



# POPLAR 2018



## About Us

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POPLAR Publishing Co., Ltd., a leading independent publisher of children's books in Japan, has been in business for more than 70 years. As it started as a children's books publisher, it has always tried to provide children with enjoyable and exciting books. Today, the company's goals remain unchanged: everything it publishes should be enjoyable and enrich people's lives.

To date, POPLAR Publishing Co., Ltd. has published many best-selling picture book series, which have sold more than one million copies, including "the Little Mouse" and "Hide & Seek." It has also published long-selling storybook series, such as "Kaiketsu Zorori" and "Let's Go! Zukkoke Trio." Moreover, the company launched an encyclopedia series, "POPLARDIA," in 2002 and an illustrated reference book series, "WONDA," in 2012.

Furthermore, POPLAR Publishing Co., Ltd. expanded by publishing books for adults, including fiction, non-fiction, essays and business books, in 2000.

Several works of fiction, such as "The Restaurant of Love Regained" and "Midnight Bakery" series, have sold nearly one million copies and have been made into a TV drama and film. POPLAR Publishing Co., Ltd. publishes around 500 titles annually, and many of its titles have been licensed to foreign countries.



## Contact

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# Kuma-Kuma Chan's Travels

Kazue Takahashi



172 x 133 mm

52 pages

Hardcover

ISBN 978-4591152966

Rights sold: Canada, China  
and The United States

This is the third installment in the *Kuma-Kuma Chan* series, which has won a wide following in Japan, especially among women, and is now spreading its fan base elsewhere in Asia, Europe, and the United States through translations. The main character in the series is Kuma-Kuma, a cute and cuddly bear (*kuma* means “bear” in Japanese) who lives by himself in the mountains and likes to go on trips from time to time. The stories are narrated by his penpal, a city boy who doesn’t always understand the things Kuma-Kuma relates in his letters.

Kuma-Kuma flies off to a south sea isle to lie in the sun and drift into a lazy snooze . . . (turn page) . . . in his imagination. He climbs to the summit of a mountain to view the sunrise while drinking a fresh-brewed cup of coffee . . . (turn page) . . . in the story that he is writing. He flies up into the sky like a bird and looks down on the earth below . . . (turn page) . . . in anticipation of which, he makes a point of getting to know birds better now. He travels back to before he was born to find out what kind of animal he was in a previous life . . . in his dreams. Instead of physically setting out for one place or another, he travels freely all over the world inside his head. But there are also days when he finds it impossible to travel even in this way, in which case he climbs up onto the roof and lies gazing up at the ever-changing clouds and passing birds all day long.

Kuma-Kuma writes down his travel accounts and sends them to his narrator friend, but he scrawls them out in such a hurry that the boy has trouble reading the writing. The boy is left to imagine for himself where Kuma-Kuma is traveling and what transpires there. The story ends as he looks forward to the day when he will get to see Kuma-Kuma again—somewhere on his travels.



**Kuma-Kuma Chan,  
the Little Bear**



**Little Kuma-Kuma Chan's  
Home**

## About the Author

Kazue Takahashi (1971–) made her debut as a picture-book author with *Kuma-Kuma Chan The Little Bear* in 2001, and also works as an illustrator for other authors. Her picture books include *Nyāko the Cat*, *The Squirrel Telephone System*, *Little Bear Sees In the New Year*, and *Rainy Day Bear*. Titles she has illustrated include *Tell Me a Story* (text by Kyoko Hara) and *Somebody's Canvas Bag* (story by Miyako Moriyama). <http://kumanekonikki.jugem.jp>

# The Do-You-Have Bookstore

Shinsuke Yoshitake

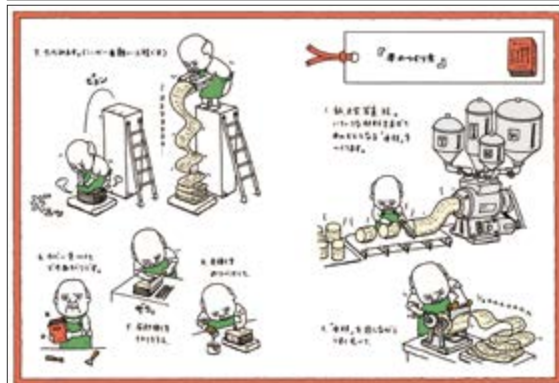
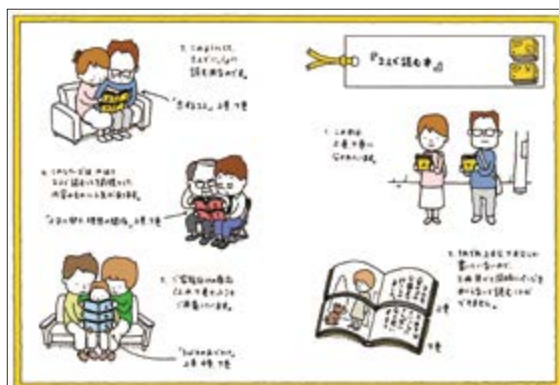


