

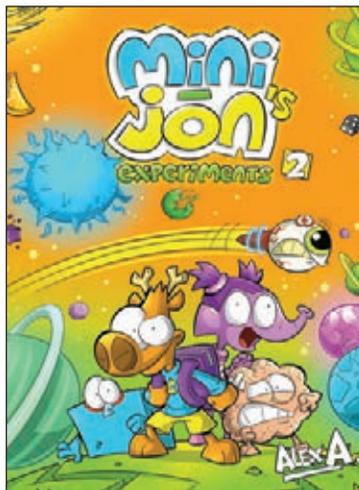
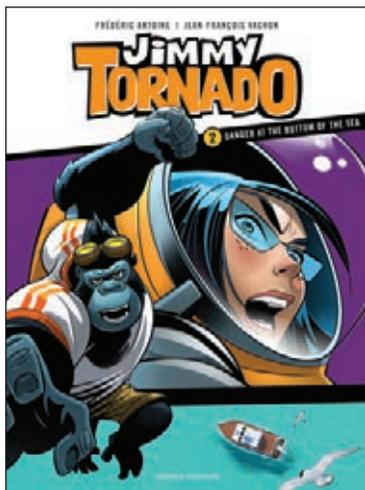
**MODUS VIVENDI
PUBLISHING**



FALL 2018 – CATALOGUE

**ADVENTURE
PRESS**





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JIMMY TORNADO

eBOOK available

A COMIC BOOKS SERIES PACKED WITH TWISTS AND TURNS!

GENRE: adventure, action, humour, travel and mystery

TARGET AUDIENCE: age 9 and up

SALES POINTS

- Book 1 is featured amongst the Best Books for Kids & Teens by the Canadian Children's Book Center
- An adventure series that will become an instant classic for comic book lovers of all ages
- The characters are well-known by young readers through their presence in *Owl* magazine
- Advertising in *Owl* magazine on a regular basis, as well as specialized magazines such as BBKT and CCBN
- Available: Bookmarks, badges and teacher's guides
- The author and the illustrator are available for special occasions and events



THE CHARACTERS

Jimmy is 15 years old and a typical teenager, despite his gorilla body. His superior strength is often an asset during perilous adventures.

Lupe is 17 and a brilliant scientist. She works with her brother, Jimmy, at the Tornado Foundation, an agency dedicated to scientific investigation.



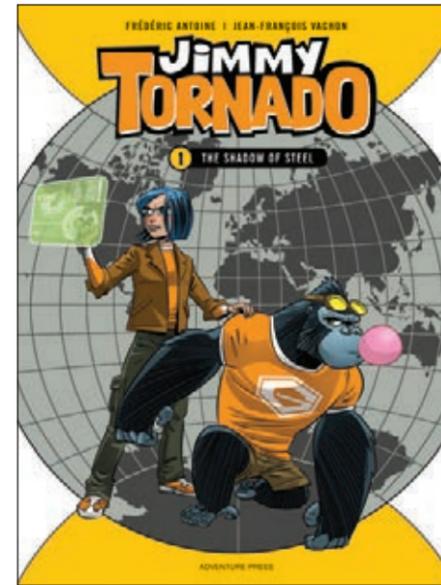
THE AUTHOR

Frédéric Antoine spent his childhood with his nose buried in comic books. Later he discovered role-playing games, giving him a chance to exercise his talent as a storyteller. A fan of films, travel and games, Frédéric continues to build his world, with his own brand of humour. After living in France, Africa and Martinique, Frédéric finally settled in Canada almost 20 years ago.



THE ILLUSTRATOR

A talented illustrator, **Jean-François Vachon** has been plying his art for over 30 years. Very early on, he dreamed of creating superhero comic books. He discovered American and European comic books, which helped forge his style.



BOOK 1 THE SHADOW OF STEEL

Author: Frédéric Antoine

Illustrator: Jean-François Vachon

64 pages • 22 x 29 cm (9 x 11 inches)

\$16.95 • Hardcover

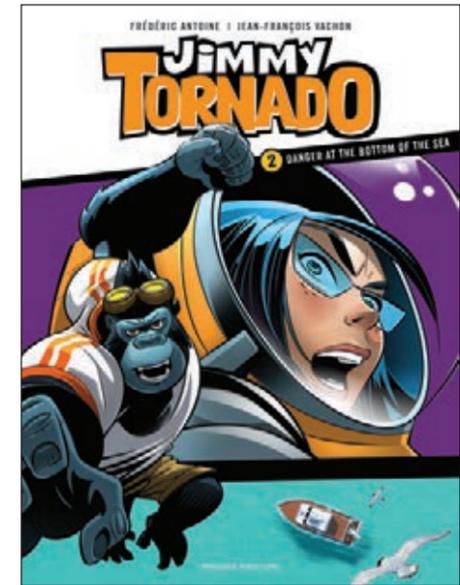
ISBN: 978-1-77285-025-3



9 781772 850253

THE BOOK

Jimmy and Lupe Tornado travel the world to investigate scientific mysteries and supernatural activities — hoping one day to find their father, who disappeared during an archaeological expedition.



NEW

BOOK 2 DANGER AT THE BOTTOM OF THE SEA

Author: Frédéric Antoine

Illustrator: Jean-François Vachon

64 pages • 22 x 29 cm (9 x 11 inches)

\$ 16.95 • Hardcover • October 2018

ISBN: 978-1-77285-034-5



9 781772 850345

THE BOOK

On a mission for the Tornado Foundation, my half-sister Guadalupe and I take on a mysterious adversary who has been watching us since our adventure in Japan. But we're no ordinary team of investigators. My name is Jimmy Tornado, I'm 15, I'm a gorilla... and no one threatens the Tornados!

MINI-JON'S EXPERIMENTS

WELCOME TO THE EXCITING WORLD OF MINI-JON, WHERE HUMOUR, ADVENTURE AND SCIENCE COME TOGETHER AND WHERE ALMOST ANYTHING CAN HAPPEN!

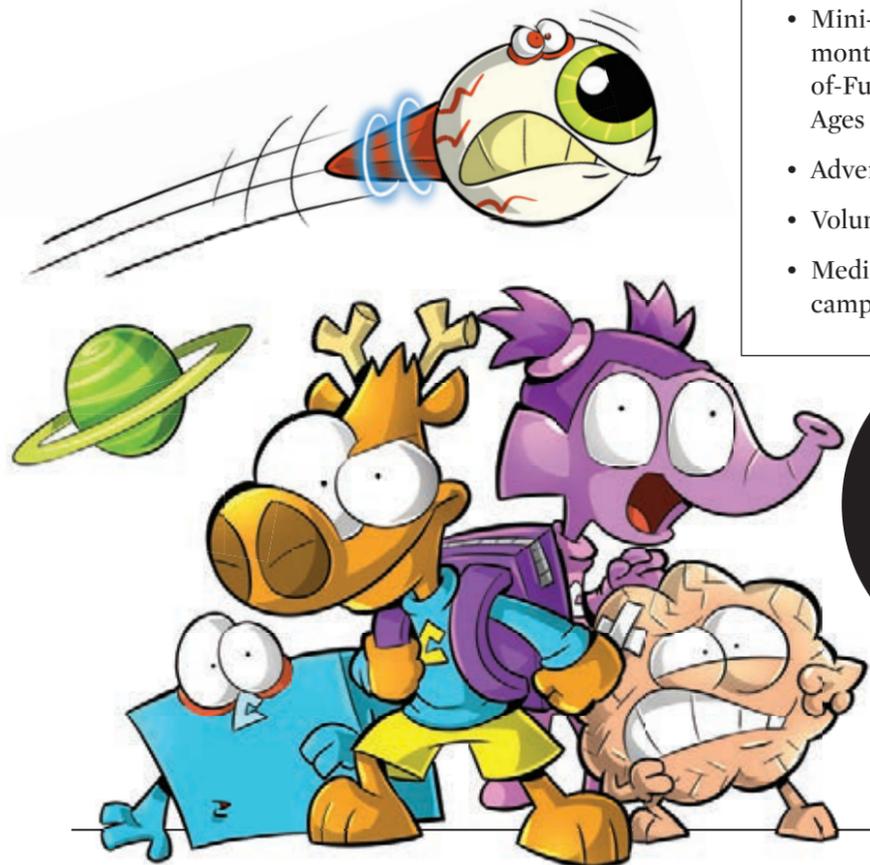
GENRE: action, adventure, friendship and humour

TARGET AUDIENCE: age 6 and up

eBOOK available

SALES POINTS

- This series is all about Mini-Jon having fun in Henry's laboratory and the resulting havoc it creates around him.
- Short stories mostly on two pages, with some longer stories
- Mini-Jon's Experiments stories are published monthly in *Chickadee* magazine: The Full-of-Fun, Hands-On Magazine for Children Ages 6 to 9.
- Advertising in *Chickadee* on a regular basis
- Volume 3 will be released in 2019
- Media events and national marketing campaign: see page 12



HILARIOUS COMIC BOOKS BY ALEX A., AUTHOR OF THE SUPER AGENT JON LE BON SERIES!



BOOK 1 MINI-JON'S EXPERIMENTS

Author and illustrator: Alex A.

64 pages • 22 x 29 cm (9 x 11 inches)

\$14.95 • Hardcover

ISBN: 978-1-77285-006-2

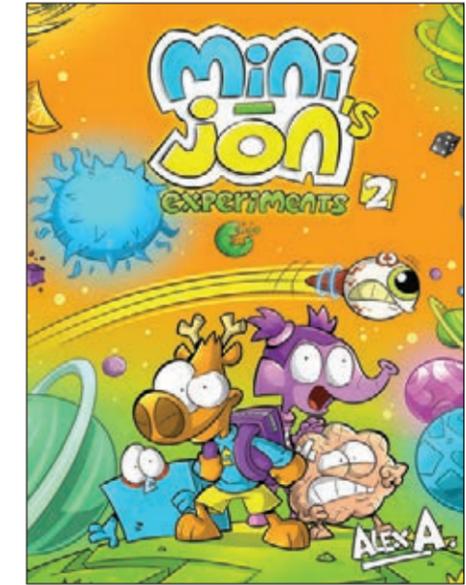


9 781772 850062

THE BOOK

Mini-Jon is a curious and intrepid young scientist. He lives in a laboratory under the supervision of the world's greatest scientist, Henry B. Belton.

