

Autumn
2019



文響社

Bunkyosha

BUNKYOSHA



*Presenting entertainment that delivers
dreams and hopes for all. Our works offer
people the catalyst to take a new step
forward and realize their true potential.*

ABOUT US

We are a publishing company focusing on nonfiction books.

Our main publishing genres are business, self-development, cooking, investment, conversation technique and technique on working; in addition, we are also publishing a variety of books in various fields such as study reference book and horoscope.

The company was launched in Japan in 2010.

Although we are still a newcomer, we constantly keep publishing hits which sell more than 100,000 copies every year, and have won numerous awards. We have started the foreign book component of our business in full-scale from 2016.

5
million
copies sold!

THE #1 BESTSELLING WORKBOOK SERIES IN JAPAN!



THE POOP WORKBOOK

We make
learning fun!

What is The Poop Workbook?

What do children hate? Studying.
What do children love? POOP!

"The Poop Workbook" combines the two together in a new "study workbook" which fuses "poop" x "learning." Since its release in March 2017, "The Poop Workbook Series" has become a massive hit. It has sold a total of 5 million copies, where every 2 in 3 elementary school children in Japan own a copy.

All of the
problems
successfully
use the word
"POOP"!

「日本一楽しい漢字ドリル うんこかん字ドリル」

The Poop Kanji Workbook

Genre: Study



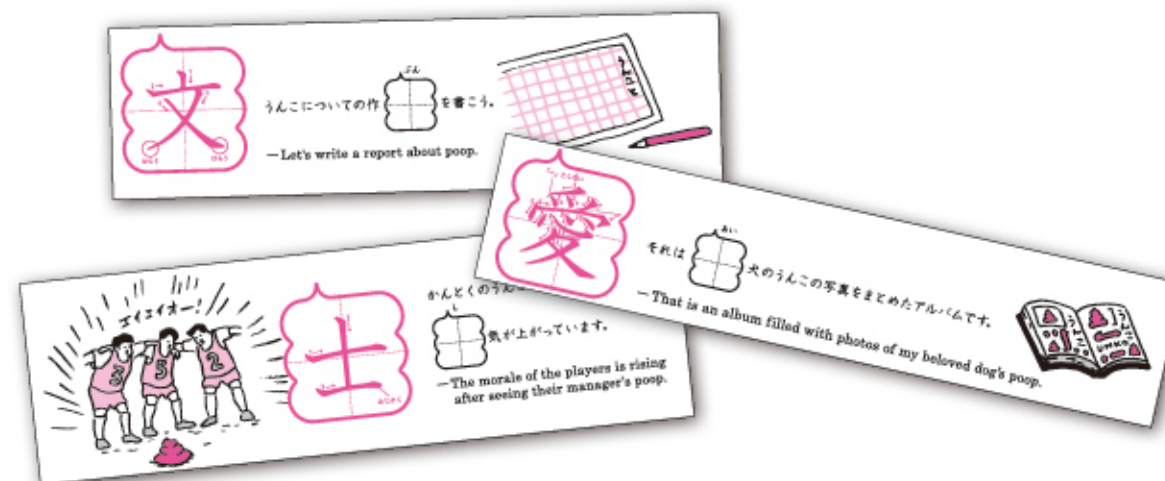
Description

Previously, the standard format for practicing Kanji had always been an endless repetitive action of writing the same kanji over and over again. This fast becomes a tedious robotic task for children who generally have a short attention span. Our workbook was made to solve this issue of boring kanji practice by using the word "poop" in all 3,018 of our practice sentences! Ours is the world's first kanji workbook where children can laugh out loud while practicing their kanji.

A series of 6 books, at a price of 980 yen per book

978-4-905073-81-9
978-4-905073-82-6
978-4-905073-83-3
978-4-905073-84-0
978-4-905073-85-7
978-4-905073-86-4

24/3/2017



「日本一楽しい算数ドリル うんこ算数ドリル」

The Poop Math Workbook

Genre: Study



Description

This is another fun workbook in The Poop Workbook Series that fully embodies the concept of encouraging laughter to support positive learning. Children will enjoy solving our math problems that have the word "poop" in all of them to make math more fun!

A series of 3 books, at a price of 1150 yen per book

978-4-86651-081-1
978-4-86651-082-8
978-4-86651-083-5

22/11/2018



There are 13 stickers. You stick 2 stickers on a piece of poop. How many stickers are left that are not stuck on a piece of poop?

Equation $13 - 2 = \square$

Answer stickers

You are given 8 poop bugs. You give 3 of them away to your friend. How many poop bugs do you have left?

