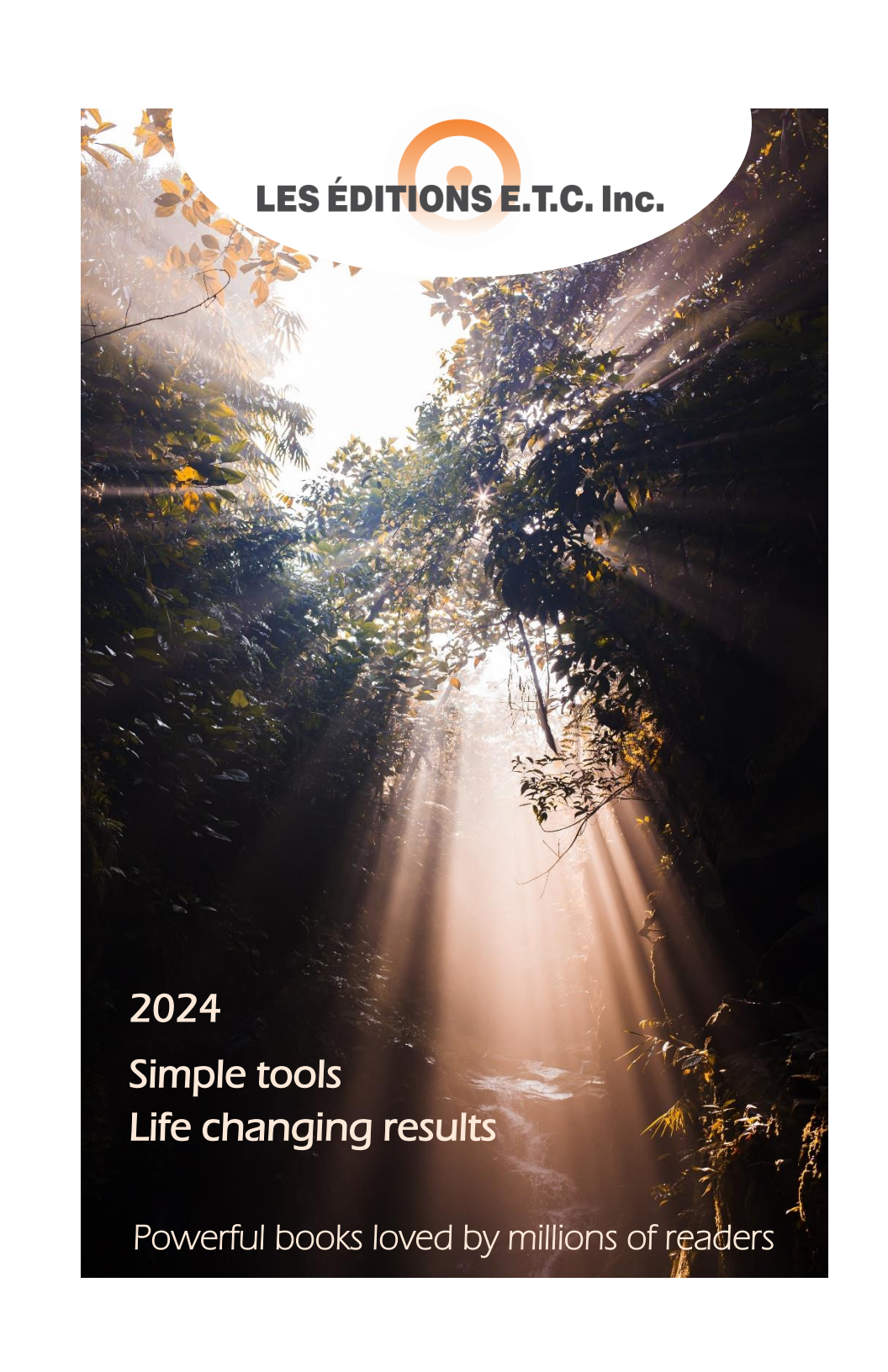




LES ÉDITIONS E.T.C. Inc.

