



Shogakukan

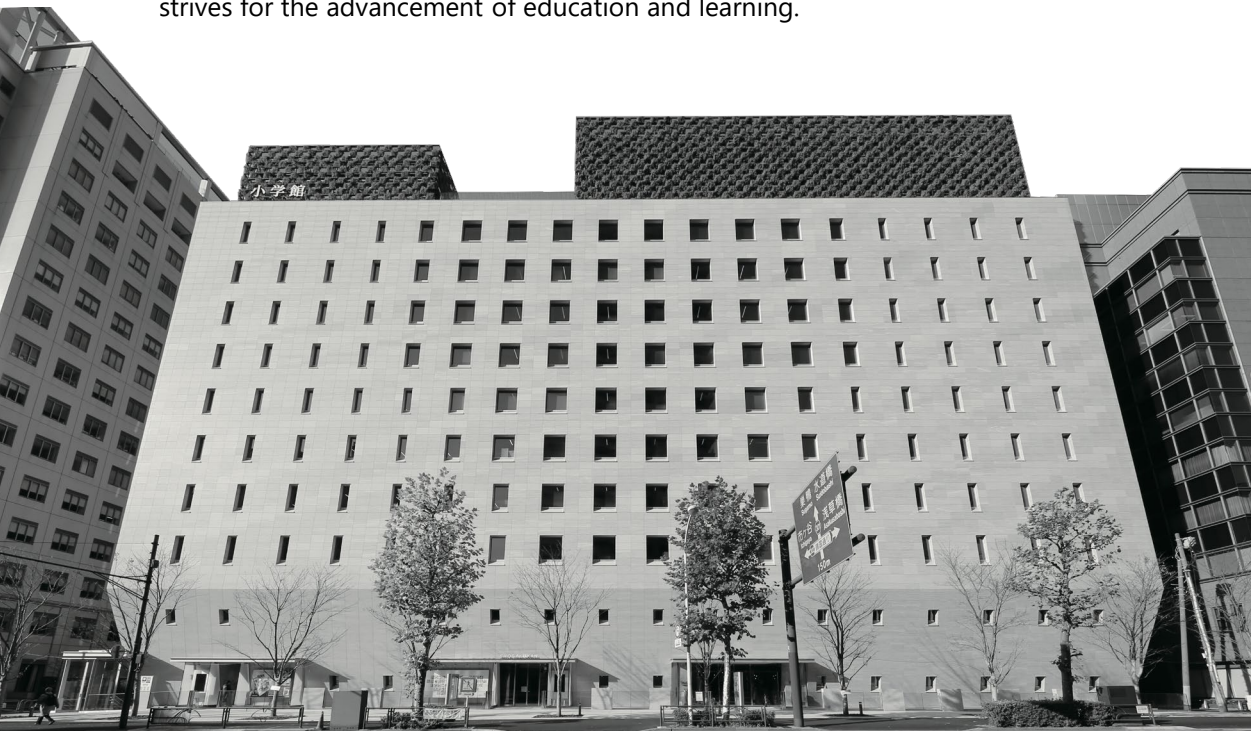
NON-FICTION Rights Guide

Fall 2023

SHOGAKUKAN

*From the past 100 years to the next 100 years.
Inspiring the power to create new ideas.*

Shogakukan was founded in 1922 as a publisher of educational magazines for preschool and elementary school students. Having celebrated its 100th anniversary last year, Shogakukan has now established itself as a leading publisher of fiction, non-fiction, children's books, art, photography, travel guides, dictionaries, encyclopedias and other reference books. Renowned for its long tradition and expertise in the publishing industry, Shogakukan also produces a wide range of other content across print, digital and audio—comic books for children and adults, educational and entertainment magazines, websites and apps. The wealth of original content is further promoted through investment in film and TV productions, third-party adaptations, as well as extended reality (XR) projects. Honoring outstanding works with the Shogakukan Children, Comics and Non-Fiction Awards, Shogakukan aims to actively foster diversity, inclusion and accessibility, and strives for the advancement of education and learning.



For information, please contact:

Shogakukan Inc.

2-3-1 Hitotsubashi, Chiyoda-ku, Tokyo 101-8001, Japan
www.shogakukan.co.jp

✉ rights_inquiry@shogakukan.co.jp

Company Name: SHOGAKUKAN Inc.
Headquarters: Tokyo, Japan
Founded: August 8, 1922
President: Nobuhiro Oga
Capital: 147 million yen
Sales: 108.4 billion yen (2022 fiscal year)
Employees: 696 (as of March 2023)

Contents

HIGHLIGHTS

[04](#)

ART

[06](#)

SELF-HELP

[11](#)

FOOD, CRAFTS & HOBBIES

[14](#)

BACKLIST

[20](#)