Equation $8 - 3 = \square$

Answer

How many pieces of poop did Grandfather poop in total? Write out the numbers in the \square to find the answer.

Equation $\square + \square + \square = \square$

1st try 2nd try 3rd try Total

There are 6 pieces of poop in a cake box. You poop 5 pieces of poop into the cake box. How many pieces of poop are in the cake box in total?

Equation $\square + \square = \square$

Answer

THE POOP WORKBOOK SERIES LINEUP

For Elementary School Children

The Poop Kanji Workbook



The Poop Math Workbook



The Poop Arithmetic Workbook



For Kids Aged 3-6

The Poop Thinking Skills Workbook



The Poop Number Workbook



The Poop Time Workbook



The Poop Hiragana Workbook



The Poop Katakana Workbook



The series continues to grow!

The rights of The Poop Math Workbook and The Poop Arithmetic Workbook are in an exclusive submission by Neil Gudovitz at Gudovitz & Company Literary Agency (world, except Simplified Chinese, Traditional Chinese, Korean, Thai and Vietnamese)

<人生はニャンとかなる! シリーズ>

Everything Will Be Meow-kay! Series



「人生はニャンとかなる! 明日に幸福をまねく68の方法」

Everything Will Be Meow-kay!

68 ways to make tomorrow

meow-tastic

By Keiya Mizuno / Naoki Naganuma

Genre: Self-help, Business



Description

Harness the power of adorable animals! This playful series was born by combining photos of endearing animals alongside inspirational and motivational maxims and aphorisms from various great minds. With such cuteness, there is no doubt these phrases will bring joy to your day!

On each page, there are words of wisdom and expressions alongside photos of delightful cats, dogs, and other furry, feathery, slimy and leathery friends! On the backside of every page, we have placed appealing anecdotes of great minds that explore each witticism further for those who want to delve deeper to understand the meaning behind the expressions. All of the pages are "purr-forated" so you can tear them out to give away as presents, or to decorate your home or office desk.

1400 yen
978-4-905073-04-8
158pages
21/10/2013



「人生はワンチャンス!」
「仕事」も「遊び」も楽しくなる65の方法

Anything Is Paw-ssible!

65 ways to make every day
more fun

By Keiya Mizuno / Naoki Naganuma

Genre: Self-help, Business

1400 yen 978-4-905073-03-1
152pages 12/12/2012



「人生はZOOっと楽しい!」
毎日がとことん楽しくなる65の方法

Life is Always-ZOO Fun!

65 ways to make every day
more fun

By Keiya Mizuno / Naoki Naganuma

Genre: Self-help, Business

1400 yen 978-4-905073-09-3
160pages 28/11/2014



「人生はもっとニャンとかなる!」
明日にもっと幸福をまねく68の方法

Everything Will Be Even MORE Meow-kay!!

A meow-ntain of 68 ways to
make tomorrow paw-sitive

By Keiya Mizuno / Naoki Naganuma

Genre: Self-help, Business

1400 yen 978-4-905073-21-5
160pages 2/10/2015



「人生はワンモアチャンス!」
「仕事」も「遊び」もさらに楽しくなる66の方法

Anything Is Paw-ssible, Fur Real!

66 MORE ways to make every day
more fun

By Keiya Mizuno / Naoki Naganuma

Genre: Self-help, Business

1400 yen 978-4-905073-48-2

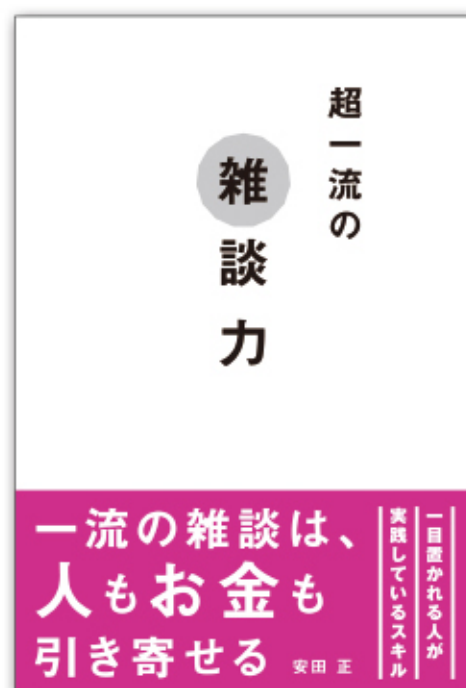
【超一流の雑談力】

The Big Power of Small Talk

By Tadashi Yasuda

Genre: Business, Communication

Series total
685,000
copies



Description

"You can improve your work and human relations if you have a meaningful chat" instead of a neutral meaningless chat. This is the basic concept of the book which specifically and practically introduces how to improve the chat skill with variety of techniques included in 38 items. Furthermore, it contains how to do the training in a daily life for the improvement of chat skills. A full of know-hows which allow you to easily try to practice are packed in this book no matter if you are a beginner or have some confidence on chat and conversation. It's ranked at the 5th on the 2015 Oricon top bestselling business book ranking.

