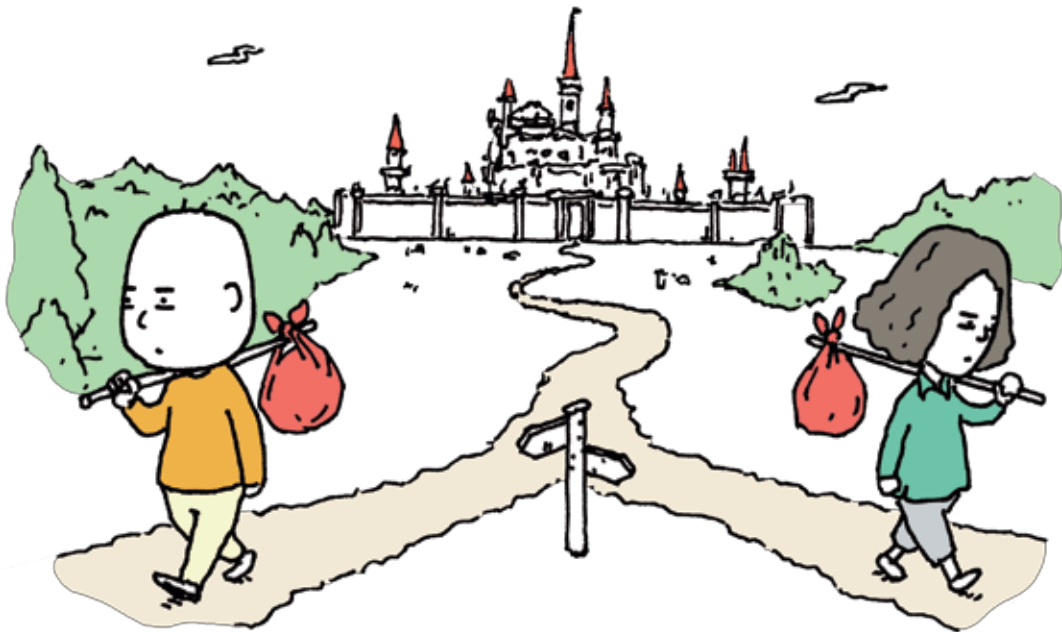




POPLAR
PUBLISHING

Foreign Rights Catalog 2022



Cover art: From *That Book...* by Naoki Matayoshi and Shinsuke Yoshitake

About Us

For many years since the company's founding in 1947, Poplar Publishing Co., Ltd. made a name for itself in the Japanese publishing industry as a children's books publisher. Poplar expanded into books for adult readers in 1999. Today, the company puts out bestsellers in a diverse range of genres for both children and other audiences.

Many Poplar novels such as "Rinco's Restaurant," "Midnight Bakery," and "Sweet Bean" have been turned into feature films or television shows. "Lonely Castle in the Mirror" was given the Bookstore Grand Prize, one of Japan's most high-profile awards for novels. Numerous other Poplar titles have ranked high as nominees for the award, including "Pieta," "You're a Good Kid," "The Lion's Snack," and "What You Are Looking For Is In The Library." These titles have been translated into many other languages.

Poplar publications from other genres have also gone on to become best-sellers and translated for other countries. They include practical books about education, raising children, health, and lifestyles, as well as publications about business and personal empowerment, nonfiction titles, books for senior citizens, and more.

Contact

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That Book...

Author : **Naoki Matayoshi and Shinsuke Yoshitake**



hardcover

Pub month: Jul. 2022

ISBN 978-4-591-17432-6

208mm x 154mm

192 pages

Keywords

The I Wonder Bookstore, *Spark*, Peace, Yoshimoto, *But Look Now*, books about books, gifts, best seller, children

You'll smile, you'll cry, and you'll roar with laughter at the final twist. A collaboration between Akutagawa-winning author and comedian Naoki Matayoshi and popular picture-book author Shinsuke Yoshitake, this is a hilarious, moving journey of books.

➔ **English synopsis and sample are available.**

About the author

Naoki Matayoshi: Born in 1980 in Neyagawa, Osaka Prefecture. Is a member of the comedy ensemble Peace, part of the Yoshimoto Kogyo entertainment company. In 2015, his debut novel *Spark* won the Akutagawa Prize and became a bestseller with over three million copies sold. In 2017, published the romance novel *Theater*, and in April 2022, expanded *Humans*, originally a newspaper serial, for publication as a paperback. His other titles include *A Hundred Views of Tokyo* and *Second Assistant to the Librarian*. His YouTube channel Whirlpool and his subscription website Moonlight Jottings are also popular.

