visual Dictionary* for over twenty years. Covering a wide array of subjects, ranging from new technologies to the animal kingdom and space, this compelling reference displays terminology in one or two languages, linking words to illustrations that provide true-to-life visual definitions.

PAGES: 263 pages + index (bilingual version)
FORMAT: 170 mm x 245 mm
TARGET AUDIENCE: Children aged 9 to 15
RIGHTS SOLD: China, English Canada and English USA

- 7,000 entries per language
- Over 2,000 illustrations and photos

LANGUAGES AVAILABLE

- | | |
|-----------------------|-------------|
| Albanian* | Greek* |
| Bulgarian* | Icelandic* |
| Chinese (simplified)* | Indonesian* |
| Czech* | Italian* |
| Danish* | Korean* |
| Dutch* | Mongolian* |
| English | Portuguese* |
| English (phonetic)* | Romanian* |
| Estonian* | Russian* |
| French | Slovak* |
| German* | Spanish* |
| | Turkish* |
| | Ukrainian* |

* partially available

For this new updated edition, the full content of the dictionary has been carefully reviewed in order to provide for the varied needs and interests of children nine and up.

Keeping-up with the evolution of our fast-paced world, many illustrations and graphics have been redrawn and relabeled, be it to hold into account the latest technological developments or the most recent scientific discoveries.

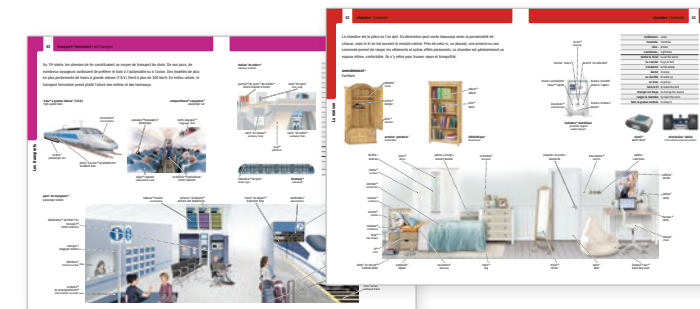
Adding to over 500 existing topics, new images and themes were also included, notably: geopolitical world maps; flags; time measurement; people and relationships; celebrations and emotions.

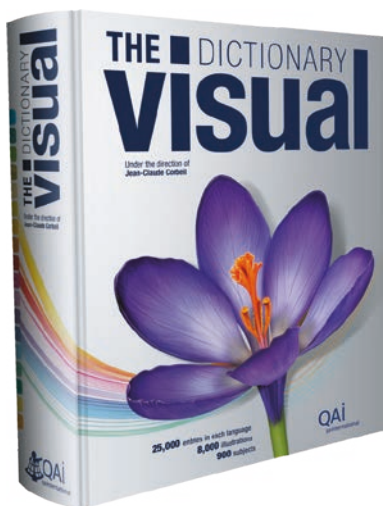
“An essential tool to put in the hands of children.”

La Presse (Canada)

“Comprehensive and well-suited to the target readers.”

Lurelu (Canada)





THE VISUAL DICTIONARY 4TH EDITION

The essential source of knowledge

Featuring vocabulary developed by terminology experts and QA International's trademark lifelike imagery, *The Visual Dictionary* makes the world around us understandable at a glance. Whether you choose to include multilingual labels, perfect for language learners, or contextual definitions, you are sure to please your market with this unique dictionary that illustrates, names and explains. There is a *Visual* for everyone and for every linguistic need: the Complete versions are the perfect encyclopedic dictionary for home or the office, while the abridged versions, lighter in content and format, make great carry-along references.

Other format available:

COMPLETE COMPACT FORMAT

Same content as the standard format edition in a smaller format

FORMAT: 170 mm x 218 mm

Page layout of the complete content, as featured in the standard and compact.

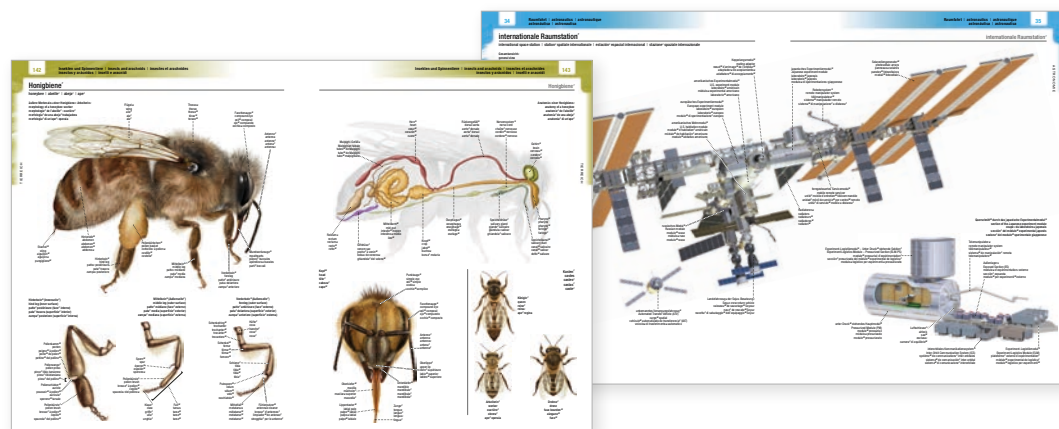
PAGES: 1,072 pages + index
Up to 1,312 pages
(6-language version)

