Press pack

The Hammock and the Hummingbirds — a novel by Karine Baridon

A book that wanted to live!



Useful facts to talk about it

The book

47 chapters to read online, finished text, still being proofread

22 chapters proofread

498 pages

15,2 × 22,9cm

paperback **20** €

ISBN 979-10-989861-0-9

The audiobook

8 chapters read by the author: website, Spotify, YouTube

The songs

14 original songs, one per sung chapter: website, Spotify, YouTube, Suno

27 songs quoted in the novel: website, Spotify

Discover the world of the novel

21 characters

39 places

345 funny lines

339 invented words

25 common threads

249 tributes

Tools so readers can create and publish their work

37 creative challenges

the gallery to publish your creations

Practical guides for relationships

35 practical guides in the Hummingbirds' Kit, a survival kit for relationships

A TV series adaptation, already written

a novel ready to adapt as a series (project available on request)

56 pilot scenes

The book at a glance

Title — *The Hammock and the Hummingbirds — My pen is my No*
Author — Karine Baridon
Category — novel
Genre — comedy-drama
Style — self-deprecation, absurd humour, irony
Themes — resilience, creation, humour, transformation, freedom
Publisher — self-published
Publication — coming soon
ISBN — 979-10-989861-0-9 (paperback)
Pages — 498
Formats — paperback 15.2 × 22.9 cm · e-book · audiobook · free online reading, details on the Support page

Shelf — novel, comedy-drama, strongly metafictional and participatory.

Tags — comedy-drama · self-deprecation · resilience · creation · humour.

Shelf neighbours, as a rough guide — Daniel Pennac, for the tenderness and the way he talks to the reader. Nora Ephron, for the break-up turned into comedy. Helen Fielding, for the self-deprecating voice. Amélie

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Nothomb, for playing with her own image. Raphaëlle Giordano and Agnès Martin-Lugand, for the novel of rebuilding a life. And Gianni Rodari, for the book that invites you to create.

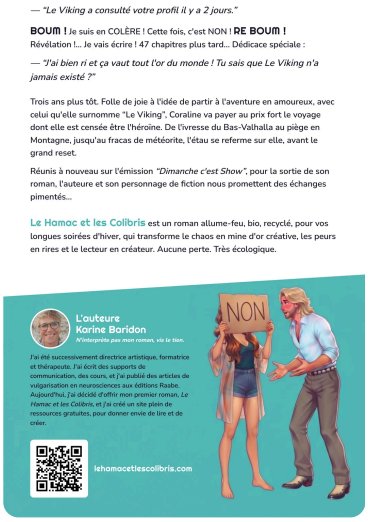
Readers — people who read to feel better, people who come from wellbeing, and people who create.

The novel factsheet fits on one page: the cover, the book at a glance (category, genre, style), the back cover, the author and the website's QR code.

Download the novel fact sheet media.lehamacetlescolibris.com/pdf/fact-sheet-the-hammock-and-the-hummingbirds-en.pdf

Back cover

— *"The Viking viewed your profile 2 days ago."*



BOOM! I'm ANGRY! This time, it's NO! BOOM AGAIN! Revelation!... I'm going to write! 47 chapters later... A special dedication:

— *"I laughed so hard, and that's worth all the gold in the world! You do know the Viking never existed?"*

Three years earlier. Over the moon at the thought of a romantic adventure with the man she calls "the Viking", Coraline is about to pay dearly for a trip she was meant to be the heroine of. From the giddy highs of Lower Valhalla to the trap in the Mountain, right up to the crash of a meteorite, the net closes in on her, before the great reset.

Back together on the TV show *"Sunday Is Showtime!"* for the launch of her novel, the author and her fictional character promise us some spicy exchanges...

The Hammock and the Hummingbirds is a firelighter of a novel: organic, recycled, for your long winter nights. It turns chaos into a creative goldmine, fears into laughter and readers into creators. Zero waste. Very eco-friendly.

Download in high resolution
media.lehamacetlescolibris.com/images/le-hamac-et-les-colibris-karine-baridon-dos-de-couverture-grand.webp

Author — Karine Baridon

Don't read into my novel. Live your own.



I was an art director, then a trainer and a therapist. I wrote communication materials and courses, and I published popular-science articles on neuroscience with the publisher Raabe. Today, I've decided to give away my first novel, *The Hammock and the Hummingbirds*, and I've built a website full of free resources, to make people want to read and create. My wish is to turn readers into creators. On my website, everything is a gift. You come to read, you come back to create. Readers can read the novel, listen to it, and even sing it! They can play games, take on challenges, use practical guides, publish their own creations in a gallery, and join the creators' directory, to show their work and be contacted. Creating is universal: let's let our creativity shine.

the author's page

Download the portrait media.lehamacetlescolibris.com/images/site-portrait-karine-baridon.webp · Interview tally.so/r/VLaP46

Press release

It all starts with a notification: "The Viking viewed your profile."