Shinsuke Yoshitake: Born in 1973 in Kanagawa Prefecture and graduated from Tsukuba University with a master's degree in visual arts. Made his debut as a picture-book author in 2013 with *Maybe It's an Apple*. Is the author of many books, including the picture books *There's a Reason* and *It Won't Come Off*, the collection of illustrations *Exercises in Delicacy*, and the essay *Can't Help Thinking*. His work has been translated into many languages and has won the MOE Bookstore Prize; the Sankei Children's Book Award for Art; the Shoko Ikeda Memorial In Other Words, I'm Nobody Prize; the Bologna Ragazzi Award Special Prize; and other awards. Is the father of two children.

Summary

There once was a book-loving king who was very old and nearly blind. One day, he called two men to his castle and said, "I love books. I've read many in my day. In fact, I think I've read most of them. But my eyes are so bad now, I can't read. Still, I love books, so I want to hear stories about them. I command the two of you to travel the world searching for anyone who knows of unusual books. When you find them, ask them about those books. Then come back here and tell me their stories."

The two men set out on their journey and collected many stories for the king. When they returned, they began to tell him their stories each night...

A collaboration between Akutagawa-winning author and comedian Naoki Matayoshi and popular picture-book author Shinsuke Yoshitake, this is a hilarious, moving journey of books.

Contact

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The rest of the world...English Agency Japan / New River Literary Ltd (likangqin@newriveragency.com)



Sweet Home

Author : Maha Harada



hardcover

Pub month: Mar. 2018

ISBN 978-4-591-15668-1

195mm x 136mm

238 pages

paperback

Pub month: Apr. 2022

ISBN 978-4-591-17364-0

151mm x 105mm

259 pages

Rights sold: Italian

Keywords

Pastry shop, Pastry chef,

Cake, Confectionery,

General store

The recipe for happiness? Caring for others is the secret ingredient.

Stories of a loving family set in a small pastry shop in a beautiful hill town.

Over 150,000 copies sold in Japan

➡ English synopsis and sample are available.

About the author

Maha Harada: Born in Tokyo in 1962. Graduated from Kwansei Gakuin University in 1985 and then Waseda University with a second undergraduate degree in 1996. After working as an art consultant and curator, won the inaugural Japan Love Story Prize in 2005 for *Waiting for Good News*, which came out the following year. Went on to win the Yamamoto Shugoro Prize for *Painting of a Paradise* (2012), the Nitta Jiro Literature Prize for *Master Leach* (2017) and the Kyoto Book Prize for *The Foreigner* (2018).

Overview

Hina Koda is a shy twenty-eight-year-old who works in a general store. She lives with the three other members of her family: her father, a brilliant if awkward pastry chef who runs Sweet Home, the town's much-loved pastry shop, her mother, a local beauty who attracts custom to the store, and her younger sister, a colorful and outgoing character. Although Hina is in love, she can't muster the courage to reveal her feelings to the would-be man in her life ("Sweet Home").

Other stories include one about the tender relationship of food researcher Miki and the younger Tatsuno ("Tomorrow's Recipe") and an incident in which Auntie Ikko, a middle-aged woman who comes to live with the family, get unexpectedly embroiled ("A Gift of Hope"). Set in a pastry shop against the backdrop of a beautiful hill town, this collection of heartwarming short stories is the work of a truly inspirational storyteller.



Medico Penna: Fountain Pen Counseling

Author : **Kyoko Hasumi**



softcover

Pub month: Nov. 2021

ISBN 978-4-591-17171-4

188mm x 128mm

293 pages

Keywords

Fountain pen, Job hunting, Kobe

Medico Penna is a store selling fountain pens that will “change your life.”

Customers with all sorts of problems go to the store with its eccentric owner.

A heartwarming story about all the past emotions packed into old pens, it will soothe and comfort you like a back rub after a long day.