2024

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Life changing results**

Powerful books loved by millions of readers

Contents

About Lise Bourbeau our founder 4

The 5 Emotional Wounds in Your Workplace 5

Listen to your body – Your best friend on Earth..... 6

Listen to your body – Men's version..... 7

Listen to your body, part 2..... 8

Who are you?..... 9

Your body's telling you: Love yourself! 10

Heal your wounds and find your true self 11

EGO – The greateast obstacle to healing the 5 wounds..... 12

Healing your five wounds - Card game 13

Just listen to your body and eat..... 14

Cancer – A book of hope..... 15

Love Love Love – the Power of Acceptance 16

The WellBeing Dictionary..... 17

WOW! I'm God and so are you 18

How to stay young and energetic as you get older 19

The five greatest needs of children of this era 20

You Are Master of the game called Life..... 21

Arissiel: Life after death 22

Benani: The power of forgiveness 23

Carina: The power to reveal your secrets..... 24

Diane: Make peace with the past 25

52 weeks of awareness with Lise Bourbeau 26

Lise Bourbeau provides insightful answers 27

 #1. Intimate relationships27

 #2. Responsibility, Commitment, and Guilt27

 #3. Fears and Beliefs28

 #4. Parent-Child Relationships28

 #5. Money and abundance29

 #6. Emotions, feelings, and forgiveness.....29

 #7. Sensuality and sexuality29

METC – A new collection! 30

Biography – Martine Beaulieu 30

Healed thanks to the love within me..... 31

New best-selling author added to our catalog!..... 32

Biography – François Lemay 32

That’s LIFE also!..... 33

Everything is always PERFECT!..... 34

RECONNECTING with YOURSELF 35

Les Éditions E.T.C. inc. 36

About Lise Bourbeau our founder

Lise Bourbeau, the fourth of eleven children born in Quebec in 1941, grew up surrounded by unconditional love and acceptance. These early experiences instilled in her a sense of courage, balance, and conviction that fueled her ideas about health, love, success, and happiness. Her exceptional leadership qualities and sincerity have created a unique chemistry with her audience, allowing her gifts to benefit all those who experience her work.

In 1982, Lise founded the Listen to Your Body School in the heart of Canada's beautiful Laurentian Mountains. Today, it has evolved into one of the largest personal growth schools in the country, teaching philosophies centered on the power of unconditional love through workshops and her 27 best-selling books.

Listen to Your Body is also the biggest French personal growth school worldwide, with workshops and conferences now offered in more than 28 countries and also online throughout the world.

Thanks to Lise Bourbeau's vision and dedication, over 8 million of her books have been sold globally.

The publishing house also expanded its catalog by publishing the successful titles of François Lemay in 2023.



A Canadian success story!

The 5 Emotional Wounds in Your Workplace

Embark on a transformative journey through the intricate landscape of emotional wounds in the workplace with "**The 5 Emotional Wounds in Your Workplace.**" In this groundbreaking collaboration between Lise Bourbeau, author of the bestselling "Heal Your Wounds and Find Your True Self," and a successful businessperson trained by Bourbeau herself, a profound exploration awaits you.

Originally inspired by Bourbeau's renowned work, this book was conceived to extend the empowering philosophy to workers globally. Delve into the universe of soul wounds and unravel their profound impact on your professional journey.

Whether you are an employee, manager, freelancer, or entrepreneur, this book offers a comprehensive roadmap to self-discovery, guiding you toward shedding the masks that hinder authenticity in the workplace.

Step-by-step, this book empowers you to identify and understand the masks you wear, shedding light on their far-reaching consequences in your professional life. Uncover the root causes of that lingering sense of dissatisfaction and learn how to break free from unconscious attitudes imposed by emotional wounds. Through insightful tests and real-life examples, co-authors Lise and Nathalie provide a practical guide to self-recognition, enabling you to apply their wisdom directly to your unique situation.

This book is not just a guide; it's a transformative tool designed to help you comprehend your personal needs within the professional sphere. By embracing the advice within these pages, you'll gain a profound understanding of your desires in the workplace and, more importantly, acquire the skills to fulfill them. Unmask your true self, break free from emotional limitations, and pave the way for a fulfilling and authentic professional life.

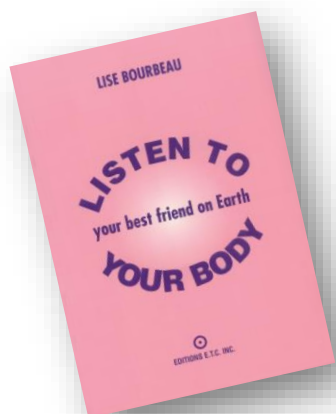
Format: 360 pages

To be published in August 2024

ISBN 978-2-920932-97-5

Rights available: All except French.





Listen to your body – Your best friend on Earth

In 1987, LISE BOURBEAU began to present her groundbreaking concepts in book form alongside her workshops and seminars. Her writing received an overwhelmingly positive response, as her direct and accessible approach shed light on complex subjects that had long been shrouded in confusion and misunderstanding.

With a growing call for balance and inner peace in both individual and global contexts, people everywhere are seeking happiness and fulfillment.

LISE BOURBEAU takes readers on a transformative journey, guiding them through each step towards reconnecting with the Universal Source and rediscovering the beauty of life. Her latest work, "LISTEN TO YOUR BODY - YOUR BEST FRIEND ON EARTH," is a comprehensive guide that inspires readers to cultivate a loving and empowering relationship with themselves, offering tools to build a strong foundation for personal growth and extend that positive energy to the entire global community.

This powerful book serves as a lifeline to the Divine, bringing its readers closer to peace, love, and harmony.

"Over 1 300 000 copies have been sold worldwide!"