208 x 154 mm  
 103 pages  
 Hardcover  
 ISBN 978-4591154441  
 Rights sold: China, France,  
 Korea and Taiwan

The Do-You-Have Bookstore on the edge of town specializes in books that have something to do with books. Ask the owner, “Do you have a book about so-and-so?” and he will almost invariably reply, “Yes!” before ducking back among the shelves to fetch it. Every day, book lovers come into the store looking for all sorts of different books for all sorts of different reasons.

Readers will encounter an array of fanciful books and devices they may well find themselves wishing were real: “Moonlight books” printed with a special ink that’s only visible in moonlight. “Duo books” that require two readers to dock their books together in order to read them. A “reader support robot” that plugs your ears when it’s noisy, urges you on if you start to lose steam, scolds you if you read in the dark, nudges you awake if you nod off, and otherwise works to make your reading experience more pleasurable. A “cover changer” with a slot like a toaster—to drop your book in and have it pop back up with a more intelligent-sounding title on the cover. And so forth.

Other sections feature special places and events relating to books; unusual aspects of the manufacture, design, and handling of books; different kinds of libraries and bookstores, and much much more, each offering highly whimsical takes on books and their place in our lives. The fertile imagination of author Shinsuke Yoshitake will make even the most avid book lover fall in love with books all over again.



## About the Author

Shinsuke Yoshitake (1973–) completed a graduate degree in plastic arts and mixed media at the University of Tsukuba. In addition to working as a commercial artist and producing sculptures and other art projects on commission, he has published books of sketches, including *Shikamo futa ga nai* (And There’s No Lid) and *Ja kimi ga suki* (In That Case, I Like You). His sketches have won a following for the way they capture slices of life with an exquisite eye for detail.

# Milk Diary: The Book of Milk for Healthy Living Every Day

Text by **Team Milk Japan**

Art Direction by **Bunpei Yorifuji**



170 x 143 mm

190 pages

Softcover

ISBN 978-4591156094

Rights sold:

Tremendously popular web content that drew 80,000 Facebook Likes is collected here between the covers of this book. The character Milk-Cup is born when milk pours from above into a dry, empty glass. “Now go forth! Your mission is to make everybody healthy and strong!” says Milk-God, so Milk-Cup sets out on a journey to educate people everywhere about milk. Milk-Cup becomes the reader’s guide through numerous recipes that make use of milk—from banana and jam “lattes,” power shakes, chowders, and pancakes to milk pilaf, milk ramen, milk salad, and more, all illustrated copiously in picture-book form. Interspersed among the recipes are pages where Milk-Cup explains facts about milk and its benefits: that it’s good for your skin, its nutritional value is not reduced by heat, it helps keep you regular, it strengthens your immune system, it can aid in losing weight, it’s loaded with calcium, and so forth. With humorous asides scattered throughout that will make you chuckle, the book doesn’t stop at promoting healthy bodies but lifts spirits as well.



## About the Author

Team Milk Japan was established to carry out the Milk Japan Project, which embodies the desires of dairy farmers and the nation’s parents alike for “healthy children, a healthy Japan, and a healthy future.” Its mission is to promote health throughout the country by engaging in a wide variety of activities that highlight the nutritional benefits of milk. The team has also collaborated with art director Bunpei Yorifuji on *Miruku-seiki: Miruku ni yoru miruku no tame no miruku no hon* (Milk Century: The Book of Milk, by Milk, for Milk).

