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The top diet method that made waves in New York finally reaches Japan!

Description
As we age, our neck, shoulders, back, lower back, and toes constrict and bend further from their original (“zero”) position. This causes our joints and muscles to clump together, making it hard to move naturally. In this way, our body ages and we gain weight.

Zero Training is a ground-breaking diet method that returns parts of your body to their Zero position, improving your figure, shedding weight, and even improving various other conditions.

When author and developer Tomomi Ishimura released this method in New York, she immediately garnered fame.

Zero Training can be done in 5 minutes, and all exercises can be done while lying down, putting very little strain on the body. Because of this, it can be done at any age.

After 4 weeks, your body will feel so light it will seem as if you’ve grown wings.

From the table of contents
Chapter 0 Feel so light it will seem as if you’ve grown wings
Chapter 1 What happens when your body is reset to its zero position
Chapter 2 How far out of position are you!
Chapter 3 Give Zero Training a try!
Chapter 4 Zero Training will instantly make you taller
Chapter 5 Bring me back to zero

Author  Tomomi Ishimura
Tomomi Ishimura is an actress currently living in New York. She is the founder of New York Yoga. She played the role of Queen Sarabi in the Shiki Theatrical Company’s production of The Lion King. She moved to New York on her own after that. At age 35, she was selected among 2,000 people to play the role of Miss Chinatown in the Broadway production Miss Saigon. She went on to establish the Body Tone New York yoga studio, where she developed her famous Zero Training method.
The follow-up of the 1,200,000-copy best-selling Trunk Muscle Reset Diet

Description
Introducing 4 secret steps to slimming those stubborn areas in just 4 minutes. Stubborn areas like the waist, stomach, thighs, calves, hips and arms take at least one month to show results, and we know exactly why.

Can’t wait a whole month? Want to see results tomorrow? We’ve introduced easy exercises developed just for you that only take a minute of your time.

- The more you do, the slimmer you’ll get — Extreme Sectional Weight Loss exercises
- Lose weight throughout the day with a 1-minute “Instant Down-Sizing” exercise
- Comes with QR codes linking to an instructional video to boost results

From the table of contents
Chapter 1 Tighten up those stubborn areas — Extreme Sectional Weight Loss secrets
Chapter 2 First, the ever-frustrating midsection! — Extreme stomach-slimming exercise
Chapter 3 No more hiding your thighs and calves under your clothes — Extreme leg-slimming exercise
Chapter 4 Slim down the areas you’d given up on — Extreme arm, hip and back-slimming exercise
Chapter 5 Want to know more? — An analysis of Trunk Muscle Reset exercises
Appendix To those who have had trouble losing weight

Author Kenichi Sakuma
Kenichi Sakuma is a personal trainer and body sculpting specialist. He has trained everyone from models to Japanese Miss International and Miss World contestants. He has also trained American, French and British Miss International contestants and is a trusted trainer within the entertainment industry. He is often hired by talent agencies and has experience supervising magazine shoots and TV appearances. He studied exercise psychology at the National Strength and Conditioning Association (NSCA) in the US state of Colorado.

1.2 Million copies sold
The “Trunk Muscle Reset Diet” That Top Models Have Kept Secret
by Kenichi Sakuma
ISBN978-4-7631-3621-3 C2075
95 pages / May 2017 / 1,000 yen (w/o tax)

Loss weight effortlessly with models’ best-kept secret

Description
The amazing diet method that has kept 30,000 people in shape, including Miss International winners and other celebrities, is now revealed.
- Do 1 exercise for 1 minute
- Decrease the frequency after 2 weeks
- You can quit after 2 months

The secret to models’ effortless weight loss lies in their trunk muscles. “Model trunk muscles” is a term used to describe the muscles that top models use but most women overlook. Learning to use these muscles more will increase your basal metabolism and burn more fat. This will also help you to use all of your muscles more evenly, resulting in slimmer hips, thighs, arms and tighter abs. And that’s not all. Your body will become accustomed to using the model trunk muscles, meaning you can stop focusing on them in your exercises after a short time.

This book also provides eating methods to cope with a weight loss plateau, overeating and urgent need for weight loss. You will no longer fail at a diet program due to a lack of a consistent routine or daily exercise. Obtain your ideal figure with the help of this book.

From the table of contents
Chapter 1 Be reborn with the secret “Trunk Muscle Reset Diet”
Chapter 2 A 1-minute “Trunk Reset Exercise” brings fast results
Chapter 3 Foods that models eat to prevent weight gain
Chapter 4 Exercises for any situation

Author Kenichi Sakuma
Kenichi Sakuma is a personal trainer. He has been the physical trainer for winners of the Miss International, Japan, in international and world pageants, along with top models and many non-celebrities. He has also worked with Miss International models from the US, France and the UK. He often is hired by talent agencies and has experience supervising magazine shoots and TV appearances. He runs a physical training studio called CharmBody, which has locations in Japan, the US, Singapore and China.

The follow-up of the 120,000-copy best-selling Trunk Muscle Reset Diet

Description
Introducing 4 secret steps to slimming those stubborn areas in just 4 minutes. Stubborn areas like the waist, stomach, thighs, calves, hips and arms take at least one month to show results, and we know exactly why.

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Rethink your diet to improve the quality and quantity of blood circulation!

Description

Blood circulation is the foundation of human health. Many people have health conditions that are a result of poor circulation. In traditional Chinese medicine, the term “blood” refers to a general concept that includes things like nutrition and hormones. When you have a low amount of blood, your nutrition and hormonal count are also low, meaning the quality of your blood is low as a whole. With unhealthy blood comes poor circulation.

The quality and amount of our blood are influenced by what we eat. In other words, our blood can only be made from what we eat. This means if we change our eating habits, we can easily improve our circulation. What and how should we eat in order to improve circulation and live happy, healthy lives?

From the table of contents

Chapter 1 Improving circulation helps your heart and body work better
Chapter 2 A 1-week dinner fast will clean your stomach and improve circulation
Chapter 3 How bowel movements affect your circulation
Chapter 4 What ingredients to choose, and how to eat to avoid contaminating the blood
Chapter 5 Make use of seasonal changes to support circulation
Chapter 6 Eating is living

Author Akiyoshi Horie

Born in Izumo, Japan, in 1974, Akiyoshi Horie is a 4th-generation traditional Chinese medicine specialist who works at the more than 90-year-old pharmacy on the road to Izumo Taisha Grand Shrine.

