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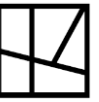
Hot List

Non-Fiction

KODANSHA LTD.

We Asked 10 Monks...

Edited by KODANSHA



Rights Sold:

Publication date: October, 2023

Pages: 160



Won't you unburden your heart?

Frustration, the need for approval, the meaning of life, painful memories, outer appearance...

10 monks will resolve all your worries!

Buddhism has been helping people face their worries and pain for over 2500 years. Sermons, talks that monks give about the doctrine of Buddhism, are filled with wisdom on how to live. Frustration, the need for approval, the meaning of life, painful memories, outer appearance...10 monks each give a sermon on the five big worries plaguing modern people. Through the 50 compassionate stories filled with fundamental Buddhist teachings, your heart will feel at rest. Also included after each chapter is a short column on Buddhism. This book is perfect for people who want to learn about Buddhism and want to ease their minds.

Table of Contents

- Preface
- Introduction of the 10 Monks
- Chapter 1: Frustration
- Column: What is Buddhism Anyway?
- Chapter 2: Need for Approval
- Column: What is a Buddhist School Anyway?
- Chapter 3: The Meaning of Life
- Column: What is a Monk Anyway?
- Chapter 4: Painful Memories
- Chapter 5: Outer Appearance

References (Examples of worries)

Frustration

- Frustrated by today's politics and society
- Fighting with your significant other over small things
- Frustrated with your boss who's slacking off

Need of approval

- Feeling distressed when being compared to your accomplished siblings
- Comparing yourself to what you see on friends' social media
- Don't feel recognized compared to others, feeling inferior

The meaning of life

- Difficulty finding motivation
- Don't know what you want to do in the future
- Having difficulty being committed to a job or a relationship

Painful memories

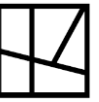
- Feeling self-conscious in front of people because you can't get over the bullying you suffered as a child
- Feeling self-loathing when you remember the time you got rejected in love
- Not being able to sleep when thinking about the time a person you believed in lied to you

Outer Appearance

- You cannot accept the traditional ideas on masculine and feminine
- You worry about what people around you think of your figure
- You can't grow to like the way you look

We Asked 10 Monks...

Edited by KODANSHA



ZUIJYU ADACHI– Soto school

Born in 1974. Chief priest of Chorakuji Temple (Hyogo). Mixing *Rakugo* and Buddhist preachings, he visits temples, hospitals, and events for the elderly nationwide.

SYOJYU KATSURA– Rinzai school

Born in 1971. Chief priest of Kegonji Temple (Kyoto). As a successful lecturer and writer, he has published books such as *Yawarakanakokoro turaitokihodo, egaode* (*A Soft Heart: Smile, Especially When it's Hard*) and *Tekuteku jizouno shiawasemondou* (*The Plodding Jizo's Answers to Happiness*).

MYOKEI KAWAMURA– Jyodoshin school

A monk of the Otani faction of the Shin school. Resides in Kyoto. He has been running a blog “*Myokei Kawamura's Daily Sermons*” for 20 years. He was the topic of conversation when he was Yahoo!'s most searched person and currently holds a “Seminar to Ease the Mind.” Published works include *Kokorono nimotuwo orosu 108no chie* (*Lower the Burdens of Your Heart: 108 Pearls of Wisdom*).

YOUNIN KOIKE–Shingon school

Born in 1986. Temple administrator of Sumadera Temple (Hyogo). Started a YouTube channel called *Younin Koike of Sumadera Temple's Essays* in 2017 where he delivers Buddhist preachings. Published works include *Sindoikokorono syohousen* (*A Prescription for A Tired Heart*).

EIICHI SHINOHARA– Soto school

Born in 1944. Chief priest of Choujyuin (Hyogo). Author of the series *Minnani yondehoshii hontonohanashi* (*True Stories Everyone Should Read*) and *Gakkepuchino anatawo sukkutekureru obou-sannohanashi* (*A Monk's Stories that Will Save You When You're On the Edge*) among others.

WAKO SEKIMOTO– Yuzunenbutsu school

Born in 1976. Vice chief priest of Dainenji Temple (Osaka), missionary, and a member of the Kansai monks' association for facing suicide. After his sermons, he holds discussions for listeners to better understand the ideas that were spoken about and is also seeking a way to use Buddhist sutra adapted for modern times.

MASAFUMI TAKEDA– Jyodoshin school

Born in 1985. Vice chief priest of Kozenji Temple (Shimane), clinical psychologist, certified public psychologist, and guest lecturer at Hiroshima University. Started his YouTube channel *Masafumi Takeda's Buddhist Mind Channel* where he discusses social problems and worries of the heart from the viewpoint of Buddhism and psychology.

MARUKO TSUYUNO– Tendai school

Born in 1986. Chief priest of Tendai school Doushinji Temple (Hyogo) and a *Rakugo-ka*. She has performed at Osaka's Hanjoutei and has appeared on TV and radio. Published works include *Purono ama-san* (*A Professional Nun*).

RENKA HASEWO – Jyodo school

Born in 1972. Chief priest of Daihouji Temple (Aichi). After a fire ravaged the temple, they rebuilt it without the help of any donations. Now, the temple has 1300 *danka*, which are families who financially support the temple.

DAIUN MIKI– Nichiren school

Born in 1972. Chief priest of Koushouzan Renkyuji Temple (Kyoto). He developed a new way of preaching by using *Kaidan*, which are Japanese scary stories, as an easily accessible opening for his sermons. He talks about actual supernatural events that he has been consulted on and his own experiences to link his sermons to modern day scary stories. Through this method, he discusses how Buddhism can change one's way of thinking, way of living, and one's thoughts on life and death.

Aging and Creation

By TADANARI YOKOO



Rights Sold:

Publication date: November, 2023

Pages: 288



Table of Contents

- Preface
- I About Aging
- II About Death
- III About Interpersonal Relationships
- IV About Art
- V About Work
- VI About Zen
- VII About Oneself
- VIII About Fate
- Afterword

Introducing representative works of world-renowned artist Tadanori Yokoo, fully illustrated in color!

A book that presents a number of theories he arrived at regarding various topics from aging to death, Zen, art, fate, and to *ikigai*.

Tadanori Yokoo got his start with a solo exhibition at the Museum of Modern Art in New York in 1972, and has been surprising fans around the world with his avant-garde works for over 50 years. His unique style, inspired by the traditional Japanese art of *ukiyo-e*, has been highly acclaimed by artists from around the world, as well.