With the help of Q, the diabolical evil brain, Mini-Jon will stop at nothing to conduct wacky scientific experiments that he thinks will advance science.



BOOK 2 MINI-JON'S EXPERIMENTS NEW

Author and illustrator: Alex A.

64 pages • 22 x 29 cm (9 x 11 inches)

\$ 14.95 • Hardcover • May 2018

ISBN: 978-1-77285-029-1



9 781772 850291

THE BOOK

Disaster has struck! Mini-Maple, Q and Plasma have been sucked up into Henry's most incredible, but most uncontrollable, creation yet: the Mini-Universe.

To save them, the Agency has sent its best and brightest: Mini-Jon. On Byzantine's back, he will explore a parallel universe and travel from a candy planet to a volcanic planet, by way of a cosmic storm and a nebula.

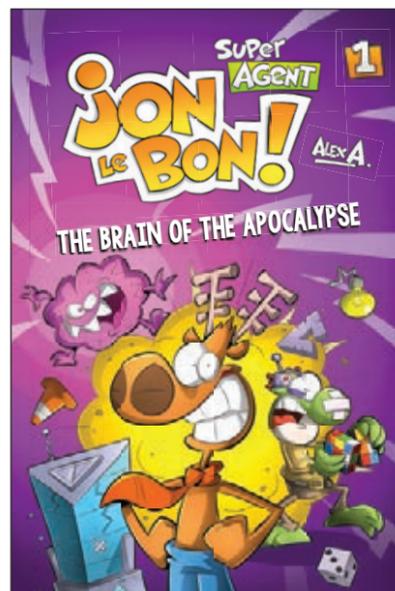
SUPER AGENT JON LE BON!

A GRAPHIC NOVEL SERIES THAT'S FUNNY, OFFBEAT AND BRILLIANT!

GENRE: action, adventure, friendship and humour

TARGET AUDIENCE: age 8 and up

eBOOKS available



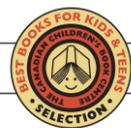
VOL.1 THE BRAIN OF THE APOCALYPSE

Author and illustrator: Alex A.

104 pages • 15 x 23 cm (6 x 9 inches)

\$12.95 • Paperback

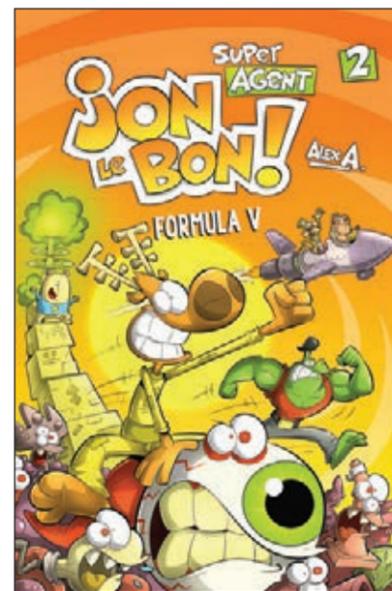
ISBN: 978-2-89751-166-1



THE BOOK

Amidst a world filled with dangerous criminals and government conspiracies, stands the Agency – an ultra secret organization whose mission is to protect the innocent and safeguard the World. This legendary organization brings together the greatest minds, the most talented agents and cutting-edge technologies. But something unusual is about to happen: a brilliant new recruit with unusual methods is about to join the Agency. His name: Jon Le Bon. He will forever change the balance of power between good and evil.

INSIDE THIS BOOK



VOL.2 FORMULA V

Author and illustrator: Alex A.

144 pages • 15 x 23 cm (6 x 9 inches)

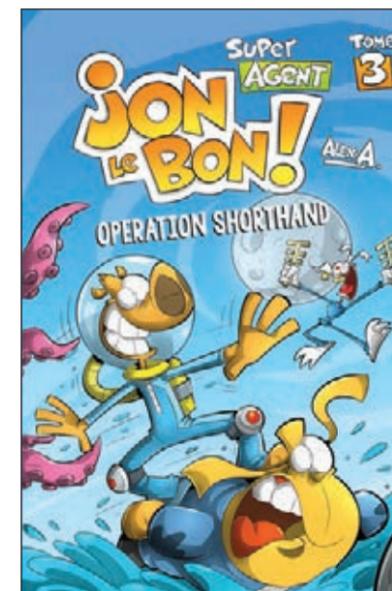
\$12.95 • Paperback

ISBN: 978-2-89751-168-5



THE BOOK

OMG! Jon Le Bon's initiation really isn't going as planned. He gets stuck with Agent WXT on the other side of the planet in a wild and arid continent, far away from civilization. As they try to make their way back to the Agency, they meet some odd characters – including Gerald the Flying Hog and Conrad the Atomic Monkey – who will fill them in on the Agency's mysterious past.



VOL.3 OPERATION SHORTHAND

Author and illustrator: Alex A.

104 pages • 15 x 23 cm (6 x 9 inches)

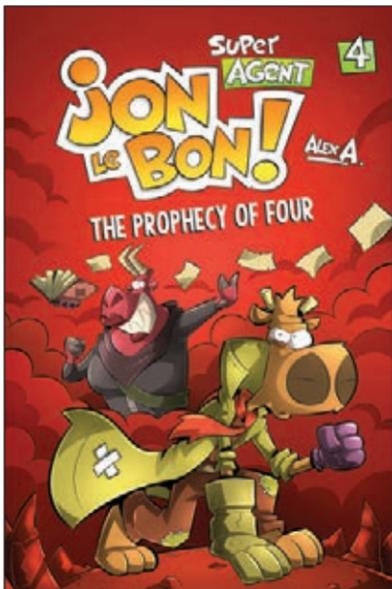
\$12.95 • Paperback

ISBN: 978-2-89751-189-0



THE BOOK

Whitewash, the mad biologist, is back and this time nothing will stop him! He is attacking members of the Agency and stealing their arms, legs, flesh and blood, basically everything he needs to build the Ultimate Creature. No agent is safe... Not even Jon Le Bon. As for Mr. Shorthand, he will finally get his chance to confront his demons.



VOL.4 THE PROPHECY OF FOUR

Author and illustrator: Alex A.

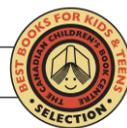
104 pages • 15 x 23 cm (6 x 9 inches)

\$12.95 • Paperback

ISBN: 978-1-77285-000-0

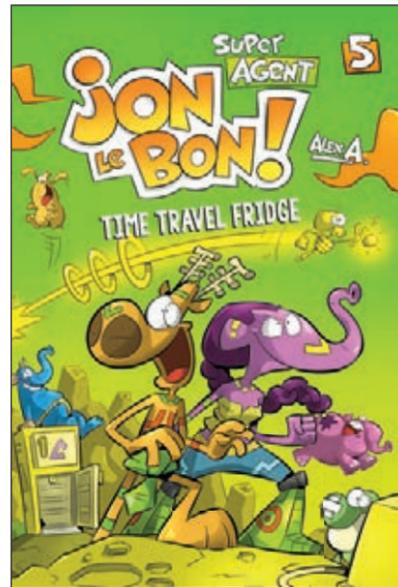


9 781772 850000



THE BOOK

Earth has been around for four billion years. The galaxy is inclined 4.444 degrees. It's the fourth earthquake in four weeks. There's no doubt about it, the members of the Agency are about to experience the Prophecy of Four! Super Agent Jon Le Bon's mission is to go to the Redlands, the most dangerous continent on Earth, infiltrate the Sect of Spectres and save the world.



VOL.5 TIME TRAVEL FRIDGE

Author and illustrator: Alex A.

136 pages • 15 x 23 cm (6 x 9 inches)

\$12.95 • Paperback

ISBN: 978-1-77285-004-8

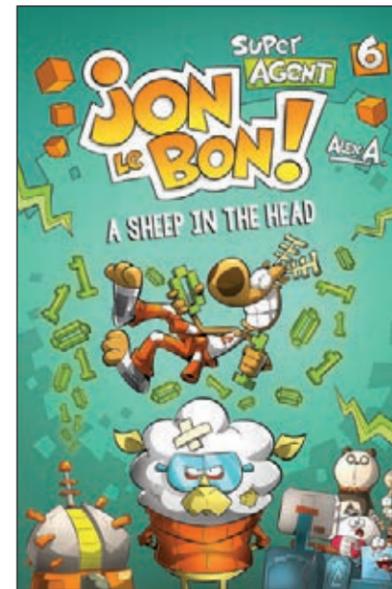


9 781772 850048



THE BOOK

Life at the Agency is back to normal. Martha hasn't heard from Big Beaver, the agents are dressing up for the Halloween party and WXT is in awe of Agent S. And what about Jon Le Bon? Oh, right, he's travelling back through time. Back to the Stone Age, over 200,000 years ago, where he talks to the dinosaurs, befriends a strange tribe of blue elephants and tries to find the president's daughter and a mysterious creature called the Entity...



VOL.6 A SHEEP IN THE HEAD

Author and illustrator: Alex A.