Bunpei Yorifuji (1973–) is a graphic designer and illustrator born in Nagano Prefecture. He founded the Yorifuji Design Office in 1998, followed by Bunpei Ginza LLC in 2000. In addition to designing book covers, he provides art direction for advertisements and a variety of other projects, including Japan Tobacco’s “Adult Smoking Manners” campaign. Among his solo publications are *Shini katarogu* (The Catalog of Death), *Rakugaki masutā: Kaku koto ga tonoshiku naru e no kihon* (Master of Imagination and Drawing), and *Genso seikatsu* (Wonderful Life with the Elements). His collaborations include *Jishin itsumo nōto* (Always Be Prepared Earthquake Notes) and *Jishin itsumo manyuaru* (Always Be Prepared Earthquake Manual).



# The Solitary Castle in the Mirror

Mizuki Tsujimura



195 x 137 mm

558 pages

Hardcover

ISBN 978-4591153321

Rights sold: China, Korea and Taiwan

A story that delves into the circumstances and psychology of children who, for a variety of reasons, find themselves unable to go to school even when they want to.

Shortly after starting to middle school, Kokoro Anzai starts getting bullied by the alpha girl in her class—to the point that she soon finds it impossible to go to school. She visits an alternative “free school” that she thinks she might be able to attend, but when the time comes, she can’t bring herself to go there either.

One day she is whiling away the afternoon in her room at home when her mirror suddenly begins to glow with light. On an impulse, she reaches out to touch it, and promptly gets pulled through the glass into another world. On the other side of the glass she finds a large European-style castle, where she is greeted by a girl in a wolf’s mask. She also meets six other young people gathered there—all, like Kokoro, boys and girls who have stopped going to middle school. The wolf girl tells them that they are there to find a key hidden somewhere inside the castle. The one who finds it will be granted a single wish. Castle rules say they can come and go freely each day from 9:00 to 5:00 for up to one year. Once someone finds the key and gets his or her wish, the castle will close, and all recollections of the castle will be wiped from their memories. Further, if anyone stays in the castle past the designated time, all participants who came to the castle that day will be punished as a group and they will be eaten by a wolf.

There are a number of clashes among the seven participants in their early days at the castle, but as they gradually grow closer they lose interest in looking for the key. They value the castle as a place where they can feel like they belong, so they are wary of finding the key and causing it to be closed. When she learns that each of them comes from different family circumstances at home and has a different reason for not wanting to go to school, Kokoro begins trying to come to terms with her own aversion to school. Back in the real world, she meets a Mrs. Kitajima who teaches at the free school, and finally feels there is someone who understands her.

Then one day the participants discover that they’re all supposed to be going to the same middle school in the real world. Kokoro learns that she isn’t the only one who knows Mrs. Kitajima. Thinking this means they should be able to support each other amid whatever trials they may face, they decide on a day when they will all attend and agree to meet up at school. But even though they do go to school on the designated day, for some reason they never encounter one another.

When only one day remains before the allotted year is up, a girl named Aki, tormented beyond bearing by the abuse she suffers at home, decides to kill herself by deliberately staying at the castle past the permitted time. In accordance with the rules, the wolf girl devours her as well as the five others who were at the castle that day. Having been kept away by something she has to do in the real world, Kokoro is the only one spared. By way of a broken mirror, the six victims are able to contact Kokoro and ask for her help. She manages to make it through the broken mirror and arrives at the castle, which has been torn into a shambles by the wolf girl. Once there, she is able to see into the memories of her friends, and realizes that even though they all came from the same world, they’re from different times. Then she finds the hidden key and uses her single wish to rescue all of her friends. Comparing notes about the times from which they came reveals that they are all separated by seven-year intervals in the real world. Aki, for example, comes from 14 years earlier in time than Kokoro, and so is technically 14 years older. But once they leave the castle, the members of the group lose all memory of what took place there. Back in the real world, Aki is finally able to escape from the abuse she was suffering and ultimately becomes a teacher at the free school. When she marries, she becomes Mrs. Kitajima, and it is she who offers Kokoro support at the school.

The shadow protagonist of the story is the wolf girl, Mio Mizumori, who died from an illness at 13 and created the castle; she is also Aki’s very first student, and the older sister of one of the male participants. She orchestrates the yearlong search at the castle as a way of granting wishes for her younger brother and herself. Although the main focus is on Kokoro, the other six participants are given well-rounded portrayals, including detailed backgrounds, which add interest to the story. Also adding interest are a variety of subplots whose conclusions are revealed one after another as the story nears its end, as well as the fact that the keys to solving mysteries in the castle are found in Grimm’s fairy tales.