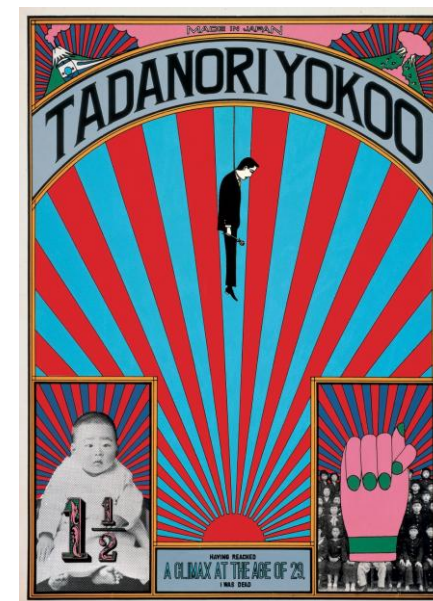
He is 88 now, but still continues to vigorously make art. In this rare book, Tadanori Yokoo, a master artist as well as a master of life, talks about *ikigai* (“a reason for being”), aging, and death. How do we find *ikigai* and live our lives? And how should we face old age and death? Yokoo’s words are filled with the spirit of Zen that is uniquely Japanese.

(TADANORI YOKOO (1965) The poster Yokoo made for the Persona Exhibition. This self-portrait shows Yokoo himself in a suit, hanging with a rose in one hand against the background of the rising sun. Perhaps this represents a departure from modernism. At the bottom of the poster is the text that reads “Having reached a climax at the age of 29, I was dead.” It’s an advertisement for himself, indicating death and rebirth.)



TADANARI YOKOO

Born in Hyogo Prefecture in 1936. An artist. After having held a solo exhibition at the Museum of Modern Art in New York in 1972, he has exhibited at Biennales in Paris, Venice, and Sao Paulo, among other countries. He has also held solo exhibitions at museums around the world, including the Stedelijk Museum (Amsterdam), Fondation Cartier Pour l’art Contemporain (Paris), and the State Museum of Oriental Art (Moscow).



KAMIKAZE Gene

By NOBUKO NAKANO



Rights Sold:

Publication date: February 20, 2020

Pages: 216



A neuroscientist whose books have sold over 4 million copies sheds light on the hidden nature of modern Japanese people

The “special attack” that shocked the world was due to brain traits only the Japanese possess

At the end of World War II, more than 6,000 young Japanese men engaged in kamikaze suicide attacks and died when they crashed their military aircraft, small boats, and submarines into Allied warships. That particular event was quite unusual even in the history of warfare. There is no doubt that the kamikaze pilots were also victims of militaristic leadership and its reckless operations. However, behind the psychology that led to such behavior were certain traits of the Japanese brain. The evidence of this can be seen in contemporary Japanese people. The author, a neuroscientist, named this the “KAMIKAZE Gene.”

The Japanese are known for their hard work and willingness to sacrifice themselves for the sake of others, but on the other hand, when met with unfair treatment, they tend to get upset and lose control. As seen in the peer pressure to conform to what others are doing, and obsessive pursuit of justice to crush those who engage in disorderly conduct such as adultery and free riding, it is evident that the KAMIKAZE Gene has been passed down among the Japanese.

Is the brain driving us to death? And to what extent are we humans controlled by our brain? This book is perfect for all of us living in modern times to gain insight into what will help us keep the chaotic world we inhabit in check.

Table of Contents(Excerpt)

Does the KAMIKAZE Gene still exist in our brain?
Why do the Japanese prefer “losing gracefully” to “winning ugly”?
We engage in adultery and bashing because we are controlled by our brain and genes?
Japanese women struggling with marriage hunting because of their “cursed” gender
The brain is afraid of failure: Why did the Japanese stop trying?
What created the Japanese brain—the environment or genes?
Weaknesses are necessary for human survival



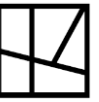
NOBUKO NAKANO

A neuroscientist, medical doctor, and cognitive scientist.

Born in Tokyo in 1975. Graduated from the Department of Applied Chemistry, Faculty of Engineering, the University of Tokyo. Completed a doctoral program at the Department of Neurology, Graduate School of Medicine, the University of Tokyo. After a stint at the French National Institute NeuroSpin (high magnetic-field MRI research center), she returned to Japan. Using the themes of neuroscience and psychology, she expounds on phenomena occurring in human society from a scientific perspective and has received a lot of support. She currently serves as a professor at Higashi Nippon International University and director of the Mori Art Museum. She is a bestselling author who has written over 60 books and has sold over 4 million copies in total.

Am I Allowed to Live My Life While Hating Myself?

By YOSHIAKI YOKOGAWA



Rights Sold:

Publication date: September, 2023

Pages: 216



「自分を愛そう」キャンペーン、もうよくない? どうしても自分を好きになれない

アラフォーライターの、笑いと涙の「生き方探し」エッセイ。

自分のことは嫌いだけど、

今日も僕はそそこ幸せ。



Table of Contents

- Chapter 1: My Troublesome Days of Self-Loathing
- Chapter 2: The Reason Why I Started to Hate Myself
- Chapter 3: What I Tried in Order to Love Myself
- Chapter 4: Living While Hating Myself

I just can't gain self-confidence.

I'm having a hard time staying positive.

For those who don't want to give up on being happy despite that.

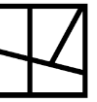
We live in a world saturated with advice like “You have to love yourself first before someone else can love you.” However, for those who suffer from low self-esteem, even though they understand in theory the significance of self-love, what they really think is, “If only it were that easy to love myself...” In this book, the author, who has been struggling with self-loathing tendencies, talks about his complex and bitter experiences he went through at an early age that made him hate himself, the days of trial and error when he tried to work on self-improvement in order to love himself, and how he eventually discovered a way to come to terms with who he is and still be happy. *Am I Allowed to Live My Life While Hating Myself?* is an honest account of the author's experiences, written with a witty sense of humor and with a touch of sadness.



YOSHIAKI YOKOGAWA

Born in Osaka in 1983. As a writer, he has been active in writing various interview articles and columns on entertainment, from TV dramas to movies and plays. He has gained a lot of support for his remarkable writing skills, such as his relatable writing style that makes you go “I know!” and funny metaphors that make you laugh out loud. His major works include *As a Hot Actor Otaku*, *I Seriously Thought about What Humanity Stands For* and *Where Actors Stand*.

How My Life Has Taken off Dramatically After I Threw Away 1,000 Pieces of Clothing



By **SACHIKO HIRUTA**

Rights Sold:

Publication date: November, 2023

Pages: 232

1000枚の服を捨てたら、
人生がすごい勢いで
動き出した話

Sachiko Hiruta
昼田祥子



KODANSHA

To thin out your closet is to take a good look at yourself.

