

Karine Baridon

Author of *The Hammock and the Hummingbirds* (*Le Hamac et les Colibris*) · bio

Karine Baridon was an art director in France and in the United Kingdom, then a trainer and therapist. She has written communication and teaching materials, and published popular-science articles on neuroscience with Éditions Raabe.

The Hammock and the Hummingbirds is her first novel: a mature work, carried by a strong, clear, embodied female voice. Her wish is to turn readers into creators. She sees the novel as the beginning of a body of work, not just a book, and as a way to build a lasting relationship with her readers.

She has made the novel free to read on her website, lehamacetlescolibris.com, which extends the book: chapters read by the author, original songs, games, creative challenges, practical sheets, and a gallery where readers publish their own creations. "People come to read, and come back to create."

Karine Baridon is available for interviews with the press, radio, television and podcasts, in person or by video call.

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