FORMAT: 194 mm x 248 mm

TARGET AUDIENCE: General audience, public, libraries, families, professionals

RIGHTS SOLD: Estonia, Germany, Poland, Russia and USA

- Up to 6 languages
- 40,000 words per language
- 8,000 illustrations



ABRIDGED COMPACT FORMAT

Abridged content in a compact format

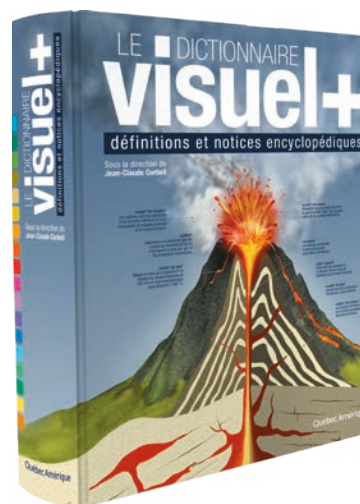
PAGES: 576 pages + index

Up to 696 pages

FORMAT: 170 mm x 218 mm

- Up to 5 languages
- 22,000 words per language
- 5,000 illustrations

RIGHTS SOLD: Brazil, Germany, Hungary, Italy, Mexico, Mongolia, Netherlands, Norway, Poland, Russia, Spain and Sweden



ABRIDGED MINI FORMAT

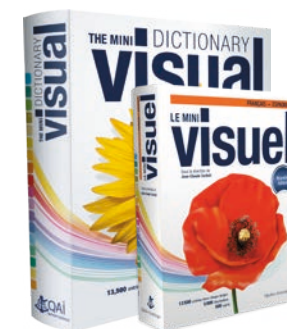
Abridged content in our smallest format

PAGES: 576 pages + index

Up to 624 pages with index

FORMAT: 129 mm x 166 mm

- Up to 2 languages
- 22,000 words per language
- 5,000 illustrations



THE VISUAL DICTIONARY 4TH EDITION

Version with definitions and encyclopedic notes

With the evocative power of the illustrations of the classic *Visual Dictionary*, borrowing its themes and hierarchical organization, the *Visual +* adds definitions and encyclopedic notes that provide essential information and shed light on what cannot be seen or inferred by the word: the nature, function and characteristics of the illustrated object or phenomenon.

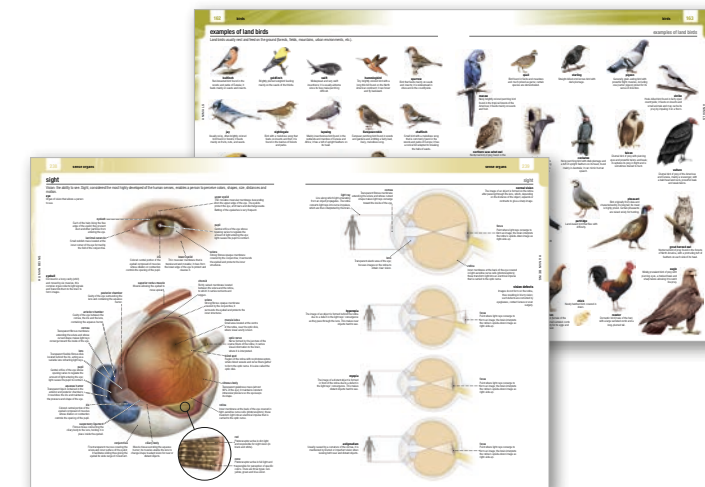
PAGES: 1,072 pages + index
Up to 1,152 pages
(2-language version)

FORMAT: 194 mm x 248 mm

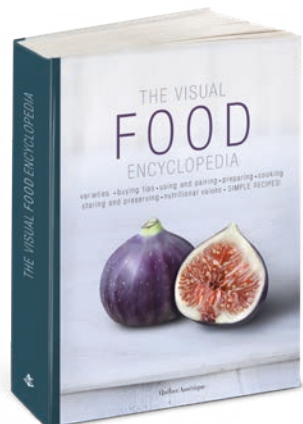
TARGET AUDIENCE: General audience, libraries, families, professionals

RIGHTS SOLD: Georgia, Russia and USA

- Up to 2 languages with definitions in 1 language
- 330,000 words in the main language (with definitions)
- 8,000 illustrations



These complete and easy-to-consult reference books are filled with practical information and high-quality digital illustrations on over 1,000 food products from numerous countries and cultures. Ideal for food lovers, cooks and anyone interested in the world of cooking, QA International's books offer a simple and attractive way to learn a great deal about the products we consume every day.