Full English Manuscript Available
A wonderful 4-week stretch program from the “Queen of the Splits”

Description
Doing the splits is seen as the epitome of flexibility, and we tend to feel jealous when we watch someone easily and gracefully do them. This book is for those with a stiff body who dream of doing the splits. No other books have been written specifically about doing the splits before.

The author, Eiko, is a yoga instructor who continues to develop different methods for making the body more flexible. She has countless students in their 60’s and 70’s who are able to do the splits effortlessly, and her splits video released in 2015 has gotten more than 2,500,000 views! For these reasons, everybody now calls her the “Queen of the Splits.” In fact, she is featured on the cover of this book. For this book, Eiko refined existing methods to put together a “4-week Splits Program.” This is her debut as an author!

Start by doing two of the basic stretches every day. Then, add one new stretch to that routine every following week so that you will be doing a different set of 3 stretches every day. Continue this routine for no more than 5 minutes a day, and you’ll be doing perfect splits in just 4 weeks! Be aware that it may take a little longer for some people.

This book also includes a short story that you can enjoy before or after your stretches. It will give you the motivation you need to get started and successfully finish the 4-week program. Let this book give you the limber body you’ve always wanted!

Author Eiko
Eiko, also known as the “Queen of the Splits,” is a yoga instructor and organizer of Shake Yoga from Osaka. Her very own Shake Yoga gained a lot of attention as a fun and effective method that can be enjoyed even by those suffering from stiffness and lower back pain. Her yoga techniques have helped a large number of people, and the video she released in 2015 called “Stretching techniques that will help stiff people be able to do the splits” went viral on Twitter and Facebook, reaching 2,500,000 views on YouTube.
How to feel amazingly limber

Description
“If I don’t stretch, I pull a muscle when I run.”
“I hate it that my body is always stiff.”
“I don’t know how to stretch properly.”

There are a lot of good reasons to get interested in stretching. This book touches on all of them and provides the best ways to stay limber and feel great.

Author Nakano James Shuichi is a physical trainer and also the bestselling author of *Today’s Stretch*, which sold over 100,000 copies. For more than 25 years he has trained top athletes, celebrities and other men and women of all ages. Working with many different body types, he found the stretch positions that work the best, even for those who are stiff and suffer from body pain. All of his most recommended stretch positions are introduced in this book.

Also included are stretches that can be done while lying down, sitting down, standing or with a partner. There are also plenty of stretch positions that create a simply great feeling.

From the table of contents

- Chapter 1 Limber and stiff body types
- Chapter 2 The rules and techniques behind the best stretches
- Chapter 3 The neck, back, shoulders and arms
- Chapter 4 The chest, stomach and lower back
- Chapter 5 The rear and hips
- Chapter 6 The thighs
- Chapter 7 The calves, shins and soles
- Chapter 8 Kinetic stretching
- Chapter 9 Stress-reducing stretches
- Appendix Index of other kinds of stretches

All you need to know about aging gracefully with “slow aging”

Description
Dry hair and skin, wrinkles, blemishes, sagging, menstruation troubles, swelling and pain are all signs of aging.
Do any of these concern you as well?
This book will guide you toward improving both your inner and outer beauty. We can’t avoid getting older, but slowing the effects of aging with slow aging treatment is simple. In Oriental medicine, the idea is to reduce damage done to the kidneys which control aging and to the blood which provides the entire body with moisture and nutrients.

In this book, doctor and chemist Hideaki Ikoshi, who is familiar with both Eastern and Western medicine, provides care methods relating to slow aging that can easily be adopted into your daily routine.

Author Hideaki Ikoshi
Hideaki Ikoshi is a representative of Tozai Pharmacy, a doctor and pharmacist, and a Chinese medicine specialist. He is an associate professor in the laboratory of traditional Chinese medicine at the Tokyo University School of Pharmacy, and a part-time lecturer at the International University of Health and Welfare.
With both Eastern and Western schools of thought under his belt, he mainly works as a gynecologist using traditional Chinese medicine to treat infertility and menopausal disorders.
Problems with weight loss and getting into shape are determined by the placement of our intestines.

Description
- The positioning of our intestines influences our weight and figure.
- Defeat gravity with one 15-second exercise.
- Target your sagging bottom, breasts, flabby arms and midsection, and bloated face and legs.
- Many women have lost up to 9 kg and 18 cm around their waist and increased their bust by 3 sizes.
- See results in as early as 2 weeks.
- Includes many illustrations for a fun and informative read.

After meeting with over 5,000 patients, author Saki Ono affirmed that the placement of our intestines influences our weight and figure. As waste matter becomes more difficult to pass and body fat builds up, it becomes more difficult to lose weight, and parts of the body begin to sag under the added stress. Since our intestines are close to 8 m long, it’s no wonder our body sags with that extra weight. By doing the simple stretch recommended by Ono, not only will you lose weight, but your body will perk up. With only one 15-second exercise, it takes little effort and little time to improve your figure.

From the table of contents
Prologue
Women with higher-positioned intestines stay in shape.
Chapter 1 A dissection of a fit body
- The horror of losing your bust size to jogging
- 35 years of age is the turning point: as intestines drop, the tummy pops out
and more
Chapter 2 Why is it so difficult to lose stomach fat?
- 4 requirements for getting a flat tummy without decreasing in bust size
and more
Chapter 3 5 minutes a day! Tummy-flattening exercise
- Do this bubbly stomach wrap twice a week to lose stomach fat and more
Chapter 4 A fat-burning drink and stomach wrap
- 4 requirements for getting a flat tummy without decreasing in bust size
and more
Chapter 5 How to stick to a diet
- Put yourself first and more

Author Saki Ono
Saki Ono is a nurse and the representative director of the Japan Association of Intestinal Health. Having had problems with constipation, and experience in dealing with children who suffered stomach-related health conditions, she realized the importance of stomach health and conducted research on the stomach at an outpatient clinic. In order to spread more awareness of the importance of intestinal health, she formed the Japan Association of Intestinal Health in 2013.
130,000 copies sold

Use Thumb Stimulation to Rejuvenate Your Brain!

by Yoshiya Hasegawa
ISBN978-4-7631-3506-3 C0036
160 pages / December 2015 / 1,300 yen (w/o tax)

A powerful health method approved by top doctors that takes only 1 minute a day!