HIGHLIGHTS

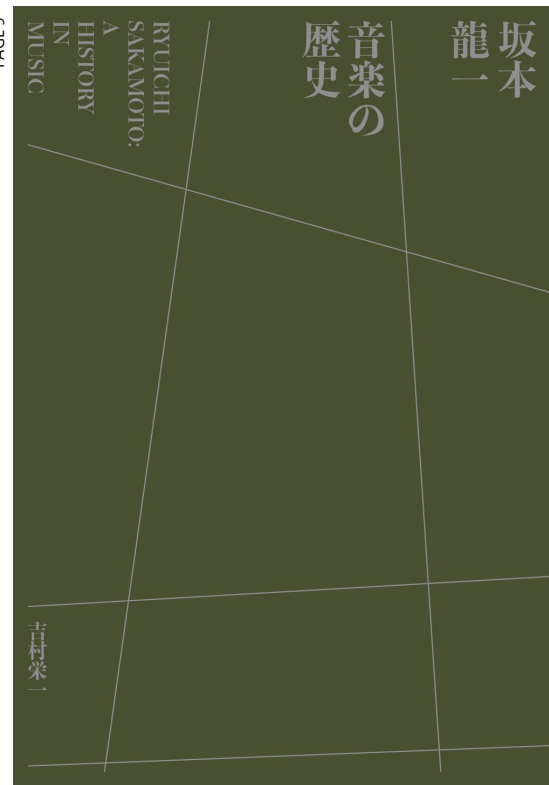
PAGE 8



A Letter to the Next 100 Years

Yukimasa Ida

PAGE 9



Ryuichi Sakamoto: A History in Music

Eiichi Yoshimura

PAGE 13



Chair Meditation for a Simple Life

Shunmyo Masuno

ART



ISBN: 978-4-09-682434-4
 Pages: 192 pages
 Printing: Color
 Publication: July 2023

**“Be humble for we are made of the earth
 yet be noble for we are also made of stars.”**
 Yukimasa Ida

A Letter to the Next 100 Years

100-nen go e no okitegami / 100年後への置き手紙

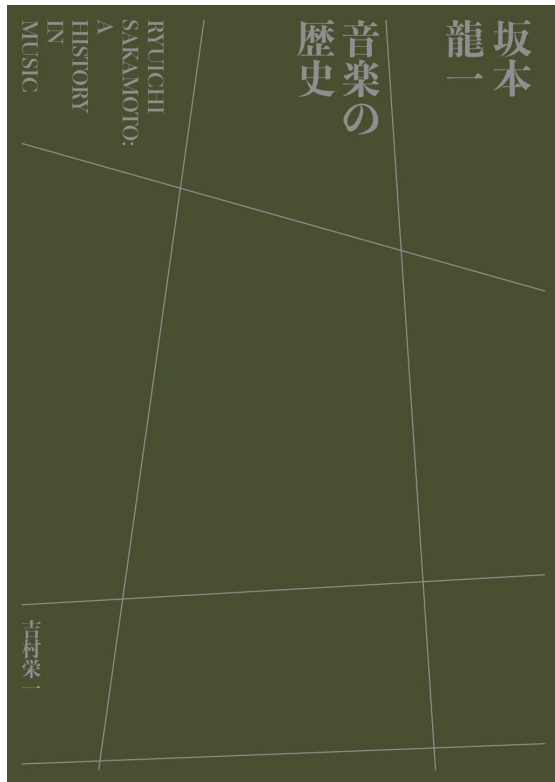
Yukimasa Ida

A rare look into the creative process of one of the most promising contemporary artists in Japan

The work of contemporary Japanese artist Yukimasa Ida has been in the spotlight in recent years for its high prices fetched at overseas art auctions. Despite being still in his early thirties, Ida became the first Asian artist to hold a solo exhibition at the Picasso Museum in Spain and his works were not only exhibited in galleries all over the world, but also brought to the International Space Station (ISS). This book is published in conjunction with *Panta Rhei – For as long as the world turns*, Ida's first solo exhibition in Japan, initially held in his hometown at the Yonago City Museum of Art from July 2023 and then at the Kyoto City KYOCERA Museum of Art from September 2023. Paintings, sculptures, screen prints, photographs, sketches as well as lines of poetry and handwritten notes are scattered throughout this compact monograph, highlighting the multifaceted nature of Ida's accomplishments and the distinctive character of his aesthetic choices. Inspired by the Japanese concept of "*ichi-go ichi-e* (one time, one meeting)," Ida's work strives to capture the unrepeatability of a moment and, oscillating between realism and abstraction, questions the impermanence of our existence. The result is truly a once-in-a-lifetime experience.



Yukimasa Ida is a Japanese artist born in Tottori Prefecture in 1990. He graduated in 2019 with a Masters in Oil Painting from Tokyo University of the Arts. In 2016, Ida won the CAF Special Jury Award and in 2018, he was selected as one of *Forbes Japan's* "30 Under 30" in the art category. Major exhibitions include *King of limbs* (Kaikai Kiki Gallery, Tokyo, 2020), *Here and Now* (Mariane Ibrahim Gallery, Chicago, 2021), *YUKIMASA IDA visits PABLO PICASSO* (Picasso Birthplace Museum, Malaga, 2022), and *Now is Gone* (Mariane Ibrahim Gallery, Paris, 2022).



ISBN: 978-4-09-388882-0
 Pages: 448 pages
 Printing: Black & White
 Publication: February 2023

Ryuichi Sakamoto: A History in Music

Sakamoto Ryuichi Ongaku no rekishi / 坂本龍一 音楽の歴史

Eiichi Yoshimura

Biography, complete discography and photobook available for the first time in a deluxe boxed-set edition

Ryuichi Sakamoto was the trailblazer of Japan's contemporary music scene, winning global fame for the power of his music to cross musical and cultural boundaries. An academically trained musician, as well as an Academy Award-winning composer, producer, actor and environmental activist, Ryuichi Sakamoto reshaped and pioneered a wide range of musical genres and the influence of his work both as a solo artist and as a member of the techno-pop group Yellow Magic Orchestra (YMO) continues to the present day.

Few artists have a career as rich and eclectic as Ryuichi Sakamoto's and this biography, published on the occasion of his 70th birthday, aims to be the first and definitive account of his entire musical history from when he first fell under the spell of English rock as a child. The book is packed with rare firsthand accounts, previously unpublished episodes, handwritten notes, interviews, articles expertly woven together by Eiichi Yoshimura, a writer who has followed Ryuichi Sakamoto for many years and published extensively on his musical undertakings. *Ryuichi Sakamoto: A History in Music* is also available in a deluxe, boxed-set edition that includes, alongside the biography, a complete discography and a never-before-seen collection of eighty black-and-white photographs.