THE VISUAL FOOD ENCYCLOPEDIA

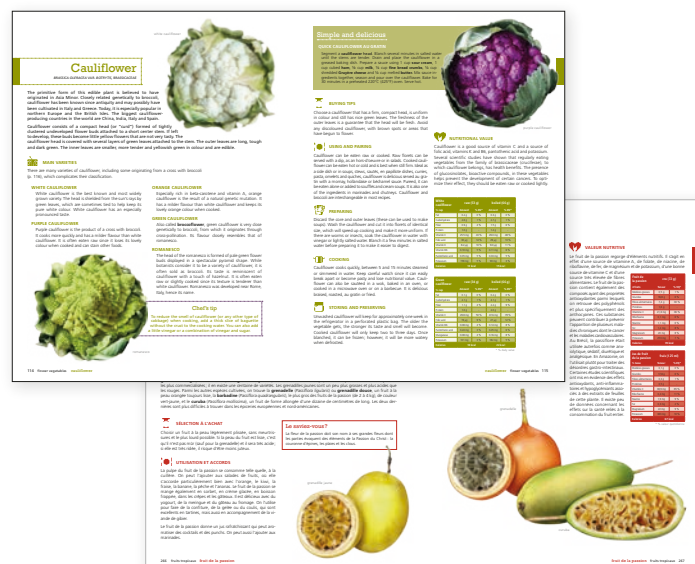
Magnificently illustrated and written in a clear, easy-to-read style, this encyclopedia is a treasure trove of information.

- Origin of each food and detailed description of varieties
- Tips on buying, preparing, cooking and preserving
- Suggestions for using and pairing
- Nutritional values
- Cooking techniques and over 1,000 photos and illustrations
- Nearly 350 simple recipes

PAGES: 624 pages
FORMAT: 203 mm x 274 mm
TARGET AUDIENCE: General audience, chefs, food lovers
RIGHTS SOLD: Italy

TOPICS

- Vegetables
- Legumes
- Seaweed and mushrooms
- Fruits, nuts and seeds
- Cereals and grains
- Seafood
- Fish
- Poultry and eggs
- Meat
- Deli meats
- Dairy products
- Seasonings and condiments



PAGES: 246 pages
FORMAT: 177 mm x 139 mm
TARGET AUDIENCE: General audience, chefs, food lovers, small budgets

MINI FOOD LOVER'S GUIDE Fruits and Vegetables

From the market to your table, an essential tool to cook and eat well.

Food lovers will find in this beautifully illustrated mini encyclopedia:

- Detailed descriptions of fresh fruits and vegetables from the market
- Tips on buying, preparing, cooking and preserving
- Suggestions for using and pairing
- Nutritional values
- Hundreds of illustrations showcasing the variety of fruits and vegetables
- Simple recipes to discover new products from the market



The Mini Food Lover's Guide can be easily carried around in a shopping bag, encouraging the discovery or rediscovery of seasonal fruits and vegetables, and the multiple ways to prepare them.

FAVOURITE

THREE TIMES A DAY Almost Vegetarian

In this fresh new opus, Marilou set out on a mission to take pleasure in eating less meat. With its flavorful healthy meals, desserts and snacks that are just as delightful as they are balanced, this book uncovers a multitude of great ideas that will fill you with glorious vitamins and wholesome contentment.

THREE TIMES A DAY—ALMOST VEGETARIAN IN SHORT . . .

- 4th volume of one of the biggest publishing successes in Quebec, with more than 400,000 copies sold to date
- An author with a powerful network that reaches millions of people in Quebec
- More than 100 new recipes
- A trendy flexitarian approach



PAGES: 264 pages
FORMAT: 213 mm x 276 mm
TARGET AUDIENCE: Flexitarian & vegetarian cuisinier, recipes

MARILOU

Quebec pop sensation Marilou always loved food and cooking, but suffered from anorexia for six years in her late teens and early twenties. *Three Times a Day* emerged from her hugely popular blog (“Trois fois par jour”), which she created as a form of healing so she could start testing recipes, table settings, and food styling. Her aim was to transform the relationship people have with food for the better—and to encourage them to take a fun and unpretentious approach to how and what we eat.

THREE TIMES A DAY

Volume One

Trois fois par jour is a merging of two lovers’ passions: Marilou’s talent for cooking and presentation, and Alexandre Champagne’s for photography.

In their debut book, they share 99 new, easy and delicious recipes. Stunningly photographed, the cookbook will immerse you in the couple’s lovely universes with avour, colour and beauty.