When your closet is nice and tidy, you will be guided toward the future you desire.

This book follows the experiences of a fashion editor who, after having accumulated 1,000 pieces of clothing in her closet, goes through a major life change once she starts decluttering. It was not easy for her to part with clothes, as she was the one who encouraged the readers to buy them. Why do we feel anxious when we have a smaller wardrobe? Why do we want to be seen as fashionable? Those questions led her to face her inner self, become more aware of how people are bound by fixed ideas, and ultimately discover her true self. After throwing away her clothes, she has learned that if you rediscover your authentic self and follow what makes you feel great, your closet will sort itself out on its own.

The author also shares specific ways to organize your closet, such as how to declutter your clothing and how to buy clothes that will make your dreams come true.

Table of Contents

- 1 When I Started to Throw Away My Clothes
- 2 What I Learned After Throwing Away 1,000 Pieces of Clothing
- 3 Say Goodbye to Fixed Ideas that Hold You Back
- 4 What Is Fashionable Differs from Person to Person
- 5 Full Self-Affirmation
- 6 Your Closet Will Sort Itself Out if You Follow What Makes You Feel Great
- 7 What Clothes Taught Me
- 8 Declutter and Your Life Takes Off

SACHIKO HIRUTA

A fashion editor with 21 years' experience under her belt. After working at a publishing company, she became a freelancer. In 2016, she took on a large-scale closet cleanout and reduced the number of clothes she owned from nearly 1,000 to 50. When she wrote about her experience of it in a serial for a web magazine, it created quite a buzz. Since 2023, she has also been working as a meditation instructor.

Hana-no-kage —Experience Noh play through a collection of dramatic photos—



By YOSHIYUKI IKUHARA

Rights Sold:

Publication date: October, 2024

Pages: 160, Priced approximately
4,500JPY, 210×257cm, a Hard
Cover Photo Book



Noh is the oldest Japanese performing art. In this collection of photographs, the skilled portrait photographer captures the dramatic expressions of Umewaka Minoru-Rousetsu, the legend of the Noh performer who holds the Important Intangible Cultural Property (Living National Treasure in Japan) from 2014, and also awarded with Chevalier of the Order of Arts and Letters from the French government in 2019.

The readers could dive into the world of Noh with reality as if they are watching the actual play in front of the performer. English text (followed by Japanese) explains the beauty and the spirit of Noh in detail.

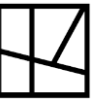
YOSHIYUKI IKUHARA

A photographer. Grand Prix in the International Salon of Photographic Art VENES83



©Yoshiyuki Ikuhara

Putting an End to Your Worries about Material Things, People, and Mental Health: Danshari Dojo

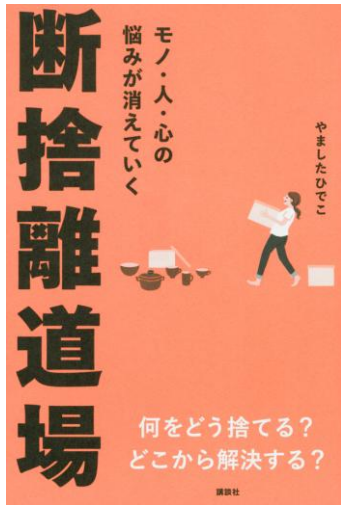


By HIDEKO YAMASHITA

Rights Sold:

Publication date: April, 2021

Pages: 226



An authority on *Danshari* answers in Q&A format
all kinds of concerns about getting rid of things.
A decluttering method that is also applicable to yoga!

The author, Hideko Yamashita, is known as an authority on the *Danshari* decluttering method. Decluttering is generally considered to be a process of throwing away things or organizing them, but Yamashita explains that it is also about restoring one's thoughts, feelings, and sensitivity.

The decluttering method *Danshari* was inspired by the yoga philosophy she encountered when she was a student, when she incorporated it into daily cleaning and established it as a self-discovery method that anyone can use. *Danshari* is a change in perspective that boosts the “metabolism” of thoughts.

This book is a collection of the most frequently asked questions gathered from among the vast number of questions the author has received, introducing each question in Q&A format, along with answers that can be put into practice immediately.

Table of Contents

- Material Things
“I can't throw away letters given to me by others,” etc.
- People
“My family complains when I throw away stuff,” etc.
- Mental Health
“Every time I throw something away, I always regret it later,” etc.

References (Examples of worries)

- I'm having trouble getting rid of mail that keeps coming.
- My family members keep leaving a mess no matter how many times I tidy up the place.
- How can I declutter while living with my mother-in-law?
- I have a backlog of books and newspapers I haven't read, but I don't have time to read them and can't throw them away.
- There are futon for guests in my closet and it's stressful to see them occupying the space.
- No matter how many times I check my clothes, I can't bring myself to throw them away because I want to wear them all. What should I do?
- Should I keep old diaries?
- I can't throw away my good-luck charms because I feel like I'll be punished if I throw them away.
- I don't even know where to start.

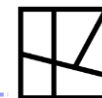
HIDEKO YAMASHITA

Representative of the general incorporated foundation *Danshari*. Born in Tokyo. Graduated from the Faculty of Letters, Waseda University. Following her debut book *Danshari*, she released the second and third parts of the trilogy *The Power of Bird's Eye View* and *The Power of Free Will* (both published by Magazine House), as well as related books, including those written and supervised by her, with a total of more than 7 million copies sold in Japan and abroad.

Mono ga herutokokoro wa uruou kantan danshari seikatsu (Declutter and You Will Feel Fulfilled: Easy Danshari Life), *Mono ga heruto kajimoheru kaji no danshari* (Declutter and You Will Have Less Housework: Housework Danshari), and *Mono wo herushite yukainikiru teinengo no danshari* (Declutter and Live a Cheerful Life: Danshari After Retirement) have become long-sellers (all from Daiwa Shobo). Her most recent book is *Ichinichi gohunkaranodanshari mono ga herutojikangahueru* (Decluttering in Five Minutes a Day: When You Have Fewer Things, You Will Have More Time), also published by Daiwa Shobo. Her books have been translated into more than 15 languages across Asia and Europe.