Eiichi Yoshimura was born in 1966 in Fukui Prefecture. After working as an editor for *Kokoku Hihyo*, a leading Japanese monthly trade magazine focusing on advertisement, he became a freelance editor, writer and copywriter. Eiichi Yoshimura's books include *Deviddo Boi Nihon ni oritatta iseijin* (David Bowie: The Alien That Landed in Japan), *Merry Christmas, Mr. Lawrence*, which explores the collaboration between David Bowie, Ryuichi Sakamoto and Takeshi Kitano in Nagisa Oshima's 1983 film, and *YMO 1978-2043*, a history of the Yellow Magic Orchestra.



ISBN: 978-4-09-682378-1

Pages: 220 pages

Printing: Color

Publication: February 2022

Bilingual Edition: Japanese and English

SHIRIAGARI × HOKUSAI

Nearly Thirty-Six Somewhat Ridiculous Views

Shiriagari × Hokusai Chotto okashina hobo sanjyukkei / しりあがり × 北斎 ちょっと可笑しなほぼ三十六景

Kotobuki Shiriagari

Contemporary manga artist Kotobuki Shiriagari meets Edo-period ukiyo-e master Katsushika Hokusai

Manga artist Kotobuki Shiriagari presents his comical take on the world of ukiyo-e master Katsushika Hokusai with eighty works, including parodies of masterpieces such as *Thirty-Six Views of Mount Fuji*. This volume brings together the works from the 2018 exhibition *Hommage à Hokusai, Nearly Thirty-six Mischiefs of Shiriagari Kotobuki* and the 2021 exhibition *Shiriagari-san & Hokusai-san: Show Time, with a Giggle!* both held at the Sumida Hokusai Museum in Tokyo.

The combination of Hokusai's masterful woodblock prints, vividly depicting common people, with Shiriagari's imaginative and mischievous contemporary caricatures conveys the timeless power of laughter while giving a broad overview of Hokusai's wide-ranging artistic activities.

Kotobuki Shiriagari, pseudonym for Toshiki Mochizuki, is a Japanese manga artist born in Shizuoka City in 1958. After graduating from Tama Art University, he started his career as a manga artist in 1981 under the name "Kotobuki Shiriagari," while working at a food company in the field of design, advertisement and product development. In 1994, he established his own studio, Saruyama Hagenosuke Co., Ltd. He received the 46th Bungeishunju Manga Award in 2000, the 5th Tezuka Osamu Cultural Prize in 2001 and the 15th Japan Media Arts Festival Excellence Award in the Manga Division in 2011. In addition to creating manga in a wide range of genres from comedy to social commentary, he is also active in various other fields including video, theater, computer games and contemporary art. In 2014, the Japanese government awarded him the Medal with Purple Ribbon for his artistic accomplishments.



ISBN: 978-4-09-682318-7
 Pages: 132 pages
 Printing: Color
 Publication: November 2019
 Bilingual Edition: Japanese and English
 Rights Sold: **Spanish**

Miniature Trip in Japan

Tatsuya Tanaka

Experience the four seasons in Japan with Tatsuya Tanaka's unique miniature art

Over 20,000 copies sold in Japan

A collection of photographs by miniature artist, Tatsuya Tanaka, who rose to international fame in the summer of 2021 with his sport-themed miniature art celebrating the Tokyo Olympic Games. In order to convey the appeal of traditional Japanese culture to foreign visitors, works that represent events typical of the Japanese year are collected in the form of a *sajiki*, a poetic dictionary that lists words and phrases related to the seasons. The book illustrates traditional crafts, national sports and popular dishes of the Japanese cuisine.

Tatsuya Tanaka is a miniature artist and photographer, born in Kumamoto Prefecture in 1981. In 2011, he began his Miniature Calendar project, in which he posts on a daily basis everyday objects recreated in miniature form through unusual, alternative items. His exhibition, *Miniature Life*, held both in Japan and overseas, had a total of over 2 million visitors and his Instagram account (@tanaka_tatsuya) has over 3.6 million followers to date. In 2020, Tanaka's miniature installations were showcased in the Japan Pavilion at the Dubai International Expo.



ISBN: 978-4-09-682421-4
 Pages: 128 pages
 Printing: Color
 Publication: February 2023
 Bilingual Edition: Japanese and English

Miniature Trip Around the World

Tatsuya Tanaka

Take a seat and get ready to fly anywhere you want. "It's a small world after all."

In this second volume, Tatsuya Tanaka leaves the familiar shores of his home country to take us on a trip around the world. Featuring ninety full-color photographs of newly shot works, the book is divided in eleven major regions. From Asia and Oceania to South and North America going through Europe and Africa, Tanaka focuses his gaze on motifs that anyone can understand, regardless of their age, gender or nationality. Rather than highlighting the cultural uniqueness of each country, his work intentionally seeks aspects we all share, such as the universal roundness of manholes or the flavor of McDonald's fries. By making the similarities of our common human experience visible in his art, Tanaka hopes to create a sense of sympathy and closeness among his readers.

Tatsuya Tanaka is a miniature artist and photographer, born in Kumamoto Prefecture in 1981. In 2011, he began his Miniature Calendar project, in which he posts on a daily basis everyday objects recreated in miniature form through unusual, alternative items. His exhibition, *Miniature Life*, held both in Japan and overseas, had a total of over 2 million visitors and his Instagram account (@tanaka_tatsuya) has over 3.6 million followers to date. In 2020, Tanaka's miniature installations were showcased in the Japan Pavilion at the Dubai International Expo.