## About the Author

Mizuki Tsujimura (1980–) was an avid reader from an early age, and while still in grade school was so struck by Yukito Ayatsuji’s puzzler *Jukkakukan no satsujin* (Murder at Jukkaku Hall) that she began writing mysteries of her own. She made her literary debut in 2004 by winning the Mephisto Award for *Tsumetai kōsha no toki wa tomaru* (Time Stops in the Ice-Cold School), an expansive novel she had first begun writing in high school and spent her college years completing; it was none other than Ayatsuji who phoned to notify her of the award. Her mother-daughter novel *Zero hachi zero nana* (Zero Eight Zero Seven) was short-listed for the Naoki Prize in 2010. In 2011 she won the Yoshikawa Eiji Prize for New Writers for *Tsunagu* (Link), and was short-listed for the Naoki once again with *Ōdā meido satsujin kurabu* (Made-to-Order Murder Club). She finally won the Naoki Prize in 2012 for her story collection *Kagi no nai yume o miru* (Dreaming a Dream without a Key). Also in 2012, her novel-length cozy mystery *Honjitsu wa taian nari* (It’s an Auspicious Day) was adapted into a television series. Other works include the youth novel *Shima wa bokura to* (Our Island), *Mōmoku-tekina koi to yūjō* (Blind Love and Friendship), and *Haken anime!* (Anime Supremacy).

# Letterpress Print Shop Mikazuki-dō: Star Bookmarks

Sanae Hoshio



151 x 105mm

313 pages

Softcover

ISBN 978-4591150412

Rights sold: Korea and Taiwan



Vol.2



Vol.3

Four linked tales centering on an old-fashioned letterpress print shop called Mikazuki-dō tell the stories of customers who find solace for their personal difficulties in the print jobs they come in to request. It is the first volume of an ongoing series that casts a warm gaze on mutually supportive interactions among people.

The shop is located in the city of Kawagoe in Saitama Prefecture, to the north of Tokyo. Streets lined with historic structures that retain the appearance and atmosphere of earlier times have earned the city the nickname of Koedo, or “Little Edo,” after the pre-1868 name of Tokyo. Among these buildings, Mikazuki-dō stood unoccupied for quite some time after the death of its proprietor—until the recent return of his granddaughter, Yumiko Tsukino. Having learned how to operate the antique equipment from her grandfather as a little girl, Yumiko, now 28, has decided to revive the place as an artisanal print shop. In an era when most printing is fully digitized, working with a variety of old presses using movable lead type set by hand is far more labor-intensive, but it allows her to control the color and quality of both print and paper one sheet at a time in ways modern techniques cannot—to better fit the words and sentiments each customer wishes to have set in print.

The first tale introduces a mother who is sending her son off to a distant university. Since her husband’s death, Haru has carried on his freight-forwarding business as she continues singlehandedly to raise their son Shintarō, who is now about to begin college in Hokkaido. She comes to Mikazuki-dō to place an order for a special stationery set she can use to correspond with him. She remembers how her own parents had given her just such a set when she graduated from high school. In her first letter written on the stationery, she recounts memories from when she got married and gave birth to Shintarō. As she reads his reply expressing gratitude to her for being his mother she is deeply touched by how grown-up he has become.

In the second story, it has been two years since the thirty-something Okano took over his uncle’s coffee shop. Still looking for ways to really make the shop his own, he hits on the idea of having some custom coasters made at Mikazuki-dō. Having dabbled in haiku while in college, he decides he wants the coasters to have haiku printed on them. Selecting the haiku to use reawakens the unrequited feelings he’d had for a girl at the time, and also leads him to realize that he’s been too fixated on running the shop the way his uncle had run it.

The third story (the title work) centers on two high-school girls, best friends belonging to the Literary Club, who have a falling out. The president of the club, Koeda, is jealous of Yūka for her effortless facility with words and the highly distinctive works she turns out with such complete ease. Then she learns that Yūka is very much in need of a sympathetic ear as she struggles to come to terms with her parents’ divorce and its disruption of her home life. To let her friend know she is there for her, Koeda has some lines by author and poet Kenji Miyazawa printed on some bookmarks as a peace offering.

In the final story, librarian Yukino is preparing to get married. She feels nervous about quitting her present job in order to accompany her fiancé to his new work posting, but she senses their hearts becoming one as they set the type for their wedding invitations together and feels reassured about taking this new step in her life.