112 pages • 15 x 23 cm (6 x 9 inches)

\$12.95 • Paperback

ISBN: 978-1-77285-005-5

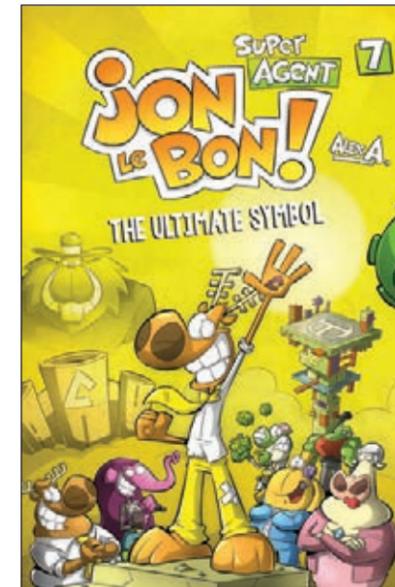


9 781772 850055



THE BOOK

The Agency has got its hands on the Intra-neuronal 3000, the largest artificial brain ever created. To put the finishing touches on the programming started by Gabriel Lobe, the notorious computer scientist who is still on the run, Billy and Jon have to take a virtual trip aboard this artificial brain. To do this, they have to connect their consciousness to the machine and not worry about whether or not things are real . . . If the adventure were to go wrong, their consciousness would disappear forever.



VOL.7 THE ULTIMATE SYMBOL

Author and illustrator: Alex A.

128 pages • 15 x 23 cm (6 x 9 inches)

\$12.95 • Paperback

ISBN: 978-1-77285-014-7



9 781772 850147



THE BOOK

A surprising discovery disrupts the Agency's peace, driving a certain agent to... resign! Will it be Jon? While Billy is in the midst of planning his wedding, Theodore goes missing and Big Beaver is back with a new diabolical plan. Jon sets in motion a dangerous rescue operation like only he can dream up. Will he save the world from imminent destruction yet again?



VOL.8 BIG BEAVER FOREVER

NEW

Author and illustrator: Alex A

128 pages • 15 x 23 cm (6 x 9 inches)

\$ 12.95 • Paperback • September 2018

ISBN: 978-1-77285-021-5

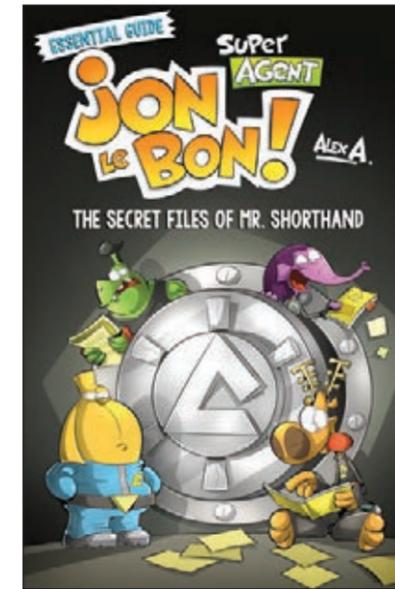
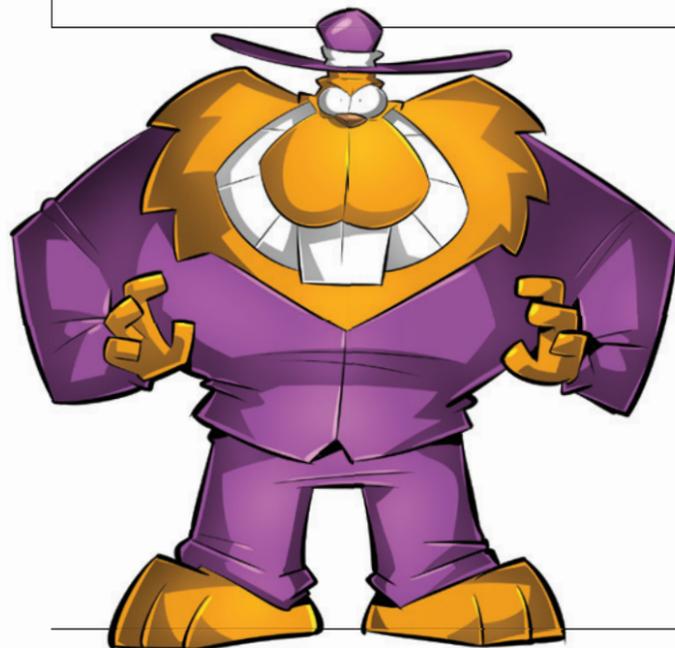


INSIDE THIS BOOK



THE BOOK

A terrible explosion has left the Agency in ruins. When Jon Le Bon comes to, he rushes to find Henry, who will help him regain control of the Agency and, if they are lucky, find the survivors of the disaster. Together they unravel the plan orchestrated by Big Beaver and Q. The mission won't be a walk in the park, because an old character is back: Ultra Jon, and he too is determined to rule the world!



THE SECRET FILES OF MR. SHORTHAND

NEW

Author and illustrator: Alex A.

144 pages • 15 x 23 cm (6 x 9 inches)

\$ 12.95 • Paperback • March 2019

ISBN: 978-1-77285-035-2

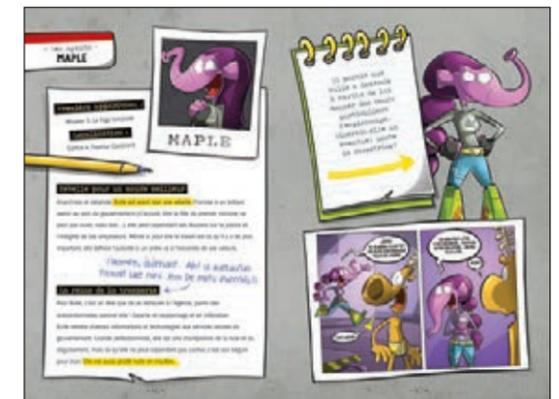


INSIDE THIS BOOK



THE BOOK

The Agency is no more, and Big Beaver has taken control of the First Continent. But while Jon, Shorthand, WXT and Maple are searching for a mysterious element that could save them, they stumble onto Shorthand's files. His archives contain some of the biggest secrets of the Agency and Earth A, about agents, villains, continents, and peoples... a goldmine of new information (including Big Beaver's plan!). But not so fast! The information is strictly classified.



ANIMATED MINI-SERIES: 10 X 90 SECONDS

SUPER AGENT JON LE BON: HOW TO SAVE THE WORLD IN 90 SECONDS

- Saving the world has never been so crazy! Follow the over-the-top adventures of Jon Le Bon as he and his fellow agents try to do the impossible and save the planet in less than 90 seconds!
- The ten shorts are available on cbckids.ca.
- Available in French in the Zone jeunesse section of ici.radio-canada.ca and ICI TOUTV, and on tfo.org.



SALES POINTS

- Super Agent Jon Le Bon! is a top Canadian authored, graphic novel series with over 850,000 copies sold
- Each book currently available was selected by the Canadian Children's Book Centre as a "best book" for kids and teens
- Colorful and engaging Website in French and English: alex-comics.com

MARKETING CAMPAIGN

- Regular advertising in targeted media such as *Chickadee* and *Owl* magazines, as well as specialized magazines such as BBKT and CCBN
- In-store displays, reusable bags, bookmarks, badges, posters and teacher's guides available
- Ongoing national media campaign, book signing sessions and school workshops across Canada



REUSABLE BAG

ISBN: 978-1-77285-033-0

COUNTER DISPLAY

ISBN: 978-2-89751-231-6



FLOOR DISPLAY

ISBN: 978-2-89751-232-3



ALEX A.



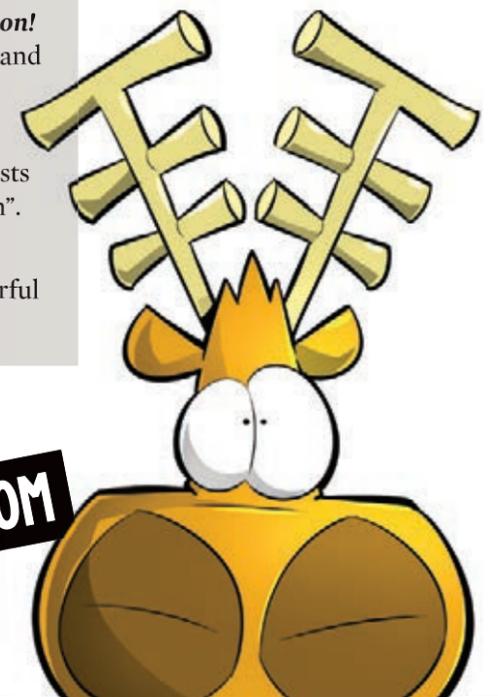
ALEX A. AT A BOOKSTORE PRESENTATION

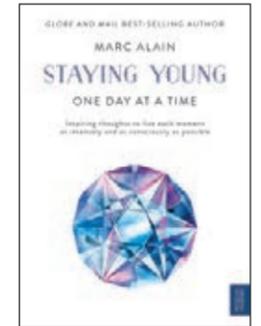
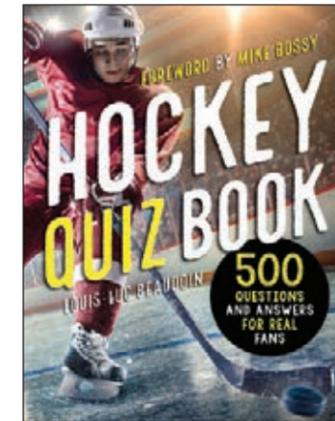
ALEX A.'S WORLD

Alex A. is both author and illustrator of *Super Agent Jon Le Bon!* and *Mini-Jon's Experiments*. He discovered his love of drawing and creating cartoon characters at the early age of eight and has been at it ever since.

He'll tell you that his main source of inspiration is "all that exists but especially all that doesn't exist and lives in my imagination".

Alex A. lives in Montreal with his dog Ours and always shows up for book signings wearing his distinctive wool hat and colorful plaid pants, ready to entertain his young readers.