<https://www.dansharizaidan.com/>

The Science of Japanese Sake: Traditional Techniques of Water, Rice, and Malt



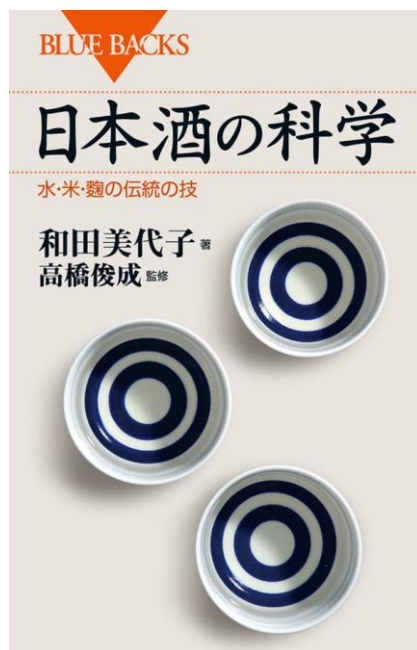
By MIYOKO WADA, Supervised by: TOSHINARI TAKAHASHI

Rights Sold:

Publication date:

September 18th, 2015

Pages: 320



The three cups pictured on the cover are kikichoko, which are used for sake-tastings. The cups themselves are white, in order to check the color of the sake and the blue lines at the bottom are there in order to be able to check the clarity.

Table of Contents

Prologue: What is Japanese Sake?
Chapter 1: The Techniques of Sake Brewing
Chapter 2: The Base Ingredients of Sake
Chapter 3: Malt and Yeast
Chapter 4: The Traditional Way of Brewing Sake
Chapter 5: What the Label Can Tell Us
Chapter 6: The Variety of Japanese Sake
Chapter 7: How to Drink Japanese Sake
Chapter 8: Japanese Sake and Health

Japanese sake is made from the soul of Japan: water, rice, and malted rice. It is said to have been enjoyed by Japanese people even before the birth of Christ and is now known and enjoyed as SAKE all over the world. This book will explain everything from the brewing process to how to drink Japanese sake in a scientific way. By reading this book, you can gain knowledge and a better appreciation of Japanese sake, which will lead to a more delicious experience!

Japanese sake is loved by many all over the world and there is no other alcoholic beverage that could be paired with more foods. Hot pot, grilled eel, yakitori, sashimi, and tempura... Chinese cuisine, Western cuisines, cheeses, and salt. There is nothing that Japanese sake cannot be paired with. So, how is it made and what kind of characteristics does it have? Questions such as “What is the criteria for dry and sweet sake?” “Is hiya just chilled sake?” “Why does tarusake (barreled sake) go so well with fatty foods?” and many more will be explained in this book about the science of everything Japanese sake. After reading this book, your drink tonight may start to taste a little different.

MIYOKO WADA

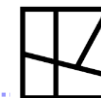
Born in 1956 in Fukui Prefecture. A freelance writer. After graduating from the School of Arts and Letters at Meiji University, she joined the Kotsu Shimbunsha. After leaving the company, she wrote and edited for magazines such as Kodansha's science magazine *Quark*. Her published works include *Koemonandemo kojiten* (*The Little Dictionary of All Things Voices*) among others.

TOSHINARI TAKAHASHI

Born in 1968. He is head of the Kiku-Masamune Sake Brewing Company and General Research Laboratory. He was awarded the Technical Award of the Society for Biotechnology in 2015. He focuses on teaching people about Japanese sake in a fun and scientific way. His hobbies are camping, hiking, and marathons in order to enjoy sake.

The Science of Japanese Sake: Traditional Techniques of Water, Rice, and Malt

By MIYOKO WADA, Supervised by: TOSHINARI TAKAHASHI



Similar Titles



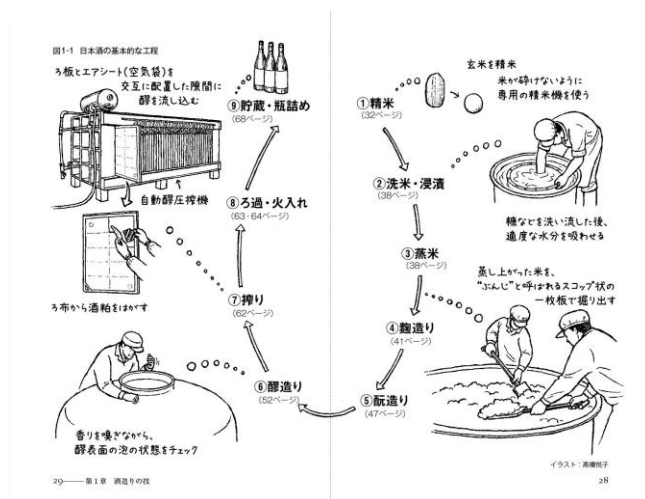
The Science of Shochu: The Wisdom and Technique of the Japanese, Hidden in Distillation

By YOSHIHIRO SAMEJIMA,
KAZUNORI TAKAMINE



The Science of Japanese Tea: "Color, Smell, and Taste" and the Secrets of the Tea Leaves

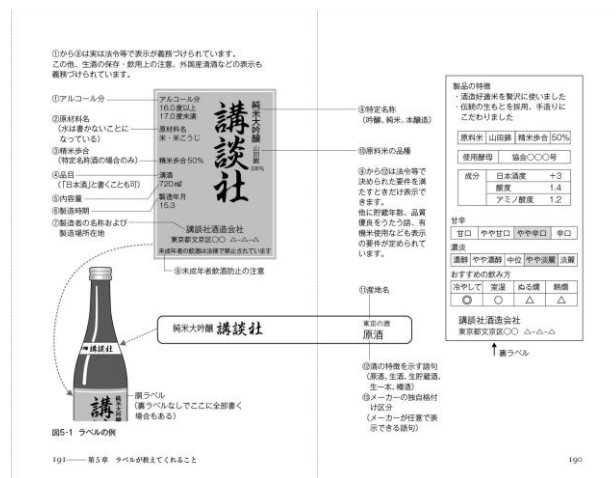
By MASASHI OMORI



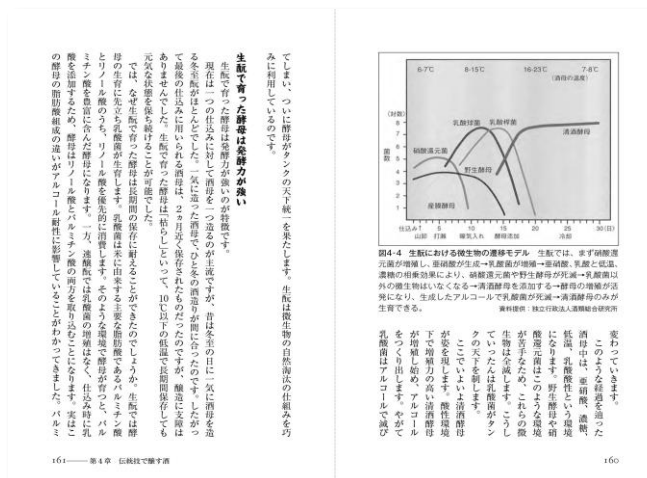
1. The basic process of Japanese sake brewing.
From the brown rice polishing process to the
bottling process.