1380yen
978-4-905073-15-4
224pages
25/5/2015

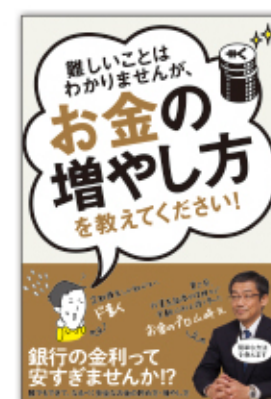
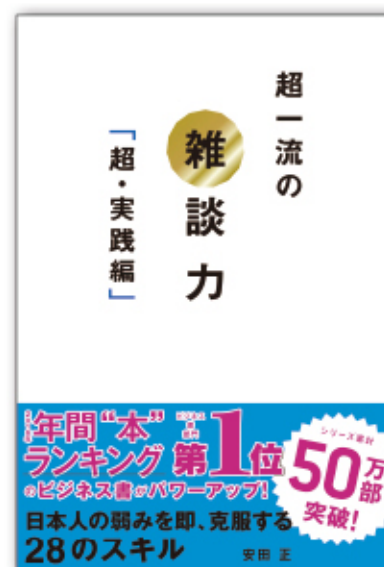
【超一流の雑談力「超・実践編」】

The Big Power of Small Talk 2

By Tadashi Yasuda

Genre: Business, Communication

1380yen
978-4-905073-55-0
272pages
21/10/2016



1380yen
978-4-905073-24-6
248pages
13/11/2015

【難しいことはわかりませんが、お金の増やし方を教えてください!】

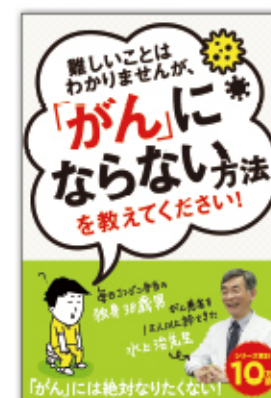
I'm not an expert! Tell Me How to Increase My Money!

By Hazime Yamazaki/ Kosuke Ohashi

Genre : Business, How-to

Description

"A complete amateur" who knows only to deposit money in a bank interviews a "money professional" who graduated from Tokyo University and has worked at 12 different financial institutions including foreign securities firms and insurance companies and learns how to make and save money safely. Even if you are not familiar with finance this is one book which is easy to read and will be useful.



1280yen
978-4-905073-38-3
272pages
28/4/2016

【難しいことはわかりませんが、「がん」にならない方法を教えてください!】

I'm not an expert! Tell Me How to Prevent Cancer!

By Hazime Yamazaki/ Kosuke Ohashi

Genre: Health

Description

This book is the result of an interview with a doctor who has treated more than ten thousand cancer patients. It gives you a lot of knowledge about cancer that will help you live longer.



1380yen
978-4-905073-99-4
288pages
25/7/2017

【難しいことはわかりませんが、英語が話せる方法を教えてください!】

I'm Not a Native Speaker! How can I learn to speak English in a simple way?

By Steve Soresi/ Kosuke Ohashi

Genre: Business, Self-help

Description

An NHK lecturer and native speaker on the best methods for speaking English. This book takes the common conception of how to learn the language and turns it on its head. This will become the new common sense way to learn to speak English.

Series total
410,000
copies



1600yen
978-4-87031-805-2
357pages
11/8/2007

【夢をかなえるゾウ】

The Elephant Who Makes Dreams Come True

By Keiya Mizuno Genre: Fiction, Self-help

Description

"Ya know, keep on goin' like that and I reckon 2000% ya ain't gonna succeed." The Hindu God Ganesha all of a sudden appears in front of a deadbeat salaryman out of nowhere in the form of an elephant, who for some reason speaks in a drawling Kansai dialect. Ganesha claims to have guided Napoleon, Confucius, Newton, and even Bill Gates. However, in order to succeed, Ganesha only tells him very plain and simple things, such as to "Shine ya shoes" and "Donate ya spare change at the store."