Format: 202 pages

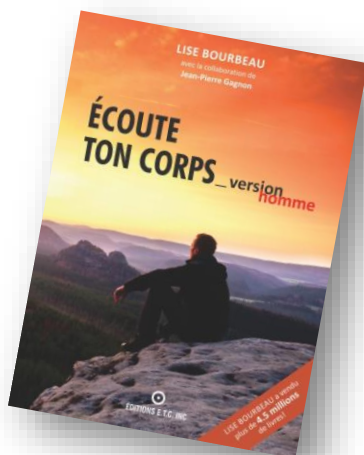
Published in 1987 ISBN 978-2-920932-02-9

Rights available: All except Bulgarian, Czech, Dutch, English, English for India, Estonian, French, German, Greek, Hungarian, Italian, Japanese, Korean, Latvian, Polish, Portuguese, Romanian, Russian, Spanish, Swedish.

Listen to your body – Men's version

"Why did we decide to release a men's edition of Listen to Your Body?" The original version has been a best-seller since 1987, with over one million copies sold in 20 different languages. However, we received feedback from male readers that the pink cover made it less appealing to them.

We listened to your comments and have now modified the cover, along with adapting the examples and spacing, to provide a more enjoyable reading experience for male readers.



The internationally renowned author, LISE BOURBEAU, has dedicated her life to sharing her discoveries and helping individuals achieve joy, peace, serenity, health, and the realization of their dreams and aspirations. In this book, she emphasizes the importance of being aware of one's physical, emotional, mental, and spiritual self. She provides effective ways for readers to start or continue their introspection journey, which can ultimately serve as a lifeline to the Divine."

"Over 13 000 copies have been sold worldwide!"

Format: 350 pages

Published in 2016

ISBN 978-2-920932-74-6

Rights available: All except French, Romanian, Russian.

Listen to your body, part 2



Listen to Your Body - Part 2 is the highly anticipated follow-up to the bestseller Listen to your Body, your best friend on Earth commonly known as the "little pink book" by its countless readers. This book achieved unparalleled levels of popularity in Quebec and continues to be a go-to resource for personal growth.

Through her extensive research and experience in the field, Lise Bourbeau provides fresh insights and step-by-step

guidance on how to incorporate key growth principles into everyday life.

Divided into twenty-one chapters, the book offers practical exercises at the end of each section, designed to help the reader discover self-knowledge. Lise Bourbeau's emphasizes the importance of personal experience in gaining understanding and knowledge.

By differentiating between the primary states of "Having," "Doing," and "Being," the reader gains a new perspective and greater clarity that inspires a more fulfilling life. Once again, this prolific author delivers a breath of fresh air in an easily accessible format.

The power to make oneself happy lies within an individual, and it is not possible for anyone else to provide it. Therefore, relying on someone or something outside ourselves to provide us with happiness is futile. It is imperative to find contentment within oneself.

"Over 374 000 copies have been sold worldwide!"

Format: 360 pages

Published in 1994 ISBN 978-2-920932-13-5

Rights available: all except Czech, French, German, Italian, Japanese, Romanian, Russian.

Who are you?

Discovering your true self is a rewarding experience. In our book, you'll find a treasure trove of information that can help reveal who you really are.

Through relatable examples from daily life, you'll gain insight into your thoughts, emotions, and behaviors. Even the clothes you choose to wear and the environment you live in can offer important clues.

Additionally, the book delves into the metaphysical roots of over 250 illnesses and diseases, empowering you to promote self-healing and bolster interpersonal connections. Ultimately, our goal is to help you achieve a greater sense of well-being and lead a more fulfilling life.



"Over 555 000 copies have been sold worldwide!"

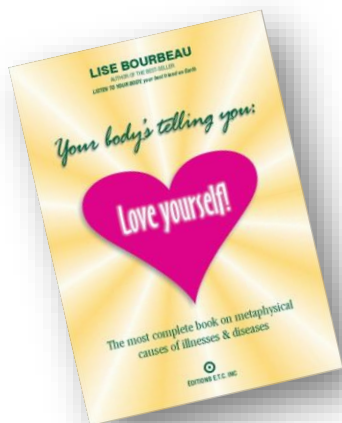
Format: 282 pages

Published in 1988

ISBN 978-2-920932-01-2

Rights available: all except Czech, French, German, Greek, Italian, Japanese, Romanian, Russian, Spanish.

Your body's telling you: Love yourself!



Lise Bourbeau is a renowned author in the field of metaphysics, who has dedicated over 30 years to researching the correlation between physical ailments and their emotional or psychological triggers. Her latest work is a user-friendly reference guide that brings all her knowledge to the forefront.

According to the author, any physical ailment is a manifestation of an underlying emotional or psychological

imbalance. By paying attention to these warning signs, the body can guide us back to a path of love and harmony.

The book serves as a powerful tool for readers, empowering them to become their own healers. With comprehensive information on over 500 illnesses and diseases, this visionary work is a true labor of love, providing readers with valuable insights into the root causes of their physical ailments.

"Over 915 000 copies have been sold worldwide!"