- 110 new recipes
- The perfect present

Over 200,000 copies sold

Volume Two

After the immense success of their first book published in 2014 and after publications in the United States, in English Canada and in France, Marilou and Alexandre Champagne are back with *Trois fois par jour: deuxième tome*. The most awaited book of fall 2016 features more than 110 exclusive recipes accompanied by stunning photographs, all wrapped in a warm and elegant design. The reader will discover an exceptional 320 pages organized in practical categories (gift, small budget, food lover, to host, quickly ready, gluten free, lactose free, vegetarian and Alex’s choice).

- 110 new recipes
- The perfect present

Over 100,000 copies sold

Desserts

From mesmerizing cakes, chic and easy brunch ideas, fruit desserts, mouth-watering creations featuring vegetables and pulses, original snacks and bars: Marilou shares her love for sweet treats through more than 100 delicious and healthy recipes to wow the whole family. Indulge your sweet tooth with the chocolate marshmallow brownie, the vegan caramel, the best chocolate chip cookies and the chocolate bark made with . . . Miss Vickie’s chips!

In response to her audience’s enthusiasm for her dessert recipes, Marilou’s third book only features desserts. This volume boasts beautiful photos taken by Alexandre Champagne and offers 288 pages of delicious, exclusive desserts.



VOLUME ONE

PAGES: 256 pages
FORMAT: 213 mm x 276 mm, hardcover
THEMES: Cooking, recipes
RIGHTS SOLD: World English

VOLUME TWO

PAGES: 320 pages
RIGHTS SOLD: World English, France, Germany, USA

DESSERTS

PAGES: 288 pages
THEMES: Desserts, recipes



PAGES: 400 pages
FORMAT: 178 mm x 229 mm,
 hardcover
THEMES: Classic recipes, cooking tips

LESLEY CHESTERMAN

Lesley Chesterman is a Montreal-based journalist and restaurant critic who has been covering the local and international food scene for years. Born and bred in Montreal, Chesterman started a career in pastry before getting into journalism full-time, as a food critic for *The Montreal Gazette*.

CAN I HAVE THE RECIPE?

Do we really need another cookbook? Yes!

Ten years ago when I was first approached to write a cookbook, I laughed and said: “The last thing the world needs is another recipe for carbonara.” I’ll never forget the editor’s reply: “True. But I think they might like your recipe for carbonara.” That comment stopped me in my tracks. Maybe she had a point because carbonara, like so many dishes, is a recipe I work tirelessly to get right. All those hits, misses and little adaptations I had made over the years transformed that classic into a very personal dish.

This is not a book filled with fancy chef recipes, recipes from my travels, or recipes focused on a specific ingredient. These are dishes to make at home, for friends and family, young and old. It’s not a collection of all of my favourite recipes, but certainly all of them are favourites. Now strap on that apron and let’s get started!

CAN I HAVE THE RECIPE?, IN SUMMARY:

- An instant classic in the tradition of Gourmet and The Silver Palette
- Beautiful layout and photos
- Well-rounded repertoire of more than 100 sweet and savoury dishes for many occasions
- Practical notes and insightful anecdotes from an experienced cook
- Stop searching the Web for “the best” recipe: it’s all in here



PAGES: 208 pages
FORMAT: 191 mm x 229 mm,
 softcover
THEMES: Ketogenic cuisine, recipes

CAROLINE DUMAS

Founder of *SoupeSoup*, Caroline Dumas—now the owner of Caroline and Bloomfield restaurants—is known for her simple and tasty cuisine. In no time, she is able to concoct a plate brimming with flavour. A fan of the ketogenic diet for more than two years now, she has developed irresistible dishes that allow her to indulge while staying in shape and having enough energy to lead her busy life as a mom, chef-owner and entrepreneur.

CARO KÉTO
80 delicious recipes to boost your energy

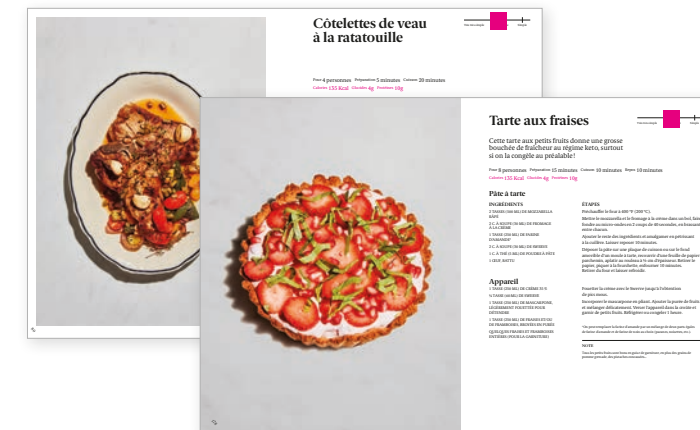
“I love food too much to want to deprive myself!”

For more than two years, Caroline Dumas (founder of SoupeSoup restaurants) has converted to the ketogenic diet and is full of energy! But have no fear, Caroline is not one to settle for sad and tasteless dishes. Gourmet and inventive, she presents in this book the most delicious way to take up the ketogenic diet in order to lose weight and fill your energy tank!