Can a deadbeat salaryman actually succeed? A best selling novel that has sold over 3.5 million copies and has been made into a TV drama, an anime, and even performed on stage.

An entertaining novel about a deadbeat salaryman and the worst "teacher" ever on their journey that is sure to leave you laughing, crying and in the end filled with practical knowledge on how to form habits that will lead to success.

*Originally published by Asukashinsha Publishing.

*Translation rights managed by Mizuno Office Inc.

Series total
3.5 million
copies



1450yen
978-4-86651-015-6
354pages
11/8/2017

【運命の恋をかなえるスタンダール】

Finding Love with Stendhal

By Keiya Mizuno
Genre: Fiction, Self-help

Description

"Love is a beautiful flower, but we must be brave enough to pick her up from the edge of a precipice." (from On Love, Chapter 41)

Satoko Mandaira is a librarian in her 30s with zero history of romance. She has lived an introverted life since her father caused a scandal back in her childhood, which leads her to hide her family history. Not being able to interact well with others, she finds pleasure in reading and imagining about love. However one day at the library, she runs into the man of her dreams. Not sure what she should do, she is at a loss when all of a sudden, a man who calls himself Stendhal after the "nerdy literary master" appears before her and proceeds to give her instructions on love. Extraordinary things begin to happen as Satoko slowly breaks out of her shell. Follow Satoko and Stendhal on their comical journey to create a miracle of love. This novel explores the lessons regarding romance from Stendhal's On Love in an easy to understand manner that fits with modern times!

36,000
copies



1380yen
978-4-905073-33-8
258pages
11/3/2016

【神様に一番近い動物】

The Animal Closest to God

By Keiya Mizuno Genre: Fiction, Self-help

Description

7 hilarious stories that make literature a new form of entertainment!

There is something in every story that will redefine how you view your life.

-The Three Little Pigs Now: A wolf appears in front of the three little pigs carrying a copy of the fable "The Three Little Pigs."

-The Rich Person's Recommendation: A 10,000yen that is given to a girl casually without much thought comes back in an angry form of wrath ...

-The Space Olympics: In order to save their planet, humans and animals work together to participate in the Space Olympics.

-The Useless Star: When a no name musician down on his luck makes a wish on a shooting star, the star ends up visiting his room ...

-The Spider Detective: Somebody has murdered the Japanese rhinoceros beetle, the owner of the sawtooth oak. A legendary detective is called upon to solve the mystery ...

-Aizawa: "Soba Aizawa" is a popular flourishing restaurant in the downtown shopping district. However, the manager of the restaurant carries a certain secret ...

-The Animal Closest to God: A mouse whispers into the ear of a calf living a peaceful life on a farm, "You are going to be made into a leather jacket soon."

27,000
copies



1450yen
978-4-905073-64-2
208pages
17/2/2017

【顔ニモ負ケズ】

My Face Can't Hold Me Back

By Keiya Mizuno Genre: Self-help, Memoir

Description

A must read book that shows us how to live in the "now."

When the author Keiya Mizuno was a young adolescent, he had a hard time dealing with a phobia about his appearance. Since then, he has come to the conclusion that being concerned with one's appearance and the feeling of inferiority that can stem from it is an issue that greatly affects how happy one feels. Thus, he became interested in "issues that arise from appearances."

With the cooperation of NPO My Face, My Style he discussed with those who have dealt with "issues that arise from their appearances" such as symptoms of damages and rashes on their physical appearance. He learned about how they overcame the issues with their work and love lives that arose from their appearances.

He realized that the process of how these men and women overcame the issues with their appearances could apply to not only those that are troubled by their appearances, but to all kinds of people who are suffering from various troubles. The 9 people in this book have overcome many obstacles to achieve happiness and their stories will move you. This book is filled with many hints on how to overcome troubles with work, love, and human relationships, told through stories that are rich and oftentimes humorous.

43,000
copies



1180yen
978-4-86651-122-1
200pages
12/4/2019

「会話は、とぎれていい」

It's OK to Take a Break in Conversation

By Ayako Kato
Genre: Self-help

68,000
copies

Description

Popular Japanese TV announcer Ayako Kato tells all in this book that gathers the "Essence of Conversation" from her years working alongside various masters of conversation. Filled with hints on how to be well liked through communication, this book discusses how to talk, how to listen, how to empathize, how to build human relationships, and more! She shares her 48 hints on how to be well liked through communication that have been curated from her experiences working the masters of communication, seeing how they interact with others and understanding how they think.