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In *The Hammock and the Hummingbirds*, Karine Baridon tells how a woman, instead of brooding, chose to create. She turned her anger into a character, her fears into laughter, her chaos into a novel.

The book dares a rare form. The author talks with her own character. Both are interviewed by a journalist on a TV show. The fourth wall falls, and the reader becomes a creator in turn.

Around the novel, the author runs a free, collaborative project. The novel is given away online, to read and to listen to. The website gives readers tools to create — games, exercises, creative challenges, practical guides — and a gallery to publish their creations, under their own name.

Every reader can take part: write, draw, compose, film. The project lives on this creative participation and on its readers' support. Karine Baridon is available for interview.

Download as PDF media.lehamacetlescolibris.com/pdf/press-release-the-hammock-and-the-hummingbirds-en.pdf

Quotes

"My pen is my No." (ch. 47)

"Don't read into my novel. Live your own." (ch. 47)

"I'd rather laugh about it and be free than be right and cry over it." (ch. 1)

"Healed, not bitter. I've forgiven. I'm free." (ch. 1)

"Been there, laughed at it, living off it!" (ch. 45)

All the quotes lehamacetlescolibris.com/citations-en · The funny lines lehamacetlescolibris.com/phrases-en

Possible story angles

Just suggestions: the angle is yours.

Turning anger into creation: resilience through humour.
A new structure: the author talks with her character, under the eye of a journalist.
The reader invited to create: a novel given away online, and a gallery for their creations.
From art director to author: a creative career change.
"Healed, not bitter": healing rather than getting even.
Self-publishing and a free website: a model where everything is a gift, and the printed book is for sale.

The novel's common threads lehamacetlescolibris.com/fils-en

A free, collaborative project

The novel is given away online, to read and to listen to. The author invites every reader to become a creator: write, draw, compose, film, starting from the novel.

The website gives creators tools to create — games, exercises, creative challenges, practical guides — and a gallery to publish their creations, under their own name.

Readers support the project with a solidarity subscription, a donation or by buying a book.

Create lehamacetlescolibris.com/creer-en · Gallery lehamacetlescolibris.com/galerie-en · Support lehamacetlescolibris.com/soutenir-en

All the novel's links

The website — lehamacetlescolibris.com lehamacetlescolibris.com
Read the novel online, for free — the Read page lehamacetlescolibris.com/lire-en · the novel fact sheet, with its QR code (PDF) media.lehamacetlescolibris.com/pdf/fact-sheet-the-hammock-and-the-hummingbirds-en.pdf

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The audiobook, read by the author (in French) — the podcast on Spotify open.spotify.com/show/6Q4x2UFBzKCUN0czk4izB · the YouTube channel youtube.com/@lehamacetlescolibris

The novel's songs — the YouTube playlist youtube.com/playlist?list=PLYpUDO6BOc8o · the Spotify playlist of the songs open.spotify.com/playlist/1wHP1v0SbrRYDcsVLjvnUf · on Suno suno.com/@baridonkarine7 · on the website lehamacetlescolibris.com/playlist-en

The music mentioned in the novel — the Spotify playlist open.spotify.com/playlist/3Krv411idBq0ori9VtMWys

Discover the novel's world — characters, map of places, invented words, funny lines lehamacetlescolibris.com/decouvrir-en · the Hummingbirds' Kit, 35 practical guides lehamacetlescolibris.com/fiches-en

Create from the novel — create lehamacetlescolibris.com/creer-en · share your creation lehamacetlescolibris.com/deposer-en · the gallery lehamacetlescolibris.com/galerie-en · the teaching kit lehamacetlescolibris.com/enseignants-en

The TV series — the script, in French (PDF) media.lehamacetlescolibris.com/pdf/scenario-serie-tv-le-hamac-et-les-colibris-premieres-pages-fr.pdf · the script, in English (PDF) media.lehamacetlescolibris.com/pdf/tv-series-script-the-hammock-and-the-hummingbirds-first-pages-en.pdf

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Instagram — @lehamacetlescolibris instagram.com/lehamacetlescolibris

The press release — PDF media.lehamacetlescolibris.com/pdf/press-release-the-hammock-and-the-hummingbirds-en.pdf

The author's portrait — image media.lehamacetlescolibris.com/images/site-portrait-karine-baridon.webp

Inspirations and tributes

The novel salutes the authors, artists and creators who inspired it: 249 creators, with their works and the chapters where they appear. Plenty to extend your reading and feed your mind.

Discover the tributes lehamacetlescolibris.com/hommage-en

Screen adaptations

The author, Karine Baridon, has written the pilot episode script for an adaptation of the novel as a TV series: 56 scenes in French, and the first part in English, with a view to offering it to producers and directors to bring it to the screen.

The project plans 47 episodes of 26 minutes, one per chapter of the novel.

The 47 episodes lehamacetlescolibris.com/serie-en · The videos lehamacetlescolibris.com/galerie-en#g-videos

Request an interview

In person or by video call.

Contact me: the form · presse@lehamacetlescolibris.com

Useful: the calendar of book fairs and book events

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