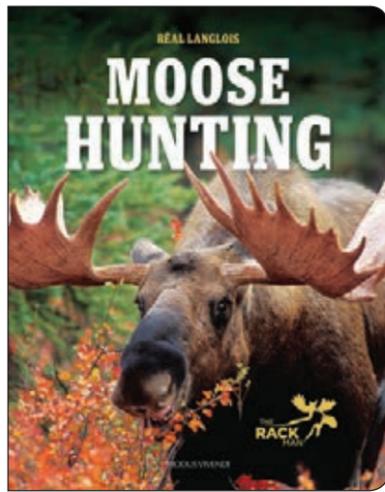


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MOOSE HUNTING

Author: Réal Langlois

224 pages • 19 x 25 cm (7 x 10 inches)

\$29.95 • Paperback

ISBN: 978-1-77286-026-9

eBOOK available



9 781772 860269

INSIDE THIS BOOK



THE BOOK

THIS BOOK SHOWS YOU HOW TO:

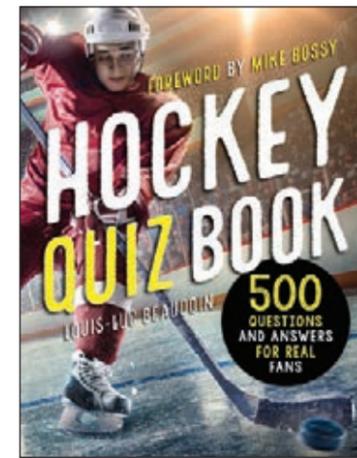
- Choose the right weapon and gear
- Camouflage your natural scent and use scents to attract your game
- Evaluate and prepare your hunting ground, and create your own salt licks
- Choose between Stand and Spot-and-Stalk hunting and adapt to the different weather conditions
- Use rut pits to your advantage and understand male and female moose behaviour
- Call your moose and think like one so you can get close enough to hit your target

Once you've read this book, you'll be on an even footing **with this majestic beast.**



THE AUTHOR

When it comes to moose hunting, Réal Langlois is one of the world's leading experts. For many years, hunters have been flocking to his conferences, eager to get tips that really work. Also known as The Rack Man, this passionate hunter has finally put down his crossbow and picked up a pen to share years of knowledge and experience on the art and science of moose hunting.



HOCKEY QUIZ BOOK

Author: Louis-Luc Beaudoin • Foreword: Mike Bossy

288 pages • 18 x 23 cm (7 x 9 inches)

\$16.95 • Paperback • October 2018

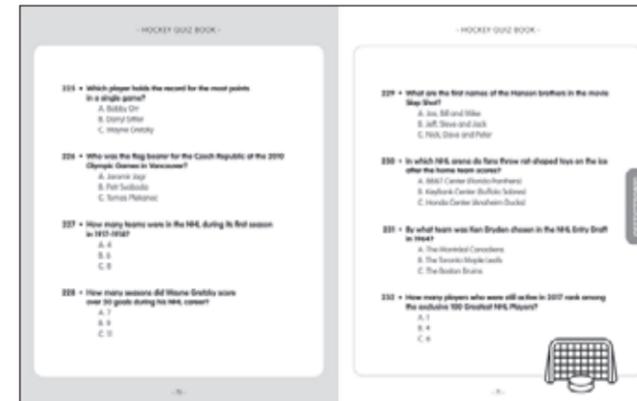
ISBN : 978-1-77286-092-4

eBOOK available



9 781772 860924

THROUGH 500 QUESTIONS, RELIVE THE HIGH POINTS OF HOCKEY HISTORY AND TEST YOUR KNOWLEDGE! WITH HOCKEY QUIZ BOOK, YOUR FUN COULD GO INTO OVERTIME



THE BOOK

- What was the first NHL team to have a mascot?
- In which NHL arena do fans throw rat-shaped toys on the ice after the home team scores?
- What is the only NHL team to have the captain's "C" on the right of its jersey?
- How many seasons did Gordie Howe score 20 goals or more during his long NHL career?

Hockey Quiz Book looks at hockey history: highlights, anecdotes, championships, player records, extraordinary moments, statistics, innovations and more.

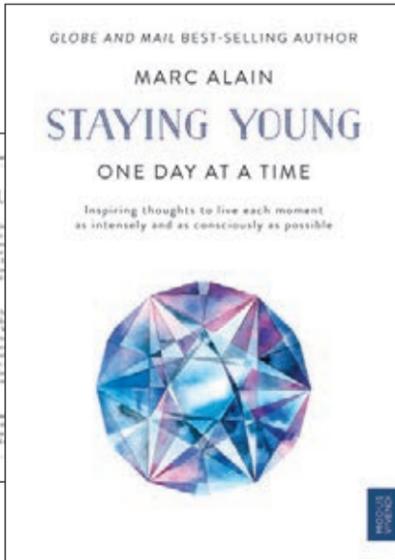
More than just a tribute to Canada's national sport, *Hockey Quiz Book* is an anthology that prominently features the most illustrious athletes and teams of all times.



THE AUTHOR

In his youth, Louis-Luc Beaudoin spent hours playing neighbourhood street hockey with his friends. As an amateur goalie, he had the makings of a champion. He liked to pose leaning on his stick like Ken Dryden. Louis-Luc has since traded in his mask, stick and leg pads for a mouse and computer. He is the author of many quiz books.

INSIDE THIS BOOK



STAYING YOUNG ONE DAY AT A TIME

NEW

Author: Marc Alain

376 pages • 12.5 x 17.5 cm (5 x 7 inches)

\$18.95 • Paperback • September 2018

ISBN : 978-1-77286-055-9

eBOOK available



Inspiring thoughts to live each moment as intensely and as consciously as possible.

SALES POINTS

- Inspirational/self-help remains a very strong category
- Written in a page-a-day format with bite-size insights that guide and provoke thought
- Previous editions sold over 200,000 copies
- Completely updated content, new format and new page design
- Written by *Globe and Mail* best-selling author Marc Alain

THE BOOK

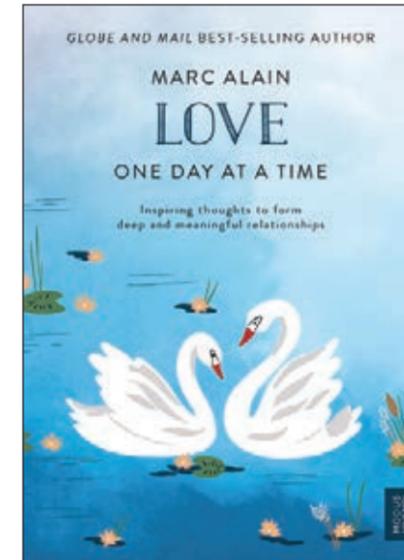
Many of us worry about getting older and becoming less attractive and useful as we age. Reaching 40 or 50 can be very dramatic: we may feel that our best years are behind us and that the worst is yet to come. The fear of growing old and outliving our usefulness is very powerful as the world around us focuses on youth and beauty above all else.

Staying Young - One Day at a Time is designed to set things right. Our body may age but our mind and spirit can continue to develop and expand. As we age, we can continue to grow, to love, to learn and to live more fully. Middle age is the dawn of a new and powerful phase of life - one where we are free of the trials and uncertainties of youth and inexperience.

In our heart of hearts, we know that our body is but a shell and that our spirit lives on forever. This book helps us see and experience the power and happiness of our later years.



INSIDE THIS BOOK



LOVE ONE DAY AT A TIME

Author: Marc Alain

376 pages • 12.5 x 17.5 cm (5 x 7 inches)

\$18.95 • Paperback

ISBN : 978-1-77286-058-0

eBOOK available



Inspiring thoughts, to form deep and meaningful relationships



THE AUTHOR



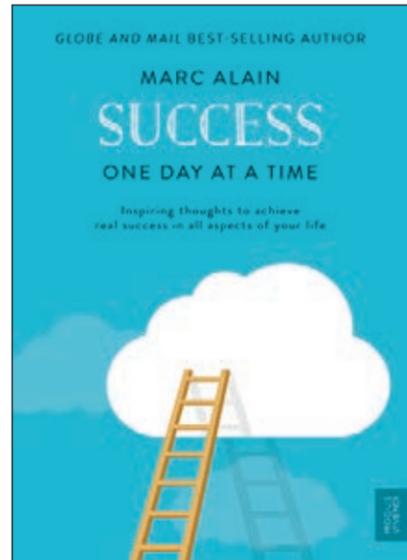
Marc Alain is a successful book publisher and author from Ottawa, Canada. After completing an MA in Sociology, and briefly teaching, Marc embarked on a journey of self-discovery. During this time he explored numerous religious philosophies and spiritual practices in order to unlock the mystery of emotional well-being. He views himself as a businessman, a student of life and a participant sociologist seeking to understand the true nature of a life well-lived.

THE BOOK

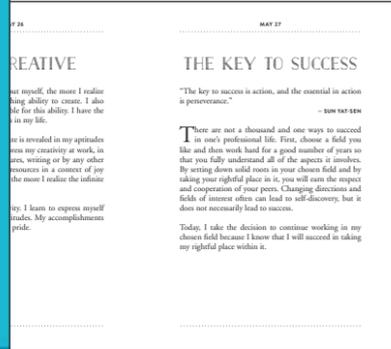
How do you build a lasting relationship? How do you keep the flame of love alive, day after day? Building a strong relationship is an ongoing process that requires empathy, patience and sometimes, really hard work. In an ever-changing world of passing fads, developing something durable and meaningful requires a steadfast promise to ourselves: no matter what occurs, we'll stay together and help each other along the way.

Love - One Day at a Time is written in a page-a-day format, and is meant to be a source of inspiration for those who believe in love. In reading through the various testimonies and affirmations, you will find the courage and the clarity required to deepen your commitment and to enhance the pleasure, which emanates from this very primary relationship.

A loving relationship can give us life, vitality and self-assurance. And as you read through this book, whether or not you are currently in a relationship, you will find that *Love - One Day at a Time* can be of great help.