➔ **English synopsis and sample are available.**

About the author

Kyoko Hasumi: Born in Sakai, Osaka in 1965. Graduated from the Fine Arts Department of Osaka University of Arts. Debuted by winning the Excellence Award in the Yokomizo Seishi Mystery and Horror Prize for *Horsewoman* in 2010. Won the Osaka Book One Project for *Kishimoto and her Grilled Octopus Balls* in 2020.

Overview

“Fountain Pen Counseling: It will change your life.” Such is the message of the signboard which hangs outside Medico Penna, a pen shop in a corner of Kobe. The proprietor has shaggy gray hair and a brusque manner and no one knows his age—but when it comes to repairing old pens no one comes close to him. Moreover, simply looking at a pen is enough for him to grasp all the worries and difficulties of its owner and gently guide them to a solution. He hires Sawa, a university student struggling to find a proper job, as a part-timer at the store. As she engages with the store’s customers and their personal challenges, she gradually develops the courage to confront her own anxieties about life. A heartwarming, fountain-pen-inspired novel set in the city of Kobe.



The Professor's Boots

Author : **Asako Takiwa**



softcover

Pub month: Mar. 2022

ISBN 978-4-591-17329-9

188mm x 128mm

255 pages

Keywords

Weather, Meteorology,
Solar terms, Seasonal
rituals, Family

Professor Fujimaki has devoted his whole life to meteorological research. This masterful series of linked short stories paints a vivid picture of four generations of his family, the impact they have on the lives of the people they meet, and various aspects of family life.

➡ English synopsis and sample are available.

About the author

Asako Takiwa: Born in Hyogo prefecture in 1981. Graduated from Kyoto University. Won the Da Vinci Literature Award Grand Prize for *Bunny Rolls* in 2007.

Overview

Professor Fujimaki has devoted his whole life to the study of the weather. His son never liked to study, preferring to draw and paint, but the professor's grandson is determined to follow in the footsteps of the grandfather he admires. Although the family are not always together in the same place, they are united by life events and family traditions. In each generation, the thinking and the way of life of the people they encounter change and evolve. In a world that is becoming ever more atomized, with ties of family and friendship weakening, these stories remind us just how important relationships with others are.

Chapter 1	(1958) The Fujimaki Family Maid
Chapter 2	(1975) The Professor's Son
Chapter 3	(1988) The Fujimakis' Neighbor
Chapter 4	(1999) The Professor's Son's Date
Chapter 5	(2010) The Professor's Grandson
Chapter 6	(2022) The Professor's Great-grandson



The Goldfish: Dreaming of the Sea

Author : Sara Ogawa



softcover

Pub month: Jun. 2021

ISBN 978-4-591-17024-3

188mm x 128mm

236 pages

Keywords

Orphanage, Murder,
Arrest, 18 years old,
Actor, Director

Set in an orphanage, this series of linked short stories depict the emotional growth of a teenage girl and her friends with great warmth and tenderness. Actor and director Sara Ogawa adapts her own first feature film from June 2021.

➔ English synopsis and sample are available.

About the author

Sara Ogawa: Born in Tokyo in 1996. Graduate of Waseda University's School of Culture, Media and Society who now works as an actor, film maker and writer. Started making films and acting while still at high school. Short and mid-length films she made while a university student were officially screened at the Yubari International Fantastic Film Festival and the Pia Film Festival. After graduation, directed her first full-length feature, *The Goldfish: Dreaming of the Sea* (2021), which was screened at the Jeonju International Film Festival in Korea and Udine Far East Film Festival in Italy. As an actor she has appeared in drama series including NHK's *Manpuku*, *Alive: Oncologist's Medical Record* and *If You're Followed, It's All Over*. She had the lead role in Katsuyuki Motohiro's *Beautiful Dreamer* (2020). This is her first work of fiction.

Overview

Hana, who has spent most of her life in an orphanage, turns 18 in the summer. Supposed to move out into the wider world in spring the next year, she is devoid of any hopes and dreams for her future. In fact, she has been in a state of emotional lockdown since the age of eight, when her mother was arrested and jailed for a random act of murder. One day, a newcomer, Harumi, arrives at the orphanage. Something about the desperation with which the young girl is clasping her ragged-looking stuffed animal in her arms reminds Hana of how she once felt... This is a vibrant and moving first foray into fiction by the actor-director Sara Ogawa.

