



**2019-2020
Rights Guide**

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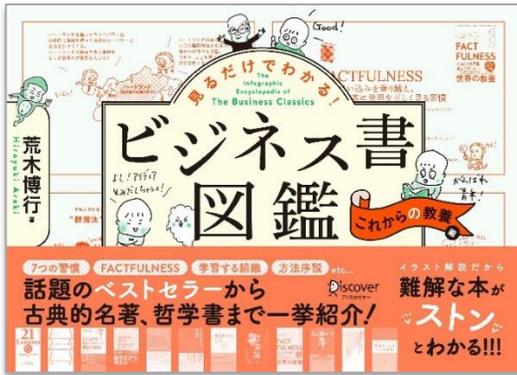
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The Infographic Encyclopedia of the Business Classics

Volume 2: Education for the Future

見るだけでわかる！ ビジネス書図鑑 これからの教養
January 2020 | 240P | ISBN : 978-4-7993-2585-8



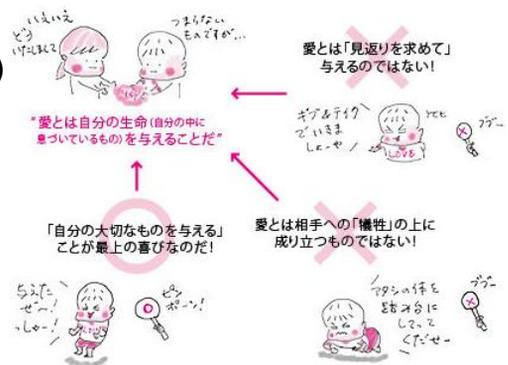
The sequel to the bestseller *The Infographic Encyclopedia of the Business Classics*. You only need this single book full of infographics to absorb the essence of 30 business bestsellers necessary to understand our present and future.

As the job-for-life system has long collapsed, we are now in an age of “individual” ability. Google, Amazon, Facebook, Apple, and other highly-productive companies now considers MBAs and similar skill sets out of date. Instead, they say that the innovation and management that we’ll need will be built on neuroscience and psychology. This book picks on such trends via 30 selected bestsellers to provide you with the necessary education for the future.

Featured books:

- Thinking, Fast and Slow* (Daniel Kahneman)
 - 21 Lessons for the 21st Century* (Yuval Noah Harari)
 - Subscribed* (Tien Tzuo)
 - The Prince* (Niccolò Machiavelli)
 - The Hard Thing About Hard Things* (Ben Horowitz)
 - Justice: What’s the Right Thing to Do* (Michael J. Sandel)
- And more...

POINT 2 「愛」とは自分の生命を与えることだ



The sequel to

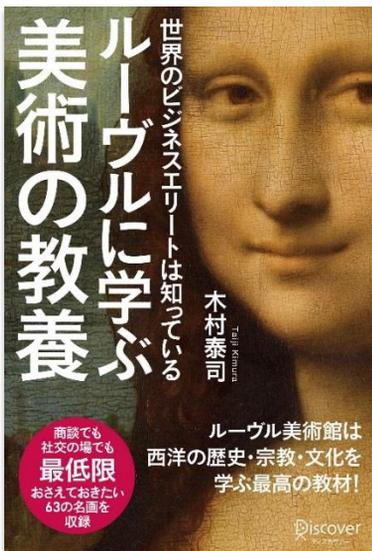


The Infographic Encyclopedia of the Business Classics

Nov. 2018 | 296P | ISBN: 978-4-7993-2381-6

Araki Hiroyuki

Araki has obtained a graduate degree in business administration and management, graduated from Law School in Tokyo, and completed the BOT program at the IMD Business School in Switzerland. He now works in business consulting.



★ Business

Learning from the Louvre

Art as a Mirror of Society and the Times

世界のビジネスエリートは知っている
 ルーヴルに学ぶ美術の教養
 January 2020 | 208P | ISBN : 978-4-7993-2436-3

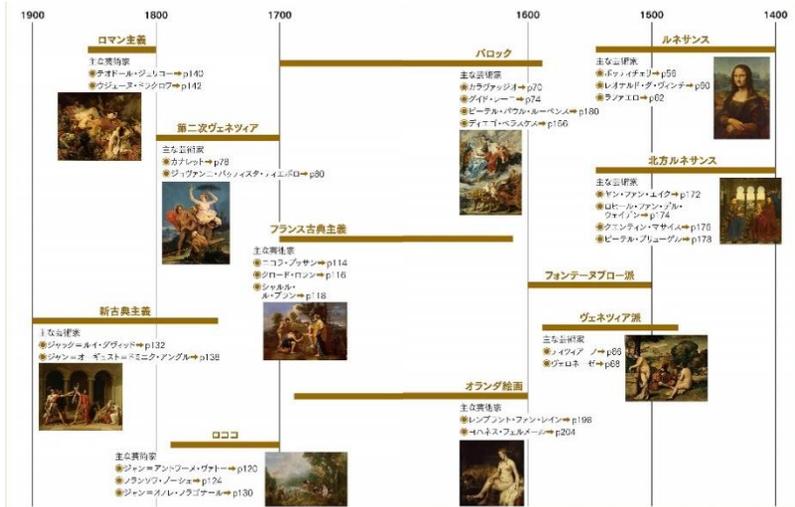
**The guide to the most iconic masterpieces from the Louvre Museum for the business elite!
 Learn to read the paintings of the most visited museum in the world, and you'll receive the knowledge necessary to rival the global elite!**

Kimura Taiji
 Historian of Western Art, Kimura Taiji graduated from the University of California, Berkeley, with a Bachelor of Art History, and then completed the course Works of Art at the Sotheby's College of Art in London. He gives lectures and seminars about 100 times a year in Tokyo, Nagoya and Osaka.