Format: 560 pages

Published in English 1997 ISBN 978-2-920932-17-3

Published new french version in 2012 ISBN 978-2-920932-33-3

Rights available: All except Czech, Dutch, English, Finnish, French, German, Greek, Italian, Japanese, Latvian, Lithuanian, Polish, Portuguese, Romanian, Russian, Spanish, Swedish.

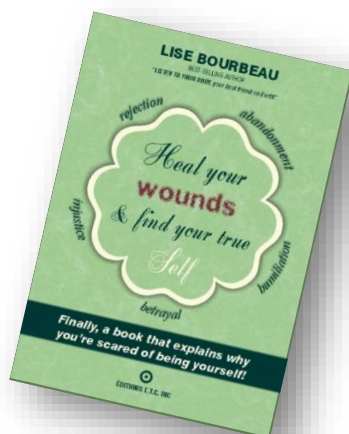
Heal your wounds and find your true self

Have you ever experienced the frustration of not making progress towards your goals, even though you thought you had resolved underlying issues? If that's the case, it might be worth reconsidering your approach.

In this reliable and helpful book by Lise Bourbeau, you will learn about the five sources of hurt - rejection, abandonment, humiliation, betrayal, and injustice - which can manifest as physical, emotional or mental problems. By understanding these inner wounds and the masks you have created to avoid facing them, you can identify the root cause of your problems and find practical solutions. You will also gain insight into issues such as extreme skinniness or obesity.

By following the path of recovery outlined in this book, you can become your true self and reach your desired outcome.

At the end of the book, Lise Bourbeau provides a practical solution to transform day-to-day problems into opportunities for personal growth. You will learn to approach life as a creative force, recognizing your own power and potential as a GOD.

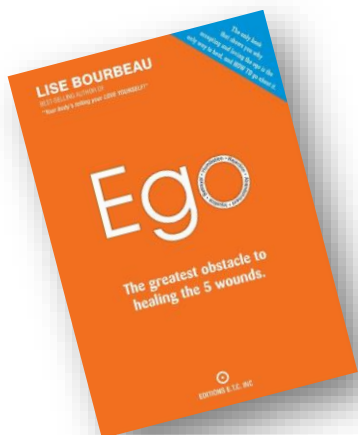


"Over 2 600 000 copies have been sold worldwide!"

Format: 224 pages

Published in 2000 ISBN 978-2-920932-18-0

Rights available: All except Czech, English, French, German, Greek, Italian, Japanese, Korean, Latvian, Lithuanian, Polish, Portuguese, Portuguese (Brasil), Romanian, Russian, Spanish, Swedish, Turkish.



EGO – The greatest obstacle to healing the 5 wounds

The highly anticipated sequel to Lise Bourbeau's best-selling book, *Heal Your Wounds and Find Your True Self*, has finally arrived. Translated into 12 languages and still breaking records since its publication in 2000, this new volume is filled with numerous examples and abundant professional wisdom, as well as valuable insights from the author's personal experience.

With concrete ways to heal your suffering, readers will learn how to recognize the operating mechanisms of the five wounds and determine when they are being activated.

By applying the suggested techniques, individuals can become more aware of when their ego is directing their thoughts, words, and actions - a vital condition for healing. This newfound awareness will also help individuals manifest their soul's essential needs, allowing them to connect with their true selves and ultimately achieve inner peace.

"Over 441 000 copies have been sold worldwide!"

Format: 267 pages

Published in 2015

ISBN 978-2-920932-68-5

Rights available: All except Czech, English, French, German, Italian, Japanese, Portuguese, Russian, Spanish, Swedish.

Healing your five wounds - Card game

Introducing a fantastic new addition to the lineup of healing resources - a card game that perfectly complements "HEAL YOUR WOUNDS AND FIND YOUR TRUE SELF" and "HEALING YOUR FIVE WOUNDS". The game's primary goal is to assist you in implementing LISE BOURBEAU's suggestions to speed up the wound healing process.



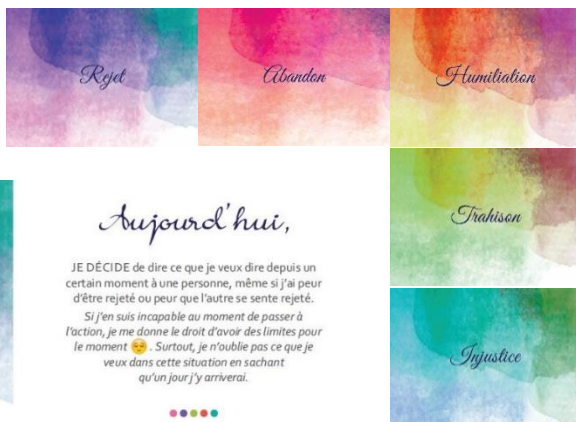
With a total of fifty-five cards - eleven for each wound type, the user can randomly select a card each day and put the recommendations into practice. This engaging game promises to be an effective aid in your journey towards holistic self-care.