1350yen
978-4-86651-114-6
192pages
22/2/2019

「ニャンと簡単に身につく! 心が休まる『アドラー心理学』」

The Purr-actical Guide to Adler Psychology *Meow-ster the way to living a more content life*

By Akira Shukunami
Genre: Self-help, Psychology

9,000
copies

Description

Welcome to the world of cats and Adler psychology theory! Author Akira Shukunami is a veterinarian, an Adler psychology certified counselor, and has raised over 20 cats, making him a cat expert as well! While continuing his research in biology and psychology, it dawned on him that if people could think more like cats, then work, love, marriage, human relations, the future, all of these things could go smoothly and be positive. A must read self help book for all cat lovers!



1350yen
978-4-86651-123-8
232pages
5/4/2019

「人生に、上下も勝ち負けもありません」

There is no Winner or Loser in Life

By Soichiro Nomura
Genre: Self-help, Philosophy

8,000
copies

Description

The author Soichiro Nomura is a psychiatrist who has treated over 100,000 patients over a span of 45 years. In this book, he shows how one can let go of impatience, depression, and anxiety through the words of Lao-tzu. This book is for those who feel conflicted about:

- Constantly comparing themselves to others
- Judging who is on top, who is better or worse than themselves
- Always feeling like they are losing out in life

One day when the author was treating a patient, he mentioned the words of Lao-tzu and the patient began to cry. That was when the author realized that the wisdom of Lao-tzu can help calm people, helping them let go of judging themselves against others. This state is called being "judgement free." By reading this book, one will be able to incorporate this mentality of being "judgement free" that Lao-tzu teaches into their lives and by doing so, shed any feelings of "burden" in their lives.



1280yen
978-4-905073-18-5
208pages
9/10/2015

「どうでもいいことで悩まない技術」

How to Not Care about Things that Don't Matter

By Ryusuke Kakigi
Genre: Self-help

22,000
copies

Description

Life is filled with things that aren't big enough of a deal to worry over, but can still weigh on your mind. This book explains how to solve such small issues that come up in daily life which can lead to irritation, worries, and tension. Written by a world class neuroscientist in an easy to understand manner and based on scientific knowledge of how the brain works, this book is sure to help solve those things that you shouldn't really be bothered about but end up mulling over anyway. Some examples of tips in this book:

- The first thing you should do when you feel irritated ...
- Why the person who apologizes is the winner in an argument ...
- The best way to sort through unpleasant feelings ...
- How successful people in business avoid panicking ...
- Why throwing away things help remove feelings of attachment ...

And more!



1280yen
978-4-905073-58-1
200pages
30/9/2016

「3分で立ち直る方法」

How to Get Back on Your Feet in 3 Minutes

By Kenji Sasaki

Genre: Self-help, Psychology

9,000
copies

Description

Have you ever felt that you've dragged on a bad feeling? Perhaps when you're not feeling too confident or when your relationship with your boss isn't going that well?

This book will help you resolve these kinds of bad feelings through tangible and actionable advice from a counselor to help you get you back on your feet! Backed by psychology, the methods and tips in this book are sure to help you stop dragging your feet when you're down and help you put a fresh foot forward instead.



1280yen
978-4-905073-87-1
208pages
26/5/2017

「あなたの人生を変える雨の日の過ごし方」

The Life Changing Way of Spending Rainy Days

By Keiji Minoda

Genre: Self-help

8,000
copies

Description

Change your life by changing how you spend rainy days! "Oh no, it's raining, I feel sluggish ..." These were the words gave birth to this book which navigates the life changing ways of how to spend rainy days. By simply changing how to spend "5 min" on rainy days, it can calm your autonomic nerves and increase your performance for that day.

Some examples of tips:

- On rainy days wake up 5 min early and take a hot shower ...
- Drink coffee or orange juice to alleviate headaches on rainy days ...
- Stretches to shake off sluggishness and stress on rainy days ...
- How to negotiate well on rainy days ...

and more!

This book is filled with 50 ideas on how to make rainy days more fulfilled and productive based on methods that have scientific backing.



1280yen
978-4-905073-54-3
224pages
16/9/2016

「明日、会社に行くのが楽しくなる お仕事のコツ事典」

How to Look Forward to Going to Work

Genre: Self-help, Business

21,000
copies

Description

Who wouldn't want to be able to spend their working hours as enjoyable as possible? This book is full of tips on how to make your life more fulfilled by changing those energy draining moments at work into something more enjoyable.