INSIDE THIS BOOK



SUCCESS ONE DAY AT A TIME

Author: Marc Alain

376 pages • 12.5 x 17.5 cm (5 x 7 inches)

\$18.95 • Paperback

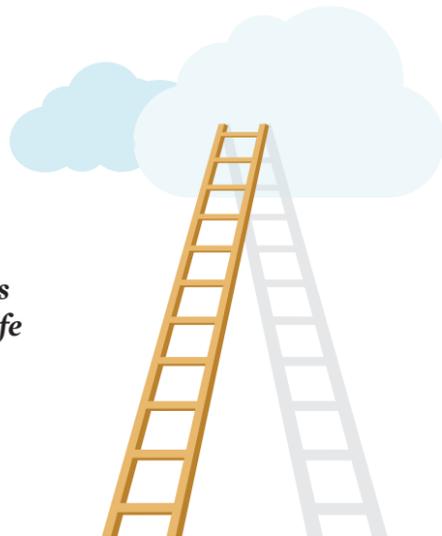
ISBN: 978-1-77286-057-3

eBOOK available



9 781772 860573

Inspiring thoughts to achieve real success in all aspects of your life

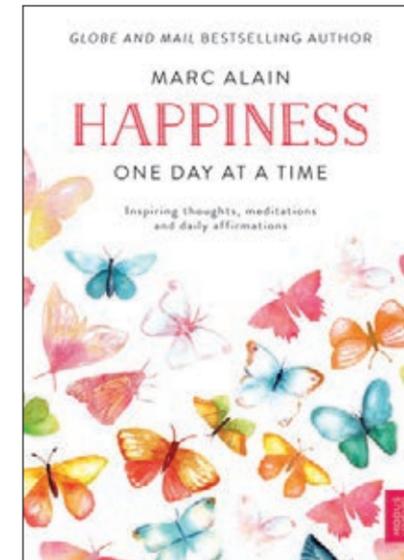


THE BOOK

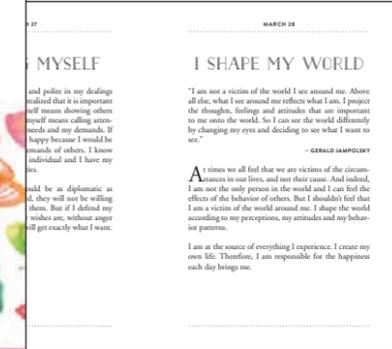
What is success? Some say it is achieving financial wealth. Others argue it is the fulfillment of our goals, whatever they may be. Yet some believe it is rather like finding inner peace, this quieting of the soul that comes when you know you are on the right path.

Success - One Day at a Time is written in a page-a-day format, and explores virtuous action, because virtuous action carries within it the promise of success. It inevitably leads us to success because it lays down a path from the heart to the material world of concrete accomplishment, from the subtle world of the soul to the tangible world of action and gestures.

This guide is a source of inspiration for all those who believe that noble action is the sure way to success. It can serve to point the way for all those who seek to build and amass much more than mere comfort and material wealth.



INSIDE THIS BOOK



HAPPINESS ONE DAY AT A TIME

Author: Marc Alain

376 pages • 12.5 x 17.5 cm (5 x 7 inches)

\$18.95 • Paperback

ISBN: 978-1-77286-056-6

eBOOK available



9 781772 860566

Inspiring thoughts, meditations and daily affirmations to achieve true happiness



THE BOOK

What is happiness? Some say it is knowing and loving yourself as you are. Others argue it is living in harmony with the world around you; being in the here and now. And finally, some believe happiness is choosing a middle path, and avoiding the chaos of extremes.

Happiness - One Day at a Time is written in a page-a-day format, and explores certain fundamental truths that govern our lives, here on earth, as we interact with others. In our feverish race to achieve material success, we sometimes neglect to identify and adhere to the basic principles that contribute to our own happiness.

As you read through this book, you will be amazed at the simplicity of the principles that take the shape of affirmations and personal realizations. May they guide you on your own path to love, happiness and serenity. Bon voyage!

KNOW
WHAT
TO
EAT



**BEST COOKBOOK SERIES
IN CANADA**



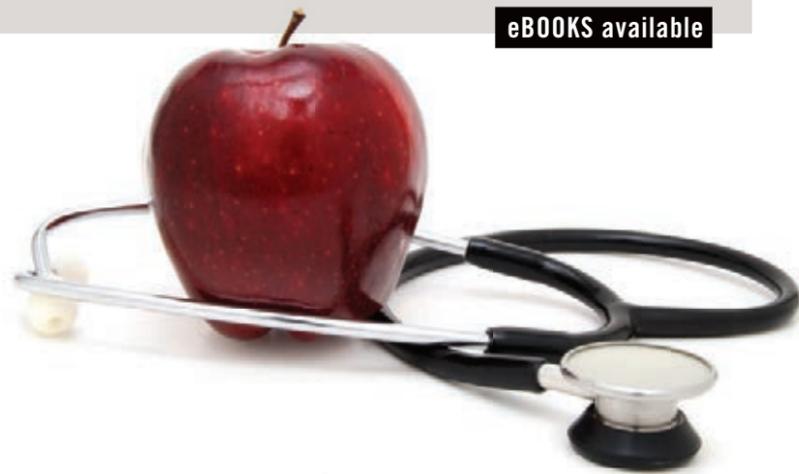
KNOW WHAT TO EAT

The KNOW WHAT TO EAT series was developed to provide healthy recipes and weekly menus to individuals suffering from specific medical conditions. Developed by Canadian dietitians, health professionals and top chefs, this series provides answers and important information for those with specific dietary needs and limitations. Not only are the books based on up-to-date and relevant scientific information, the recipes are delicious, nutritious and easy to make.

eBOOKS available

KEY FEATURES

- Provides answers and important information for those with specific health problems and dietary needs
- Contains 21 days of menus and nearly 50 recipes for breakfasts, lunches and dinners as well as desserts and snacks
- Illustrated with full-colour photographs and easy-to-understand graphic charts
- Explains why some foods can heal you and others can harm you, and provides numerous suggestions for a diversified and nutritious diet
- Written by expert Canadian Registered Dietitians.



KNOW... WHAT TO COOK!

It's one thing to know that you have to eat according to certain guidelines and restrictions, it's another to cook something that's fun and delicious to eat. By providing 21 days of menus, including breakfasts, lunches, dinners and snacks, this series offers real relief and support for those with very specific dietary needs.

THE BOOK

Recognized by UNESCO as an "Intangible Cultural Heritage of Humanity," the Mediterranean diet is for anyone wanting to adopt a healthy way of eating that includes reducing the risk of cardiovascular disease and diabetes and helping to control weight.

THIS GUIDE IS DESIGNED TO HELP YOU:

- Discover the secret to longevity and the remarkable quality of life of the Mediterranean population
- Improve your health, reduce the risk of disease and increase your longevity
- Follow simple recommendations for a healthy, balanced diet
- Plan your meals and snacks with varied daily menus

Discover recipes that are tasty, simple and quick to prepare: Anise Rice Pudding, Banana, Date and Hazelnut Bread, Minestrone, Sautéed Calamari and Shrimp, Crispy Turbot Fillets, Moussaka, Spicy Chicken and Fig Couscous Salad, Veal Chili with Cumin, Baked Grapefruit, Strawberry Mousse... and take a bite out of life!

INSIDE THIS BOOK



MEDITERRANEAN DIET

Author: Nathalie Verret, RD

192 pages • 18 x 26 cm (7 x 10.25 inches)

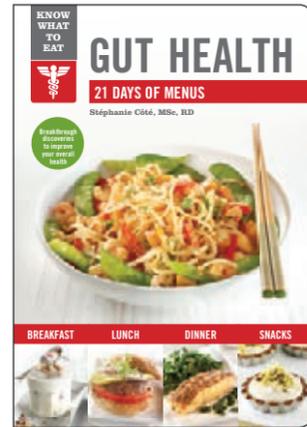
\$19.95 • Paperback

ISBN: 978-1-77286-071-9



THE AUTHOR

As a dietitian working in a hospital environment, **Nathalie Verret** counsels patients every day who are coping with cardiovascular disease, diabetes and obesity. She uses a positive approach in her consultations that makes it easier for patients to adopt long-term eating habits. She advocates a Mediterranean-type diet, which is now universally recognized by experts in the field of nutrition.



INSIDE THIS BOOK

BLACK BEAN Burgers



GUT HEALTH

Author: Stéphanie Côté, MSc, RD

216 pages • 18 x 26 cm (7 x 10.25 inches)

\$19.95 • Paperback

ISBN: 978-1-77286-063-4



9 781772 860634



THE BOOK

Do you want to improve your health and prevent certain diseases? What if the solution was found in your gut? Did you know that an imbalance in gut microbiota (formerly referred to as intestinal flora) can lead to inflammatory and cardiovascular diseases, allergies, obesity, diabetes, cancer and depression? Did you know that your diet could help change the situation?

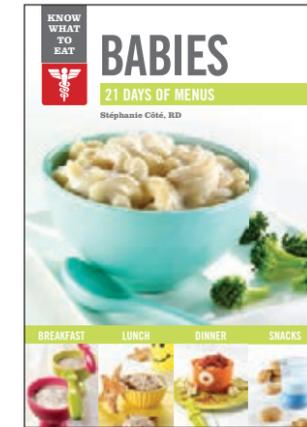
THIS GUIDE IS DESIGNED TO HELP YOU:

- Gradually adapt your diet to encourage the proliferation of good bacteria in your gut
- Get clear recommendations to help you make a smooth transition to a semi-vegetarian diet
- Easily plan your meals and snacks with flexible daily menus

Discover delicious recipes that are quick and easy to prepare: Oat Banana Cookies, Beet and Legume Salad, Crispy Tofu Sticks, Marinated Tempeh Sandwiches, Sweet Potato Rösti with Smoked Salmon, Chicken and Black Bean Burritos, Yogurt Strawberry Basil Cake... and take a bite out of life!