Art is the embodiment of the politics, religion, philosophy, customs, and values of its age. Therefore, the knowledge of art is vital for anyone who wishes to communicate in our global society. And the Louvre Museum is the perfect place for learning about history, religion, and culture. Rather than looking at paintings, the author shows us how to *read* them. The Louvre Museum holds over 6,000 paintings. Among these, 63 iconic works have been selected to represent each nation and time period, and accompanied by *readings* grounded in art history. Learn how to *read* paintings rather than just seeing or feeling them. The essential guide for the business elite.

Contents

- Introduction: About the Louvre Museum
- 1) Italian paintings
 - 2) French paintings
 - 3) Spanish paintings
 - 4) Flemish paintings
 - 5) Dutch paintings





★ Business

Working in Retirement

The new work vision for an age of longevity

定年後も働きたい。—人生100年時代の仕事の考え方と見つけ方
November 2019 | 300P | ISBN : 978-4-7993-2567-4

An all-encompassing guide to work to enjoy the second half of your life at its best. A career consultant for senior citizens explains everything you need to know from conceiving work to finding a job.

Contents

1. Job searching after retirement starts with worry
2. Why can't I find a job I want to do?
3. Finding work after retirement
4. How do women live after retirement?
5. Finding your perfect job

This is said to be an age of longevity, and it is becoming more and more common to work even after retirement.

However, among retirees or retirees-to-be, many have been working at the same place and have not looked for a job in a long time.

If this is you, this book will help you start your second career with practical tips from a new attitude towards work to personal relationships.

Matsumoto Sumiko

Representative of Aria Co., Ltd, President of the NPO for senior workers "Ryoma21", Career Consultant and Life Advisor for senior citizens. Graduated from Waseda University's Faculty of Letters, after working for an IT company for over 20 years, she started her own business in 2000. In 2007, she also established an NPO where people of the same generation can gather. She is in charge of planning, managing and providing lectures on working after retirement in local governments and organizations, and provides advice and consulting to companies and research institutes regarding senior generations. She is a lecturer at the "Tokyo Second Career School" sponsored by Tokyo's local government.



★ Business

Chatting A to Z

How to keep the conversation going with anyone, anytime, anywhere

超雑談力 人づきあいがラクになる 誰とでも信頼関係が築ける
December 2019 | 224P | ISBN : 978-4-7993-2578-0

The ultimate manual to upgrade your conversation skills taught by the “master of conversations”, tv and radio personality who sold 700,000 copies in total!

Contents

1. 7 Basic Rules for chatting
2. First time face-to-face
3. Drinking parties and social events
4. Work environment
5. Go-to killer phrases

Meeting someone for the first time at an inter-industry gathering, greeting a business partner before a meeting, riding on the elevator with a neighbor, negotiating with your boss in the taxi...Awkward silences and empty talks are never pleasant. Are you able to start and keep the conversation going?

Chatting A to Z teaches you how. With 7 fundamental rules and practical tips for different scenarios that can be immediately put to use, you will be able to talk to anyone, anytime, anywhere.

Iota Tatsunari

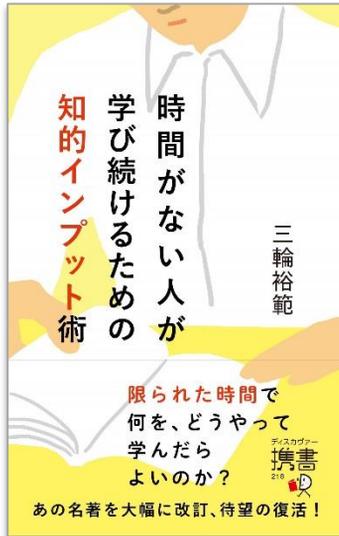
Iota is a Tokyo University-educated best-selling author and counselor. He has lectured extensively on the subject of effective communication in the workplace as well as privately. He has achieved minor celebrity status through his numerous television appearances and the easy accessibility of his work. His books are frequently translated into foreign languages, such as *Men Who Don't Listen*, *Women Who Don't Explain* (Korean, Russian, Thai, Vietnamese, Simplified Chinese, Complex Chinese) and *Moody Older Brother*, *Irresponsible Younger Brother* (Simplified Chinese).

Lifetime Learning

Time-saving Knowledge Inputs for Busy People

時間がない人が学び続けるための知的インプット術
October 2019 | 288P | ISBN : 978-4-7993-2563-6

The renewed edition of “Studying in your 40s” that sold 60,000 copies! Even if you don’t have the time to study, these knowledge input techniques will allow you to maximise your skills and value.



Contents

1. How to create time
2. How to choosing the right books to read
3. How to gather information from newspapers and magazines

In an era where everything becomes obsolete at a tremendous speed, if something stops for even a moment, it is just left behind. Even in the workplace, increased emphasis is put on the skillset. Studying to increase one’s ability and value has become essential.