Description
“I no longer forget things!” “My head’s clear!” “I’m no longer jittery!”
This book thoroughly discusses “Thumb Stimulation,” which has been causing quite a stir all over the country. Your fingers are thought to act as a “second brain,” and it’s long been said that people who keep their fingers busy stay sharp through old age. But how exactly should we be using our fingers? This book introduces a way to improve your brain’s health that cognitive impairment prevention experts stand behind. This method improves blood flow, revitalizations, and rejuvenation. Try this miraculous health method right away!

From the table of contents
Prologue The fingers are your “second brain”
Chapter 1 The thumb’s miraculous power to revive memory and bodily strength
Chapter 2 Rejuvenate your brain with “Thumb Stimulation”
Chapter 3 Rejuvenate your brain with the “Thumb Stimulation lifestyle”
Chapter 4 11 things to avoid for a healthy brain

Author Yoshiya Hasegawa
Yoshiya Hasegawa was born in Nagoya, Japan. He graduated from the Nagoya City University Graduate School of Medical Sciences and Medical School as a doctor of medicine. As one of Japan’s leading cognitive impairment medical specialists, he treats up to 1,000 patients per month. His research on the relationship between the brain and fingers allowed him to develop “Thumb Stimulation,” which is a method proven to be the answer to cognitive impairment prevention and brain injury rehabilitation.

60,000 copies sold

Don’t Underestimate the Importance of Your Immune Strength!

by Yuichiro Yazaki
ISBN978-4-7631-3386-1 C0030
199 pages / September 2014 / 1,400 yen (w/o tax)

Strengthen your body’s immune system before it’s too late. How to get healthy to the “cellular level” according to an immune specialist

Description
The most important thing that people are forgetting is immune strength. The author of this book, Yuichiro Yazaki, believes that it is imperative for anyone undergoing medical treatment, especially those with cancer, to understand the importance of their immune strength.
The body replaces its cells every 100 days, but those who continuously eat junk food, or “incorrect food,” will be left with a body made up of “weak cells” produced by this junk food.
In this book, Dr. Yazaki explains the importance of eating foods that stimulate the “boss cells” in order to keep your body free of these weak cells.

From the table of contents
• The innate function that protects the body
• Pollen allergy breakouts are not triggered by a high pollen count
• Be as healthy as those who eat miso soup
• Make sure to hydrate yourself before you’re thirsty
• “Boss cells” can be conditioned into working as a medicine
• Brushing your teeth twice rather than once a day is largely more effective
• Yawn or use the toilet whenever you need to
• Eating breakfast is the strongest tool for balancing your immune system
• Don’t eat ice cream after a bath; eat yogurt
• It’s best to eat vegetables that have a strong aroma without removing the skin or peel and more

Author Yuichiro Yazaki
Yuichiro Yazaki, a doctor and the representative director of tella, Inc., was born in 1972. In 1996, he joined the surgical team at Tokai University Hospital. After working as a contributing researcher in the cell processing research division of the Institute of Medical Science at the University of Tokyo, he established a research society that deals with the development of cancer treatment.
A rumbling stomach is a sign that the cells in your body are at work!

Description
In recent years, a gene referred to as Sirtuin has gained a lot of attention. One condition for the switch on this life-governing gene to be activated is an empty stomach. In other words, the gene doesn’t become active unless you’re hungry for a period of time.

In modern times, however, people eat at meal times even if they aren’t hungry. This is believed to have harmful effects on the body because the human body isn’t designed to thrive in a constant state of satisfaction. Based on information from various medical sources and personal experience, this revolutionary book explains that having one meal a day is the best lifestyle for human beings and suggests that people try it. Just by switching to having one meal a day, ailing parts of your body will be restored, you will revert to your healthy weight, your skin will gradually become younger, and your body will continually benefit in many ways!

From the table of contents
Chapter 1 Raise your body temperature and improve your health
• If your temperature goes down by one degree, your immunity is weakened by 30 percent
• Take a bath when you catch a cold
Chapter 2 This is how you can raise your temperature
• Build more muscle and be healthier
• Do muscle training once every three days
Chapter 3 Social stresses lower your body temperature
• Every disease stems from social stress
• Be careful about using painkillers, antipyretics, steroids and anticancer drugs
Chapter 4 Ideal ways to avoid low body temperature
• Warm up your body for sound sleep
• Avoid in-flight meals to overcome jet lag

Author
Masashi Saito, M.D.
Masashi Saito, M.D., is licensed in Japan, the US and Europe as a professional specialist in anti-aging. His Manhattan-based medical clinic is frequently visited by sports professionals and CEOs of major corporations. He appears on TV frequently with his easy-to-follow practices that are explained in detail in this book.

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From the table of contents
• Overeating leads to disease
• Why you still add weight even when you drink water
• Sirtuin, the gene that restores cells
• Why we shiver when it’s cold
• The real reason metabolic syndrome shortens your lifespan
• Why one meal a day won’t lead to malnutrition
• An easy way to reduce the amount of the food you eat and more

Author
Yoshinori Nagumo, M.D.
Yoshinori Nagumo was born in 1955, the 4th generation in a family of doctors. He’s the general director of the Nagumo Clinic. In 2012, he was appointed honorary president of the International Anti-Aging Medical Society. He is a part-time professor at Jikei Medical University and Kinki University, and a visiting lecturer at Dong A University in Korea and Dalian Medical University in China.
Open your heart, and don’t judge. A wise 90-year-old lawyer explains how to be the best version of yourself.

Description
Personal relationships can produce thorns and entanglements. Whether with a spouse, your children, a daughter-in-law or son-in-law, temperamental friends or neighbors, taking just a half step back from your relationships with those around you will allow you to regain your natural capacity for kindness and live a much more comfortable life. So says the author of this book, 90-year-old author and active lawyer Hisako Yukawa.

As a lawyer, she has dealt mainly with unraveling issues related to divorce and inheritance cases. She has learned from the over 10,000 cases she has worked on that “all people, although they don’t show it, suffer from worry and doubt.” This led her to the understanding that “giving yourself enough space is essential for living a comfortable life.”