Points of interest

Set in an orphanage, this series of linked short stories depict the emotional growth of a girl and her friends with great warmth and tenderness. The title story "The Goldfish: Dreaming of the Sea" is based on the eponymous film, but in this carefully crafted four-story collection we get to meet children who were not in the movie and are introduced to new aspects of the main character.



The Keeper of the Scales

Author : **Kana Azumi**



paperback
Pub month: May. 2022
ISBN 978-4-591-17378-7
151mm x 105mm
329 pages

Keywords

Medical, General hospital, Pharmacist, Precognition

Medicine is all about keeping things in balance.
A tense and exciting medical entertainment.

➔ English synopsis and sample are available.

About the author

Kana Azumi: Born in Azumino in Nagano Prefecture in 1987. Won honorable mention at the 2007 Jive Prize for her first full-length novel *The Longed-for God*. In 2011 made her debut with *The Strange Tale of Taketori*.

Overview

Born and raised in Misuzu in Nagano Prefecture 25-year-old Zen is a pharmacist with a job at the town's biggest general hospital. His work is every bit as intense, diverse and challenging as you might expect. Since childhood, Zen has been tormented by a supernatural power: the ability to see the contours of sudden, inexplicable events ahead of time. One day, an old man appears in Zen's mind's eye, before collapsing in agony... It is then that Zen realizes that the whole episode was unfolding in his own hospital! A medical novel that is as tense and exciting as it is entertaining.



First Love

Author : **Yuka Murayama**



hardcover

Pub month: Nov. 2018
ISBN 978-4-591-16057-2
194mm x 135mm
254 pages

She has experienced loss. She has learned how to let go. Novelist Hana is expecting to spend the rest of her life alone when a last great love catches her by surprise. A masterful romance.

Over 50,000 copies sold in Japan

➔ English synopsis and sample are available.

About the author

Yuka Murayama: Born in Tokyo in 1964. Graduated in the humanities from Rikkyo University, held a number of jobs, then made her debut with *Angel's Egg* in 1993, which won the Subaru Literary Newcomer Prize. Won the Naoki Prize with *Voyage Through the Stars* in 2003. In 2009, *Double Fantasy* was a multiple award winner, taking the Shibata Renzaburo Prize, the Chuokoron Literary Prize and the Shimase Love Story Prize. Also won the Yoshikawa Eiji Prize for Literature in 2021 with *Wind and Storm*.



paperback

Pub month: Nov. 2021
ISBN 978-4-591-17172-1
151mm x 105mm
231 pages

Overview

Hana is a novelist who lives with her cat in a traditional old Japanese house on a peninsula not far from Tokyo. Twice divorced, she is getting ready to spend the rest of her life alone, when by chance she reconnects with Tokio, a childhood friend who had once been like a brother to her. Despite both of them having gone through their fair share of loss and setbacks, they grow emotionally and physically close and experience many precious shared moments against the backdrop of the changing seasons. A celebration of life's blessings, *First Love* is a masterpiece of the mature love story. Its publication marked 25 years since the author's debut.

Keywords

Cats, Divorce, Middle age, Loss



“Not Much Time Left” Series

Author : **Ao Morita**



Over 200,000 copies sold in Japan.
A story of beautiful, fleeting platonic love.

About the author

Ao Morita: Born in Hokkaido. Won the grand prize in the short story contest of on-line fiction platform Line Novels in 2020 with “Lord Death’s System.” Made his debut as a print author with this series, which first appeared on online publishing site *Shosetsuka ni Naro*.

Overview

Volume 1 of Ao Morita’s “Not Much Time Left” series

“I only have a year to live. Now I’ve met you—and you’ve only six months left!”

Akito Hayasaka, a boy in his first year at high school, develops a heart problem. Told that he does not have long left to live, he is plunged into deep despair. Just at that moment he happens to meet Haruna Sakurai, an in-patient at the hospital he is visiting regularly. Like him, Haruna is gravely ill and only has a short time left. Keeping his own condition secret, Akito starts talking to her. When Haruna reveals that she is not afraid to die, Akito’s interest is well and truly piqued. But Akito is torn: Should he permit himself to fall in love with her? As time passes, a change comes over him. With its cool, matter-of-fact tone, this account of the everyday life of the young pair is radiant with tenderness and fragile beauty. The ultimate story of pure, platonic love.