But don’t worry if you don’t have the time to.

This book teaches efficient learning techniques for all busy business people to make the most of your time.

Miwa Hironori

After obtaining a degree in law in 1981, Miwa joined Itochu Corporation. He received an MBA from Harvard Business School in 1981, and then headed the New York branch’s planning section. He has also served as a senior researcher at the Ministry of Finance and senior researcher at the Keidanren 21st Century Policy Research Institute, as secretary of the chairman of ITOCHU Corporation, director of research information, and director of the ITOCHU Economic Research Institute. Since 2015, he has served as SVP and Head of the Washington Office of ITOCHU International.

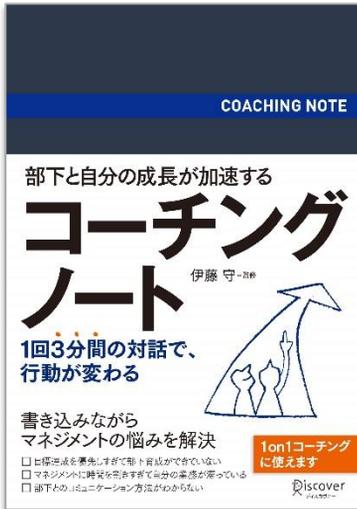
Coaching Notebook

To Help Yourself and Your Subordinates Grow

コーチングノート

October 2019 | 181P | ISBN : 978-4-7993-2562-9

**Daily communication is the basis to further growth!
Here is the planner that allows you to effectively lead
and coach people.**



The Coaching Notebook is for all who want to maximize their subordinates' growth and potential. Do you ever feel like you don't get the chance to train your subordinates because the priority is given to achieving goals? That you are falling behind with your tasks because management takes up too much time? That you don't know how to communicate with your subordinates? This interactive guide with coaching tips and questions will help you develop your ability of listening and asking questions to nurture and support your subordinates achieve their goals.

総合 Data Sheet

目標・テーマ

担当業務は？	
ゴールは？	

Coach's Question 1

「相手の成長やポジティブな変化は、あなたは普段どうしていますか？」

よく観察していて、もしかしたら本音が伝わるよ！」と伝える。それが最も効果的な

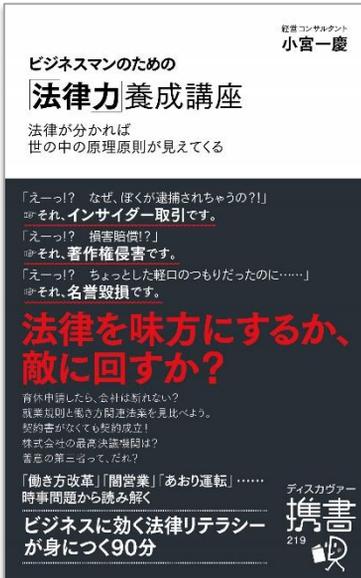
これを「アクノレジメント（承認する）」をより正確に言うと、「相手に表れて

WEEK 1

	/ 月	
	私の予定	考える時間/ 会話の時間
6		
7		
8		

Itoh Mamoru

Founder & CEO of COACH A Co., Itoh is recognized as a pioneer of professional coaching in Japan, being Japan's first ever Master Certified Coach accredited by the International Coaching Federation. As the author of over 50 published books and numerous other works on communications and coaching, he has a deep interest in people's relationships and how they communicate with one another.



★ Business

Awareness is Power

All about law you need to know for business

ビジネスマンのための「法律力」養成講座
February 2020 | 214P | ISBN : 978-4799325766

Through trending news and case studies we can gain knowledge on business-related law and learn the general principles that rule society's trends.

As information dissemination and work styles change drastically, legal cases involving individuals and companies are increasing. In order for both business people and companies as a whole to operate smoothly, it is increasingly important to acquire legal literacy. Carlos Ghosn's case, the illicit business of entertainment companies, the Japanese phenomenon of "terror part-timers" are a few examples of topics focus of public discussion, used as case studies to help you learn three legal fields related to business:

- ① Laws and knowledge to protect "individuals" (Personal Information Protection Law, infringement of rights, defamation)
- ② Laws and knowledge to protect companies (intellectual property, company laws)
- ③ Laws and knowledge to protect "workers" (Labour Standards Law, sexual harassment / power harassment)

Some of the features case studies:

- Carlos Ghosn case and aggravated breach of trust, Securities and Exchange Act/ "Work Style Reform" and Labour Law
- Power Harassment, Sexual Harassment, Maternity Leave Harassment, Paternity Leave Harassment/ illicit business contracts of entertainment company Yoshimoto
- Recruitment website Rikunabi and the Personal Information Protection Law

Komiya Kazuyoshi

Business consultant and representative of Komiya Consultants Co., Ltd. He also serves as a part-time director, auditor, and advisor to more than a dozen companies, and is also a visiting professor at Nagoya University. He has published more than 100 business books.

Showing Your Best Self

Learning the art of non-verbal communication to win people over from the world's top leaders

トップリーダーに学ぶ人を惹きつける「自分の見せ方」
February 2020 | 238P | ISBN : 978-4799325513

A leading expert in performance science explains the rules of non-verbal expression to win people over followed by famous figures.