SELF-HELP



ISBN: 978-4-09-388398-6

Pages: 160 pages

Printing: Black & White

Publication: January 2015

Agent: TUTTLE-MORI AGENCY (World, excluding Asia)

Rights Sold: **Vietnamese**



Chair Meditation for a Simple Life

Ikiru no ga raku ni naru isu zazen / 生きるのがラクになる椅子坐禅

Shunmyo Masuno

A step-to-step guide to achieving the unwavering mind of a Zen monk

10,000 copies sold in Japan

Popular Zen monk and million-copy bestselling author, Shunmyo Masuno, argues that the key to solving our problems and the pain and suffering that arise from them lies in “*zazen* (seated meditation),” a meditative discipline that is typically the primary practice of the Zen Buddhist tradition. According to Shunmyo Masuno, *zazen* releases the tension in our mind, regulating mental patterns and cognitive functions. However, it is also true that those not familiar with Zen practice might perceive *zazen* as difficult to approach. This book intends to address such concerns and offer a simple alternative, easily available to all.

With plain black-and-white line drawings and succinct instructions, Shunmyo Masuno introduces readers to the little-known techniques of “chair *zazen*,” a style of Zen meditation that, as the name suggests, can be practiced while sitting on a chair. The book shows how incorporating as little as ten minutes of chair *zazen* in our daily routine directly affects our mind helping us to cope with the inevitable difficulties and hardships that mar our everyday life. By simply sitting on a chair, stop running away from pain and learn to accept it as an essential element of life.

Shunmyo Masuno is a Japanese monk and garden designer, born in 1953 in Yokohama. He is chief priest of the Soto Zen temple Kenkoji, professor at Tama Art University, and president of a garden design firm, Japanese Landscape Consultants, that has completed numerous projects in Japan and overseas. Recognized as Japan’s leading garden designer, he has lectured at universities such as Cornell, Harvard, the University of British Columbia and the University of London. He is the author of *Zen, shinpuru seikatsu no susume* (The Art of Simple Living), *Zen no niwa: Masuno Shunmyo no sekai* (Zen Gardens: The World of Shunmyo Masuno) and *Okoranai Zen no saho* (Anger-Free Zen Practice) among other bestselling books.



ISBN: 978-4-09-310674-0
 Pages: 144 pages
 Printing: Color
 Publication: January 2021
 Rights Sold: **Spanish**

10-Minute Bedtime Yoga

Fall Asleep as If by Magic

Neru mae juppun maho no neochi yoga / 寝る前10分 魔法の寝落ちヨガ

B-life

Relaxing yoga for a good night's sleep. Over 90,000 copies sold in Japan!

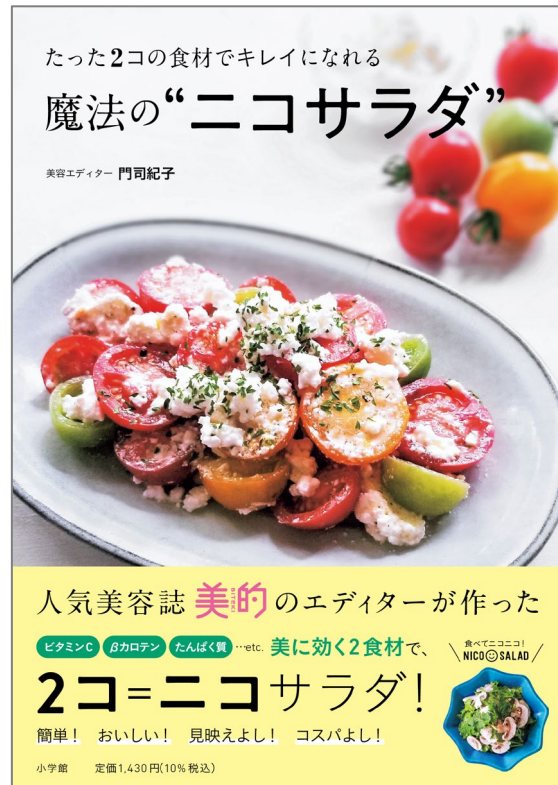
By popular demand, the bedtime relaxation routine that helped thousands of viewers fall asleep during live-stream lessons is finally available in book form. Clear away the stress and fatigue of a long day and learn how to gently fall asleep.

Ninety percent of the yoga poses can be done while lounging on the floor or lying down on a bed, so you can fall asleep right where you are. Change into your pajamas and get ready for a good night's sleep.

B-life is one of the most popular yoga YouTube channels in Japan. Started in 2016 by yoga instructor Mariko and her husband Tomoya, as of July 2023 the number of subscribers to the channel exceeds 1.97 million. Their books include *Jiritsu shinkei mirumiru totonou maho no yoga* (Magical Yoga for Autonomic Nervous System Regulation), *Mirumiru bi bodi maho no piratisu* (Magical Pilates for a Beautiful Body) and *B-life Mariko no saikyo! Bi fukkin toreningu* (B-life Mariko's Strongest! Beautiful Abs Training) among many others.



FOOD, CRAFTS & HOBBIES



ISBN: 978-4-09-310691-7
 Pages: 128 pages
 Printing: Color
 Publication: October 2021

Boost Your Beauty with the Magic Two Ingredient Salad

Tatta 2-ko no shokuzai de kirei ni nareru maho no "niko sarada" / たった2コの食材でキレイになれる魔法の“ニコサラダ”

Noriko Monji

What if you could make a delicious, stylish, beauty-boosting, nutrient-rich salad with just two ingredients?