Make your diet your partner in health!

LA SANTÉ PAR L'INTESTIN, THE FRENCH VERSION OF THE BOOK, WON THE GOLD IN THE CATEGORY "HEALTH AND SPECIAL DIET" AT THE TASTE CANADA AWARD.



INSIDE THIS BOOK

MINI-PIZZA



BABIES

Author: Stéphanie Côté, MSc, RD

208 pages • 18 x 26 cm (7 x 10.25 inches)

\$19.95 • Paperback

ISBN: 978-1-77286-042-9



9 781772 860429



THE AUTHOR

Stéphanie Côté is a registered dietitian at Extenso, the nutrition research center at the University of Montreal. In 2000, she won the top prize in the Fernand-Seguin Fellowship, which recognizes talents in scientific reporting. This gave her the opportunity to learn from some of the best players in the field of journalism. She continues to work on television and radio and in newspapers, magazines and the Web.

Ten years ago while she was expecting her first child, she decided to specialize in infant diets. Three babies later, she was able to apply this knowledge, and develop even more practical ways to feed babies. It is a great pleasure for her to share this knowledge with other parents.

Stéphanie is a firm believer that eating well is not just about health – it is also about pleasure and simplicity. She is especially interested in eating behaviour and new developments in the field of nutrition.

THE BOOK

Are you wondering whether it is time for your baby to switch from breast or bottle to spoon? What food should you start with? What food should you avoid, why and until what age? How much do babies need to eat to be healthy? What if your baby refuses to eat?

THIS GUIDE WILL HELP YOU:

- Understand your baby's dietary needs and know how to meet them
- Diversify your baby's diet safely
- Satisfy your baby's hunger and develop your baby's tastes
- Prepare baby food in no time
- Plan meals and snacks as baby grows, with menus for each age

Discover recipes for little ones of all ages that are quick and easy to prepare: Pineapple Purée, Red Pepper Purée, Chicken Purée, Oatmeal Cookies, Blueberry Scones, Meat and Chickpea Balls, Mini Lentil Loaves, Crispy Fish Fillets with Almonds, Nordic Shrimp Risotto, Cheese Sandwiches on French Toast, Maple Cinnamon Tofu, Banana Pudding... and introduce your baby to the pleasure of eating well.



INSIDE THIS BOOK



SPORTS NUTRITION

Authors: Stéphanie Côté and Philippe Grand, RD

200 pages • 18 x 26 cm (7 x 10.25 inches)

\$19.95 • Paperback

ISBN: 978-1-77286-000-9



9 781772 860009

THE AUTHORS



Philippe Grand and Stéphanie Côté are both registered dietitians at Extenso, the nutrition research center at the University of Montreal. Philippe is a graduate of the Institut de tourisme et d'hôtellerie du Québec (ITHQ). After graduating he worked in restaurants for several years. He created most of the book's recipes. Stéphanie is a recipient of the Fernand-Seguin Award, which recognizes talent in scientific journalism. She writes for various magazines, and she has a master's degree in sports nutrition.

NUTRITION SPORTIVE, THE FRENCH VERSION OF THE BOOK, WON THE GOLD IN THE CATEGORY "HEALTH AND SPECIAL DIET" AT THE TASTE CANADA AWARD.

THE BOOK

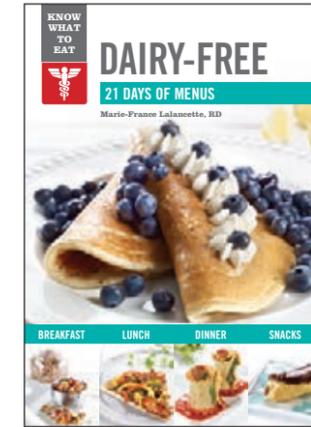
Get the most out of your workouts by eating the right foods! Running, cycling, Zumba, swimming, marathons... "Tell us how you exercise and we'll tell you what to eat." Regardless of your athletic goals – whether you spin for an hour three times a week or are training for an ultramarathon – your diet affects not only your performance, but the enjoyment you get from working out.

THIS BOOK IS SPECIFICALLY TARGETED TO YOUR NEEDS. IT WILL ENABLE YOU TO:

- Understand how your body uses nutrients for fuel
- Meet your body's needs effectively based on your athletic pursuits and your training schedule
- Enjoy your exercise sessions, boost your endurance and improve your performance
- Plan what to eat before, during and after your workouts and competitions

Discover mouthwatering recipes that are quick and easy to whip up: Breakfast Drink, Coffee Energy Bars, Mocha Hazelnut Spread, Chews, Crispy Tofu with Broccoli, Beet Patties, Hearty Legume Soup, Omelet in a Cup, Herring alla Puttanesca, Chicken Pizza, Chocolate Pudding and more.

Now lace up your running shoes and get going!



INSIDE THIS BOOK



DAIRY-FREE

Author: Marie-France Lalancette, RD

216 pages • 18 x 26 cm (7 x 10.25 inches)

\$19.95 • Paperback

ISBN: 978-1-77286-046-7



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THE AUTHOR



Marie-France Lalancette graduated in Biology from McGill University, and obtained a Certificate in Educational Sciences at UQAM and a bachelor's degree in nutrition from the University of Montreal. She has been a practicing dietitian since 1996. She discovered her own allergies to milk many years ago, and has had to adapt her diet to this new reality. Her three children are also allergic to milk, which means the whole family is now dairy-free.

THE BOOK

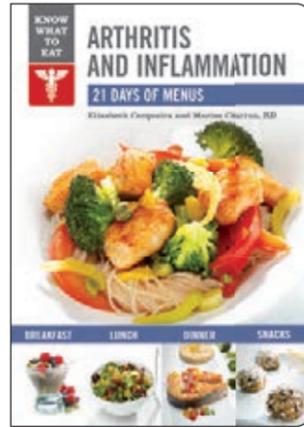
Eating dairy products every day can cause digestive and respiratory problems as well as skin allergies in some people. But how does one stop eating dairy products when it is in practically everything? And how do we replace the calcium it contains?

THIS GUIDE WILL ALLOW YOU TO:

- Live a healthy, balanced, dairy-free life without suffering from nutritional deficiencies
- Learn to cook without dairy products, and still enjoy great "creamy" foods
- Determine whether you are allergic to milk or just intolerant to lactose, and test your degree of intolerance
- Plan your meals and snacks with daily menus especially designed to prevent nutritional deficiencies

Discover super-tasty, and easy-to-prepare recipes: Peanut Butter Banana Smoothie, Eggs Benedict, Buckwheat Crêpes, Salmon Pie, Lasagna Rolls, Chocolate Éclairs... and bring the delicious pleasure of eating back into your life!

INSIDE THIS BOOK



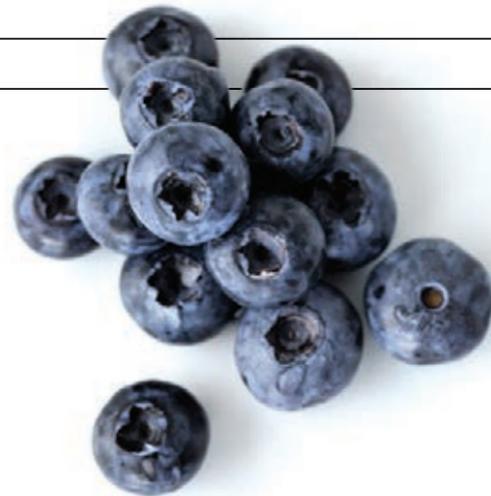
ARTHRITIS AND INFLAMMATION

Authors: Elisabeth Cerqueira and Marise Charron, RD

160 pages • 18 x 26 cm (7 x 10.25 inches)

\$19.95 • Paperback

ISBN: 978-1-77286-008-5



THE AUTHORS

Marise Charron is a dietitian with over 20 years of experience. She received the Annual Merit Award from OPDQ (Ordre professionnel des diététistes du Québec). **Elisabeth Cerqueira** is a dietitian, a clinical consultant, a columnist and a lecturer in medical symposiums. In 2010, together they launched NutriSimple, a chain of nutrition clinics with more than 50 offices across Québec.

THE BOOK

Are your joints swollen and painful? Do you have a hard time getting up in the morning or going up and down stairs? No diet can cure arthritis, but an anti-inflammatory diet can help reduce joint pain.

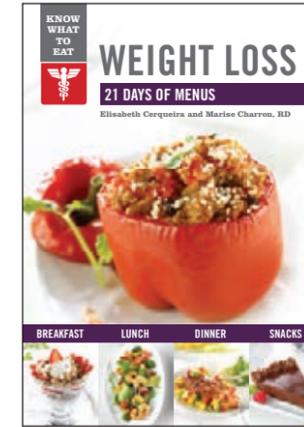
THIS GUIDE IS SPECIFICALLY TARGETED TO YOUR NEEDS.

- Understand the different types of arthritis and inflammation and evaluate your risk factors
- Get clear, specific recommendations for identifying the best foods
- Plan and diversify your meals and snacks through daily menus tailored to your health

To meet the needs of an even larger audience, the recipes in this book are gluten free.

Discover delicious recipes that are quick and easy to prepare: Incredible Green Smoothies, Root Vegetable Pâté, Gingery Sweet Potato Soup, Fennel and Orange Salad, Spring Rolls, Kale Stuffed with Poultry and Basmati Rice, Nut-Crusted Salmon, Healthy Truffles, Summer Fruit Salad with Chia Seeds and more.

INSIDE THIS BOOK



WEIGHT LOSS

Authors: Elisabeth Cerqueira and Marise Charron, RD

192 pages • 18 x 26 cm (7 x 10.25 inches)

\$19.95 • Paperback

ISBN: 978-1-77286-012-2



THE BOOK

Lose weight without drastic dieting, forbidden foods, health risks and, best of all, without regaining the weight you've lost! By changing your lifestyle and adopting healthy eating habits you will be able to manage your weight while enjoying the pleasures of life.