This generation is burdened by a number of issues including divorce, nursing care and suicide. Although it has become easier to connect with people, it’s almost as if that has had an adverse effect on our relationships. Relationships are weak, and people suffering from loneliness are increasing in number. In such times, let’s think about what a happy way of living actually is: To be nice and flexible and refrain from fighting things, all without draining your spirits.

From the table of contents
- Don’t waste precious time with quarrels
- Be gentle when saying what is right
- Don’t poke your nose into other people’s business
- Communicating promotes moderate distance
- Tears spilled for others feed the soul

Author  Hisako Yukawa
Hisako Yukawa was born in 1927 in Kumamoto, Japan. She is a graduate of the Chuo University Law Department. She married soon after passing the bar examination in 1954, and opened a practice in 1957. She worked on over 10,000 divorces and succession cases in a career exceeding 60 years, studying the lives of women and happiness while witnessing numerous types of personal relationships.
Zen Sayings to Help You Find Your Way
by Shinsuke Hosokawa
ISBN978-4-7631-3709-8 C0030
250 pages / November 2018 / 1,400 yen (w/o tax)

52 Zen meditations selected by a popular Zen priest.
Wisdom that will free your mind.

Description
In this noisy, busy world, do you find you have no space left in your heart? In your dissatisfaction, do you find others intolerable? In such times, we need to stop and reflect using Zen meditations.

Zen sayings are used to express the teachings of Zen Buddhism. They are nuggets of wisdom to help one live a positive, proactive life. The author, who is the chief Zen priest at Ryuun-ji Temple in Tokyo's Setagaya City, selected 52 Zen sayings and compiled them along with drawings. The sayings are separated into four chapters, corresponding to the four seasons we experience in our lives: Spring, Summer, Autumn, and Winter.

The 52 sayings in this book are sure to soothe your soul and lift you up.

From the table of contents
• Furyumonji Kyogebetsuden / Heart to heart, express yourself carefully
• Ichi-go Ichi-e / Don’t neglect what is right in front of you
• Tenjo Tenge Yuigadokuson / Everything living in this world is precious
• Sottaku Doji / There are no chance meetings, all meetings are inevitable
• Bosen / Don’t lose sight of your path and goals
• Jozenwa Mizuno-gotosi / Live as the water flows and more

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• Sottaku Doji / There are no chance meetings, all meetings are inevitable
• Bosen / Don’t lose sight of your path and goals
• Jozenwa Mizuno-gotosi / Live as the water flows and more
Choose a color you haven’t chosen before. Change your ways gradually by starting small.

**Description**
“‘I’m not succeeding at the things I’m usually good at.’ ‘Things aren’t quite the same as they used to be.’ ‘I see my friends differently now.’

Do any of these statements sound familiar?

There are different ways to handle and process each of life’s stages. The key is whether or not you can throw out your old ways at each new stage, creating a turning point and the chance to clear a new path in your life.

So explains Takashi Shiihara, a leading consultant who has won the trust of his extensive client base that includes elite businesspeople and housewives.

It isn’t easy for us to change our ways. On the other hand, surely many people understand that sticking to familiar methods keeps us from reaching our ultimate goal.

This book provides the tools needed to transform your inner chrysalis into a beautiful butterfly. What needs to be discarded in order to transform into the next stage of our lives? What needs to be carefully reflected on? What things should we consider to be our weapons?

He guarantees the fog will clear up and new doors to the world will open up before your eyes.

If you feel gloomy and that your life is stagnating, this is your chance. Start by choosing one habit to exclude from your usual routine, and feel exhilarated. This will lead you to drastic change and to the next stage in your life.
Poignant online posts that are causing quite a stir!
A self-enlightenment book written by a 10-year-old!

Description
At the age of 9, Bao Nakashima came up with the idea of writing a book of his thoughts. This book is a collection of the messages sent between Bao and the editor.

Here are some of Bao’s words:
“Humans live on the lives of plants and animals. Eating something even when you don’t like it is wrong. If you don’t like it, don’t eat it. It’s not bad to be picky. We are receiving life. Be thankful for that.”

“If you experience having nothing, you become thankful for everyday things. If you can’t eat, or if you can’t have food made for you, you become thankful for being able to eat and having food made for you.”

“Even in the same place, if you look in a different direction, you will see a different view.”

These are things only a 10-year-old boy would write, but you also wouldn’t believe he’s only ten. His straightforward, poignant thoughts touch your heart with every turn of the page and can somehow make even a mature adult reach a new sense of awareness.

Author
Bao Nakashima
Bao is a 10-year-old homeschooled student born in 2005. His motto is to study what he wants from whom he likes. After attending seminars of well-known speakers by himself from the age of 9, he decided to write his own book by the age of ten. Seeing, Knowing, Thinking is his first authored work. His profound tweets have earned him the nickname of “the Little Philosopher.”

You Can Do Almost Anything If You Prepare
by Tadamitsu Matsui

12,000 copies sold

The person who helped MUJI raise their profits explains what accomplished people and corporations have in common.

Description
The author of this book helped MUJI, a large Japanese retailer, turn their business around in just 2 years, not only bringing them out of the red, but also allowing them to reach record sales numbers more than once. In this book, he explains how to meet large goals with small, simple steps. After becoming president, he worked to rebuild MUJI into the success that it is today. This book gives insights into the difficulties and failures he experienced along the way and describes the resulting “work philosophy” that Mr. Matsui now incorporates into his business.

From the table of contents
• The secret to producing results in unlikable tasks
• Why should you prepare yourself?
• The most important thing for being able to do your job
• How to get others to trust you
• Two important points for assembling a winning team
• How to turn opposing employees into allies
• What you should always do when you’re making quick decisions
• How to identify excellent employees
• Things that successful people never say
• How to work without overtime
• What were you doing during MUJI’s three years of recovery?
and more

Author
Tadamitsu Matsui
Born in Shizuoka, Japan, in 1949, Tadamitsu Matsui is the chairman of MUJI. After graduating from the Physical Education Department of the Tokyo University of Education (now Tsukuba University), he entered Seiyu Stores (now Seiyu). He switched to MUJI in 1992 where he served as General Affairs and Human Resources Manager. During his tenure, he brought the company out of falling profits and was promoted to CEO in 2001. He was able to help MUJI out of the red in only two years, bringing in record profits in 2007. He has remained in the same position since 2008. As an author, he has two books published by Kadokawa Co.
The lifework of charismatic leader, Kazuo Inamori, has arrived!