2. An example of the process of making the yeast starter for kimoto (a classic brewing method). This process takes two whole days to complete.
(The yeast starter is made by combining malt, yeast, and lactic acid bacteria to steamed rice and water. It is the source of fermentation and core of alcohol.)



3. How to read Japanese sake labels. It shows in detail what kind of sake it is.



4. Also included is a lot of scientific data such as the functions and mechanisms of microorganisms and lactic acid bacteria in the kimoto brewing method.

A useful manual for parents and teachers of children with ASD: 100 strategies and techniques to help manage their anger, anxiety, and confusion.



By YUKI KOJIMA, Illustration/Manga By KANASHIRO NYANKO

Rights Sold:

Publication date: March 9, 2023

Pages: 288



The author, who has spent many years teaching children with ASD and ADHD as an elementary school teacher, presents practical support ideas that can be implemented immediately by anyone. There are 140 manga illustrations used to visualize all methods. Those who appreciate this book will discover useful and efficient ways to address issues like anger, anxiety, and confusion in children with autism.

Written by a teacher (now director of a private company) who has helped more than 2,000 children, this comprehensive manual covers support skills thoroughly. These methods of teaching outlined in his book are very successful in handling inappropriate and aggressive behaviors of children with ASD and/or ADHD. The author has developed these 100 strategies for assessing, fostering connections, and teaching children through out his careers in various elementary schools in Japan.

Table of Contents

Chapter 1: Understanding the Cognitive Processes of Children with ASD
Chapter 2: The main Ideas and Basic Guidelines for Backing Them up.
Chapter 3: Effective Methods to Praise and Teach
Chapter 4: How to Cope with Their Obsessions
Chapter 5: Strategies and Solutions for Addressing Inappropriate Conduct
Chapter 6: Providing Effective Assistance for Their Restlessness.
Chapter 7: To Prevent Their Confusion and Keep Them Calm
Chapter 8: How to Stop Their Aggressive Behaviors
Chapter 9: Useful Tools for Parents and Teachers

Examples of skills (excerpts)

- Strategies for forming positive connections with children who have autism
- Suggestions for alleviating and altering obsessive behaviors
- How to find a child who is on the verge of panic
- How to begin the conversation to avoid triggering an angry reaction
- How to support a child experiencing anxiety
- Teaching methods for children who can't wait their turn, etc.

YUKI KOJIMA

Born in 1982. Director and a developmental support consultant of RIDGE SPECIAL EDUCATION WORKS Co., Ltd. He has helped over 2,000 children through direct guidance and participation in support meetings.

Instagram : @oshietekojit

KANASHIRO NYANKO

Born in Chiba. A manga artist. Her major works include *Manga Artist Mom and Her ADHD Son*, and *My Son Has ADHD: Rebellious and a Real Handful!*, which depict her everyday life with her ADHD son.

Momoka Japan: International Travelers Are Blown Away by How Good Japanese Dishes Are



By MOMOKA JAPAN(YOUTUBER), INAYA (Manga Artist)

Rights Sold:

Publication date: December, 2023

Pages: 192



International travelers who love Japan try the best of Japanese foods for the first time, and how will they react...?

“Let’s talk to foreign tourists passing by and ask them to try Japanese foods we recommend.” With such a concept, YouTube channel “Momoka Japan” is gaining popularity worldwide.

Her popular videos of foreign tourists thoroughly enjoying delicious Japanese food have been viewed more than 300 million times, and her channel currently has over 800,000 subscribers!

YouTuber Momoka is a Japanese girl who loves English and eating! In this book, Momoka introduces many heart-warming stories of her and international travelers she met, as well as delicious-looking Japanese foods. Furthermore, the cleanliness of the stores in Japan and the hospitality of the store clerks are highly praised abroad.

This book is perfect for international readers who are interested in Japanese food, but don’t know what to try, or who want recommendations for food and tourist spots when traveling to Japan.

Table of Contents

- Swiss students try an *izakaya*
- A Canadian couple gives *tonkatsu* a try
- French people praise wagyu beef in *sukiyaki*
- Finns go to a Japanese *ramen* shop
- British people were surprised by the quality of tea from Japanese vending machines
- Australians are impressed by Japanese sweets



MOMOKA JAPAN (YouTuber)

Official YouTube Channel:

<https://www.youtube.com/@momokajapan>

An up-and-coming YouTuber with 893,000 subscribers (as of July 2024).

INAYA (Manga Artist)

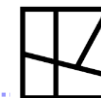
A manga artist. *Momoka Japan* (original: Momoka Japan) is currently serialized in *Gendai Business*.

【Blown Away by How Good Japanese Dishes Are】

Izakaya bars, *tonkatsu* pork cutlets, sashimi, wagyu beef...Japanese foods that international travelers who visited Japan really fell in love with.

Zen Phrases: Developing a Flexible Mind in Three Minutes a Day

Supervised by TAIGU GENSHO



Rights Sold:

Publication date: August 22, 2023

Pages: 288



**With just 24 phrases, you can master the “spirit of Zen”!
Enjoy learning about Zen with this definitive primer with
simple language and illustrations!**

Even incorporated into training sessions at Apple, Google, and Nike, Zen is now one of the world’s standard practices used to help people become more educated and cultured. Zen offers a slew of hints on how to develop a flexible mind that allows you to stay calm even in the midst of irritating and worrying situations in this stressful society we live in. This book introduces 24 carefully chosen phrases that are filled with the essence of Zen. Along with humorous illustrations, each phrase is explained in simple language in double-page format so that it can be read in just three minutes. *Zen Phrases: Developing a Flexible Mind in Three Minutes a Day* is an introductory book that allows everyone from children to adults to enjoy learning about the spirit of Zen.

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Preface

Column 1: Where Did Zen Come From?

Chapter 1: Zen Phrases That Ease Your Worries

Column 2: How Do You Do Zazen Meditation?