Stationery, coasters, bookmarks, and invitations are each imprinted by Yumiko’s presses with words that convey the heartfelt sentiments of her customers, and the personal touch of the letterpressed words gently loosens the customers’ tightly wound feelings, bringing them relief. When she first reopens the shop, Yumiko herself is withdrawn, feeling alone and forlorn as she grapples with the death of her father and the breakup of a relationship, but through her contacts with these four customers and the process of making sure every detail is just so in carrying out their print jobs, she, too, is able to put her past behind her and begin moving forward again. As the new proprietor of Mikazuki-dō she will do everything she can to build the business back up.

## About the Author

Sanae Hoshio (1964-) was born in Tokyo, the daughter of well-known translator and mystery critic Nobumitsu Kodaka. She worked for a publisher of scientific and technical books and as a university research assistant before becoming an author and poet. In 1995 she received an honorable mention in the Gunzō Prize for New Writers contest for *Kage o mekuru toki* (Pulling Back the Shadows), written under the pen name Ayane Akiyama, and in 2002 her *Hebi-ichigo Sanatoriumu* (Snakeberry Sanatorium) was shortlisted for the Ayukawa Tetsuya Award. Her many other titles include *Akiya-ka maboroshi-tan* (Phantom Tales of the Ocean City Vacant House Department), *Otōsan no baiorin* (Father’s Violin), *Orenji no hi no mukō ni* (Beyond the Orange Sun), and the juvenile series *Monodama tanteidan* (The Channeling Detective).



# Underground Apartments Available Now!

Kairi Aotsuki



148 x 105 mm

268 pages

Softcover

ISBN 978-4591150849

Rights sold: Korea



Vol.2



Vol.3

## About the Author

Kairi Aotsuki (19–) was born in the city of Sendai in Miyagi Prefecture but grew up in Chiba Prefecture. He graduated from the College of Science and Technology at Nihon University. He maintains a regular writing schedule while also working at a bookstore in Tokyo. His titles include the very popular *Yūrakuchō obake dagashi-ya* (Old-Fashioned Candy Store in the Town of Stray Ghosts) series, the *Gensō koshō-ten de kōhī o* (Coffee at the Phantom Antiquarian Bookstore) series, and the *Shinkai kafe: Kaitei niman mairu* (Deep Sea Café: 20000 Leagues Under the Sea) series. He has won fans for his light touch and distinctive worldview.

Author Kairi Aotsuki raises the curtain on an all-new, fantastical, light-comedy series set in an extradimensional underground apartment house and featuring a cast of highly distinctive and appealing characters.

Kazuha Katsuragi is kicked out of his parents' home for spending all his time playing online games when he's supposed to be attending college classes. His sister gives him the address to a rental apartment she has found for him, but when he goes to that address, all he finds is a single-story general store bearing the sign "Gēte" (written in kanji that are homophonous with the Japanese pronunciation for "Goethe"). He inquires with the storekeeper, who confirms that this is indeed the location of the "Babel Apartments." The storekeeper and landlord identifies himself as Mephistopheles, the devil.

Kazuha is given an apartment on the second story underground, and he becomes friends with two residents on his floor. One is the handsome android MAXIMUM-β17, Maxy for short, who speaks in a mechanical voice and insists he is a cat robot. The other is a cute young runaway girl going by the name of Kaoru, who takes on modeling jobs—except she's actually a transvestite guy.

It turns out that the underground apartment building has extradimensional characteristics: stairways leading to lower and lower stories appear in accordance with the collective karma of the residents, and as the apartment house acquires deeper floors, each floor opens on an earlier geologic age. The arrival of new residents who bring heavy burdens of bad karma as bank robbers appears to extend the building dramatically deeper, and a baby velociraptor wanders in from the late Cretaceous period of the Mesozoic era. The velociraptor is given the name of Tama, becomes Kaoru's pet, and takes up residence in the Babel Apartments. But then it becomes clear that the building has not actually reached the late Cretaceous period in the underground strata, and this gives rise to the question of how a velociraptor could have appeared.

Mephistopheles's powers have been blocked by Abaddon, the incarnation of calamity who has been asleep deep within the earth, and his control of the underground strata has been disrupted.