➡ **English synopsis and sample are available.**

Volume 2 of Ao Morita’s “Not Much Time Left” series

“With only 99 days left to live, I met you—someone else who can foresee other people’s deaths.”

Arata is a high school student with an uncanny ability: whenever he meets someone who is within 99 days of dying, he sees the number of days they have left floating as a figure above their heads. One day, he sees the same number floating above his own head and that of Kazuya, an old friend who, like him, belongs to the school’s book club. A girl called Mai Kurose then joins the book club. Quite by accident, Arata discovers that Mai, like him, has the ability to foresee death. Despite having given up on saving people from their fate, Arata now finds himself inspired by Mai, who is doing all she can to save him and Kazuya, and he starts trying to help Kazuya and to prolong his own life as well. A truly touching story about the inestimable value of life.

paperback
Pub month: Jan. 2021
ISBN 978-4-591-16889-9
148mm x 105mm
300 pages
Rights sold: Korean and Thai



paperback
Pub month: Jan.2022
ISBN 978-4-591-17237-7
148mm x 105mm
281 pages



Underwater Library

Author : **Yumi Kaneko**



paperback
Pub month: January
2022
ISBN 978-4-591-17223-0
148mm x 105mm
295 pages

About the author

Yumi KANEKO : Debuted with *Catch You with My Eyes! Goofy Girl Has Camera Eyes !?* In 2018. Work on BL (Boys Love) novels and original manga under the name of Yumikmiyu

Synopsis by Winifred Bird

Far below bustling Tokyo Station, inside an enormous glass boat encased in walls of water, lies a secret library whose shelves hold thousands of the rarest books in the world. Part reading room and part auction house, the Underwater Library sustains itself by selling antiquarian treasures—but not to the highest bidder. Instead, the auctioned items go to the individual deemed most worthy by the library’s director, an arrangement that sparks plenty of intrigue. Mimori Nada is a sensitive young librarian whose family has been stewarding the library’s collection since its founding nearly a century ago. Now it is his turn to defend the books he loves from thieves, spies, and scheming politicians, even as he questions the library’s elitism and navigates uncertain personal relationships. Is his dashing, mysterious, friend Shu Kaizuka secretly working for the Grinning Cats, a criminal organization that has been targeting the library’s books? And what really happened to Subaru Goshiki, the library’s 23-year-old director, who was discovered unconscious between the stacks, her keys missing, and who has been in a coma ever since? There are no easy answers in this action-packed young adult mystery novel that blends literary history, and meditations on the role of books in a changing world, with kidnappings, fist fights, and international crime.

➡ **Full text of synopsis and sample translation are available.**



“Hanasaki Shopping Street” Series

Author : Yukiya Shoji



An elderly gentleman who is supposed to have given up the profession of thief a long time ago. When trouble occurs in the local shopping district, he steps in, using his well-honed skills to solve the case.

A much-loved series that's sold 200,000 copies in Japan

➔ English synopsis and sample are available.

About the author

Yukiya Shoji: Born in Hokkaido in 1961. Made his debut by winning the Mephisto Prize for *Singing an old Song while Looking up at the Sky*. In 2015 his “Tokyo Bandwagon” series marked 10 years since initial publication with cumulative sales of over 1 million copies.

Overview

The Saint of Hanasaki Street District 4

The old fellow in the local shopping district is actually...a retired gentleman thief!

Hanasaki Street, where the story unfolds, is a traditional local shopping district. It is in slow decline, if not yet a lifeless wilderness of shuttered shops. Aya, the protagonist, is a teacher who works at the small English school she took over from her parents. But her retired father has a secret: An Englishman with Japanese citizenship, in his youth he was a notorious, even legendary thief, stealing principally works of art. When trouble occurs in the neighborhood, he calls upon his old skills to sort things out, something which makes Aya very nervous. This heartwarming story (with a dash of bittersweetness) is an absolute delight. This is the first volume of the popular series.

hardcover

Pub month: Nov.2011

ISBN 978-4-591-12658-5

194mm x 135mm

318 pages

Rights sold: Korean and traditional Chinese

Keywords

Thief, Shopping district, Gentleman

Further volumes in the series



The Detective of Hanasaki Street District 1



Kanoko of Hanasaki Street District 2



Café Night in Hanasaki Street District 3



Subaru-chan in the North End of Hanasaki Street District 3



The Hairdresser in Hanasaki Street District 1



The Portrait Studio in Hanasaki Street District 2



The Lion's Snack

Author : Ito Ogawa



hardcover

Pub month: Oct. 2019

ISBN 978-4-591-16002-2

195mm x 135mm

255 pages

Rights sold: French,
Italian, Korean,
simplified Chinese, and
traditional Chinese

What would you like your last snack to be?