Chapter 2: Zen Phrases That Encourage You

Column 3: How to Use a Smartphone the Right Way with Zen Teachings

Chapter 3: Zen Phrases to Be Mindful of Others

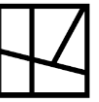
Column 4: A Day in the Life of a Zen Monk

TAIGU GENSHO

Born in Aichi Prefecture in 1972. He is the 31st chief priest of Daisozan Fukugonji Temple of the Busshin sect, as well as chairman of the Jiko Group. His Buddhist name Taigu (“Great Fool”) signifies one who has reached a state of freedom that is not bound by anything. After graduating from Komazawa University and a stint at Sojiji Temple—the head temple of the Soto sect—he earned a master’s degree in literature from the Graduate School of Aichi Gakuin University. His popular YouTube channel *Osho Taigu Q&A / Osho Taigu’s Heart of Buddha* has more than 670,000 subscribers (as of July 2024). Among his major works are *Kurushimi no Tebanashikata* (Letting Go of Your Suffering), *Saigo ni Anata wo Sukuu Zengo* (Zen Phrases That Will Save You in the End), and *Jinsei ga Kakujitsu ni Kawaru Taiguosho no Kotae* (Your Life Will Definitely Change: Osho Taigu’s Answers).

Zen Phrases: Developing a Flexible Mind in Three Minutes a Day

Supervised by TAIGU GENSHO

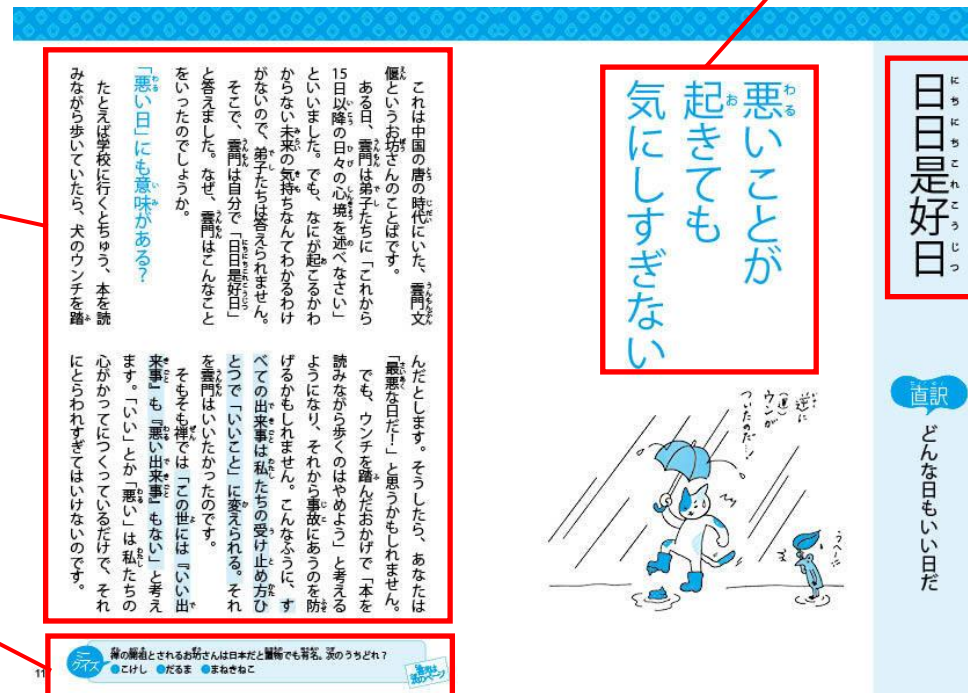


Explains the origins of the words and how to put them into practice in your daily life

Comes with a mini quiz to help you gain a deeper understanding of Buddhism!

Explains in simple language

Zen Phrase



References (some of the Zen phrases listed in the book)

- Nichinichikorekojitsu (“Every day good day”): Every day is a good day.
- Hohokoredojo (“Every step training ground”): There is always something to learn from anything.
- Gannobichoku (“Eyes side nose straight”): Let’s do common sense things properly.
- Ichigyozanmai (“One line only”): Let’s focus on one thing.
- Kankyakka (“Look at your feet”): Don’t look for the right answer right away.
- Tentakiseneki (“A drop penetrates rock”): The key is to make a continuous effort.
- Jiji ni Tsutomete Fusshikiseyo (“Always try to dispel”): Do it when you notice it.
- Sottakudoji (“Hatching and pecking at the same time”): Seek advice from other people.
- Wakodojin (“Soften light and same dust”): Those who don’t brag are more amazing.

Why Does Oriental Medicine Work?: The Surprising Mechanisms of Tsubo, ... Acupuncture, and Kampo Medicine Through the Lens of Western Medicine

By TAKAO YAMAMOTO, SATOSHI ONO

Rights Sold:

Publication date: May 16, 2024

Pages: 288



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Prologue: What is Oriental Medicine?
Chapter 1: Why Does Acupuncture Ease Pain?
– Stimulating Signals that Run Through the Neural Network
Chapter 2: The Cutting-Edge Science of Acupuncture to Adjust Mind and Body – The Mechanisms of Activating the Body's Resilience
Chapter 3: What is Kampo Medicine Doing Inside the Body? – The Multitude of Effects of Natural Herbal Medicine
Chapter 4: Science that Works on People – Learning about Effects and Precautions
Chapter 5: Try Now! Self-care Through *Tsubo*

Oriental medicine's *tsubo* pressure points, acupuncture, and kampo medicine have been gathering interest as forms of self-care. Recently, the effects and mechanisms of these practices have been revealed by Western medical research! This book contains the merits of Eastern medicine as understood through cutting-edge science and the methodology of self-care that you can start applying today!

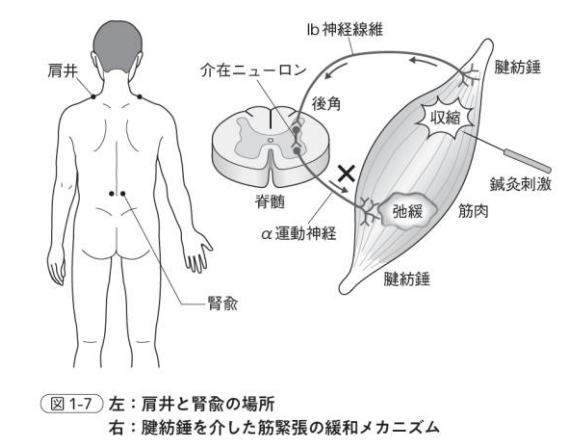
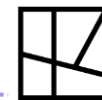
Tsubo can ease pain from stiff shoulders by just pushing on them, acupuncture can relieve pain through using needles and moxibustion, and kampo medicine is made from different plants. These forms of Oriental medicine, which have roots in Asia, have been used in multiple different settings from daily self-care to treatment for mental illnesses and from injury prevention for Olympic athletes to pain relief on the battlefield. In recent years, through Western medical research, surprising truths have been uncovered about the mysterious mechanisms of these practices! The relationship between the “longevity gene” and kampo medicine, the distinct nerve structure of *tsubo*, and much more. This volume is filled with everything from cutting-edge science to methods of self-care to help you understand and practice Oriental medicine!