As it happens, Maxy is an android sent from the future in order to thwart Abaddon. If Abaddon were to get out, it would bring great calamity to the earth. In order to prevent this, Kazuha and Maxy move to close up the portal leading to lower strata. In spite of the fact that Maxy is an android, strong bonds of friendship have developed between the two. After they have successfully sealed Abaddon away, Maxy prepares to return to the future, but he discovers that he doesn't know how and is forced to stay on at the Babel Apartments.

# Puddle Child

Makura Abukawa



188 x 128 mm

279 pages

Softcover

ISBN 978-4591155288

Rights sold: Korea

When his only friend Miwa moves away, eighth-grader Kōtarō Mizuno begins spending the noon hour at school by himself on the landing of the stairway leading to the roof, which he dubs “the cottage.” One day in July, with summer vacation nearing, he is at the cottage as usual when he hears the sound of a huge splash up on the roof. The door to the roof is usually kept locked, but on this day it opens easily. Kotarō comes out onto the roof to discover an astonishingly large pool of water, and in it is a girl swimming the butterfly stroke. As he watches agape, she climbs gracefully out of the water to stand before him. It is Mizuhara, the prettiest girl in school and the best swimmer on the swim team. She explains that immersing yourself in this pool of water is called “puddling,” and that if you wish really hard for something while you’re puddling, you can change just one thing in the world. Though he’s not sure whether to believe this, Mizuno dives into the water at her urging—and discovers that the world really does change. It’s a trivial thing, but he wishes for pay phones to give change for the unused time on a call, and his wish comes true. There are just eight days left before summer vacation, when the school will move into a new building and this old building is slated to be demolished, and for those eight days, Mizuno joins in the puddling.

As he puddles with Mizuhara day after day, Mizuno learns that her objective in puddling is to save Miwa’s mother, who died in a traffic accident. He realizes at the same time that Mizuhara herself has died once, and is in fact a “puddle child” who has been reborn through puddling. He also finds out that even though puddling can save some people, it harms others. More precisely, while puddling can bring into existence things that never were, it can also cause things that exist to be no more. Which is to say, the person who puddles moves into a parallel world. It also means that if puddling is no more, there is a genuine possibility that the puddle-born Mizuhara will disappear. Even so, Mizuno determines to go ahead with making it so the puddling that has harmed so many people never was. Before going through with it, he confesses his love to Mizuhara. She responds that she is sorry, but her heart belongs to Miwa. Then, when they puddle together for the last time, they make the pool of water disappear. Afterward, Mizuhara is gone, just as Mizuno had feared. Now living in a world without Mizuhara, he feels a tremendous sense of loss. But as time goes by, he comes to understand Mizuhara’s true purpose, and resolves to adopt a more positive attitude toward life.

The cynical youth who exerted no effort to make friends at school, had never fallen in love, showed little enthusiasm for his studies or after-school activity groups, and generally refused to be impressed by anything, undergoes a gradual transformation after he discovers puddling. Along the way, a mystery from the past at the school is solved, and there are numerous dramatic and unexpected plot twists that will have readers wanting to read the story all over again to double-check how everything fits together. It is a heartbreakingly evocative novel of youth—a new masterpiece of the genre.

## About the Author

Makura Abukawa (1990–) was born in Miyagi Prefecture and graduated with a degree in scriptwriting from the Department of Cinema of Nihon University. He joined a game developer after graduation to work as a planner and scriptwriter, but subsequently resigned. He made his publishing debut in 2017 after winning the 2016 Poplar Fiction Prize for New Writers with the title *Padoru no ko* (Puddle Child).



### Happiness in the Form of a Cat

Rui Kodemari

155 x 105 mm/262 pages

Softcover

ISBN 978-4591126967

Rights sold: Korea and Vietnam



### Violeta

Haruna Terachi

195 x 135 mm/223 pages

Hardcover

ISBN 978-4591145616

Rights sold: China



### In the Back Yard of the Minato Hotel

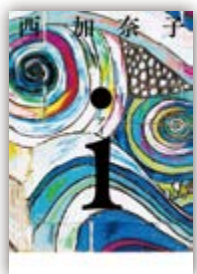
Haruna Terachi

195 x 135 mm/238 pages

Hardcover

ISBN 978-4591149102

Rights sold: China



### i

Kanako Nishi

195 x 135 mm/303 pages

Hardcover

ISBN 978-4591153093

Rights sold: Korea



### Like a Momentary Ray between the Clouds

Mami Sunada

195 x 135 mm/228 pages

Hardcover

ISBN 978-4591147979

Rights sold:



### Harmonium

Kōji Fukada

195 x 135 mm/156 pages

Hardcover

ISBN 978-4591151457

Rights sold:



### Indigo Rain: The Collectors

Risako Asano

195 x 135 mm/311 pages

Hardcover

ISBN 978-4591151112

Rights sold:



### The Restaurant of Love Regained

Ito Ogawa

195 x 135 mm/234 pages

Hardcover

ISBN 978-4591100639

Rights sold: China, France, Italy, Korea, Spain, Taiwan, the UK and Vietnam



### Cooking Lessons for Love

Megumi Fujino

195 x 135 mm/286 pages

Hardcover

ISBN 978-4591137703

Rights sold: China and Taiwan



### Waiting for Fair Winds

Yuki Ibuki

195 x 135 mm/351 pages

Hardcover

ISBN 978-4591110218

Rights sold: China, Indonesia and Korea



### Mourning Recipe

Yuki Ibuki

195 x 135 mm/263 pages

Hardcover

ISBN 978-4591115350

Rights sold: China, Korea, Taiwan and Vietnam



### Finding Me

Hatsue Nakawaki

195 x 135 mm/257 pages

Hardcover

ISBN 978-4591135365

Rights sold: Taiwan





**You're a Good Kid**  
Hatsue Nakawaki  
195 x 135 mm/319 pages  
Hardcover  
ISBN 978-4591129388  
Rights sold: China, Korea and Taiwan



**The Nocturnal Bakery 1:  
A Recipe for Midnight**  
Noriko Oonuma  
155 x 105 mm/319 pages  
Softcover  
ISBN 978-4591124796  
Rights sold: China, Korea, Taiwan and  
Vietnam



**Mathman to the Rescue!**  
Shogo Mukai  
188 x 129 mm/327 pages  
Softcover  
ISBN 978-4591134948  
Rights sold: Korea, Taiwan and  
Vietnam



**The Spirits from the Storehouse  
Next Door**  
Yu Ito  
150 x 105 mm/254 pages  
Softcover  
ISBN 978-4591134917  
Rights sold:



**Parade of Monsters**  
Emel Komatsu  
150 x 105 mm/318 pages  
Softcover  
ISBN 978-4591119723  
Rights sold: Taiwan



**Divination for All Your Needs:  
Welcome to the Yin-Yang Shop**  
Shoko Amano  
150 x 105 mm/296 pages  
Softcover  
ISBN 978-4591122372  
Rights sold: Korea and Taiwan



**The Twilight Mart**  
Saki Murayama  
150 x 105 mm/182 pages  
Softcover  
ISBN 978-4591114162  
Rights sold: Korea, Taiwan  
and Vietnam



**The End of the World**  
Masamoto Nasu  
155 x 105 mm/271 pages  
Softcover  
ISBN 978-4591143056  
Rights sold:



**Diner**  
Yumeaki Hirayama  
195 x 140 mm/474 pages  
Hardcover  
ISBN 978-4591112014  
Rights sold: China and Taiwan



**Medical Examiner Series:  
Up in Flames**  
Ruriko Yuzuhara  
155 x 105 mm/383 pages  
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# ookickooo BEST STYLE BOOK

Atsuko Kikuchi



210 x 148 mm

127 pages

Softcover

ISBN 978-4591154380

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Author Atsuko Kikuchi has established an online presence as a style maven on Instagram and Twitter under the handle ookickooo (pronounced simply “kick”), producing a steady stream of distinctive hand-drawn and hand-lettered illustrations of fashion ensembles. Here she offers a selection of apparel and accessories every woman will want to have, and shows how to coordinate them in 120 full-color ensembles ranging from adult cute to sensibly casual and elegantly modish. There are separate chapters for each season, further divided by featured apparel items, making it easy for readers to pick up tips and incorporate them.

At the end of the volume are eight new pages of “Kick’s Family Diary,” which has won a huge following on Instagram. The book not only presents sound fashion advice, but is loads of fun to simply browse through as well.



## About the Author

Atsuko Kikuchi (1980–) was born in Osaka and graduated from the Faculty of Design at Kyoto Seika University. After college she entered regular employment for a time before becoming an independent illustrator. The fashion illustrations and family diary she publishes on Instagram under the handle ookickooo have become tremendously popular. Her publications include ookickooo Fashion Sketch Book and ookickooo Today’s Diary Book (original English titles).