Over 180 nutritionally balanced and colorful recipes that with just two ingredients will not only improve the health of your skin, body and mind, but will also have you smiling as you eat them. Popular health and beauty writer Noriko Monji proves that depending on the combination of ingredients and seasoning, the possible salad variations are endless. The book is organized in sections focusing on key “beauty foods,” such as avocado, tomatoes, carrots, kale, root vegetables, herbs, eggs, tuna and tofu. Each salad is accompanied by icons indicating its beauty benefits: moisturized and translucent skin, anti-aging, a toned body, healthy-looking hair, detoxifying. At the end of the book, tools and favorite utensils, as well as an index organized by ingredient, are included for ease of use. Throw your shopping list to the wind with these easy, cost-effective recipes just about anyone can make!

Noriko Monji is a freelance editor and writer. She is in charge of content planning, art direction and writing for fashion and lifestyle magazines for women such as *Biteki* and *Oggi*. Her articles cover a wide range of topics, from beauty, nutrition and cooking to travel, fashion and golf. She is the author of *Taipei higaeri dangan tabi tabemakuri! 1-nen 12-kai* (One-Day Trip to Taipei: Never Stop Eating! 12 Times in a Year) and *Dangan torabe raita no Taiwan moso tabi gohan* (The Travel Writer’s Dream Gourmet Trip to Taiwan), both published by Shogakukan. She can be found on Instagram at [@norikomniji](https://www.instagram.com/norikomniji).



ISBN: 978-4-09-311532-2
 Pages: 112 pages
 Printing: Color
 Publication: November 2022

High-Protein, Veggie-Rich: 50 Microwave Recipes

Renchin bejitan 50 / レンチンベジたん50

Atsushi

Slim down and tone up with Japanese lifestyle guru, Atsushi!

Directly from Japan comes an easy and healthy way to lose weight. The latest addition to Atsushi's *Bejitan* (High-Protein, Veggie-Rich) series of cookbooks includes fifty new recipes low in carbohydrates and rich in protein and dietary fiber. Combining principles of Chinese medicine and nutritional science, the recipes in this book are specifically designed to ease minor ailments such as cold, swelling, fatigue, irritability, anemia and insomnia. Simply cut the ingredients, place them in a heatproof bowl and microwave! The result is so tasty and full of flavor that you will hardly believe it was made in a microwave.

Atsushi is a Japanese lifestyle guru, who is active in a variety of fields including fashion, beauty and nutrition. After handling public relations for international fashion brands such as Diesel, D&G, and Versace, he became an independent producer of content and products related to health and wellness. In particular, he rose to fame in Japan for his healthy approach to weight loss, which has been widely publicized not only in books and women's magazines, but also on TV and social media. He runs the natural skincare brand "abotanical" and, in 2016, became a professional vegetable sommelier after obtaining a degree in Chinese herbal medicine. He is the author of *Maho no eijingu kea reshipi* (Magical Anti-Aging Recipes) and the *Bejitan* (High-Protein, Veggie-Rich) series of cookbooks published by Shogakukan, among many other books. He can be found on Instagram at @atsushi_416.



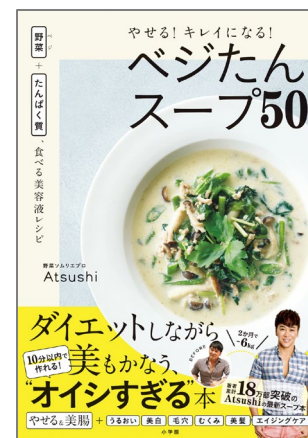
ISBN: 978-4-09-310682-5
 Pages: 128 pages
 Printing: Color
 Publication: May 2021

High-Protein, Veggie-Rich: 50 Salads

Bejitan sarada 50 / ベジたんサラダ50

Atsushi

The days of boring salads carelessly dished out before the main meal are finally over. Vegetables, meat, grilled fish, canned tuna and a wide variety of other ingredients are combined in recipes that are at the same time nutritious, beautiful to look at and rich in flavor. Focusing on foods that contain natural digestive enzymes, Atsushi's salads specifically address common beauty concerns and promise moist, brighter and poreless skin, swelling prevention, healthy-looking hair, anti-aging care and body strength.



ISBN: 978-4-09-310652-8
 Pages: 112 pages
 Printing: Color
 Publication: May 2020

High-Protein, Veggie-Rich: 50 Soups

Bejitan supu 50 / ベジたんスープ50

Atsushi

Tired of buying expensive beauty products that never quite seem to deliver? What if something as simple as a bowl of soup could make you thin and beautiful in one go? Mushroom and avocado potage, squid and pumpkin soy milk curry, tofu and cauliflower soup—Atsushi's recipes suggest creative new combinations of ingredients that will keep you amused and satisfied at the same time. Just chop the ingredients, put them in a pot, and in under ten minutes get ready to enjoy a healthy and delicious meal.



ISBN: 978-4-09-388385-6
 Pages: 96 pages
 Printing: Color
 Publication: September 2014
 Bilingual Edition: Japanese and English

Jiro Gastronomy

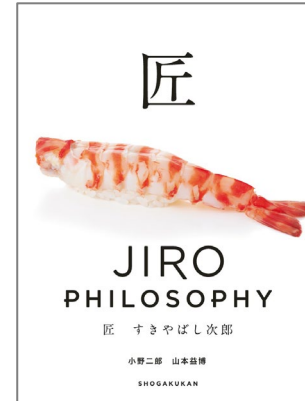
Sushi Sukiyabashi Jiro / 鮨 すきやばし次郎

Jiro Ono

All you need to know about the world's greatest sushi in a compact handbook

Ever since the success of the documentary *Jiro Dreams of Sushi*, around the world ordinary people and top chefs alike have become fascinated with Sukiyabashi Jiro and its culinary philosophy. In this practical handbook, readers will learn the secrets behind the flavors, sushi dining dos and don'ts, as well as information on reservations and dress code. The images of leading photographers Hiroshi Suga and Kenta Izumi complement the foreword by renowned food critic Masuhiro Yamamoto. With bilingual Japanese and English text, this is a must-read for sushi enthusiasts and anyone who loves trying out new dining experiences.