The popular series published by Sankei News from 2017 now returns with this edition, analyzing topics such as "Trump's infamous gesticulation" and "Ichiro's good way of praising others", and celebrities' charisma from the perspective of performance science. 34 personalities of various fields and they way they present themselves are here observed, summarizing the practical points of their nonverbal communication skills to be immediately imitated. Among them: Donald Trump / Shinzo Abe / Emmanuel Macron / Moon Jae-in / Kim Jong-un / Renhou / Carlos Ghosn / Sara Casanova / Masayoshi Son / Yuzuru Hanyu / Osaka Naomi / Ichiro / Kazuo Ishiguro and others.

Contents

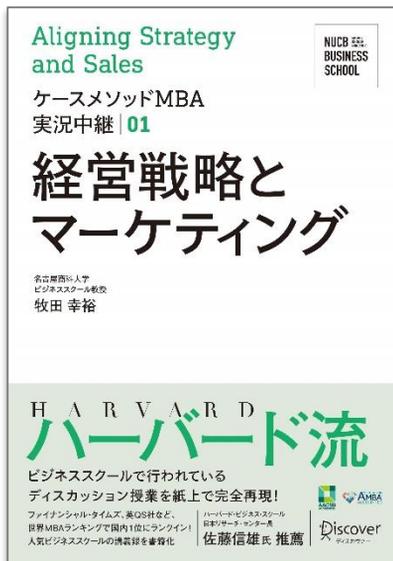
1. Gestures and attitude to take control of the situation and win people over
2. Facial expression to convey emotions and win people over
3. Words that inspire empathy and win people over

Case study extract:

Sara Casanova: At her second press conference, the president Sara Casanova did not look like the same person as before. The black suit became light grey, the long hair was tied behind and the black-framed glasses were replaced. Bowing in the Japanese-style, and greeted the reporters "Good Afternoon thank you for coming in the midst of your busy schedules ". Challenged by what to do with the 21.8 billion yen deficit, she completely changed her arrogant image and humbly. After that she reformed McDonald's Japan straight away and achieved a surplus in three years.

Sato Ayako

Sato Ayako has a Master's degree obtained at New York University Graduate School of Performance Studies (MA), is a professor at Hollywood Graduate University and has a Ph.D. in Performance Psychology. She is also the President of the Performance Education Association and Representative of the International Performance Research Institute. As a leader in performance psychology, she has provided public speaking advice to 54 Diet members, including a total of 40,000 business leaders, executives and experienced PMs. This is her 193rd book, selling a total of 3.22 million copies.



MBA Case Method in Action: Management Strategy and Marketing from NUCB, N.1 Graduate School in Japan

名古屋商科大学ビジネススクール ケースメソッドMBA実況中継
01 経営戦略とマーケティング
March 2020 | 281P | ISBN : 978-4799325834

The popular NUCB Business School MBA is the top Japanese MBA course, according to rankings by the Financial Times and QS in the UK. This book contains accurate reproductions of discussion classes from those courses.

As recommended by the Executive Director of the Harvard Business School Japan Research Center, Nobuo Sato : “Unlike other similar books, you can indirectly observe the participant-centered case discussions that form the core of MBA education. I recommend it to those who are interested in MBAs, whether students, businesspeople, or educators.”

This book is based on the popular business school course, “Aligning Strategy and Sales”. There are various layers to management strategy, such as operational strategy and differentiation strategy. If these are not integrated, combined, and brought into harmony, strategy will not function effectively or be of practical use. How do you integrate and combine operational strategy and marketing? That is the theme of this book.

First, the author provides an overview of basic theories of management strategy, operational strategy, and marketing strategy. Then, some of the actual discussions that took place during MBA classes are reproduced in the form of reports. Four cases are used as material for the discussions: IBM, McDonalds, LVMH, and Unicharm. Via the discussions of these cases, readers can examine actual management strategy and marketing together with the course students and carefully consider the question, “What would you do if this was you?”

Makita Yukihiko

Makita is a Professor at the NUCB Business School and has completed the Harvard Business School Executive Program Global Colloquium on Participant-Centered Learning (GCPL). His past career includes roles as Director and Vice President of overseas companies, such as the Accenture Strategy Group, Scient, and ICG. In 2003, he moved to IBM Japan as a Client Partner at its Industrial Operations Division.

Organizational Behavior & Leadership

NUCB BUSINESS SCHOOL

ケースメソッドMBA
実況中継 | 02

リーダーシップ

名古屋商科大学
ビジネススクール教授
高木 晴夫

H A R V A R D
ハーバード流

ビジネススクールで行われている

ディスカッション授業を紙上で完全再現!

フィナンシャル・タイムズ 東アジア版など
世界MBAランキングで連続1位にランクイン!
人気ビジネススクールの講義内容を書籍化



日本MBAアソシエーション
推薦

Discover
PUBLISHER

MBA Case Method in Action: Leadership

from NUCB, N.1 Graduate School in Japan

名古屋商科大学ビジネススクール ケースメソッドMBA実況中継
02 リーダーシップ

March 2020 | 205 P | ISBN : 978-4799325841

The popular NUCB Business School MBA is the top Japanese MBA course, according to rankings by the Financial Times and QS in the UK. This book contains accurate reproductions of discussion classes from those courses.

