

Entre Chaos et Lumière

Jason Paquet-Garceau

Autobiographical narrative • testimony • remembrance

A professional reference kit for journalists, hosts, programmers,
booksellers and cultural partners.

LAUNCH • JULY 20, 2026 • 4 PM TO 8 PM • MUSÉE DU FJORD

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The book at a glance

Entre Chaos et Lumière is an autobiographical narrative by Jason Paquet-Garceau. The book returns to the loss of his brother and sister during the 1996 Saguenay flood, then follows the lasting consequences of the tragedy through memory, mental health and adult life.

Through sober and deeply human writing, the text connects grief, injustice, reconstruction and the need to transform silence into words that can be passed on.

AUTHOR Jason Paquet-Garceau	PUBLISHER Les Éditions J.A.M
PUBLICATION July 20, 2026	ISBN 978-2-9824824-0-1
GENRE Autobiographical narrative, testimony	FORMATS Paperback and hardcover
AVAILABILITY Amazon and by request in bookstores	BOOKSELLERS Order through Ingram

Public launch

July 20, 2026, from 4 pm to 8 pm, at the Musée du Fjord. [View the Facebook event](#)

A testimony about what marks, breaks and rebuilds us - and about the memories we choose to carry.



JASON PAQUET-GARCEAU

The author

Jason Paquet-Garceau is a Quebec author and the founder of Les Éditions J.A.M. His writing begins with family memory, grief and the need to transform pain into words that are truthful, transmissible and deeply human.

Already present in the public sphere through radio, print media, podcasts, documentary work and archives tied to the Saguenay flood, he carries a genuine work of remembrance with *Entre Chaos et Lumière*.

Interview angles

Writing after trauma What writing can make possible when silence is no longer enough.	Family memory Carrying Mathieu and Andréa's memory without reducing their lives to the tragedy.
Mental health The lasting effects of trauma, guilt and anxiety in adult life.	Reconstruction Resilience without easy answers: moving forward without erasing lived experience.
Remembrance The place of individual testimony in Quebec's collective memory.	Independent publishing Building a publishing house around coherence, freedom and responsibility.

Media references

Selected coverage directly related to the book, the author and the memory of the Saguenay flood.

Le Réveil • July 9, 2026 A survivor of the 1996 flood publishes his testimony	Open
CKAJ 92.5 • July 9, 2026 A survivor who lost his brother and sister publishes his testimony	Open
Pis après? • June 30, 2026 After the Saguenay flood	Open
QUB • January 7, 2026 My brother and sister were buried alive	Open
Le Réveil • August 23, 2025 When writing becomes a way to be free and not forget	Open
Le Quotidien • April 24, 2025 Saguenay flood: writing so as not to forget	Open
Historia • July 17, 2021 The Saguenay flood: a human tragedy	Open

Press and information
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The complete timeline, public archives and additional interviews are organized on the website's Press page.

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