THIS GUIDE SPECIFICALLY ADDRESSES YOUR NEEDS AND IS DESIGNED TO HELP YOU:

- Understand why you have difficulties losing weight or maintaining a healthy weight
- Realize that your weight depends not only on your diet, but also on your level of physical activity, your sleep and how you handle your emotions
- Follow simple recommendations for a healthy diet and fulfill your nutritional needs without feeling hungry
- Plan your meals and snacks following balanced daily menus

Discover recipes that are tasty, simple and quick to prepare: Chicken Quesadillas, Brussels Sprout Chips, Quiche in Quinoa Crust, Marinated Salmon with Mango Salsa, Zucchini Lasagna with Seafood, Portuguese-Style Roast Chicken, Almond-Chocolate Shortcrust Pie, Date Tiramisu and more.

INSIDE THIS BOOK



THE BOOK

Are you diabetic and unsure about what you can eat without jeopardizing your health? For people with diabetes, watching what you eat is essential. Healthy eating habits not only relieve symptoms, they can also prevent complications of diabetes.

THIS GUIDE IS SPECIFICALLY TARGETED TO YOUR NEEDS.

- Understand diabetes and how blood sugar is regulated through food
- Meet your energy needs by understanding nutrition labels
- Get clear recommendations for identifying good and bad ingredients
- Plan and diversify your meals and snacks with daily menus tailored to your health needs

Discover delicious recipes that are quick and easy to prepare: Cinnamon French Toast, Carrot Yogurt Muffins, Mustard Salmon, Spinach Quiche with Green Salad, Fruity Chicken and Quinoa Salad, Egg Burgers, Lemon Pudding... and rediscover the pleasure of eating, worry free, no second guessing.

DIABETES

Author: Alexandra Leduc, RD

136 pages • 18 x 26 cm (7 x 10.25 inches)

\$19.95 • Paperback

ISBN: 978-1-77286-004-7



THE AUTHOR

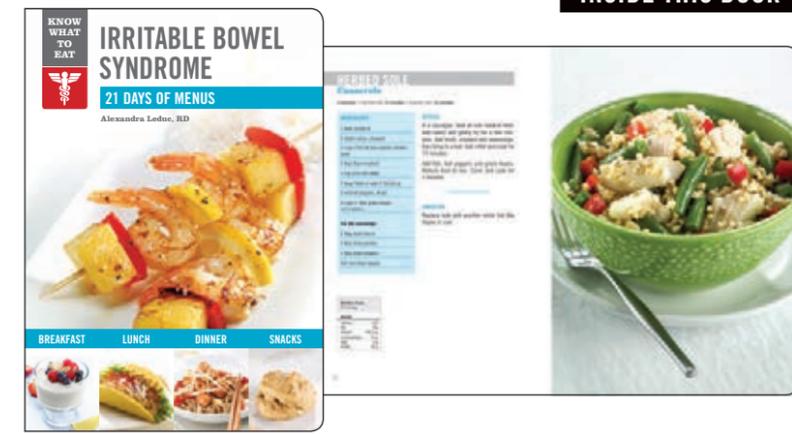
Alexandra Leduc has degrees in both biochemistry and nutrition. She is a dynamic and dedicated dietitian. She is also a radio host and guest speaker. In 2011, she received the prestigious Business Personality of the Year Award (Professional Services), from the Quebec City Chamber of Commerce.



THE BOOK

Do you often feel bloated? Does your stomach rumble constantly? Is your bowel function irregular? Have you tried everything to avoid these digestive troubles? No diet can cure irritable bowel syndrome, but an adapted diet can help you effectively combat the symptoms and reduce your discomfort.

INSIDE THIS BOOK



IRRITABLE BOWEL SYNDROME

Author: Alexandra Leduc, RD

136 pages • 18 x 26 cm (7 x 10.25 inches)

\$19.95 • Paperback

ISBN: 978-1-77286-038-2



THIS BOOK USES THE FODMAP APPROACH, AN INNOVATIVE METHOD THAT HELPS EASE GASTROINTESTINAL SYMPTOMS IN MOST IRRITABLE BOWEL SYNDROME SUFFERERS. IT IS SPECIFICALLY TARGETED TO YOUR NEEDS.

- Understand irritable bowel syndrome and learn how to manage crises
- Ease your symptoms, their duration and frequency for a better quality of life
- Get clear recommendations for identifying the ingredients that agree with you and those that are less well tolerated by temporarily following a low-FODMAP diet
- Plan your meals and snacks with daily menus specifically tailored to your digestive sensitivity

Discover delicious recipes that are quick and easy to prepare, and rediscover the pleasure of eating without discomfort.

INSIDE THIS BOOK



CHOLESTEROL

Author: Alexandra Leduc, RD

168 pages • 18 x 26 cm (7 x 10.25 inches)

\$19.95 • Paperback

ISBN: 978-1-77286-050-4



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THE BOOK

Your food prescription to lower your cholesterol! Is your blood cholesterol level too high? Are you worried about your cardiovascular health? Through good eating habits, you can considerably improve your cholesterol levels and significantly reduce the risk of cardiovascular disease and stroke.

THIS BOOK WILL ALLOW YOU TO:

- Demystify the notions of “good” and “bad” cholesterol and understand the complications associated with high cholesterol
- Improve your digestion and your lipid profile
- Get clear advice on identifying different sources of fat (to choose, avoid or reduce)
- Plan your meals and snacks with daily menus tailored to your health condition

Discover delicious recipes that are quick and easy to prepare: Carrot Cookies, Breaded Almond Chicken Fingers, Spicy Sole with Warm Bell Pepper Salad, Mediterranean Quiche, Scrambled Tofu with Broccoli, Tuna Sandwiches, Pineapple Frozen Yogurt, Healthy Biscotti . . . and more!



SALES POINTS

- The *Know What to Eat* series has sold nearly 300,000 copies in French
- The series was named Best Cookbook Series in Canada by the Gourmand World Cookbook Awards, a free competition open to book publishers around the world and often described as the “Oscars” of Food Awards around the world

“This great series should be distributed around the world. It is very helpful and useful, packed with information in a great format, at low cost.”

- Edouard Cointreau, President of the Jury Gourmand World Cookbook Awards

- Book display available

BOOK DISPLAY

Height: 64 inches • Width: 9.5 inches • Depth: 13 inches

Can contain: 24 books

ISBN: 978-1-77286-019-1 (empty display)



SUPERFOODS

Each cookbook in this series focuses on the superfoods you need, whether to boost your mood or to reverse the signs of aging. In each book you will find the best **20 Superfoods** for your specific needs, as well as **50 recipes** using these fabulous foods. You'll also find tips on how to prepare these foods so as to preserve essential nutrients, tips for storage, and a whole lot more!

eBOOKS available



WHAT IS A SUPERFOOD?

Superfoods are a special category of foods found in nature. They are nutrient powerhouses that pack large doses of antioxidants, vitamins and minerals. The superfoods listed in these books are backed by scientific studies and can make a real difference in your health.



DID YOU KNOW?

It is better not to cut your fruits and vegetable in advance as the nutrients and vitamins they contain are sensitive to light and oxygen.

SUPERALIMENTS, THE FRENCH VERSION OF THE SERIES, IS THE NATIONAL WINNER IN THE CATEGORY "BEST DIET COOKBOOK" AT THE GOURMAND WORLD COOKBOOK AWARDS.

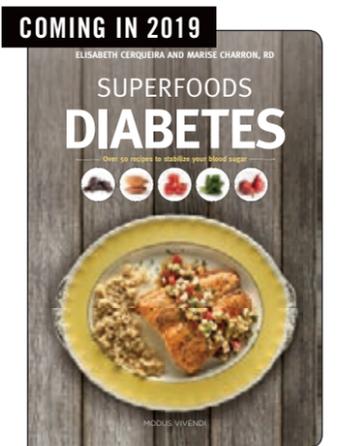
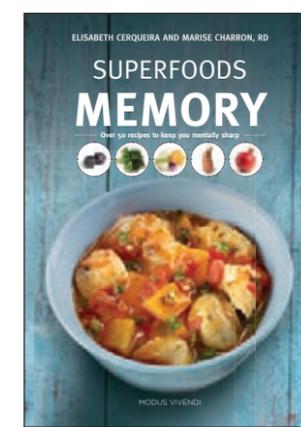
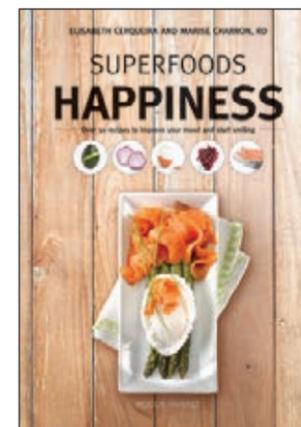
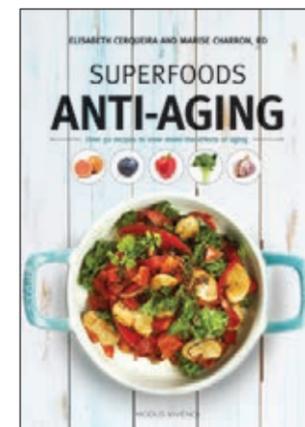


THE AUTHORS

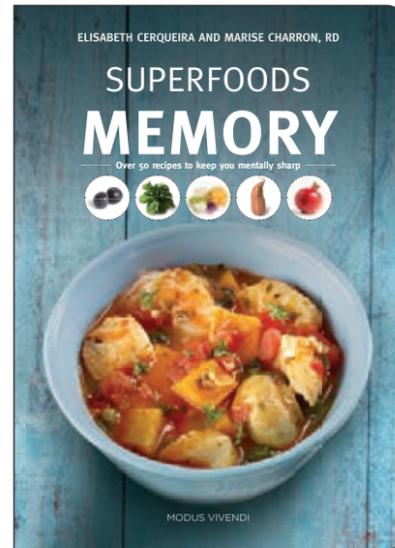
Marise Charron graduated in nutrition from Laval University and has been a practicing registered dietitian for over 20 years. She loves inventing new recipes and believes that eating well means savouring the moment. In 1998, she received the Annual Merit Award in Nutrition. In 2010, she teamed up with Elisabeth Cerqueira to create NutriSimple.