As recommended by the Executive Director of the Harvard Business School Japan Research Center, Nobuo Sato : “Unlike other similar books, you can indirectly observe the participant-centered case discussions that form the core of MBA education. I recommend it to those who are interested in MBAs, whether students, businesspeople, or educators.”

How can we best teach leadership, something that requires practical experience, not just theory? Professor Haruo Takagi of the NUCB Business School explains theory based on behavioral studies of humans and organizations. Meanwhile, through the discussions of seven actual cases, readers can also examine actual leadership examples together with the course students and carefully consider the question, “What would you do if this was you?” The cases covered vary widely, from small teams to large companies. Readers can put themselves in the shoes of leaders (managers) from all types of organization and study how those organizations could be reformed.

Takagi Haruo

Takagi is a Professor at the NUCB Business School. He gained his Doctor of Business Administration (DBA) from the Harvard Business School. He is a professor at the Graduate School of Business Administration of Keio University. He was a Professor at the Hosei Business School of Innovation Management and since 2018 has been a Professor at the NUCB Business School.



★ Communication

Same Words, Different Meanings

Dictionary of Misunderstood Words
Between Men and Women

だからモメる！ これで解決！ 男女の会話答え合わせ辞典
February 2020 | 204P | ISBN : 978-4799325711

**You won't say "I don't get why you're mad!" anymore!
A dictionary that explains the differences in the
interpretation of words between men and women
beyond generations and countries!**

She says, "You left your socks lying around again. Act like an adult."

He said, "Okay but you don't need to say it like that. You should act like an adult too!"

Acting like an adult >> P36

He says: "You can tell me if you need help with the kids"

She says: "What do you mean by help? The both of us are their parents!"

Helping >> p136

Even though people get married with hope and expectation, when their life together begins, for some reason the smallest things can end up causing fights, misunderstandings and tension. This book will help you clear up the difference in how men and women understand and use words. Each word entry is summarized in two pages, so you can easily flip through and look at the illustrations.

This book is for those who...

- Fight over small things with their partner
- Don't get why the other suddenly gets angry
- Sometimes get tired of the other's lack of consideration
- Want to make the most of the time together as a couple

Verification Committee for Differences between Men and Women

The committee consists of one man and two women. He is working to close the gap between the feelings of men and women through seminars. This book was compiled as part of that activity.

Kobayashi Naho: Brain Science & Cognitive Behavioral Therapist, Industrial Counselor, US Certified Internal Auditor (CIA). 18 years of marriage. She is studying gender communication from the viewpoint of brain science and currently lives abroad.

Umezu Takaharu: Dentist. Chairman of the Aiseikai Medical Corporation. Radio personality. Writer. painter. First grade master of food education. He often conducts seminars and lectures on health and lifestyle and has published many works on the topic.

Hasegawa Mika: Lecturer and researcher of the Maya Calendar. After planning and managing events while based in Tokyo, she then moved to Jakarta. She has been through 15 years of marriage.



★Education

10 Magic Words that Inspire Children the Habit to Learn

Understanding the reason behind different results in the same studying conditions

同じ勉強をしていて、なぜ差がつくのか？「自分の頭で考える子」に変わる10のマジックワード

February 2020 | 238P | ISBN : 978-4799325896

Children can change through parents' words.

10 magic words:

- 1) Why?
- 2) What do you think?
- 3) What should you do?
- 4) In short?
- 5) For example?
- 6) How to make it fun?
- 7) What for?
- 8) What does it mean?
- 9) What if?
- 10) Is it true?

Contents

Intro: Have you ever wondered, "Why is there such a gap when they have been studying the same things?"

1. "People who can" and "People who cannot" under the same environment
2. Three Types of Learning
3. The brain who those who succeed is actually different.
4. The Critical Difference Between People "who can" and those "who can't understand the meaning"
5. OS Update Approach 1 "I Have a Question" (Three Magic Words)
6. OS Update Approach 2 "Summary" (Two Magic Words)
7. Five Magic Words That Further Enhance the OS

Ishida Katsunori

Representative director of the Educational Design Lab, appointed professor at Tsuru Bunka University. Starting his own business at the age of 20, he founded a cram school. He has instructed more than 50,000 people, including indirect teaching such as lectures and seminars. Currently, he actively writes, gives lectures and presides his "Mama Café" gatherings with the aspiration of "making sure that no child dislikes studying". A total of 81 million PVs (as of January 1, 2020) have been recorded for his popular educational series on Toyo Keizai Online.



★Education

The Post-It Study Method

For Elementary School Students and Above

東大式ふせん勉強法 【小学校高学年以上向け】
 March 2020 | 134P | ISBN : 978-4799325902

A post-it study method that makes children want to study. Illustrated with color photos of nine types of post-it notes.

An expert education advisor teaches an effective self-learning method that uses post-it notes. Through 9 different types of post-it annotations, such as “mistakes run-trough” to eliminate mistakes and weak points for each subject, “memorization door” to memorize words like a game, “at home English picture book” that creates the habit of familiarizing with English words...and many others. A customizable and flexible learning method that feels like playing a game!