Description
This long-awaited follow-up to the million-selling *A Compass to Fulfillment* is 15 years in the making. Everything begins and ends with the “mind.”

Kazuo Inamori, who created two of the world’s giant corporations, Kyocera and KDDI, and who guided Japan Airlines to a miraculous recovery, has truly reached new horizons.

Looking back on his over 80 years of life, the author finds one thing he wants to relay to his readers – *The mind decides everything.*

All things that occur in life are a reflection of the mind. The author sees this as a fact of life. In this respect, what you mentally embrace largely affects your life.

It is the key to living a happy and fulfilling life.

The author, who has been in the forefront of the business world, shares with his readers what state of mind we should all be in.

If you want to further improve your life, try the “Inamori Philosophy.”

From the table of contents
• Everything in life is a reflection of the mind
• Be thankful for everything
• It will pay off to behave altruistically
• Believe you can do it in the moment
• Big goals have to be shared to be reached and more

Author  Kazuo Inamori
Born in 1932 in Kagoshima. Graduated from Kagoshima University with a bachelor of sciences in applied chemistry. Established Kyoto Ceramic Co., Ltd. (present Kyocera Corporation) in 1959. After serving as President and Chairman of the Board, he became Chairman Emeritus in 1997. In 1984 he founded DDI Corporation (currently called KDDI) and was appointed Chairman of the Board. In 2001 he was appointed Honorary Advisor of KDDI Corporation. In 1984 he also established the Inamori Foundation and the Kyoto Prize, annual awards that honor significant contributors to humanity.
Containing the origins of the million-selling book *A Compass to Fulfillment*, the core of the Inamori Philosophy is finally available to the public!

**Description**

The author, one of the greatest corporate executives of our era, who is responsible for Kyocera, the establishment of KDDI, the rebuilding of Japan Airlines' infrastructure, and taking part in the development of many global enterprises, has decided to share the "Kyocera Philosophy" with the general public. Until now, this complete work of over 600 pages could be read only within the walls of Kyocera or at Seiwajyuku, a business school of which the author is the principal. It comes in a special vinyl cover that makes it hard to put away. This book is filled with thoughts and ideas regarding the work ethic and life principles useful to all walks of life, including those of housewives, students, educators, executives, and other businesspeople. Make this the book you take everywhere, and enjoy reading it over and over again.

**From the table of contents**

- **Chapter 1** Turn Your Thoughts Into Reality
- **Chapter 2** Start Thinking From the Fundamentals
- **Chapter 3** Polish and Improve Your Mind
- **Chapter 4** Live Altruistically
- **Chapter 5** Harmonize Yourself With the Flow of the Universe

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**Over 3 million copies sold in China alone. This is a management philosophy of Kazuo Inamori, who established Kyocera Corporation and later saved Japan Airlines’ business crisis.**

**Description**

Renowned as the top management expert of our time, Kazuo Inamori has founded and led to global success two giant corporations, Kyocera and KDDI. In this book, he reveals in its entirety the “life philosophy” that formed the cornerstone of his success. How should we plan and realize our dreams? What is the most important issue for humankind? What should future companies and nations aspire to? From personal rules in daily life, to ethics and morals, and ultimately to theories on civilization and even the universe, Inamori draws on every aspect of his life experience to lead his readers to the true meaning of human existence.

**Author** Kazuo Inamori

Born in 1932 in Kagoshima. Graduated from Kagoshima University with a bachelor of sciences in applied chemistry. Established Kyoto Ceramic Co., Ltd. (present Kyocera Corporation) in 1959. After serving as President and Chairman of the Board, he became Chairman Emeritus in 1997. In 1984 he founded DDI Corporation (currently called KDDI) and was appointed Chairman of the Board. In 2000 he was appointed Honorary Advisor of KDDI Corporation. In 2001 he was appointed Honorary Advisor of KDDI Corporation. In 2001 he was appointed Honorary Advisor of KDDI Corporation.

**Rights**

China, France, Germany, Korea, Taiwan, Thailand, Turkey, U.S., Vietnam

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**1.3 Million copies sold**

*A Compass to Fulfillment*

by Kazuo Inamori

ISBN 978-4-7631-9543-2 C0030

246 pages / August 2004 / 1,700 yen (w/o tax)

**Author** Kazuo Inamori

Born in 1932, Kazuo Inamori is a graduate of Kagoshima University's Department of Technology. He established Kyoto Ceramic Co., Ltd. (present Kyocera Corporation) in 1959, becoming Chairman Emeritus in 1997 after time spent as company president and company chairman. In 1984, he established the Japanese telecommunications company DDI Corporation (currently called KDDI) and was appointed Chairman of the Board, later to become the Honorary Advisor in 2001. In 2010 he was inaugurated as the president of Japan Airlines, continuing on to the position of representative director before being named honorary president. He started the Inamori Foundation in 1984 and founded the Kyoto Prize, which honors those who have made great achievements in the progress and development of society every year.

**Rights**

China, Korea, Taiwan, Vietnam

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**180,000 copies sold**

*The Kyocera Philosophy*

by Kazuo Inamori

ISBN 978-4-7631-3371-7 C0030

608 pages / June 2014 / 2,400 yen (w/o tax)
Superior thinking and organizational skills made simple, based on the work ethic of Toyota, one of the world’s top companies.

**Description**

At Toyota, the world’s largest automobile corporation, there is one basic thing that all employees take for granted. It is the practice of consolidating all necessary information into a single piece of paper. It is the approach to preparing everything from meeting minutes and business trip reports to business proposals and meeting materials on a single piece of A3 or A4 size paper. Within the company, this practice contributed to the betterment of information distribution, smoother communication, and more efficient problem-solving which, according to the author, helped build Toyota — with its workforce of some 70,000 people — into the leading enterprise that it is.

This book provides an extremely effective method for getting rid of job stresses in one fell swoop. Try it out for yourself.