Elisabeth Cerqueira is co-president of NutriSimple, a network of over 50 private nutrition clinics. She has a bachelor's degree in nutrition from McGill University and is a registered dietitian. For over 20 years, she has been helping clients increase the nutritional value of their food. She is known in medical circles for her passion for nutrition, and being at the leading edge of scientific research.

THE BOOKS



COMING IN 2019



MEMORY

Authors: Elisabeth Cerqueira and Marise Charron, RD

216 pages • 18 x 26 cm (7 x 10.25 inches)

\$24.95 • Paperback

ISBN: 978-1-77286-067-2



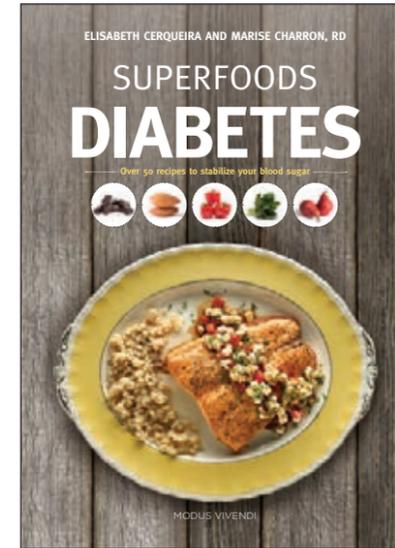
INSIDE THIS BOOK



THE BOOK

Do you want to keep mentally sharp as long as possible and stop your memory from deteriorating over the years? What if part of the solution was to be found on your plate? Find out how your diet can help support memory and contribute to mental vitality and improved concentration.

This book features 20 superfoods to keep you mentally sharp and over 50 recipes using these fabulous foods: Kale and Blueberry Smoothie, Berry Oat Pancakes, Squash and Lentil Soup, Asian Quinoa Salad, Salmon Brochettes and Exotic Salsa, Chicken Breasts with Berry Sauce, Vegetarian Meatballs, Pizza Primavera on a Cauliflower Crust, Squash Muffins, Sweet Potato Brownies.



DIABETES NEW

Authors: Elisabeth Cerqueira and Marise Charron, RD

216 pages • 18 x 26 cm (7 x 10.25 inches)

\$24.95 • Paperback • 2019

ISBN: 978-1-77286-078-8



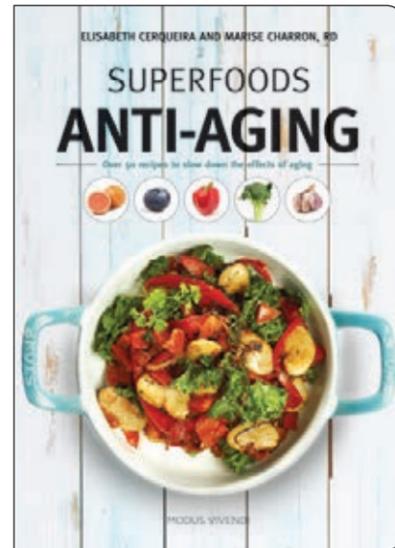
INSIDE THIS BOOK



THE BOOK

Are you living with type 2 diabetes and having a hard time stabilizing your blood sugar? While a genetic predisposition for diabetes is a factor, an unhealthy lifestyle and eating habits may be the main culprits. Find out how your diet can help control your blood sugar.

This book features 20 superfoods to better control your blood sugar and 50 recipes using these fabulous foods: Green Tea and Pear Smoothie, Spinach and Smoked Salmon Tapas, Buckwheat Tabbouleh, Pan-Fried Salmon Fillets with Pear and Goat Cheese, Chicken and Red Pepper Quinoa, Swiss Chard Cigars au Gratin, Mocha and Almond Bars, Chocolate Mug Cake and more.



SUPERFOODS ANTI-AGING

Authors: Elisabeth Cerqueira and Marise Charron, RD

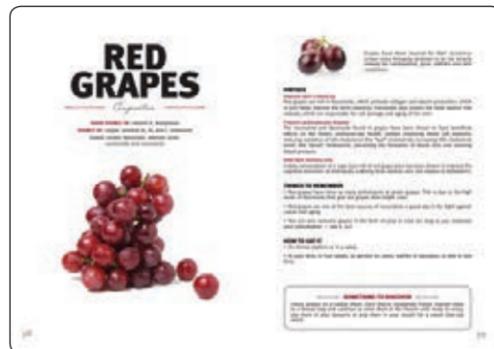
216 pages • 18 x 26 cm (7 x 10.25 inches)

\$24.95 • Paperback

ISBN: 978-1-77286-030-6



INSIDE THIS BOOK

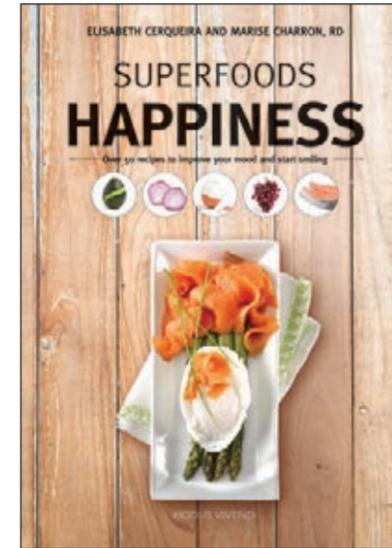


THE BOOK

Do you want to keep fit and healthy for as long as possible, as well as reduce the visible signs of aging? Discover how your diet can keep you young in a very, real and positive way.

This book features **20 anti-aging superfoods and over 50 recipes** using these fabulous foods: Grapefruit Elixir, Broccoli Soup, Chicken Salad with Avocado and Walnuts, Maple-and-Mustard-Crusted Salmon, Seared Scallops and Shrimp with Grapefruit, Chicken with 50 Cloves of Garlic, Berries in Red Wine with Spices, Fruity Chocolate Fondue and more.

Superfoods Anti-Aging: Everything you need to know to delay the effects of aging.



SUPERFOODS HAPPINESS

Authors: Elisabeth Cerqueira and Marise Charron, RD

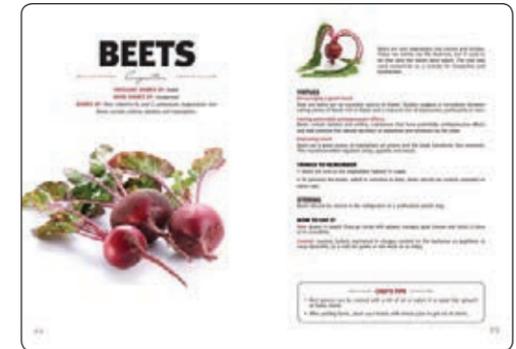
216 pages • 18 x 26 cm (7 x 10.25 inches)

\$24.95 • Paperback

ISBN: 978-1-77286-034-4



INSIDE THIS BOOK



THE BOOK

Mood swings, irritability, lack of energy, insomnia... Do not wait to act on it. Discover how your diet can affect your mood and help you smile again.

This book features **20 superfoods to lift your mood and over 50 recipes** using these fabulous foods: Banana and Green Tea Smoothie, Asparagus Soup, Niçoise Salad with Sardines and Spinach, Beet Chips, Salmon Loaf with Vegetables and Herbs, Portuguese Clams, Lentil and Walnut Balls, Baked Sweet Potato Fries, Chocolatey Mint Dessert, Bakeless Brazil Nut Cake and more.

Superfoods Happiness: All you need to know to start feeling happier in no time.

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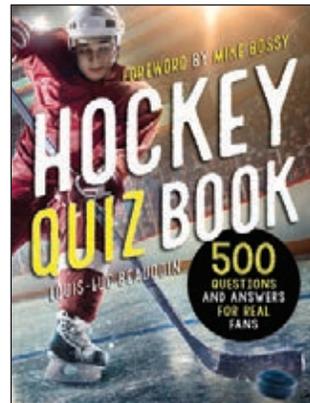
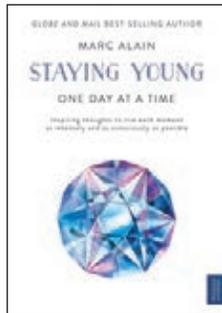
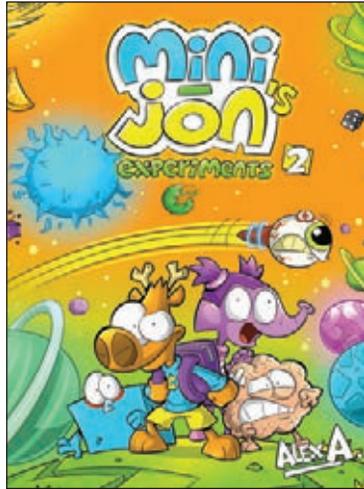
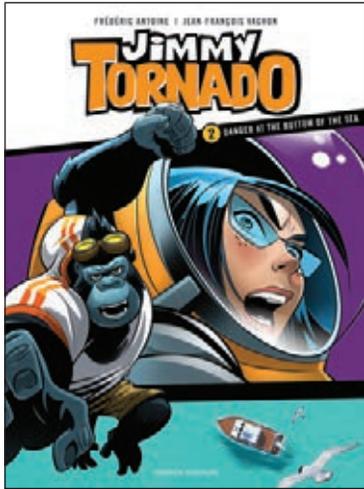
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ISBN 978-1-77286-093-1



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