Shimizu Akihiro
 Shimizu was born in 1987 in Funabashi City, Chiba Prefecture, and heads the PlusT education laboratory. He studied at the Faculty of Education, the University of Tokyo, then the Graduate School of Education at the same institution, where he received his master’s degree. While still at the University of Tokyo, he devised new teaching and study methods, and launched his own business aged 20. He runs tutoring schools in Tokyo and Kyoto that teach “how to study”. As well as teaching at those schools, he is engaged in grass-roots educational reform work, acting as an advisor to various schools, education committees, and companies.



★Education

Oppressive Education

Are You Helping or Crushing your Children ?

受験で子どもを伸ばす親、つぶす親 知らないうちに「教育虐待」を していませんか？

March 2020 | 174P | ISBN : 978-4799325933

Confidence is the key to boosting children’s academic success and other abilities. This guide will make parents examine their education methods and learn to instill confidence in a child-appropriate way.

In recent years, so-called “educational abuse” by parents who become over involved and force their children to study has become a problem. The focus has been on parents who criticize their children and deny their personalities to make them study. But even when parents don’t go to such extremes, instilling a sense of futility and inferiority could be considered a kind of abuse. The author argues that instead of making children feel inferior, it is vital to give them confidence so that they can develop their academic abilities. Based on his own experiences raising and teaching his children at home, he shares the attitudes and study methods parents need to give their children confidence.

Wada Hideki

Wada graduated from the University of Tokyo Faculty of Medicine in 1985. He was a Resident at the Department of Neurology and at the Emergency and Critical Care Center, Mito Medical Center, an Assistant Professor of Psychiatry and Neurology, University of Tokyo Hospital, International Fellow at the Karl Menninger School of Psychiatry and Mental Health Science in the United States. He also worked in the Psychiatry Department of the Yufukai Hospital, a general hospital specializing in geriatrics. He is currently a professor in the Department of Psychology at the International University of Health and Welfare, a Consultant at the Psychiatry Department of the Kawasaki Saiwai Hospital, a part-time lecturer at Hitotsubashi University’s Faculty of Economics, and the Director of the Hideki Wada Clinic for Mind and Body, which specializes in anti-aging and executive counselling.



★Lifestyle

100 Things You Need to Do in Your Fifties

The New Edition for the New Decade

50代にしておくべき100のリスト 令和版
January 2020 | 352P | ISBN : 9784-7993-2552-0

Money, health, work, hobbies, family, study... here is the guide to all the things you need to know for your fifties and on, in an updated edition for the new decade!

You fifties are a perfect opportunity to stop and think about the purpose of your life and how you'll live from now on. Let's start preparing now! Post-retirement work, volunteering, hobbies... it will be too late if you wait until retirement age. It's time to take stock. Through the popular presentations she has made to major companies and organizations, a lifestyle advisor will make you rethink how you'll live the rest of your life.

Contents

- Prologue: Time to think about how you'll live the rest of your life.
- Chapter 1: Get ready for work and volunteering after retirement.
- Chapter 2: Get your finances ready before you die.
- Chapter 3: Rethink relationships with family and friends.
- Chapter 4: Pick up habits that are good for mind and body.
- Chapter 5: Prepare for your parents' and your own old age.

Sakakibara Setsuko

Sakakibara Setsuko is a visiting professor at the Nihon Pharmaceutical University and Hollywood Graduate School Of Beauty Business, lifestyle advisor, and financial consultant. Her presentations and writings focus on planning for an old age with peace of mind, passing down assets and values, money and health, and ikigai (purpose in life).



★Lifestyle

Assets Management Foundation To Multiply your Money

お金をとことん増やしたい人のための「資産運用」超入門
December 2019 | 250P | ISBN : 978-4-7993-2577-3

The updated edition of the “Beginners’ Guide to Assets Management” that sold over 100,000 copies.

Asset management books often take on a defensive attitude; but that alone does not lead to capital increase.

The “PECD method” explained here for the first time will teach you how to aggressively boost your funds. Even if you are no expert in finance, this practical handbook encompasses all you need to know.

Contents

1. Super basics of money management: What is asset management/ What are interest rates/ What is economy/ What is credit
2. Super basics of financial products: Investment Trust/ Bonds/ Real Estate Investments/ Stock Investments/ Savings/ Dividends
3. What successful people do: the PECD method

Izumi Masato

Representative of the Japan Financial Academy, President of the Financial Learning Association, Visiting Professor at the Kobe Yodogawa Gakuin University.

In 2002 he established the Japan Financial Academy to promote economic and financial education, and now serves to more than 180,000 students with a wide range of classes, from economics to accounting, finance, reading newspapers, financial planning, stock investment etc. He has also authored several books on finance and assets education.



★Lifestyle

Neat and Tidy

Decluttering Things, Spaces, Relationships and Time

片づけの基本 ハンディ版
November 2019 | 240P | ISBN : 978-4-7993-2569-8

The bible to clearing things up and enjoy a lighter body and mind! Taught by a cleaning expert!



The problem of feeling guilty when throwing things away: decide what is precious to you to let go of unneeded things!

Cleaning is not the ultimate purpose in life. But, when things are organized, everything in life, from time to relationships, will benefit from it too.

It is necessary to unclutter things, spaces, relationships and time to create space for a happier life.

A professional cleaning instructor teaches you how.