**From the table of contents**

- What Toyota employees do without fail at every meeting
- Get your thoughts organized with the “1 Page” approach
- How to bring your yearly overtime hours down from 400 to 0
- Transform “ask” into “action”
- Which is more efficient, typing or writing by hand?
- What is the key to being organized?
- Anybody can communicate logically using the “three questions” and more

**Author** Suguru Asada

Suguru Asada is the head of 1-sheet Frame Works, a company that helps reluctant businesspeople and executives to improve communication to the point where not being able to make the other person understand is no longer an issue, using the “1 Page Communication Improvement” approach. While he was job hunting, he received a job offer from Toyota — on a single sheet of paper. After joining the firm, he mastered the “1-Page” approach. He later accepted a position with Japan’s largest business school, Globis, where he has conducted business training and personal consulting for over 1,000 students since 2012.

**The latest tips from the author of How Toyota Taught Me to Consolidate Information into a Single Page.**

**Description**

The “thought organization professional” who has sold over 200,000 copies reveals a groundbreaking, universal method for making the clearest explanations.

In business communication, consolidating everything down to one main point actually makes it harder to get your point across clearly. Asada recommends breaking it down into three points to rapidly improve clarity. It becomes clear when viewing the fold-out at the beginning of the book that he has a knack for organization and clarity, and that only he can help you improve on these skills.

**From the table of contents**

PART 1 Why aren’t my explanations clear?

- Reason 1 Your explanations aren’t influencing “action”
- Reason 2 Too many topics
- Reason 3 You’re trying to “cover everything”

PART 2 What makes an explanation clear?

- Point 1 Break it down into three points
- Point 2 Create a framework
- Point 3 Provide action-based examples

PART 3 What can you do to get better?

- Method 1 Arrange information from three points of view
- Method 2 Consolidate your ideas into three different frameworks
- Method 3 Give three action-based examples

**Author** Suguru Asada

Suguru Asada is the head of 1-sheet Frame Works. He graduated from Ritsumeikan University, also attended the University of British Columbia and later worked in the international sales department of Toyota Motor Corporation. After working for Toyota in the US, he became the head of corporate website development. He then began working at Globis, a top business school. There, he holds his own 1-sheet Frame Works course, which is growing in popularity. His clear and thorough explanations of the often tedious basics help to shed light on different perspectives, offering a chance to reach a new sense of awareness.
A former CEO of The Body Shop and Starbucks talks about how to become the kind of leader that people want to follow.

Description
What do you think of when you hear the word “leader”? You probably imagine a charismatic person with strong leadership, excellent presentation skills and, simply put, the kind of person people are drawn to. There are probably people who doubt that they can ever become like that. The author, Matsuo Iwata, asserts that anybody who works hard enough can become a leader.

Mr. Iwata, who despite his magnificent credentials refers to himself as “just a normal guy,” shares 51 points on how to become the type of person that people want to look up to. This book is recommended for those in management, new leaders, people who are going to be in charge of others for the first time, and other people as well.

From the table of contents
Chapter 1 Not all leaders have to be cool
Chapter 2 Leaders don’t have to be talkative
Chapter 3 Leaders don’t go out drinking with their subordinates
Chapter 4 Leaders shouldn’t be swayed by others’ actions
Chapter 5 Leaders shouldn’t be idle
Chapter 6 Leaders don’t have to be well read
Chapter 7 Leaders can show weakness

Author Matsuo Iwata
Matsuo Iwata was born in 1958. After graduating from the Osaka University School of Economics, he started working for Nissan. He then went on to work for the international consulting company Gemini Consulting Japan and Coca-Cola Japan as an executive, prior to becoming CEO of the video game company Atlus. He also worked at Takara as managing director and then became the CEO of The Body Shop. Under his leadership, the number of The Body Shop outlets increased from 107 to 175, and sales rose from 6.7 billion yen to 14 billion yen. Later as CEO of Starbucks Coffee Japan, he adopted the slogan “A brand that will shine on in 100 years” and led it to better performance.
A 10-year-old who remembers her life before birth has always known the secret to true happiness.

Description
This is the first book from the elementary school student who made waves with her appearance in the film The Promise: Prenatal Memories of Children. Sumire is a 5th-grader. She loves pizza, doesn’t really like studying or exercise, and looks like any other young girl at first glance. However, she actually has a very special ability. She has prenatal memories, and her conversations with God continue to this day.

What is this “true happiness” that Sumire has known about since before her birth? This book tells magnificent words of a 10-year-old that all adults should read.

From the table of contents
- This is what God is like!
- We all chose to be born as ourselves!
- Your own words are the best medicine.
- A mother’s smile is a child’s nourishment.
- The people who are important to you feel the same about you.
- We can live and die only once.
- Happiness is great!

Author  Sumire
Sumire is a fifth-grader born in 2007. Since she was born, she has been able to speak with God and the other invisible beings that look after us. She remembers everything from before she entered the womb, and she can communicate with other babies still in the womb. Her appearance in the documentary film The Promise: Prenatal Memories of Children made her a hot topic among mothers across Japan. She currently travels the country delivering happiness to mothers in need of advice on child rearing, as well as to elite businesspeople. She holds an irregular talk show, and people cry while listening to her profound words.

Korea, Taiwan Rights Sold
375,000 copies sold
God Is a 5th-Grader
by Sumire
ISBN978-4-7631-3682-4 C0036
160 pages / March 2018 / 1,200 yen (w/o tax)
Can spirituality actually change your life? When drowning in debt, try this method of borrowing strength from the universe to turn your life around!

**Description**

Do you have any wishes you want granted, or any hopes you desperately want fulfilled? One man had an extremely serious wish: “I want to pay off my debts... somehow!” With a 20,000,000 yen debt — 6,000,000 yen of that from illegal loans — he felt his only choices were suicide, filing for bankruptcy or becoming homeless. But a floating figure with a Mohawk appeared in front of him and said, “I’m going to grant all your wishes, so get ready.” He then said, “Change your motto.” Author Hiroshi Koike began calling this figure “Mr. Universe.” Mr. Universe was sadistic with his approach, teaching Koike hard lessons about the universe and life-changing mantras. Koike then desperately spent every day mastering what he was taught and soon began experiencing miracle after miracle.

**From the table of contents**

- Using negative words sends the wrong “orders” to the universe!
- Repeat the words that connect everything: “This is it! My dreams are coming true!”
- Don’t be distressed: The “time lag” means your dreams are beginning to materialize!
- Make a habit of saying “thank you” 500 times a day!
- When you want to influence others, shoot a “secret beam” at their forehead!
- Say “Cha-Ching!” every time you do something you don’t want to do!