- An office desk that has good energy is full of "vitality"
- Tips on how to ward off sleepiness through instantaneous stimulus and instantaneous healing
- How to make a tedious commute more "fun"
- If rain depresses you, carry an accessory that is "rain" themed on you
- The basics on how to prepare for a presentation that will bring about your ideal result

This book is full of ideas on helping transform various aspects of your work life such as your efficiency, motivation, commute, change of pace, manner, health, empathy, human relationships, mental state, communication, personal appearance, daily customs, and more into things that are fun.



1340yen
978-4-905073-67-3
236pages
3/2/2017

「科学的に元気になる方法集めました」

Scientifically Backed Ways to Get Your Energy Back

By Shugo Hotta

Genre: Self-help, Business

35,000
copies

Description

This book has gathered a plethora of "ways to be energized" to help people navigate through the stressful modern day world. All of the 38 tips in this book have scientific backing, and are collected from world renowned institutes such as Harvard, NASA, Tokyo University, Riken Institute of Physical and Chemical Research, and more who have proven and come to the conclusion from their research that these tips "Really work!" This book is filled with actionable tips that anyone can do every day such as, "the right posture for thinking assertively and reducing stress," and "30 second habits for reducing anxiety and tension."

A must read book to help reduce your stress to the bare minimum, so that you can perform your best!



1000yen
978-4-86651-036-1
178pages
20/10/2017

【自分を休ませる練習】

A Practical Method for Resting and Rejuvenating

By Naoki Yahagi
Genre: Self-help

180,000
copies

Description

From a doctor who has faced life-and-death situations for 15 years in the emergency ward of Tokyo University Hospital comes a guide on how to rest, readjust, and reset one's mind. Beginning with simple tasks, such as staring at the sky or being aware of the change of seasons, and then progressing on to ways in which one can adopt and adapt mindfulness in one's daily life.



1200yen
978-4-86651-059-0
176pages
27/4/2018

【失敗図鑑 すこい人ほどダメだった!】

Encyclopedia of Failure

By Masato Ono
Genre: Children's Books, Self-help

91,000
copies

Description

Great people were not great! This new book will give courage to anybody who reads it. Most biographies are filled with the stories of successful people and great men; but in reality, great men were not successful throughout their lives. The Wright Brothers hung onto their dream until it came to fruition. Dali nearly died from his genius, Picasso was not understood early on because what he brought to the world was so new. Great men made many mistakes along the way to becoming great. So, one need not worry about one's life. If one does not fail, there is no value in life. So take heart, move forward in life and try new challenges. For the purpose of encouraging those who endeavor to persevere, this encyclopedia was written.



1150 yen
978-4-86651-116-0
200pages
1/2/2019

【長生きにこだわらない 最後の日まで幸福に生きたいあなたへ】

Loosen Up On Living Longer

By Naoki Yahagi
Genre: Self-help

71,000
copies

Description

The University of Tokyo Hospital sits at the pinnacle of all of the university hospitals in Japan. At the emergency unit of this prestigious hospital, a doctor who looks life and death in the eye every day feels compelled to deliver a message: loosen up on living longer!

Though it is said that we will be living 100-year lives, one never knows when one may face death. This is reason enough to enjoy the "now" in your life rather than calculate backwards from your life expectancy and fret on how to live out the remainder.

In order to fully enjoy life in the now and live happily in good health until your very last days, you must take care, pay attention, and be prepared with simple hacks. This book showcases the author's daily meals and simple exercises in full-color photographs so one can easily incorporate them into one's lifestyle with ease.



1430yen
978-4-905073-62-8
216pages
25/11/2016

【LIFE<ライフ> 人間が知らない生き方】

LIFE: Ways of Living Unknown to Humans

By Haro Aso, Kaori Shinohara
Genre: Self-help, Biology

42,000
copies

Description

This book explores 20 different kinds of animals and their ways of living. With manga drawings and detailed explanations, this book navigates the ways of living of the creatures we share this earth with that will us give hints on how to apply them to our own lives. Filled with interesting facts like:

- The 3 reasons why dolphins jump
- Cats never bow down to humans, but what are they always thinking about actually?
- Unique facts about the strongest animal in Africa, which is actually the giraffe
- How the sloth lives its life like Buddha
- Why cows are always kept in even numbers

In the natural world of animals, human common sense and knowledge are not applicable. By taking a closer look at how different living creatures live their lives, one realizes the many unique and unimaginable ways these creatures live. This book was born from the message, "What truly is important, is to learn what is beyond the realm of common sense."



1380yen
978-4-86651-092-7
224pages
28/9/2018

『なぜ今、世界のビジネスリーダーは東洋思想を学ぶのか』

Why Do the World's Leaders in Business Study Eastern Philosophy?