Caro Kéto is a colourful book filled with 80 simple and flavourful recipes! Pork chops with cream, braised beef à la grecque, bagels with candied salmon, avocado-lime tarts, lemon cake; discover a generous cuisine and find the pleasure of eating the foods you love, without guilt!

CARO KÉTO, IN SUMMARY:

- The ketogenic diet is the trend of the day. The dishes created by Caroline Dumas are fresh, simple and invigorating
- The book presents a simplified ketogenic cuisine for everyone, whether you’re the only one on a diet or the whole family also goes keto
- Each recipe is photographed by Dominique Lafond (*The Broken Crust, SoupeSoup*)





ANXIETY WITHOUT COMPLEX

Find peace of mind here and now

Anxiety is certainly one of the most common evils of our time. But how can we manage to acknowledge this complex emotion as a friend rather than an enemy?

By sharing her personal experience and drawing on her professional expertise, general practitioner Sophie Maffolini invites readers to embrace their anxiety through a seven-week journey. Demystifying anxiety and providing mindfulness tools to manage it naturally—that's the challenge Sophie has set herself. And she brilliantly takes it on in this book.

L'ANXIÉTÉ SANS COMPLEXE, IN SUMMARY:

- A highly anticipated title after the success of *Méditer sans complexe* (2017, 15K ex.)
- Dr. Sophie Maffolini is active as a lecturer and on social media, where she has a large following (81K on FB, 18K on Instagram)
- A sweet and reassuring universe; a simple and accessible method
- Anxiety is affecting more and more people. This book offers a seven-week program to reconcile yourself with your anxiety

PAGES: 192 pages
FORMAT: 191 mm x 248 mm, softcover
THEMES: Anxiety, mindfulness

SOPHIE MAFFOLINI

Dr. Sophie Maffolini has been practising general medicine in Canada's Far North with aboriginal populations since 2013. Having developed anorexia during her medical studies, Sophie heals mainly through mindfulness meditation. Open to the world and to other cultures, she has a nomadic lifestyle and is interested in approaches complementary to conventional medicine that she discovers here and elsewhere. She advocates a holistic approach to health and sees it as her mission to teach mindfulness, this life-changing experience. *L'anxiété sans complexe* is her second book after *Méditer sans complexe* (2017).



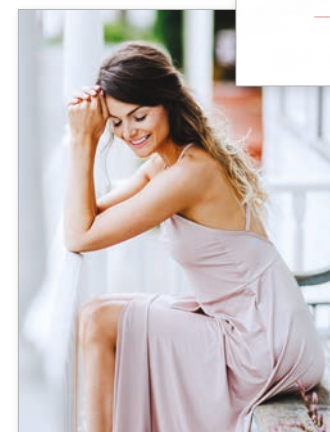
MEDITATING WITHOUT COMPLEX

28 Days of Mindfulness

Meditating Without Complex 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.

PAGES: 280 pages
FORMAT: 191 mm x 248 mm, softcover
THEMES: Meditation, physical & mental health





PAGES: 336 pages
FORMAT: 197 mm x 235 mm
THEMES: Indoor gardening, plants

MÉLANIE GRÉGOIRE

Mélanie Grégoire comes from a family of gardeners and was practically born with a green thumb. Author of *Les quatre saisons de votre potager*, she has always loved sharing gardening tips and knowledge acquired through her family and studies in horticulture. Via television, radio, or books, Mélanie makes growing plants easy and fun. Her humour and straightforward approach gives you the boost you need to make your home greener.

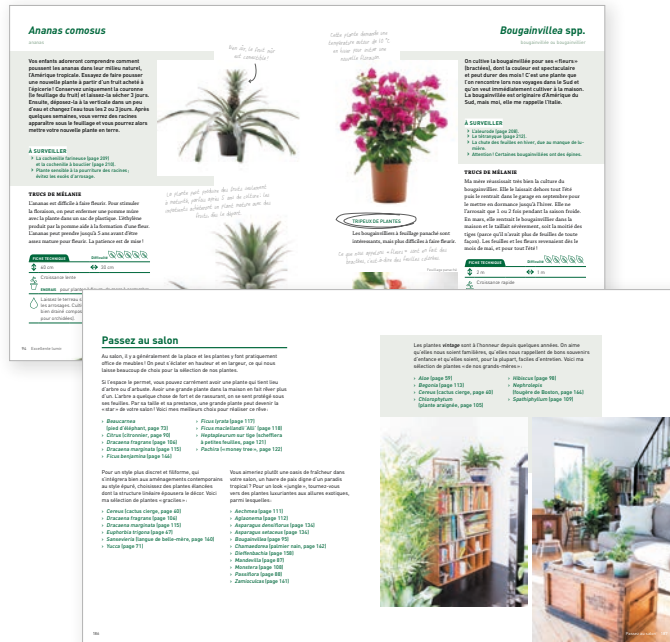
GREEN PLANTS



Why surround yourself with plants? Plants can help decorate and brighten up a room, they bring a touch of the tropics to your home (even in winter!), and they purify the air and add to everyone's wellbeing. Above all, growing green plants isn't rocket science . . .