When the protagonist discovers she hasn't long to live, she goes to an island hospice.

A moving story about eating and about living.

230,000 copies sold in Japan (as of May 2022)

➡ **English synopsis and sample are available**

About the author

Ito OGAWA: Born in 1973. Made her debut in 2008 with *Snail's Restaurant*.

Many of her subsequent books have been translated and published overseas. *Snail's Restaurant* was made into a movie in 2010. The book won the Bancarella Prize in Italy in 2011 and the Eugénie Brazier Prize in France in 2013. NHK made a TV series out of *Tsurukame Maternity Hospital* in 2012 and *Tsubaki Stationery Store* in 2017. *Tsubaki Stationery Store*, *Kirakira Republic* and *The Lion's Snack* were all nominated for the Bookstore Awards.

Concept/Theme

Eating, Living

Contents

What do you want to have as your final snack in this life?

Although still a young woman, Shizuku learns that she hasn't long to live. She decides to spend her last days in an island on Japan's Inland Sea. There, in the peaceful landscape, she starts thinking about what she really wanted to do with her life.

Every Sunday at the hospice, there is a snack time, when the residents get to request their favorite snack. Shizuku has trouble making up her mind...

Eating. Living. Dying...

With its warm depiction of the fate that awaits us all, this story will reawaken your awareness of how precious every passing moment is. Won second place at the 2020 Bookstore Awards and was turned into an NHKBS Premium TV series.

A word from the author

When my mother was diagnosed with cancer, I spoke to her on the phone for the first time in several years. When she said she was afraid of death, I reminded her that we all die. Despite that, the overwhelming number of us see death as something unfathomable and terrifying. Although it wasn't finished before my mother died, I wrote this book in an attempt to make death just that little bit less frightening. I hope this story will be as comforting as a nice warm bowl of porridge for my readers.



What You Are Looking For Is In The Library

Author : **Michiko Aoyama**



softcover

Pub month: Nov. 2020

ISBN 978-4-591-16798-4

188mm x 128mm

304 pages

Rights sold: Arabic, Dutch, English (UK and USA), French, German, Greek, Indonesian, Italian, Korean, Portuguese (Brazil and Portugal), Romanian, Russian, simplified Chinese, Spanish, Thai, and traditional Chinese

Synopsis by Alison Watts

What are you looking for? is the question that enigmatic community center librarian, Sayuri Komachi, puts to those who come to her for book recommendations. The list of titles that she gives them, however, always contains an unexpected addition that becomes a catalyst for the borrower to gain new perspectives and gives them the impetus to make changes in their career and life. This wise and heartwarming novel is a meditation on the role and meaning of work and society. It shows the powerful influence that a good listener, books, and the right words at the right time can have.

The novel is comprised of five chapters, each narrated by a visitor to the library in the small community center known as Hatori Community House. Each protagonist is at a different juncture in their career, wrestling with dilemmas and issues particular to that stage of life. The conversation that they have with Sayuri Komachi, turns out to be a life-changing encounter.

➔ **Full text of synopsis and English sample are available**

About the author

Michiko Aoyama : Born in Aichi in 1970. Currently living in Yokohama. After graduate school, worked as reporter for a Japanese newspaper in Sydney for two years. After her return to Japan, worked as a magazine editor at a publishing company in Tokyo, began writing novels, and won an honorable mention for the Palette Novel Grand Prize in 2002. Made her debut in 2017 with *A Cup of Cocoa on Thursday* which won the Miyazaki Book Grand Prize. Also, *A Cup of Cocoa on Thursday* and her second novel *Receiving Cat Prophecies beneath a Tree* were nominated for the Miraiya Novel Grand Prize. *What You Are Looking For Is In The Library* was nominated for the Japan Booksellers' Awards.

18 languages sold!