By Yoshifumi Taguchi
Genre: Business, Philosophy

7,000
copies

Description

Cryptocurrency, fintech, artificial intelligence, the sharing economy, ... these are just a few of the new disruptive business models that are changing the landscape of modern Silicon Valley. The once standard mass production, mass consumption model is becoming obsolete. Technology is evolving at a frighteningly fast pace and the work style of the past does not apply today. What can one do to keep up? The answer is in Eastern philosophy. The world's top business leaders have continuously turned to Eastern philosophies, Steve Jobs is famous for his great admiration of Zen and corporates such as Google are implementing mindfulness practices. In this book, learn about the philosophies of Lao-Tzu, Confucius, and Zen practices to stay afloat amidst the tech disruption that we currently face today.



1280yen
978-4-905073-80-2
208pages
31/3/2017

『金閣寺・銀閣寺の住職が教える 人生は引き算で豊かになる』

An Abundant Life Through Subtraction

By Raitei Arima
Genre: Self-help, Philosophy

19,000
copies

Description

More money, more success ... We are all born with this desire for more, and this pursuit of greed continues to hound us. If greed continues to be pursued, one will easily find oneself trapped in an insatiable hell, one where escape is futile and happiness is nonexistent. Author Raitei Arima is a famous Buddhist monk who represents Japan in Buddhism, and is the chief priest at Kyoto's most famous Buddhist temples Kinkakuji and Ginkakuji. In this book, he teaches how let go of your greed and feelings of attachment in order to lighten your spirit.



1550yen
978-4-86651-005-7
280pages
27/4/2018

『その悩み、哲学者がすでに答えを出しています』

Troubled? Ask a Philosopher!

By Shohei Kobayashi
Genre: Self-help, Philosophy

32,000
copies

Description

Have problems? Why not ask Aristotle and Nietzsche for help!

"I'm worried about the future", "I want more money", "I'm afraid of dying", these are all troubles that we carry in the modern day, but have been around for a long time. This book explores the troubles of human relations, love, marriage, life in general, death, illness, self-consciousness and more that have plagued human beings since ancient history. As troubles that humans carry these days have not changed since ancient times, this book will help you resolve your troubles through the wisdom of famous philosophers and thinkers. One can both learn philosophy and solve their problems with this book!



1380yen
978-4-905073-40-6
272pages
3/6/2016

『遅咲きの成功者に学ぶ逆転の法則』

The Laws of Success from Late Bloomers

By Mitsuhiro Sato
Genre: Self-help, History

11,000
copies

Description

- At 41 years old, Christian Dior built his brand after losing his job and home.
- At 61 years old, Colonel Sanders made a fresh start with 1 recipe after losing his store.
- At 47 years old, the penniless Momofuku Ando developed the instant ramen noodles by himself.

All of the people above had the turning point in their lives after 40 years old! They threw everything away and built their dreams from scratch. This book dives into the lives of these people who experienced a turning point late in their lives, in the world of business, art, and more. This is a book that will make you feel that no matter how old you are, that "life is just beginning!"



1380yen
978-4-905073-46-8
208pages
29/7/2016

『すぐやる!「行動力」を高める“科学的な”方法』

Do It Right Now! A “Scientific” Method of Enhancing the “Ability to Act”

By Yohei Sugawara
Genre: Self-help, How-to

12,000
copies

Description

This book proposes a “method of immediately doing what needs to be done without being reluctant,” based on the functions of the brain. Anyone can enhance their ability to act with simple tips. Based on scientific evidence and latest brain science, it clarifies that the cause for not being able to immediately do what needs to be done is not a personality or motivational problem but the problem of how to use the brain.



1350yen
978-4-86651-016-3
224pages
25/8/2017

『脳にいいこと 悪いこと 大全』

The Complete Guide to What is Good and Bad for Your Brain

By Ryusuke Kakigi
Genre: Self-help, Science

7,000
copies

Description

There are many things that are said to be good or bad for your brain. Many tips are actually pseudo-science and have yet to be verified. This book presents various things that are not well known, but have been verified scientifically to be good or bad for your brain. After reading this book, we promise that your:

- Performance will increase
- Concentration will increase
- Serenity will increase
- Brain atrophy will decrease

With one glance at this book, you will know what to try, what doesn't matter, and what you should stop immediately doing for your brain.