In addition to the basics of indoor gardening, this book presents over one hundred plants organized according to their level of upkeep.

- Care instructions: location, watering, potting, expected growth, fertilizer, size . . .
- Tips and advice for each plant
- Suggestions for unique varieties
- How to add plants to every room
- Bugs and diseases to watch out for
- A selection guide to find the right plant at a glance



PAGES: 288 pages
FORMAT: 220 mm x 283 mm, hardcover
THEMES: Photography, coffee table book

• **OVER 25,000 FACEBOOK SUBSCRIBERS**

MARIO CYR

Foreword: Denis Villeneuve
 Texts: Nancy Chiasson

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.

THE ICE ADVENTURER

From one pole to the other, and to the farthest reaches of the ocean, Mario Cyr (diver, cameraman, explorer, businessman 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.

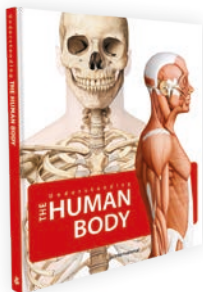
THE ICE ADVENTURER IS . . .

- 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

Documentary movie produced by Gebrueder Beetz Filmproduktion in Germany "Faszination Arktis-Tauchgang unter dünnem Eis" premiered on July 25th, 2019



For every family and at every stage in life, health is the number one issue. AQA International meets these concerns with a series of medical reference works for the public at large, providing editorial content approved by an international scientific committee and medical illustrations of unprecedented quality.



UNDERSTANDING THE HUMAN BODY

A comprehensive survey of the processes occurring within the human body

Through stunning visual content, entirely updated for this new edition, *Understanding the Human Body* presents the various components of the human anatomy and details their functions. Combining text with charts, diagrams and hyperrealistic illustrations, this reference makes it easy to understand complex biological processes, from cell division to inflammatory reaction, and from phonation to digestion. It is the definitive guide to understanding human biology.

RIGHTS SOLD: United Kingdom

THE VISUAL DICTIONARY OF THE HUMAN BODY

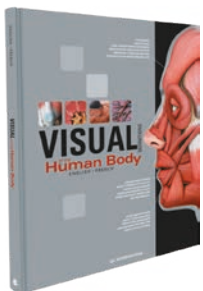
An invaluable guide for exploring the human body from head to toe

The Visual Dictionary of the Human Body is a fascinating exploration of that wonderful machine we call the body. Some 350 high-resolution images, along with rigorous terminology and concise and clear definitions, allow readers to discover how the body works and explore the complexities of its various regions. This overview includes brief introductory texts and many amusing and informative sidebars that will be of interest to the entire family. Colourful illustrations, precise terms and definitions and educational and entertaining sidebars make this an indispensable tool at home, school and the office.

RIGHTS SOLD: Albania, Brazil, China, Japan, Norway, Poland, South Africa, Spain and Turkey

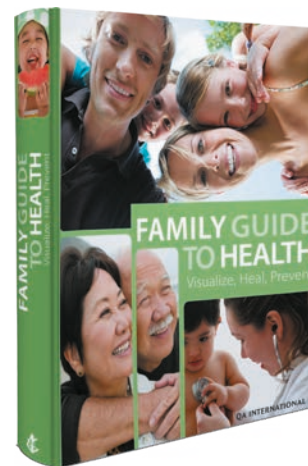
PAGES: 128 pages
FORMAT: 248 mm x 195 mm
TARGET AUDIENCE: Families, students

- About 31,000 words
- Over 350 illustrations



PAGES: 144 pages + index
FORMAT: 229 mm x 301 mm
TARGET AUDIENCE: Families, students

- Up to 6 languages (with definitions: up to 2 languages)
- 1,600 terms
- 6,600 words per language (with definitions: 30,800 words in the main language)
- Over 350 illustrations



FAMILY GUIDE TO HEALTH Visualize, Heal, Prevent

The essential family reference when it comes to understanding the treatment and prevention of illnesses that affect the human body