Contents

1. The real meaning of cleaning
2. Cleaning to achieve success
3. Tips for keeping things in order
4. Clear up things
5. Clear up time and relationships
6. Polish yourself

Watanabe Aya

A cleaning instructor and advisor, and representative director of the Cleanup Association. She provides consulting to companies and organisations such as banks and publishers that find themselves unable to clean things up, techniques for no-rebound cleaning, and certification courses. She has published several books on the argument and often makes media appearances.

Foot Care for a Life of Enjoyment

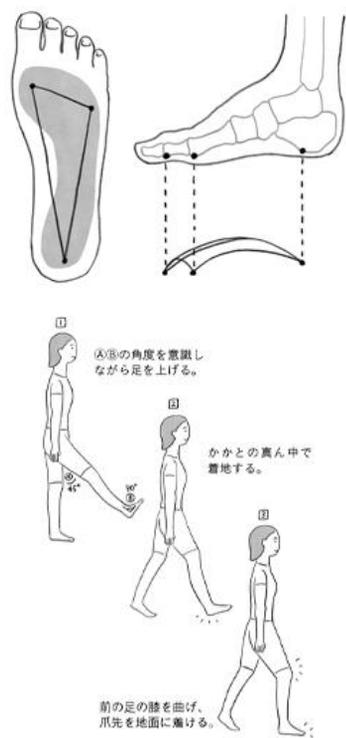
40 Tips for Youths and Elders Alike



転ばぬ先の“足”“ババ先生”が教える足をいたわり人生を謳歌する40のヒント

September 2019 | 224P | ISBN : 978-4-7993-2554-4

Have you ever thought that some discomforts in your body and mind might actually depend on your feet? These 40 tips by a professional podiatrist will help you understand all you need to know about feet and shoes for a healthy lifestyle!



“The hallux hurts”, “My feet have become like claws”, “It’s hard to walk wearing pumps”...Problems related to feet and shoes often affect working women. Sometimes, troubled feet also lead to troubles to other parts of the body, such as back pain and stiff shoulders.

On the other hand, elders might have difficulties climbing the stairs, suffer from knee pain, or find it easy to trip. This book will enable both young and elder women to get rid of their feet problems and walk with smiles on.

In the first half, you will learn to recognize your feet characteristics, choose your shoes and walk correctly.

The second part is focused on self-development and preaches living independently.

A happy mindset starts from happy feet!

Fukuoka Yoshiko

After hurting her feet while she was on a business trip in the United States, she rushed to a podiatrist, who pointed out her wrong shoes choice. Impressed by the precise treatment and advice, and fascinated by the depth of the world of podiatry, she decided to study at a Podiatry training school in New York. As a podiatrist, she opened Japan’s first “Foot Care Comfort Center”. Utilizing her experience of curing more than 60,000 feet so far, she developed an insole that makes pumps more easily wearable, now sold in shops and department stores.



★Lifestyle

Autonomic Nerves Care by Subtraction

How to Break Bad Habits for a Healthier Mind and Body

自律神経は引き算で整える
October 2019 | 208P | ISBN : 978-4-7993-2556-8

In today's busy world, it is difficult to adopt new habits when trying to change our daily life. This book will help you improve your lifestyle by "subtracting" bad habits, as taught by an expert in autonomic nerves care.

Contents

1. Subtraction for posture habits
2. Subtraction for sleeping habits
3. Subtraction for eating habits
4. Subtraction for workout habits
5. Subtraction for a new mindset

Do you ever feel like there is something wrong with your physical conditions? Are you sometimes unable to sleep, suffer from dizziness or repeated constipation without knowing the cause? It might be due to disorder in your autonomic nervous system. Lifestyle habits such as not getting enough sleep, consuming too much sugars, caffeine or alcohol, using smartphones and PCs for a long time, stress and overwork, all affect your autonomic nervous system. Instead of trying to add this and that, a healthier lifestyle can actually be achieved very simply. The key is "subtracting" unnecessary or harmful actions and habits from our daily life, from posture, to eating, to a whole new mindset.

猫背にならないソファの条件



Harada Ken

Harada Ken is the representative of the first clinic specialised in autonomic nervous system therapy in Japan. After graduating, he worked in sales and as an IT engineer.

Due to excessive fatigue and depression, he was forced to take a leave of absence, and this became his motive to open a clinic. The scope of the treatment is not limited to the body, but follows all matters related to autonomic nervous system, such as nutritional guidance and mental advice.



★Lifestyle

Tidy, not Empty

Tidying Up for the Hideout resident, the Collector, the Minimalist and the Garbage Hermit

モノが多い 部屋が狭い 時間がない でも、捨てられない人の捨てない片づけ

March 2020 | 274P | ISBN : 978-4799325957

Even if you have too many things, no space and little time, you can still have a tidy home!

You don't need to throw everything away...this book will instead teach you how to tidy up based on your type! The Hideout resident, the Collector, the Minimalist or the Garbage Hermit...which one are you?

Contents

- Introduction: Tidying up for 4 types of people
- PART1: Why is it difficult to tidy up my house?
- PART2: Let's get started
- STEP1: "Clean up without throwing away" Estimation and scheduling
- STEP2: "Organize" Define and classify
- STEP3: "Storage" Location and storage
- PART3: Keeping it clean

By prioritizing the objects you use the most often and those that you love, you can make the most of your home's storage space. Here is the new way to tidying up for those who can't throw things away!