References (Excerpts from the Book)

- Why does pressing *tsubo* on the hand relieve constipation?
- The relationship between the “longevity gene” and kampo medicine.
- Kampo medicine can become food for your gut microbiome?
- Acupuncture to activate your immune system.
- Acupuncture stimuli that affect your brain's “dopamine reward system.”
- Distinct nerve structure of *tsubo* has been found!

Why Does Oriental Medicine Work?: The Surprising Mechanisms of Tsubo, ... Acupuncture, and Kampo Medicine Through the Lens of Western Medicine

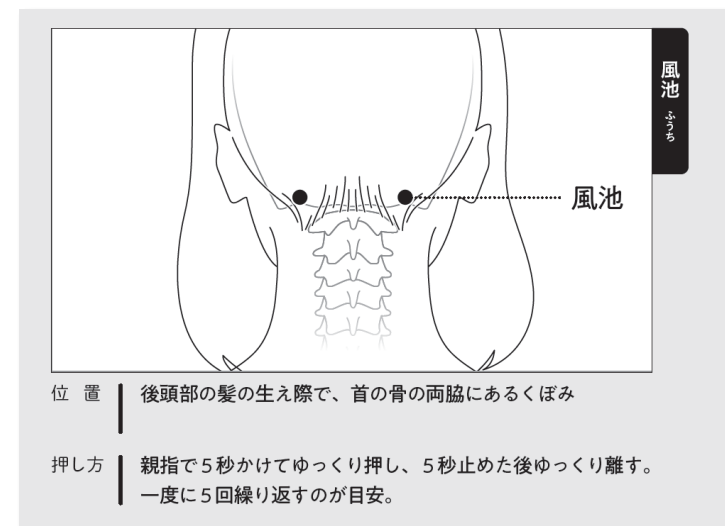
By TAKAO YAMAMOTO, SATOSHI ONO



Easy to understand explanations through illustrations of the mechanism of acupuncture affecting muscles and nerves.

ソウジュツ (蒼朮) 主な成分 アトラクチロジン 主な作用 利尿、抗炎症	チンピ (陳皮) 主な成分 ヘスペリジン 主な作用 胃液分泌促進、抗アレルギー
トウキ (当帰) 主な成分 リグスチリド 主な作用 免疫賦活、抗炎症	ニンジン (人參) 主な成分 ギンセノシド 主な作用 抗炎症、抗疲労

Pictures are used to introduce herbal medicine (roots and skins of plants), which are the main ingredients of kampo medicine.
/ Photographed by Yo Onishi



Illustrations and explanations of the location and how to press 28 *tsubo* ideal for self-care.
(Pictured is “*fengchi*” which is effective for insomnia and anxiety symptoms).



TAKAO YAMAMOTO

Born in 1971. After graduating from the School of Fisheries Sciences at Hokkaido University in 1997, he joined NHK, the Japanese Broadcasting Cooperation. There, he focused on producing programs about the natural sciences, health, and medicine. He is currently the director and chief of the second production center at NHK. The programs he has overseen include special program series Toyoigaku hontono chikara (Oriental Medicine's Real Power), NHK specials Nazonokaiyominzoku Moken (Mysterious Nomadic People of the Sea: The Moken), Yamainokigen: Utsuho (The Origin of Illness: Depression), Kyodaisaigai MEGA DISASTER: kazandaifunka (MEGA DISASTER: Volcanic Eruption), and Toyoigakuwo “kagaku” suru (“Sciencing” Oriental Medicine) among others.

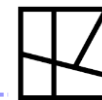


SATOSHI ONO

Born in 1971. He graduated from Shimane University Department of Medicine in 1998 and graduated with his Doctorate in Medicine in 2002 from the graduate program of the same university. He is currently the head of Shimane University Hospital's clinical research center where he also teaches as a professor, along with being the Associate Director of Shimane University Hospital. He gives lectures to students, medical professionals, and the public on integrative medicine, complementary and alternative medicine, and Oriental medicine.

Hiroshige's Tokyo Guide Book -One Hundred Famous Views of Edo/ old Tokyo-

By MAKIKO KOIKE, FUMI IKEDA



Rights Sold: Simple Chinese,
Traditional Chinese, Korea
Publication date: May 2017
Pages: 264
Size: 14.8 x 2 x 21 cm

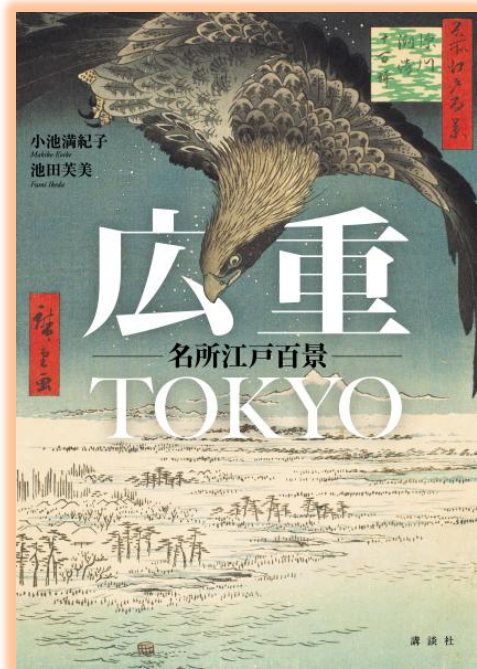


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- Nihonbashi, Kasumigaseki
- Ryogoku, Asakusa, Ueno
- Muko-jima Island
- Shinawaga, Shinjuku
- Edogawa, Sumidagawa

All works are the first print edition

A regional and historical guide book of Tokyo, using one of Japan's best-known ukiyoe artists Hiroshige's masterpiece, Meisho Edo Hyakkei (One Hundred Famous Views of Edo).

The 120 masterpieces, all of which are the first prints, are from the world-renowned Hara Yasusaburo Collection, famous for its excellent condition in both the woodblocks and the printing.

Trip to Tokyo with Hiroshige's guide

All works are accompanied by maps and photographs of present-day Tokyo. With this book in hand, readers can stroll around Tokyo while looking back at the scenery of the Edo period.