Contact

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The rest of the world...English Agency Japan / New River Literary Ltd (likangqin@newriveragency.com)



Katalin Karikó: The Woman Who Developed the mRNA Vaccine...and Saved the World in the Process

Author : **Julia Masuda**



paperback

Pub month: Oct. 2021

ISBN 978-4-591-17144-8

173mm x 109mm

188 pages

Keywords

Vaccine, mRNA, Katalin Karikó, Shinya Yamanaka, COVID-19, Side effects

The only book to tell the inside story of Katalin Karikó, the scientist who developed the COVID-19 vaccine. Also features an interview with Japanese Nobel Prize laureate Shinya Yamanaka.

➡ Please Contact us for Synopsis

About the author

Julia Masuda: Born in Kanagawa prefecture. Graduated from Kokugakuin University. Over a 27-year career has been a high-school teacher of world history, Japanese history and contemporary society, while also working as a reporter on NHK radio and TV. Has been the history and geography teacher on NTV's "The Most Useful School in the World" and appeared on TV Asahi's "Yoko Oshita's Wide! Scramble!" Has conducted on-site research and reporting for print and broadcast media on a wide range of issues in Japan and abroad. Analyzes the news with journalist Akira Ikegami on TV and YouTube.

About Katalin Karikó

Scientist. Born in Communist Hungary in 1955. Enrolled in the science faculty of the University of Szeged in 1973. Started researching RNA at the Hungarian Academy of the Sciences in 1978. When her research budget was taken away, emigrated with her family to the United States in 1985. After working as a postdoctoral fellow at Temple University, secured an adjunct professor position at the University of Pennsylvania. Despite setbacks including demotion, doggedly persisted with her research for four decades. In 2013 joined German biotech startup BioNTech (where she is currently senior vice president) with its aim of turning mRNA technology into viable commercial products, something widely thought to be impossible. In 2020, confronted by the rampant COVID-19 pandemic, develops an mRNA vaccine for the disease. After conducting clinical trials, Moderna and Pfizer secure approval for her vaccine in multiple countries and start manufacturing it.

Overview

A world-first! Learn the secrets of the development of the COVID-19 vaccine based on interviews with Katalin Karikó. The book also features an interview with Japanese Nobel Prize laureate Shinya Yamanaka.

Born in Communist Hungary, Karikó emigrated to the United States at the age of thirty to continue her research into mRNA with the family's savings sewn inside her daughter's teddy bear. Her new life was far from easy, with setbacks including demotions in rank and the denial of research funding, but Karikó persisted nonetheless. How did the COVID-19 vaccine that saved so many lives come into being? This powerful work of non-fiction explores little known aspects of Karikó's life and work and shines a light on the extraordinary potential of scientific research.

Table of contents (extract)

- Chapter 1 How a young girl from Hungary who had never even met a scientist first got interested in research
- Chapter 2 Moving to America with the family money concealed inside her daughter's teddy bear
Researching RNA: 40 years of frustration and setbacks
- Chapter 3 The epoch-making discovery of mRNA
Developing the COVID vaccine
- Special Interview: The insights of Professor Shinya Yamanaka



Changing your mind: Mental habits for a happier heart and a better life

Author : **Masahito Hosono**



softcover

Pub month: Feb. 2022

ISBN 978-4-591-17247-6

188mm x 128mm

239 pages

Keywords

Sensitivity, metacognition, visualization, self-affirmation, hardship, University of Tokyo, psychiatry, support for disabled students, *The Heart: A User's Manual*

Many people experience negative thoughts such as “No one appreciates my hard work” or “Whenever I show up, the conversation grinds to a halt.” Understanding where these thoughts come from and resolving them requires metacognition, an awareness of one’s own thought process. This book uses metacognitive strategies to shed light on a wide range of life problems and solutions.

➡ English synopsis and sample are available.

About the author

Masahito Hosono: Works in higher education support at the University of Tokyo Graduate School of Arts and Sciences and College of Arts and Sciences. Is a psychiatric social worker and a licensed psychologist.

Dropped out of high school and worked casual jobs for five years before a meeting with a disabled individual inspired him to return to school. After studying psychology and earning a psychiatric social worker’s license, worked in clinical support at a psychiatric hospital and clinic, implementing and researching metacognitive training as a form of psychiatric rehabilitation. Was then specially appointed as an assistant professor at University of Tokyo, where he currently teaches, conducts research, and supports students with disabilities. Is pursuing a doctorate at Tsukuba University’s Graduate School of Comprehensive Human Sciences, continuing his study of metacognitive training.