**Author** Hiroshi Koike

Hiroshi Koike is a psychologist, spiritual counselor, mind coach, power stone coordinator and representative director at Indigod Sendai. Fifteen years ago, he fell into 20,000,000 yen of debt — 6,000,000 yen of that from illegal loans — while managing a clothing shop. He recalls making a spiritual connection with the universe just when he thought filing for bankruptcy was the only step left. His life changed suddenly after he began using the power of words to purify his subconscious and communicating with the universe in a more positive way.

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**Unbelievable World Principles the Sadistic Universe Didn’t Teach Me When I Was 20,000,000 Yen in Debt**

**The popular series with 200,000 books sold!**

The conclusion of the hit “wish-fulfilling book” has finally arrived.

**Description**

Feeling helpless in your efforts to change your life? Turn things around with lessons from the universe and the final teachings of the “talking scroll”!

Everything was going well for 51-year-old Hiroshi Koike. He paid off a 20,000,000 yen debt in 9 years, work was going well, and he had acquired an imported car, family and detached house he’d always wanted. Although everything was going his way, lately he hadn’t been hearing from “Mr. Universe,” the sadistic provider of life-changing advice. Could this mean his life was coming to an end? While packing up to move, Koike discovered an old scroll with the words “Do not reveal this to humans” written on it. It was the “Re-education Bible,” used to help turn around the lives of unhappy humans.

**From the table of contents**

- I knew it all along. There were extremely important world principles written on the secret scroll that Mr. Universe was hiding.

**One**

- Teach about speaking habits

**Two**

- Teach how to escape unhappiness

**Three**

- Teach how to master the habits of mind

**Four**

- Teach what is holding people back

**Five**

- Teach that wealth comes from using money and more

**Author** Hiroshi Koike

Hiroshi Koike is a psychologist, spiritual counselor, mind coach, power stone coordinator, and representative director at Indigod Sendai. Fifteen years ago, he fell into 20,000,000 yen of debt — 6,000,000 yen of that from illegal loans — while managing a clothing shop. He recalls making a spiritual connection with the universe just when he thought filing for bankruptcy was the only step left. His life changed suddenly after he began using the power of words to purify his subconscious and communicating with the universe in a more positive way.
More impactful than the best-selling book *Talking to the God*. An entertaining novel that will change your values.

**Description**

Tired of conventional teachings and ethical rules for success, Mitsuro comes across a chatty devil who asks:

Have good deeds ever led anybody to happiness? The morals that school and your parents have taught you are all wrong. My evil army knows the real way to fulfill all of your desires.

Mitsuro, the impressionable young man was quickly swayed and fell into the hands of the wicked, beginning to doubt all that is “right.” You must know, however, that the ship they rode together wasn’t headed for hell, it was headed for heaven.

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**Author** Mitsuro Sato

After graduating from a university, Mitsuro Sato worked with a listed energy company for 10 years. He began to realize that the only way society can change is by people changing their awareness. This led him to start a blog called Waraeru Spiritual (funny spirituality) in 2011. His novel outlook earned him a top spot on various ranking lists, with his blog reaching more than 2,000,000 hits in a month. In 2014, influenced by the support of his readers and peers, he decided to retire from his day job and start a talk show in which he speaks and also does piano performances. His “talk show and piano show” is currently touring nationwide.

---

**More impactful than the best-selling book *Talking to the God*. An entertaining novel that will change your values.**

**From the table of contents**

- Chapter 1 Be suspicious of what’s correct
- Chapter 2 Angry heroes
- Chapter 3 Human suit
- Chapter 4 Your body’s a temple
- Chapter 5 Amulets that became threatening and more

Are you ready to ride on the back of a dragon? Here is a guide to a wonderful existence filled with happiness.

**Description**

This is the first book of its kind in Japan that gives you all the spiritual information about the power of “dragons.” Your life will improve exponentially if you’re able to acquire a sacred relationship with, and knowledge of, dragons.

Dragons are beings that represent personal development and life support. People who live their lives for the betterment of themselves and the world around them and who are able to form a strong spiritual relationship with dragons are called “dragon whisperers.” Your greatest desires will quickly begin to materialize if you “ride on the back of a dragon.” Things that you could normally only consider miraculous will occur with great frequency. This book will teach you how to make that a reality.

**From the table of contents**

- An offer from a dragon: Would you like to ride on my back?
- Where do they come from, and why?
- Dragons are in shrines, rivers and the heavens!
- Four miraculous strengths received after becoming a “dragon whisperer.”
- Rules for acquiring the spiritual control needed to become a “dragon whisperer.” (1) – (6)
- Following your destiny brings dragons closer to you.
- Eight tips to increase your luck even more!
- Connecting with the Blue Dragon to get wishes granted.
- Connecting with the Red Dragon to heal the mind and body.
- Dragon power-spots in Japan and the dragons that govern each area.

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**Author** Hikari Osugi

Hikari Osugi is the CEO of Atea Co. When she was a child, she had the ability to sense the presence of dragons and fairies and was able to sense what others were thinking. These abilities became dormant, but they didn’t go away. Since 2013, she’s been providing spiritual consulting for businesses dealing with the importance of having a healthy connection with the gods.
I want to relive those days...
Four heart-warming miracles that occurred at a coffee shop that acts as a time machine.

Description
You’ll be moved to tears more than once!

An urban legend is circulating about a certain seat in a certain town’s coffee shop. If you use that seat, rumor has it you will be transported back to a time of your choice. But there are some very troublesome rules:
1. You can only meet people who have visited the coffee shop.
2. No matter what you do, you can’t change the present.
3. A customer will be sitting in the seat when you arrive at the shop. You have to wait until they’ve gone to sit down.
4. You can’t change seats.
5. Your time in the past starts when your coffee has been poured and ends once the coffee has gone cold.

Those aren’t the only rules, but people still feel the need to visit the coffee shop after hearing the rumors.

The coffee shop is called Funiculi Funicula. Would you still want to travel to the past under these conditions?

This book tells the story of 4 heart-warming miracles that took place in this coffee shop.