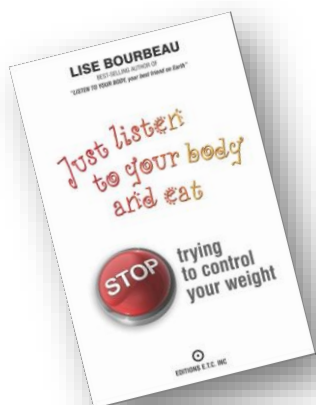
"Over 39 000 copies have been sold worldwide!"

Format: 55 cards +

Published in 2016 UPC 978-2-920932-73-9

Rights available: All except French, German, Italian, Romanian, Spanish.





Just listen to your body and eat

Stop trying to control your weight

Did you know that the topic of food is consistently at the forefront of media and advertising? The food industry churns out a plethora of books, covering everything from recipes to diets. However, this book sets itself apart from the rest.

...Its purpose is to help you discover six reasons beyond hunger that can trigger your urge to eat.

...It also shows you how controlling your food intake can be detrimental, helps you recognize emotional wounds that may hinder your ability to eat well, and guides you toward loving and accepting your body, no matter what. Lise Bourbeau, a world-renowned specialist in listening to your body, offers numerous constructive solutions and paths to take.

Do you feel like you're constantly controlling what you eat? Have you been affected by anorexia or bulimia? Can you tell when you're reaching that critical point of losing control? Are you able to love yourself despite struggling with daily eating habits?

Did you know that your eating habits can reveal a lot about who you are as a person?

This highly anticipated book presents a fresh perspective on your relationship with food, illuminating the connection between physical, emotional, mental, and spiritual dimensions of the self. This approach can aid you in discovering your own unique needs at any given time.

"Over 216 000 copies have been sold worldwide!"

Format: 270 pages

Published in 2009 ISBN 978-2-920932-30-2

Rights available: All except Czech, English, French, German, Italian, Japanese, Lithuanian, Portuguese, Romanian, Russian, Spanish.

Cancer – A book of hope

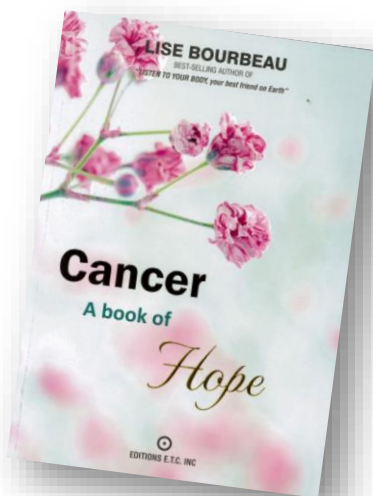
Would you like to consider a different perspective on the notorious word "cancer," which has instilled fear in millions of people worldwide? Instead of viewing this illness as an enemy that one must fight against, why not see it as a friend? Your perception of cancer is entirely up to you.

This book offers a new and unique approach based on Lise Bourbeau's forty years of listening to thousands of cancer stories.

Rather than promoting struggle and fighting, Lise Bourbeau presents gentle methods that conserve energy.

This book is for anyone affected by cancer: those who have had it, currently have it, know someone who has it, are therapists or caregivers, or anyone seeking to prevent it.

Cancer can be viewed as a message aimed at helping you recover happiness and inner peace, rather than an inevitable fate. This perspective offers an opportunity for transformation and self-love.



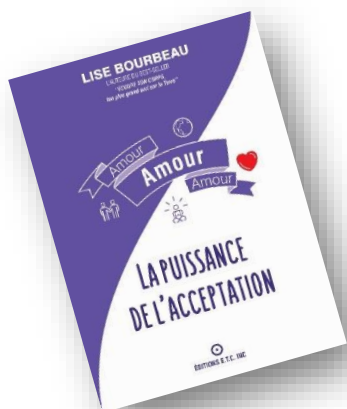
"Over 37 000 copies have been sold worldwide!"

Format: 251 pages

Published in 2015 ISBN 978-2-920932-70-8

French version published 2013 ISBN 978-2-920932-56-2

Rights available: All except Czech, English, French, Italian, Japanese, Romanian, Russian, Spanish (world).



Love Love Love – the Power of Acceptance

Discover the common ground between LOVE and ACCEPTANCE with this insightful book. In our daily lives, we encounter various situations that can be challenging to accept, leading to conflicts, discomfort, and dissatisfaction. This book delves into the fundamental principles of love and true acceptance through real-life experiences. By understanding the differences between acceptance, submission, and understanding, readers can apply this knowledge to their

own life experiences.

The book explores different facets of love, including fraternal love, parental love, intimate love, love among friends, self-love, possessive love, passionate love, transitory love, and unconditional love.

Through a range of methods, the author guides readers to accept difficult circumstances such as sickness, death, old age, loss, decisions, physical appearance, weaknesses, and challenging relationships. **It's about LEARNING TO ACCEPT THE UNACCEPTABLE.** As readers follow the characters' evolution throughout the book, they'll discover the extraordinary benefits that come with acceptance. This unique book is designed to sensitize and support readers throughout their lives. With its practical insights and gentle guidance, it's a valuable resource for anyone seeking to lead a more fulfilling and accepting life.