Jiro Ono was born in 1925 in present-day Hamamatsu, Shizuoka Prefecture. At the age of eight, he became an apprentice at a local restaurant-inn. He was so skilled that, by the time he was thirteen, he was in charge of creating the cuisine for wedding banquets. At sixteen he was sent to work in a munitions factory and at nineteen joined the military. Following the war, he became a sushi craftsman at the famous Yoshino restaurant in Kyobashi, Tokyo. In 1965, he struck out on his own and, for over fifty years, he has been the chef and owner of Sukiyabashi Jiro, a Japanese sushi restaurant in Ginza, Tokyo. He was awarded Japan's prestigious Medal with Yellow Ribbon for dedication to his profession and is regarded by his contemporaries as one of the greatest living sushi craftsmen and innovators.



ISBN: 978-4-09-388497-6
 Pages: 96 pages
 Printing: Color
 Publication: July 2016
 Bilingual Edition: Japanese and English

Jiro Philosophy

Takumi Sukiyabashi Jiro / 匠 すきやばし次郎

Jiro Ono

A visual guide to the philosophy of internationally renowned sushi craftsman, Jiro Ono

This bilingual handbook details the principles, style and philosophy behind the craftsmanship of Sukiyabashi Jiro. In addition to chef Jiro Ono's sayings, food critic Masuhiro Yamamoto reviews the master's career and the secrets behind his craft. Will the apprentices working under the tutelage of the world's greatest sushi craftsman Jiro Ono be able to absorb the master's secrets and continue creating the world's finest sushi? This beautifully illustrated book, full of hints about Jiro's work and work ethics, makes an ideal gift.

Jiro Ono was born in 1925 in present-day Hamamatsu, Shizuoka Prefecture. At the age of eight, he became an apprentice at a local restaurant-inn. He was so skilled that, by the time he was thirteen, he was in charge of creating the cuisine for wedding banquets. At sixteen he was sent to work in a munitions factory and at nineteen joined the military. Following the war, he became a sushi craftsman at the famous Yoshino restaurant in Kyobashi, Tokyo. In 1965, he struck out on his own and, for over fifty years, he has been the chef and owner of Sukiyabashi Jiro, a Japanese sushi restaurant in Ginza, Tokyo. He was awarded Japan's prestigious Medal with Yellow Ribbon for dedication to his profession and is regarded by his contemporaries as one of the greatest living sushi craftsmen and innovators.



ISBN: 978-4-09-310681-8
 Pages: 100 pages
 Printing: Color
 Publication: April 2021

Food with a Face

Kao gohan to kao oyatsu / 顔ごはんとおやつ

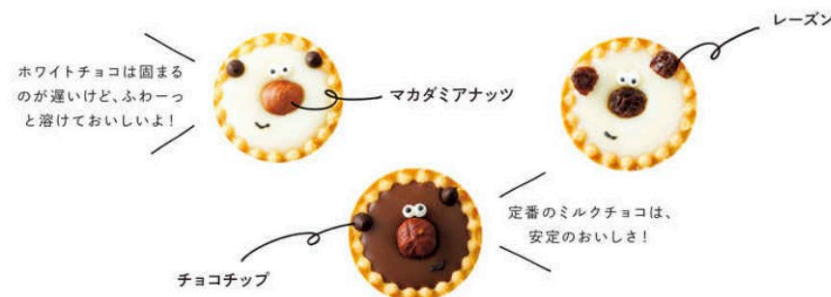
Perori

Fun, simple ideas for food that winks right back at you

Sesame seed eyes on a bowl of white rice. Corn grain lips on fried eggs. Pinkish ham noses on Chinese dumplings. Chocolate chip ears on freshly baked cookies. Simple and effective food-decorating techniques and examples to make every meal bright and fun. With full-color, step-by-step instructions and recipes for all sorts of occasions from packed lunches to home parties, even the busiest of parents will be tempted to give it a try. All you need to capture your child's attention and help them eat properly is a cute face smiling right back at them!



Perori is the nickname of former figure skater Momoe Nagumo. Her Instagram account (@peroriiiiii) is popular for the cute and sometimes humorous faces she adds to her meals such as rice balls and steamed Chinese dumplings. With her creations she hopes to bring a smile to her followers' faces and lighten up their day. She is currently a figure-skating coach and lives in Tokyo with her husband and son.