From the table of contents
Story 1: Lovers: The woman who left a man who wanted to marry her
Story 2: A Married Couple: A man and a nurse who lost their memories
Story 3: Sisters: A little sister who often eats out with her big sister
Story 4: Mother and Child: A pregnant woman who works at the coffee shop

Author  Toshikazu Kawaguchi

Toshikazu Kawaguchi was born in Osaka, Japan, in 1971. He used to produce, direct and write for the theatrical group Sonic Snail. As a playwright, his most representative works include COUPLE, Sunset Song, and family time. This book is based on Before the Coffee Gets Cold, a 1110 Productions’ play that won the 10th Suginami Drama Festival grand prize. This is his debut as an author.
This is the highly anticipated follow-up to Before the Coffee Gets Cold, which sold over 850,000 copies and was nominated for a Japan Booksellers' Award.

Description
Four men who come to a mysterious coffee shop called Funiculi Funicula would do anything to return to the past, and they have requests that are difficult to voice.

This long-awaited new story, which takes place 7 years after the top-selling Before the Coffee Gets Cold, is finally here!

An urban legend is circulating about a certain seat in a certain town’s coffee shop. If you sit in that particular seat, rumor has it you will be transported back to the time of your choice. But there are some very troublesome rules involved:

1. Even in the past, you can’t meet anyone who has never visited the coffee shop.
2. No matter what you do in the past, you can’t change the present.
3. A customer will be sitting in the seat when you arrive at the shop. You have to wait until they’ve left to sit down.
4. You can’t leave to go anywhere else.
5. Your time in the past starts when your coffee has been poured and ends once the coffee has gone cold.

Those aren’t the only rules, but even today people are still coming to the coffee shop after hearing the rumors.

From the table of contents
Story 1: A man goes back to visit a friend who died 22 years ago.
Story 2: A son couldn’t attend his mother’s funeral.
Story 3: A man goes back to visit the one to whom he couldn’t get married.
Story 4: An old detective goes back to give a present to his wife.

The series has sold 1,000,000 books, and this is the highly anticipated follow-up to the bestselling book that was made into a movie.

Description
There are thoughts you need to share, and words you want to hear. This is the story of 4 people who visited a mysterious coffee shop in order to travel back in time to relive memories they had locked inside them.

An urban legend is circulating about a certain seat in a certain town’s coffee shop. If you sit in that seat, rumor has it you will be transported back to the time of your choice. But there are some very troublesome rules involved:

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From the table of contents
Story 1: A daughter who couldn’t say “You’re an idiot.”
Story 2: A comedian who couldn’t ask “Are you happy?”
Story 3: A younger sister who couldn’t say “Sorry.”
Story 4: A young man who couldn’t say “I like you.”

Author: Toshikazu Kawaguchi

Toshikazu Kawaguchi was born in Osaka, Japan, in 1971. He is a playwright and producer at 1110 Productions. Before the Coffee Gets Cold, was based on a 1110 Productions’ play of the same name, which won the 10th Suginami Drama Festival grand prize. The book was also nominated for a 2017 Japan Booksellers’ Award. He is also the author of Before the Lies Are Revealed.
Currently published as a supplementary reader for third-grade moral education classes.

Description
The picture book that has delighted over 170,000 children and adults alike!

“Who gave you life?”
“Was it... my mom and dad?”
“That’s right. The people who gave you life are called your ancestors.”
“Grandma, how many ancestors do I have?”
Kou-chan started counting on his fingers.
And then...

A surprising pull-out page that will convey the meaning of life to everyone.

Author Kazuhisa Kusaba
A tosaiaga ceramic painter, born in Saga Prefecture in 1960. After withdrawing from his theater studies at Nihon University College of Art in 1987, he began studying tosaiaga ceramic painting in the famed pottery town of Arita. The store Imagine Koubou was opened in 1991 and he began holding exhibitions throughout Japan. He is held in high esteem for his wonderful and radiant new art style, and has had his work displayed in various places, including the training room of the Seattle Mariners.

Illustrator Motonao Heianza
An illustrator, born in Okinawa Prefecture in 1948. A graduate of the Fine Arts Department of the Nihon University College of Art, in 1972 he received the Okiten Prize for design in the 25th Okiten Exhibition. In 1994 he was awarded the top prize in the Okinawa Office of Posts and Telecommunications’ Heisei 7 New Year Postcard Contest. In 2002 his poster design for the Daikin Orchid Ladies Golf Tournament received the top prize. In 2003 his poster design for the Okinawa Zento Eisa Matsuri received the top prize. The warm and friendly appearance of his characters continues to charm his many fans.

Festival of Life
by Kazuhisa Kusaba (author) and Motonao Heianza (illustrator)
ISBN978-4-7631-9611-8 C0095
27 pages / October 2004 / 1,500 yen (w/o tax)

236,000 copies sold

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**Description**

My dog Gon and I were born on the same day. We were always together, and he was always there for me. But when I was in the 6th grade of elementary school, Gon died. I grew very sad, and I cried a lot.

One day, my dad brought home another dog. He was born on the day that Gon died. I decided to keep him and loved him.

A lot of strange things kept happening after that.

The story of my dog and I continued…

There is a touching, lifelong bond. This is a profound, heartwarming story by picture book author Nobumi.

**Author** Nobumi

Picture book author Nobumi has published over 200 books. His representative works include *Mom Turned Into a Ghost* series (Kodansha), *Mom, I Chose You* (Sunmark), and *Shinkankun* series (Akane Shobo). He regularly appears on TV programs and updates his Instagram page daily.

---

A wonderful picture book by popular author Nobumi that will warm every mother’s heart.

**Description**

“Hey. Do you know why I chose you, mom?”

Children look down and choose their moms from the skies above.

“I choose that mom!”

All the other children look surprised.

“Yes! I want that mom!”

At that point, the interaction and love between mother and child begins.

One day, a child told their angry mother a secret that made her cry.

What did the child say?

From the Afterword by Nobumi, the author: “I met with children who remember their time in the womb. When asked why they were born, most children answered, ‘To make mom a happier person, of course!’”

“Children want to make their mothers happy and have the strength to make others happy as well. However, some mothers rely on scolding their children when trying to raise them as well as possible. Children want to make their moms happy, not angry. Once their moms are happy, children can work on making others happy too. The more we try to make others happy, the better our world becomes. Bettering our world relies on how happy our mothers are.”

**Author** Nobumi

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