"Over 414 500 copies have been sold worldwide!"

Format: 350 pages

Published in 2007

ISBN 2-920932-85-2

Rights available: All except French, German, Italien, Japanese, Spanish, Romanian.

The WellBeing Dictionary

This book serves as a comprehensive guide for individuals seeking personal growth, providing valuable insights to countless questions that people are increasingly pondering.

It is an invaluable resource for counselors and therapists alike, presenting a myriad of definitions and explanations on various topics.

For instance, one of the many definitions found in this book is as follows:



ACCUSATION:

To accuse, we must decide that someone is guilty. An accusation consists of a value judgment passed on a person, a situation or on ourselves because we disagree about something or are reacting to what we consider right and wrong or correct and incorrect. An accusation is always preceded by criticism and judgment whether openly or in our thoughts; i.e., accusing ourselves of weakness, impatience, poverty, lack of selfconfidence, willpower, etc., or accusing others of traits which DISTURB us or affect us emotionally.

As soon as we accuse ourselves or others, we also experience EMOTION which depletes us of our energy. We accuse ourselves or others because we are deeply suffering and refusing to take RESPONSIBILITY. On the other hand, we suffer because we allow our EGO to control our life instead of LOVE. Our hidden fears fuel our accusations -- the fear of not being loved, accepted or validated. When we long to be loved, we don't love ourselves enough and hope others will do it for us.

How can we ever stop accusing? By becoming aware of our FEARS, CRITICISMS, BELIEFS and the deep DESIRES hidden below these fears. Next we must determine whether or not our beliefs are still useful and then act accordingly. If we continue to go against what is beneficial to us, we will keep on accusing ourselves. Realize also that the less we accuse ourselves, the less we will accuse others (and the less they will accuse us) ...

"Over 73 500 copies have been sold worldwide!"

Format: 714 pages

New edition published in 2021 ISBN 2-920932-87-6

Rights available: All except Czech, French, German, Romanian, Russian.



WOW! I'm God and so are you

Lise Bourbeau, in a bold move, has chosen a provocative title for her autobiography that aims to highlight the presence of God within oneself.

Through her own personal journey, the author lays herself bare and reveals intimate details of her life. With unwavering confidence in her intuition, she takes bold risks, exposing various aspects of her emotional, familial, sexual, educational, and professional life. Lise Bourbeau also candidly

describes her financial successes and failures.

Her ultimate goal is to help others, and to that end, she suggests practical ways to reconnect with one's inner God. She also believes that anyone can confidently declare, "WOW! I'm God and so are you." Overall, this autobiography serves as a guide towards personal growth and self-discovery. Lise Bourbeau is dedicated to sharing her journey with the world and encouraging others to embrace their own unique paths towards enlightenment.

"Over 92 000 copies have been sold worldwide!"

Format: 330 pages

Published in 1991

ISBN 978-2-920932-05-0

Rights available: All except French, Italian, Japanese, Romanian, Russian.

How to stay young and energetic as you get older

Lise Bourbeau is a woman whose ageless appearance has inspired her to share her secrets for maintaining vitality, even at the age of 79.

Her new book is a guide for both women and men, offering tips on how to delay aging in all aspects of life: physical, emotional, and mental.

By listening to your body's needs and reducing stress and emotional turmoil, you can maintain your natural energy and avoid feeling drained.

With this book, Lise Bourbeau provides practical advice on how to stay physically fit, manage emotions and stress, and live a spiritually fulfilling life in harmony with your environment.



"Over 17 000 copies have been sold worldwide!"

Format: 258 pages

Published in 2020

ISBN 978-2-920932-80-7

Rights available: All except Czech, French, Italian, Japanese, Polish, Portuguese, Romanian and Russian.



The five greatest needs of children of this era

In her 27th book, Lise Bourbeau shares the invaluable insights she gained while raising her own three children and being a grandmother to eight grandsons and great-grandmother to two beautiful great-granddaughters.

Geared towards parents and educators of all ages, this book is intended to help everyone become

better caretakers by learning how to let go and approach parenting with joy and ease. With such a significant spiritual gap between past and present generations, it is crucial to adapt and use new tools.

Lise Bourbeau reveals **The 5 greatest needs of children of this era** and imparts practical tools for understanding and responding to these needs for the benefit of both the child and caregiver. Being around children can also help individuals navigate the coming changes in society.

"Over 7 000 copies have been sold worldwide!"

Format: 496 pages

Published in October 2022

ISBN 978-2-920932-89-0

Rights available: All except French, Italian, Portuguese, Romanian and Russian.



You Are Master of the game called Life

Are you a believer in coincidences, chance encounters, or bad luck? Do you find yourself drawn to games or cards that contain hidden messages? Perhaps you see life as a game, and wonder if taking risks is worth it.