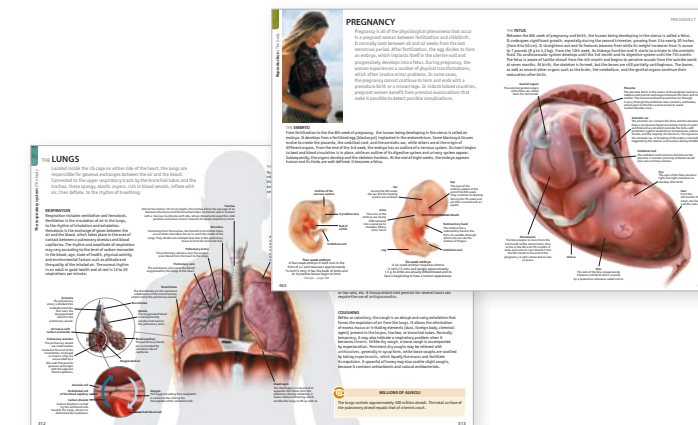
The *Family Guide to Health's* innovative approach addresses concerns common among the general public with plain-language explanations complemented by state-of-the-art visuals. All at once an atlas of the human body, an encyclopedia of illnesses and ailments, a guide to healthy living and a first aid manual, it is the essential reference that every parent should keep on hand.

- AWARD -

Award for illustrated medical book,
Illustrated Books of Scientific or Medical Nature -
Association of Medical Illustrators (USA)

PAGES: 592 pages + index
FORMAT: 194 mm x 248 mm
TARGET AUDIENCE: Families
RIGHTS SOLD: France, Georgia, Italy, Serbia, Singapore and USA

- 250,000 words
- Over 1,000 illustrations
- More than 400 illnesses illustrated and explained
- Validated by some 300 physicians, medical specialists and university professors
- Information on first aid developed with St. John Ambulance, active in over 40 countries



TOPICS

Prevention
Fundamentals
Cells
Skin
Bones, Joints and Muscles
Nervous System

Sensory System
Endocrine System
Blood
Cardiovascular System
Immune System
Respiratory System
Digestive System
Urinary System

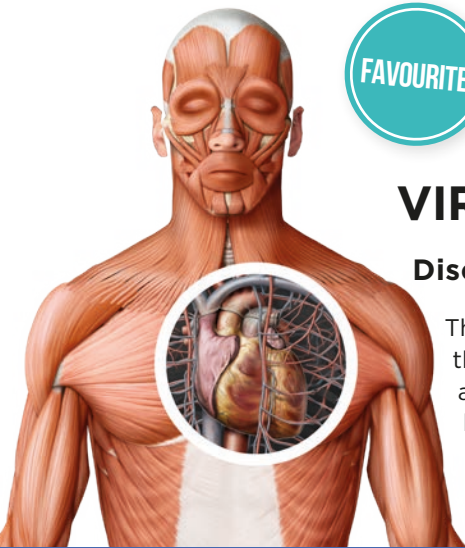
Reproductive System
Reproduction
Childhood and Adolescence
Alternative Medicine
First Aid
Index of Symptoms
Links and Resources



VIRTUAL HUMAN BODY

Discover what's hiding within your body

This interactive anatomical atlas allows the user to view the human body from skin to bones and to learn about anatomical structures. Locate various organs of the human body in their context, and learn more about their functions.