ISBN: 978-4-09-307011-9
 Pages: 144 pages
 Printing: Color
 Publication: April 2022

How to Get Started with Embroidery

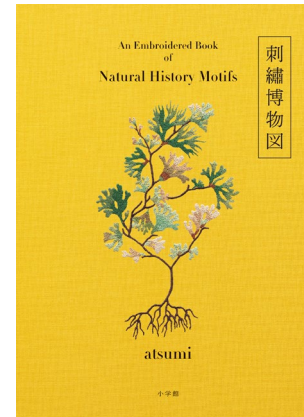
Shishu no hajime kata / 刺繡のはじめかた

atsumi

A basic introduction to the refined minimalist world of Japanese embroidery artist, atsumi

Back in print by popular demand, an expanded new edition of *How to Get Started with Embroidery*, the basic introduction to the skills and techniques of the craft by popular Japanese embroidery artist, atsumi. The book contains a detailed explanation of thirty-nine basic embroidery stitches and how they can be used individually or in combination. It also includes eight new designs with notes on how to embroider them, as well as clear and detailed instructions on the materials and tools required. It will inspire not only those who are just starting embroidery, but also more experienced crafters who want to brush up their techniques, broaden the range of their stitch use and look for patterns that are clean and simple.

atsumi studied at Tama Art University in Japan. After working with textiles, she became an embroidery artist and in 2009 established her own embroidery brand, Itos. In addition to holding solo exhibitions of her embroidery-based work, she also collaborates with various artists, provides materials for animations, creates illustrations and conducts workshops.



ISBN: 978-4-09-310886-7
 Pages: 128 pages
 Printing: Color
 Publication: April 2019

An Embroidered Book of Natural History Motifs

Shishu hakubutsu-zu / 刺繡博物図

atsumi

A collection of embroidery designs inspired by natural history. Plants, leaves, flowers, fishes, shells, ores, snow crystals, minerals, this book will challenge your assumption of what can be achieved with embroidery thread and needle. Modern, stylish and fun designs to make or simply look at.



ISBN: 978-4-09-307010-2
 Pages: 128 pages
 Printing: Color
 Publication: December 2021

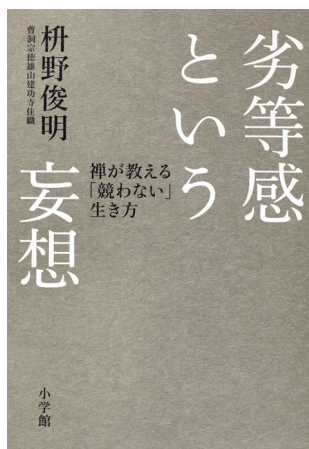
An Embroidered Book of Natural History Motifs 2

Shishu hakubutsu-zu 2 / 刺繡博物図 2

atsumi

A new collection of natural history motifs imbued with atsumi's sense of appreciation and fascination for nature. Insects, spiders and other arthropods, plants and fungi, rare vegetables, birds, amphibians and reptiles, mammals and fishes—this book collects all those beautiful things “we don't want to see disappear.”

B A C K L I S T



Category: Self-Help
ISBN: 978-4-09-388438-9
Pages: 194 pages
Printing: Black & White
Publication: December 2015
Agent: TUTTLE-MORI AGENCY (World, excluding Asia)
Rights Sold: Chinese (Traditional), Korean, Vietnamese

The Delusion of Inferiority

Rettokan to iu moso / 劣等感という妄想

Shunmyo Masuno

As social media increasingly shape our relationships with others, it has become difficult not to wonder if we are measuring up. Masuno admonishes readers with the Zen expression "maku mozo (have no delusions)" and urges them to cast off their suffering by clearly separating themselves from others: "I am me and they are them." With his usual knack for explaining the teachings of Zen in terms anyone can understand, Masuno reveals the true nature of inferiority complexes, and shows how the ideas and practices of Zen can break the cycle of negative thinking and open the way to a re-energized life.

Shunmyo Masuno is a Japanese monk and garden designer. He is the million-copy bestselling author of *The Art of Simple Living*.



Category: Photography
ISBN: 978-4-09-388346-7
Pages: 96 pages
Printing: Color
Publication: December 2013
Agent: TUTTLE-MORI AGENCY (World, excluding Asia)

Zen Contemplation for a Lighter Heart

Nagameru Zen / 眺める禅

Shunmyo Masuno

Praise for Shunmyo Masuno

"Does for mental clutter what Marie Kondo has done for household clutter." *Publishers Weekly*

By encouraging connectedness, harmony and tranquility, gardening teaches us the sacredness of the everyday and a sense of respect for the environment at large. With stunning pictures of the gardens Masuno has designed and accompanied by Masuno's words of wisdom, just by gazing at an open page of this book every day before bedtime, worries and troubles will slip away.

Shunmyo Masuno is a Japanese monk and garden designer. He is the million-copy bestselling author of *The Art of Simple Living*.



Category: Self-Help
ISBN: 978-4-09-388322-1
Pages: 194 pages
Printing: Black & White
Publication: September 2013
Agent: TUTTLE-MORI AGENCY (World, excluding Asia)
Rights Sold: Vietnamese

Zen and Food

Zen to shoku / 禅と食

Shunmyo Masuno

Zen and Food introduces readers to the basic principles of the Zen diet, originally conceived for Buddhist monks in training, and shows how they can easily be adapted to everyday living. Masuno explains the Zen Buddhism commandments of not eating meat or fish, striving to use all parts of an ingredient and not strongly flavoring food. From the mental attitude of the cook to food preparation and table manners, these apparently simple rules for eating are meant as rules for living.

Shunmyo Masuno is a Japanese monk and garden designer. He is the million-copy bestselling author of *The Art of Simple Living*.



Category: Photography
ISBN: 978-4-09-311515-5
Pages: 192 pages
Printing: Color
Publication: May 2022

Tono Cuisine

Tono kyujjinu / 遠野キュイジーヌ

Yotaro Sasaki

"[Yotaro Sasaki] has created a repertoire of impressive originality and left-field maverick magic." *Japan Times*

The city of Tono, a rural location in Iwate Prefecture, has in recent years established a reputation both in Japan and overseas as a gourmet destination thanks to the efforts of Yotaro Sasaki and his restaurant Tonoya Yo. In this book, complemented by stunning visuals throughout, Yotaro Sasaki reveals for the first time from production to consumption all aspects of his remarkable philosophy that promises to bring Japanese food traditions into the 21st century while helping to build a sustainable future for Japanese agriculture.