These questions hint at the undeniable sense of synchronicity that permeates our lives. Even the smallest coincidence or twist of fate can contain important messages for us.

Enter the innovative concept of the Listen to Your Body card game, now available in book form. This enjoyable, easy-to-apply process will help you become more aware of the signals your body sends you. No matter the situation or how you approach life, this book reminds you that you are still the Master of your own fate.

Additionally, Lise Bourbeau contributes an illuminating chapter on chance, coincidence, and synchronicity.

Through the pages of this book, you'll gain a greater appreciation for the meaningful connections that underlie all aspects of our existence.

"Over 37 000 copies have been sold worldwide!"

Format: 30 pages + 33 laminated pages (99 cards)

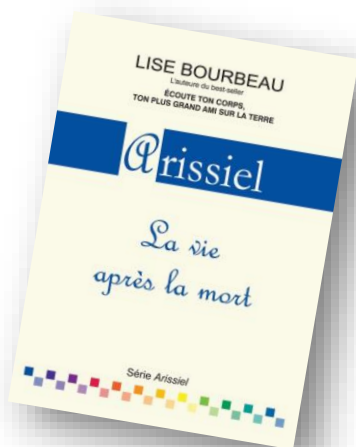
Published in 2009

ISBN 978-2-920932-31-9

Rights available: All except French, German, Italian, Romanian.

Arissiel: Life after death

This is a poignant tale of a divorced father who attains great wealth but tragically passes away at the age of 55. Feeling that his life has been cut short unjustly, he places blame on both God and himself for not having lived life to the fullest. However, he soon discovers the true meaning of life after death with the help of a guide from beyond who aids him in moving forward according to his life plan.



The innovative concept of this first volume in the Arissiel series offers readers an opportunity to embrace death by understanding that the soul continues to exist beyond the confines of the physical body. This newfound insight can help one better come to terms with the loss of loved ones and continue living a serene life despite their sudden absence.

Lise Bourbeau's eloquent writing style and skillful conveyance of a philosophy of life grounded in intelligence and genuine love rather than fear, dependence, or guilt make this novel a captivating read.

Its simple yet powerful message is sure to resonate with readers and leave a lasting impression.

"Over 20 000 copies have been sold worldwide!"

Format: 405 pages

Published in 2008

ISBN 978-2-920932-27-2

Rights available: all except French.



Benani: The power of forgiveness

Arissiel struggles with accepting the concept of reincarnation but is reborn on Earth as ARI. Overwhelmed by the challenges and surprises of life, he receives a special privilege from his spiritual guide and develops psychic abilities.

Through these gifts, he helps others, including his father BENANI, with whom he previously had conflicts. Will ARI be able to

reconcile with his father and fulfill his life plan?

The second volume of the series depicts powerful scenes of forgiveness and reconciliation that will inspire readers to let go of resentment, manage expectations and emotions, and undergo an unexpected metamorphosis.

Testimony of a reader

Hi. I have just discovered your books in the Arissiel series and I just love them. Thank you! Learning with these books is easy, because they are relevant to today's real life, even if your characters are fictitious. Bravo! I am eagerly looking forward to reading the third volume and the ones that follow.

"Over 12 000 copies have been sold worldwide!"

Format: 515 pages

Published in 2008

ISBN 978-2-920932-28-9

Rights available: all except French.

Carina:

The power to reveal your secrets

Enter the secret garden of your mind with the third volume in the Arissiel series. Follow ARI, an eighteen-year-old gifted individual who inherits a fortune, as he embarks on adventures that will leave you guessing. Despite his wealth, ARI remains dedicated to developing his talents and helping those in need, including his troubled aunt, CARINA.

In this novel, you'll unearth the buried secrets from her childhood and learn the importance of confronting your own hidden truths.

This book offers concrete and practical advice for revealing yourself and breaking free from the weight of the past. Through the process, you'll find reconciliation and unexpected healing, making it clear that seeking assistance is essential to unlocking the doors to your secret garden.



"Over 8 700 copies have been sold worldwide!"

Format: 551 pages

Published in 2008

ISBN 978-2-920932-29-6

Rights available: all except French.

Diane: Make peace with the past



Get ready for another thrilling adventure as you journey alongside young Ari in this fourth volume of the ARISSIEL series. Ari has been bestowed with special gifts and a generous sum of money, which he intends to use to help those in need. However, keeping to his vow of chastity, which he made to his guide Michael in exchange for these gifts, proves to be a challenge. Despite this, Ari starts a residence that caters to street youths, helping them

leave their troubled past behind and embrace a brighter future.

Amidst all of this, Ari's mother, DIANE, faces several problems, and he goes out of his way to assist her. You'll discover the incredible power of love and reconciliation and how they can initiate a series of wonderful events in our lives. Moreover, this book beautifully illustrates how spiritual healing can lead to physical healing, as we free ourselves from our past through forgiveness and reconciliation.