Overview

Does living feel hard? Have you ever wondered how to make it easier? This book offers a starting point. It was written for those who think nobody understands them, feel like things are always going wrong, or wonder if they just aren’t cut out for life. Using metacognitive strategies for viewing life objectively, it guides readers toward improved communication skills, self-affirmation, and greater mental health.

From the Table of Contents:

- Chapter 1. What makes life hard?
- Chapter 2. Learning to change your life
- Chapter 3. Thought patterns that will change your life
- Chapter 4. How to build clear, positive relationships
- Chapter 5. How to build productive professional relationships



Why is the World so in Love with Japanese Food?

Author : Toru Okuda



paperback
 Pub month: Feb. 2022
 ISBN 978-4-591-17209-4
 173mm x 109mm
 210 pages

Keywords

Michelin Guide, Ginza Kojyu, Toru Okuda, Japanese food, Fine dining, Bib gourmand

The proprietor of a celebrated Ginza restaurant who is a player on the global stage explores the appeal of Japanese cooking from multiple angles as only a chef at the pinnacle of the profession can.

➔ English synopsis and sample are available.

About the author

Toru Okuda: Born in Shizuoka Prefecture in 1969. Worked at traditional inns famous for their cooking including Kikuya in Shizuoka and Ayu-no-Yado Tsutaya in Kyoto, before completing his apprenticeship at Aoyagi, a renowned restaurant in Tokushima. In 1999, when still just 29 years old, opened his first restaurant, Shunkashuto Hanami Koji, in his hometown of Shizuoka. Opened Ginza Kojyu in Tokyo in 2003, which was awarded three Michelin stars in 2007. Went on to open Ginza Okuda in 2011, followed by restaurants in Paris (2013) and New York (2017).

Overview

Which cities in the world have the greatest number of Michelin-starred restaurants? The leaders are Tokyo, Paris, Kyoto, Osaka and New York (in that order), giving Japan an astonishing three out of the top five places! No wonder Japan is acclaimed as the world's top gastronomic nation. Chef Okuda has appeared on Japanese TV shows such as *The Professionals* and *The Dawn of Gaia*. Starting from Ginza Kojyu, his Tokyo base, he has gone on to establish restaurants in the food capitals of Europe and North America. Here the international flagbearer of Japanese cooking explores the appeal of his native cuisine from multiple perspectives in a way that only a true master chef can.

Extract from table of contents

Foreword	The Michelin Guide and Japanese cuisine
Chapter 1	What is the essence of Japanese cooking?
Chapter 2	Japanese cooking: The preparation perspective
Chapter 3	Japanese cooking: The ingredients perspective
Chapter 4	Japanese cooking: The global perspective



Growing Old and Playing Piano

Author : **Emiko Inagaki**



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A senior staff writer retires from the Asahi Shimbun newspaper and takes up piano.

In this essay collection, she writes about enjoying the moment later in life.

➔ English synopsis and sample are available.

About the author

Emiko Inagaki: Born in Aichi Prefecture in 1965 and graduated from Hitotsubashi University with a degree in sociology. Has been an editorial writer and member of the editorial board at the Asahi Shimbun, one of Japan's leading papers, before retiring in 2016 at the age of 50. Ever since, has been searching for ways to wind down life on a happy note—no husband, children, or typical home amenities required. Her book *No More Cookbooks* won the Essay Prize in the Cookbook Awards in 2018.

Overview

After retiring from the Asahi Shimbun newspaper at age 50, Emiko Inagaki took up piano. She decided the second half of her life would be about doing what she had always wanted to do, never mind what other people thought. Piano taught her how to let go of her ego, believe in herself, and enjoy the moment. This is an essay collection for anyone ready to embark on the adventure of aging.

Keywords

Lifestyles, piano, old age

From the Table of Contents

- Chapter 1. Back to the bench after 40 years
- Chapter 2. Playing the pieces I want to play
- Chapter 3. Stationary body, stationary mind
- Chapter 4. Recital time, oh my!
- Chapter 5. Growing old and playing piano
- Column: How to learn piano as an adult
- Appendix 1. List of pieces I learned
- Appendix 2. Eleven albums I love

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