# Sprightly Exercises to Keep You Going to Age 100

James Shuichi Nakano



188 x 128 mm

191 pages

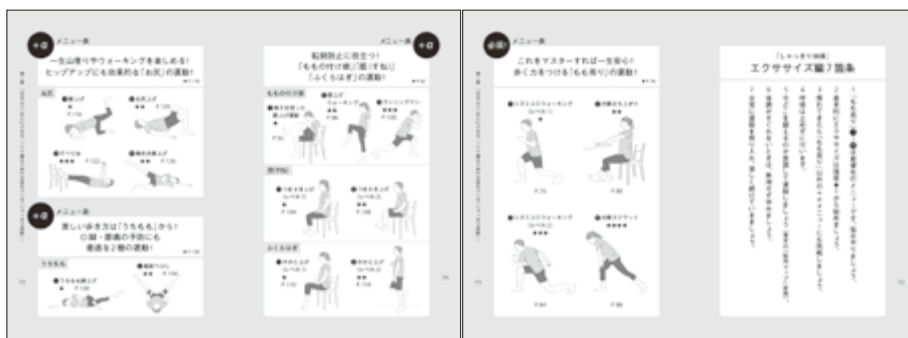
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In today's world, we have to move our bodies less and less to get things done. But the more sedentary we become, the more our muscles weaken, and as the saying "Decline begins in the legs and back" suggests, we may ultimately find ourselves unable to walk under our own power anymore. In an era of lengthening lifespans, it is more important than ever that we maintain our strength so that we can stay independent, and not have to worry about becoming bed-bound or requiring nursing care. The first priority in building a body that will keep us going until the century mark is to strengthen our lower extremities. And the best way to do that is to adopt the dietary recommendations and "sprightly exercises" suggested in this book.

Author James Shūichi Nakano explains that it's possible to build muscle even after 60 and recommends a daily diet high in meat and dairy in order to obtain the quality protein needed to strengthen the lower body where physical decline has the most serious effects. In addition to four key exercises designed to enhance general walking strength, he includes 13 additional exercises targeted at specific objectives such as preventing knee pain and avoiding falls. From lunge walking, to rising from a chair on one leg, to leg lifts and more, all exercises can be done at home without special equipment. The description of each is accompanied with clear illustrations, and beginning at ten reps a day, they include suggestions for varying the difficulty according to the individual's strength level.



## About the Author

James Shuichi Nakano (1971–) is a personal trainer who offers his services at sports clubs throughout the Tokyo area. His private clients range from top athletes (pro tennis player Kimiko Date-Krumm, table tennis player Ai Fukuhara, and others) to professional models, whom he advises on both mental and physical fitness. His books include *Ten Habits that Will Create a Younger You*, *Today's Stretches*, and *Today's Exercises*. He frequently serves as supervisory editor for magazine articles on exercise, and maintains a busy lecture schedule as well.



**Today's Stretches**

Editorial Supervision by James Shuichi Nakano  
 Illus. by Taiki Enomoto

Just three minutes a day of stretching can lengthen and loosen your muscles, relieve fatigue, correct imbalances, and promote better posture. The benefits are not instantaneous, however, as it generally takes eight weeks or more of daily stretches to achieve the desired results. It is with this in mind that Nakano developed the 77-stretch program presented here. It begins with two weeks of "Starter Stretches," continues with eight weeks of "Basic Stretches" that cover all muscle groups in the body, and ends with a final week of more difficult "Challenge Stretches."

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**Today's Exercises**

Editorial Supervision by James Shuichi Nakano  
 Illus. by Taiki Enomoto

The program has been structured for maximum efficiency based on findings that it takes at least eight weeks to build new muscle to a level where you can really feel the difference. The two-month training plan prescribes one week for the "Starters," six weeks for the "Variations," and one week for the "Challenges." Once you have completed the initial eight weeks of conditioning, you can maintain the benefits over the long term by selecting the particular exercises you most need and doing them for just five minutes per day.

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**Cellular Exercises to Awaken Your Body**

Hiroyuki Kobayashi and Nobuhiro Suetake

The human body is made up of as many as 60 trillion cells, and our physical and mental health depends on nutrient-rich blood reaching all of them. One of the most important keys to good circulation is a well-conditioned autonomic nervous system. Based on medical evidence and developed by a specialist in sports medicine, the exercises in this book are designed for effective, efficient enhancement of the autonomic nervous system's many functions.

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