Yotaro Sasaki is a chef, organic rice farmer and brew master, who has earned international acclaim for his contribution to gastronomy.



Category: Current Affairs
ISBN: 978-4-09-389104-2
Pages: 240 pages
Printing: Black & White
Publication: May 2023

Speaking Up

Koe o agete / 声をあげて

Rina Gonoï

Named by the *Financial Times* as one of the twenty-five most influential women of 2022

As a young girl Rina Gonoï dreamed of joining Japan's Self-Defense Forces. In March 2011, at the age of 11, she was among the thousands of children displaced by the country's devastating earthquake and tsunami and at the evacuation center she would look in admiration at the female soldiers as they carried water for survivors to bathe. But her dream came to an abrupt end when shortly after joining the forces she was sexually assaulted. She reported the assault, but was repeatedly silenced. She then decided to appeal to the media with her real name and face. This is the story of Rina Gonoï, whose courage inspired officers in Japan and beyond to demand change. As Japan embarks on an unprecedented increase of its military spending in the face of China and North Korea's military threats, Rina Gonoï's campaign draws yet again attention to the worldwide issue of sexual violence in the armed forces and the urgent need for reform.

"In a male-dominated society where sexual abuse victims face backlash for speaking out...Gonoï wants public accountability and systemic change within the military." *Washington Post*

"Gonoï's fight was a rare public reckoning with sexual assault in Japan, where the #MeToo movement met a muted response and government data shows just 4% of rape victims report the crime." *Japan Times*

Rina Gonoï is a former Japanese soldier born 1999. In 2022, she started a public campaign about the sexual abuse she was subjected to by fellow members of the Japan Ground Self-Defense Force. She is the first survivor of sexual assault to gain public attention in Japan since journalist Shiori Ito's 2017 rape accusations against a prominent TV journalist turned her into a symbol of the country's #MeToo movement.



Category: Current Affairs
ISBN: 978-4-09-380123-2
Pages: 322 pages
Printing: Black & White
Publication: September 2022

How the Unification Church Penetrated Japan's Ruling Liberal Democratic Party

Jiminto no Toitsu Kyokai osen / 自民党の統一教会汚染

Eito Suzuki

In 2022, former prime minister Shinzo Abe was fatally shot during a campaign rally in Nara. The assassination raised questions about Japan's ruling party's association with the South Korean religious group known as Unification Church, which was said to be the killer's motive. Was Abe's relationship with the group a rushed assumption, or can the group's influence on his political career be backed up with a degree of certainty? This book traces the trajectory that led to the murder of the longest-serving leader in modern Japan.

Eito Suzuki is a freelance journalist and anti-cult activist.



Category: Current Affairs
ISBN: 978-4-09-380125-6
Pages: 266 pages
Printing: Black & White
Publication: March 2023

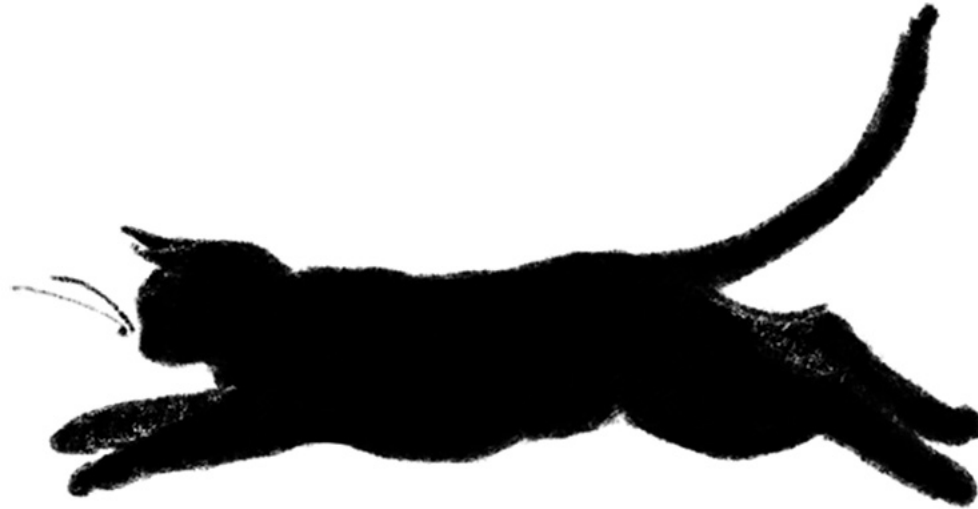
Cult Children

Ogawa Sayuri, shukyo 2-sei / 小川さゆり、宗教2世

Sayuri Ogawa

Sayuri Ogawa's parents joined the Unification Church at around the age of twenty and were married through one of its mass weddings. A so-called child of god, as a little girl Sayuri saw the church as the very foundation of her existence. Why did she decide to leave and what path did she follow to build an independent life? As the fatal shooting of former prime minister Shinzo Abe sheds light on the plight of thousands of children of church adherents who faced abuse and neglect, Sayuri Ogawa shares a firsthand account of the heartbreaking first half of her life.

Sayuri Ogawa is the pseudonym of a second-generation member of the Unification Church, who after the murder of Shinzo Abe decided to publicly discuss the extreme hardship she endured as the daughter of devout followers and called for the disbandment of the group.



Shogakukan Inc.

2-3-1 Hitotsubashi, Chiyoda-ku, Tokyo 101-8001, Japan

www.shogakukan.co.jp

rights_inquiry@shogakukan.co.jp