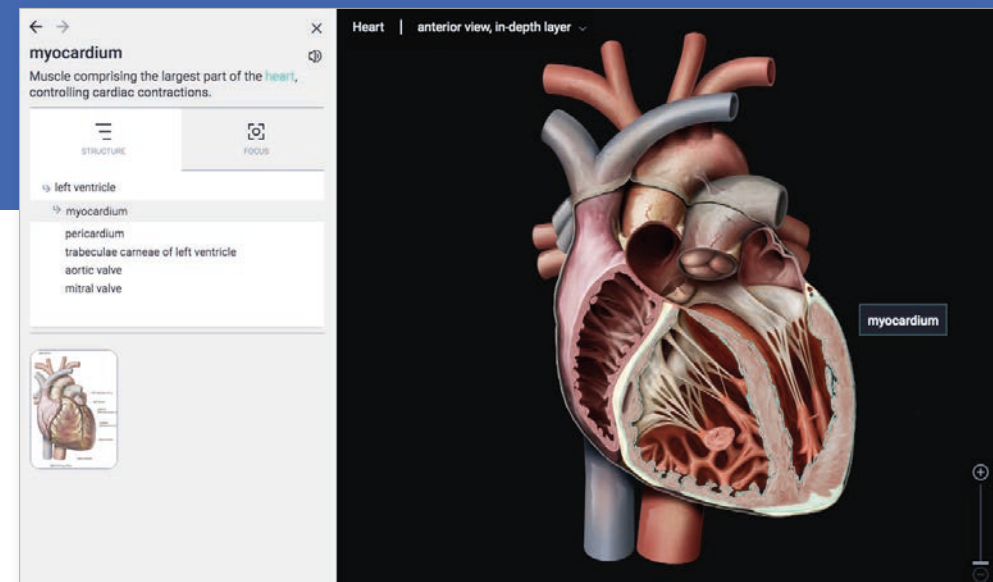
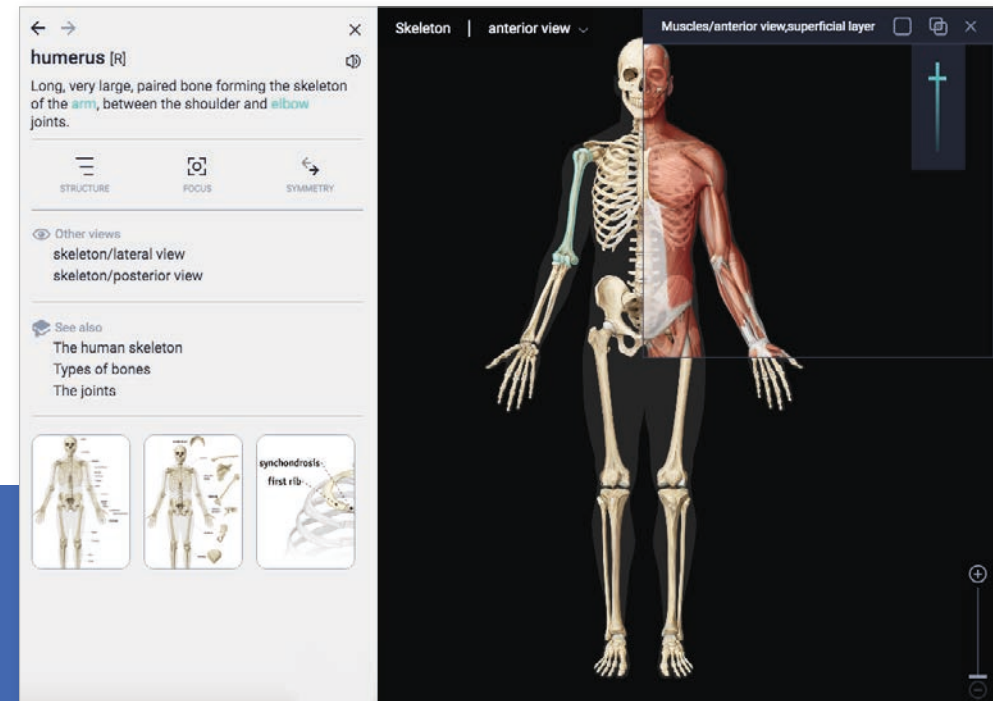
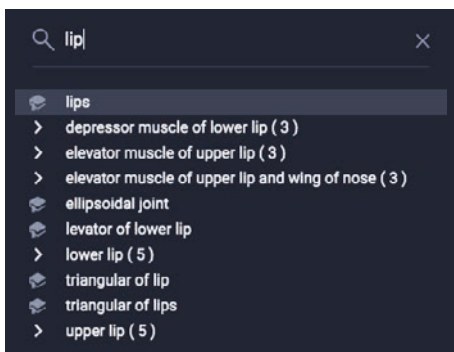


Navigate between 11 systems of the human body

Morphology	Skeleton	Muscles	Nervous system	Lymphatic system	Cardiovascular system
Respiratory system	Digestive system	Urinary system	Reproductive system	Endocrine system	

Main features

- More than a thousand defined anatomical terms
- The possibility to overlay two systems through a unique viewer function
- An effective gateway to easily access your encyclopedic content
- Additional encyclopedic content available
- Languages: English, French, German, Spanish, Portuguese, Italian and Russian



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Everyday Objects	2,934 images
Art, Architecture and Communications	2,383 images
Transport and Machinery	882 images
Society	771 images
Sports and Games	2,749 images



VIDEOS

Our educational videos provide fascinating insights into complex phenomena that fill our daily lives. The combination of animations and step-by-step explanations helps you fully grasp even the most difficult subjects such as the brain, plate tectonics, the Big Bang, the change of seasons and much more.

The Earth	49 videos	Plants	10 videos
The Weather	52 videos	Culinary Techniques	60 videos
The Universe	51 videos	The Environment	12 videos
The Human Body	52 videos		

ABOUT US

QA International (QAI) is a division of Groupe Québec Amérique, a major French-language publishing house based in Montreal, Canada. Ever since the release of its flagship reference title, *The Visual Dictionary*, some 25 years ago, QA International has been renowned for its visual approach to knowledge. Combining rigorous editorial content with unparalleled graphics and outstanding design, its practical guides, encyclopedias and dictionaries—available in print and digital format—shed light on subjects of great interest to contemporary readers. QAI specializes in creating highly illustrated content, built around human knowledge thematics to inform, educate and entertain.

With licensing available for complete titles as well as fragmented content, QA International offers a variety of solutions for publishers looking to offer state-of-the-art material to their readers.

Cardinal is a publishing house specialized in coffee-table books. Their design-oriented work and outstanding quality set them apart from others. Always on the look out for unique and distinctive topics, Cardinal publishes cookbooks, lifestyle and well-being titles, picture books and essays. Cardinal's books are recognized for their boldness and remarkable craftsmanship, features that run their titles into precious objects for hundreds of thousands readers.

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