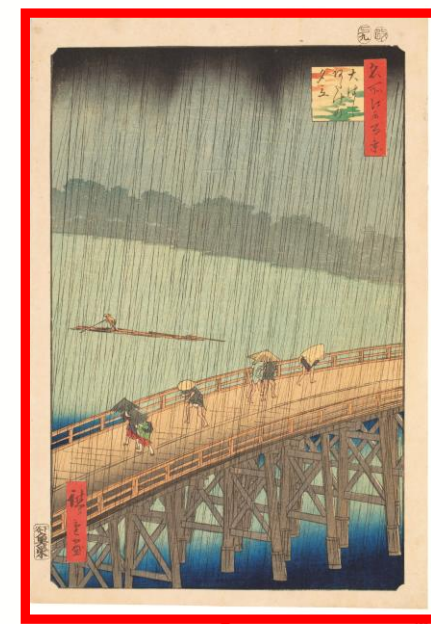
What is this?

How was it printed?

This section explains what Hiroshige drew, and what printing technique he used.

As of today,
this place is...

This section explains about the place drawn in the artwork with today's photographs. Readers could check the location by camera mark, and the direction Hiroshige was looking at by the arrows in the map.

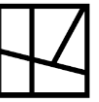


World's highest quality of first printing

The beauty of the "blur" and "blue" colors is outstanding.

Jimenshi: The Shadowy Housing Scam Crime Ring

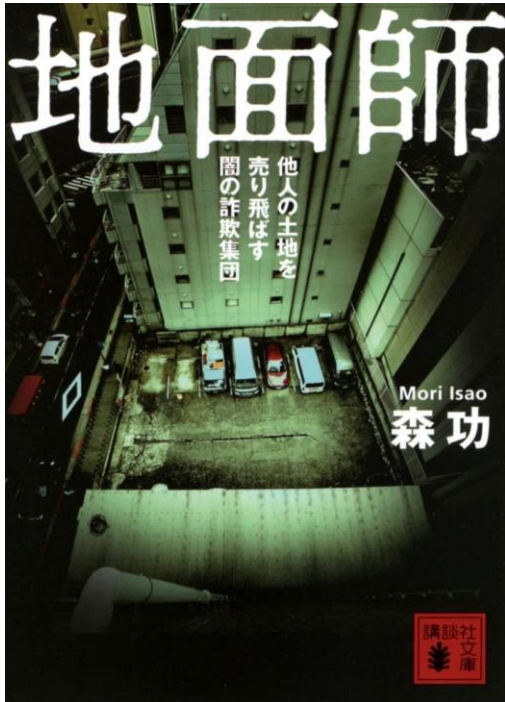
By ISAO MORI



Rights Sold:

Publication date: December, 2018

Pages: 250



A scamming ring moving behind the scenes in Tokyo at the height of the housing bubble.

What is the true face of the illicit group known as *Jimenshi*?

This is the shocking nonfiction crime story that was the base for Netflix's hit TV series.

In 2017, Sekisui House, one of Japan's top housing developers, was swindled out of 7 billion yen through an illegal sale of a property in the middle of Tokyo by someone who was not the owner. The people who carried out the scam were known as *Jimenshi*, a shadowy scammer group. They impersonated owners for plots of land of ambiguous ownership, forged intricate paperwork, posed as beneficiaries, and used professionals versed in legal matters to pull off a daring scam to swindle property companies out of billions of yen.

This book laid the foundation for a TV series aired on Netflix called Tokyo Swindlers, which received an unprecedented response from its audience. Renowned Japanese nonfiction writer Isao Mori draws the full picture of the incident and gives a detailed account of the behavior of *Jimenshi*.

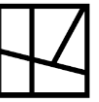


ISAO MORI

Born in 1961. After working at a local newspaper company and as an editor for a weekly magazine, he went on to become a nonfiction writer. His works, which focus on crime, political corruption, and the yakuza, have been widely published.

The Whereabouts of Justice

By KAZUTAKA KIDERA



Rights Sold:
Publication date: April, 2024
Pages: 248



What if a death sentence handed down was a wrongful conviction?

A series of disappearances and murders of girls occurred in a certain small town. True reportage that follows the false charges of a defendant who was sentenced to death.

In 1992, the bodies of two elementary school girls were discovered in a small town located in the Kyushu region of Japan. Determined to prove their worth, the local police arrested a man in his 50s who lived nearby named Kuma. He vehemently maintained his innocence, but at the trial, the results of DNA testing were used as a primary source of evidence, and ultimately he was convicted and sentenced to death. Furthermore, the death penalty was carried out at an unprecedented speed, just two years after the final verdict.

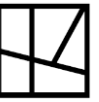
However, after his execution, Kuma's lawyers started to suspect that the DNA testing results might have been wrong and began to reexamine the circumstances of the investigation. What they discovered were startling: allegations of forged evidence and suggestive interrogation methods among others. Was Kuma executed on false charges? What is justice? True crime reportage based on the NHK documentary series.

KAZUTAKA KIDERA

A filmmaker and television director. After graduating from Kyoto University in 1988, he joined NHK. He has won a number of awards for his documentaries and TV series that have tackled social issues and the issues of legal systems, including the Grand Prize of the Agency for Cultural Affairs ACA National Arts Festival.

Lehman's Prison

By SHIGENORI SAITO



Rights Sold:

Publication date: May, 2024

Pages: 432



Extorting a huge sum of money from Lehman Brothers! Japan's unknown top con artist reveals the truth about the financial bubble that hit the world and its ensuing collapse.

A suitcase full of cash, a woman in a secret club, a Lamborghini... There exists a Japanese man who engaged in a con game against the world's largest securities companies and defrauded them of a total of 150 billion yen. He is said to have triggered the bankruptcy of Lehman Brothers in 2008 and consequently a global recession. That is the author of this book, Shigenori Saito.

After stints at major securities firms such as Merrill Lynch, Saito founded a healthcare startup called Asclepius. He fabricated a fake joint venture with Marubeni, one of the major trading companies in Japan, and raised investment capital from Goldman Sachs and Lehman Brothers through a Ponzi scheme. Saito, who spent 14 years in prison, talks for the first time about the thrilling experience he had scamming the financial giants, the vanity and perils of the financial industry, and his own success and downfall.

SHIGENORI SAITO

After working at a Japanese securities company as well as a foreign one, he founded a medical management consulting company. He was arrested in 2008 for swindling a total of 37.1 billion yen from the Tokyo branch of Lehman Brothers by pretending to be from a major trading company. He was sentenced to 15 years in prison and was released on parole in June 2022.