"Over 5 700 copies have been sold worldwide!"

Format: 544 pages

Published in 2012

ISBN 978-2-920932-36-4

Rights available: all except French.

52 weeks of awareness with Lise Bourbeau

The knowledge gained through experience is truly invaluable. In this book, we offer a journey towards self-awareness and growth that will take you deep within yourself. Over the course of 52 weeks, you will confront your physical, emotional, and mental blockages, answering questions and engaging in exercises that will shed light on all aspects of your being. As you uncover unknown parts of yourself, you will gain real insights into your deepest feelings and desires. Through this process, you will learn to master your life, which is at the core of all of Lise Bourbeau's teachings.



This book is a powerful tool that will help transform your life, empowering you to live in alignment with your true self. By gaining a deeper understanding of yourself, you will find peace and clarity as you move forward on your journey.

Self-knowledge is the key to unlocking your full potential and living the life you desire.

"Over 70 000 copies have been sold worldwide!"

Format: 448 pages

Published in 2002

ISBN 2-920932-22-5

Rights available: All except French, Japanese, Romanian, Russian.

Lise Bourbeau provides insightful answers

to questions that have been asked during her conferences and workshops across the globe. Here, you will find a sample of the compelling questions that she has addressed in her books:

#1. Intimate relationships

- I feel hesitant about entering a relationship. Can you help me explore why this might be the case?
- How can I stop feeling guilty when I leave my spouse at home with the children from time to time in order to see a friend, to shop, or simply to get some air, think about myself?
- I would like to be able to join my husband in the pleasure he feels when we make love. I could easily go without sex. I love him very much. What should I do here? Should I express my feelings to him?



"Over 113 000 copies have been sold worldwide!"

Format: 141 pages

ISBN 978-2-920932-06-7

Rights available: all except French, Italian, Japanese, Romanian, Russian.

#2. Responsibility, Commitment, and Guilt

- I am a responsible person and I find it overwhelming to carry such a burden. What can I do in order not to feel guilty when I can no longer do everything?
- How can I be myself without hurting anyone around me?
- If I allow my teenage daughter to be out late and she winds up pregnant or using drugs, I am going to feel guilty. What can I do? Am I an over-bearing father?



"Over 116 000 copies have been sold worldwide!"

Format: 102 pages

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- How can I change my attitude toward my father, who favored my brother over me? How can I stop reliving this rejection with other men in my life?
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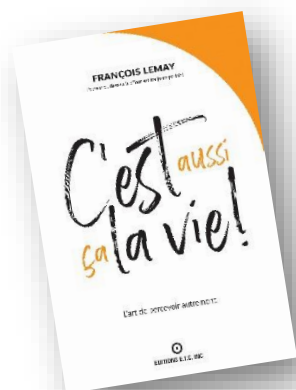


François Lemay is a passionate individual who celebrates life and its infinite possibilities. His expertise lies in popularizing the teachings of mindfulness across Quebec and France, making him a renowned coach, teacher, and spiritual guide.

Through his Mindfulness Academy, he has helped thousands of individuals from diverse backgrounds, including men, women, entrepreneurs, managers, teachers, professionals, stay-at-home parents, people in career transition, and seniors, in their personal pursuit of meaning and self-realization.

François is dedicated to awakening consciousness in people and enabling them to understand and overcome the mechanisms that cause suffering. He believes in empowering individuals to achieve full realization of their potential. François is also the author of the best-selling book **Everything is always PERFECT!** (original title: **Tout est toujours PARFAIT!**), which embodies his philosophy of life. With his simple, humorous, and accessible style, he continues to inspire people to feel better about themselves and lead fulfilling lives.

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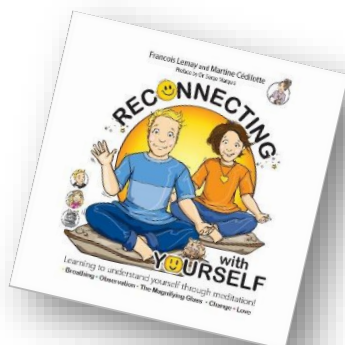
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Discover the wonderful world of Coco and his gang! Coco is a young, adventurous boy who likes to share the numerous discoveries that have helped him develop his potential. Together with his illustrator friend Martine, they take readers, both young and old, on quests for the gems inside the treasure chest. The gems are priceless. They allow anyone who receives them to change their lives, believe in themselves, calm the “hamster in their head,” and fully enjoy the game of life.



Who we are: Two passionate people who have children’s best interests at heart! This book is a collaboration between François Lemay, author of the bestseller **Everything is always PERFECT! (Tout est toujours PARFAIT!)**, motivational speaker, mindfulness teacher and expert, and founder of Inspire-toi!, and Martine Cédilotte, illustrator and the brainchild behind Illustration Coco. Basically, we’re parents! The purpose of Reconnecting with Yourself is to simplify meditation and make it accessible to everyone, in order to facilitate the management of stress and emotions.

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