This book is the result of the analysis of "objects data" from 1 million people, explained by a cleaning and storage advisor. With increasingly rising rents and smaller apartments, it has become extremely difficult for those who have such housing situation to store everything important to us in a neat way. Despite the general pressure to throw most away and adopt a minimalist lifestyle, it is easy to return to the initial condition and painful to give up things we love. If you want to find an alternative solution to tidying up by just emptying your home, this is for you!

Komeda Marina

A cleaning and storage advisor. After graduating from the Faculty of Economics at the University of Tokyo in 2014, he joined Sumitomo Corporation and was in charge of business investment in the e-commerce area. Since 2018, she has been worked for Summary Co., Ltd. and is mainly responsible for financial and data analysis. She works with writers, designers, entrepreneurs and people who love objects, giving her advise on tidying up methods. Her own "consumer survey results on housing and greed" is often featured on media.



★Fiction

Playtime Is Never Over

遊びの時間は終わらない
December 2019 | 320P | ISBN: 978-4-7993-2579-7

An anthology of 4 humorous short stories.

Contents

1. The time to live will never end - Suzuki Koji
2. Even if playtime comes to an end - Amane Ryo
3. Playtime freezes at that moment –Shimanaka Jun
4. Playtime is never over – Toi Kuniyuki

One day, the police department decides to conduct a crime prevention drill without a clear scenario, aimed to create a favourable public image. However, Policeman Hirata, who is chosen as the bank robber, has a serious personality and lacks flexibility. He plans the robbery and performs his role as a criminal perfectly. Fukagawa, the policeman who is supposed to arrest Hirata, ends up shot by Hirata's model gun and treated as a dead man.

Suzuki Koji

Born in 1957. He debuted with *Paradise*, which won the second Japan Fantasy Novel Grand Prize in 1990. Received the 17th Eiji Yoshikawa Literary New Artist Award for *Helix* in 1995. In 2013, he received the Charlie Jackson Prize, an American literature award for *Edge*.

Amane Ryo

Born in 1980. He debuted with the Mephisto Award in 2010 with *Choukankaku*. In 2013, he became a candidate for the Mystery Grand Prize for the *Funeral Suite* and a candidate for the short stories section of the Japan Mystery Writer Association Award for his *Father's Funeral*.

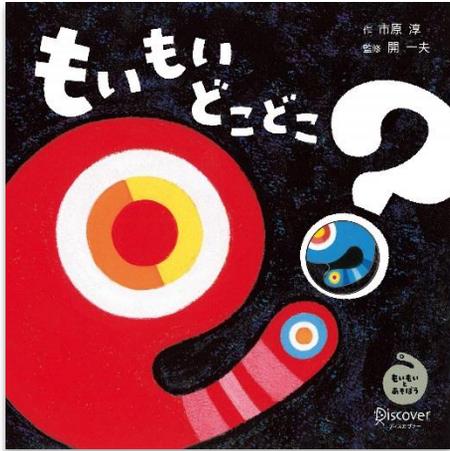
Shimanaka Jun

Born in 1966. Debuted in 2013 with *Punishment of Proxy* which won the Newcomer Prize of the Japan Mystery Literature Award. He is active as an up-and-coming author of social-mystery books.

Toi Kuniyuki

Toi Kuniyuki is the author of *Playtime is never over*, which was published in 1985 by Shinchosha Publishing Co.,Ltd., and won the New Writer award of Shinchosha. It has been made into a successful movie in 1991, and was adapted to a Korean drama in 2007.

PICTURE BOOKS MADE BY BABIES, FOR BABIES



★Picture Book

Where is MOIMOI ?

Written and illustrated by: Ichihara Jun, Supervised by: Hiraki Kazuo もいもい どこどこ？

December 2019 | 28P | ISBN: 978-4-7993-2561-2

The long awaited sequel to the popular “Babyology” Series that sold more than 530,000 copies!

Can you find MOIMOI? On each page, MOIMOI appears and disappears, disguised between colours, shapes, and tridimensional games.

From the research project of picture books made by babies for babies, here is the latest interactive addition to the bestselling series, with frequent appearances on tv and online.



From the series that **sold more than 530,000 copies** and was translated into Simplified Chinese, Vietnamese, Complex Chinese, Korean and Arab!



MOIMOI

Jul. 2017 | 28P |

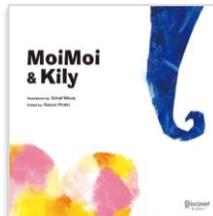
ISBN: 978-4-7993-2110-2



Urushi

Jul. 2017 | 36P |

ISBN: 978-4-7993-2109-6



MoiMoi & Kily

Jul. 2017 | 28P |

ISBN: 978-4-7993-2111-9

Hiraki Kazuo

Hiraki Kazuo is a professor at the Department of General Systems Studies at the Graduate School of Arts and Sciences, Interfaculty Initiative in Information Studies, at The University of Tokyo. He specialises in “Baby Study,” and manages the Baby Laboratory at The University of Tokyo. This project was started because he wanted to create a picture-book truly loved by babies.

Ichihara Jun

Ichihara Jun graduated from the Design Course at Osaka University. In addition to being an illustrator for picture books, he also produces illustrations for goods and advertisements and animation characters.