1380yen
978-4-905073-41-3
288pages
3/6/2016

『なぜ、あなたの仕事は終わらないのか』

Why You Cannot Finish Your Work

By Satoshi Nakajima
Genre: Business, Self-help

151,000
copies

Description

The legendary Japanese who produced the design concept of Windows 95 that completely changed the whole world reveals his methods of working fast, which would lead you to success. The author is a legendary programmer who used to work for Microsoft and produced concepts such as “drag and drop,” “double click,” etc. Programmers are extremely busy, and it is not unusual for them to be unable to finish their work before the deadlines. However, the author Nakajima was never late for the deadlines. How was he able to keep the deadlines and make inventions that changed the world? This book introduces his methods of working.



1280yen
978-4-905073-75-8
184pages
3/2/2017

『「欲」をコントロールする方法』

How to Control Your Greed

By Masaki Nishida
Genre: Self-help, Science

10,000
copies

Description

“I want to succeed”, “I want more money”, “I want to eat more” ...

These desires and greed can help give birth to immense energy at times, but can also cause much pain and suffering. How can one control these desires and how should one deal with them?

The author Masaki Nishida is a psychiatrist who has studied at Stanford and Harvard. In this book, he explores how to not lose out to stress and anxiety.



1280yen
978-4-86651-058-3
240pages
27/4/2018

「超 筋トレが最強のソリューションである」

Weight Lifting is the Ultimate Solution For Life

By Testosterone
Genre: Health, Self-help, Business

116,000
copies

Description

It has been scientifically proven that 99% of all of the problems in life can be overcome or changed with weight lifting and protein. Testosterone is a famous "badass CEO" who has over 830,000 followers on Twitter. He has come together with a Sports Scientific Researcher to write this book that showcases how weight lifting = the ultimate solution, using scientifically backed evidence! This book will show the real reasons why weight lifting can change your life to overcome feelings of depression, fatigue, weight gain, ... and more!



1469yen
978-4-905073-11-6
304pages
17/4/2015

「SURVIVAL WEDDING (サバイバル・ウェディング)」

The Wedding Assignment

By Kosuke Ohashi
Genre: Fiction, Self-help

18,000
copies

Description

Sayaka Kuroki (29) has just quit her job to join her boyfriend of 4 years when she finds another woman's underwear in his room. That night, her fiancé breaks off their marriage and Sayaka finds herself both jobless and with no fiancé. She tries to get back on her feet and starts a new job at a fashion magazine in the editorial division, however her new boss is a sadistic man called Usami. He gives her an assignment to, "Get married in 6 months and make it into an article. Or else you're fired." When Sayaka hesitates, Usami proclaims, "If you use my strategies, marriage is a piece of cake." Using examples of marketing strategies from high end luxury brands such as Hermes and Louis Vuitton, Usami teaches Sayaka how to succeed with her "assignment." A romantic comedy that is sure to keep you laughing throughout and leave you crying by the end.



1350yen 978-4-86651-088-0
224pages 17/5/2019

「愛せなければ死ぬ 60日間で本当の愛を見つける方法」

Love or Death - How to find true love in 60 days

By Asahi Sakano
Genre: Fiction, Comic, Self-help

NEW

Description

Part of the "Tame Comics" a series of fun manga comics that are useful for navigating life! Tame = Useful!

One day, the angel of love Amone appears in front of serial cheater and lowlife Ryuichi Shinonome and hands him a death sentence. In order to be forgiven and absolved of the sentence, Ryuichi must "Truly come to love someone." The time limit he is given is 60 days!

Will Ryuichi be able to truly love someone? What is true love anyways? What does love actually bring us? This is an entertaining manga comic that shows what true love really is and will expand your knowledge about love!



1280yen 978-4-86651-090-3
208pages 17/5/2019

「オヤスミストと眠れぬ吸血鬼 最高の自分を引き出す7つの睡眠術」

The Sleep Specialist and the Insomniac Vampire

By Shoei Ishioka, Yohei Sugawara
Genre: Fiction, Comic, Health

NEW

Description

Part of the "Tame Comics" a series of fun manga comics that are useful for navigating life! Tame = Useful!

One rainy night, 3 people meet together on the rooftop of a building. All three are suffering from insomnia. One begins, "I have not slept for over 400 years ..."

Asahi Makura works as a sleep specialist helping those with all kinds of insomnia. She is approached by a vampire named Mori who is troubled by not having slept for over 400 years. Will sleep specialist Asahi be able to solve Mori's sleep problems with her "Oyasu" sleep method? What is the deep and epic past that is hidden inside Mori?

Your best sleep will draw out the best version of yourself! This story is based on the most current scientific research regarding sleep and is presented in a hilarious manga comic form that is sure to appeal to anyone who has ever had a rough night's sleep!

「1日1ページ、読むだけで身につく世界の教養365」

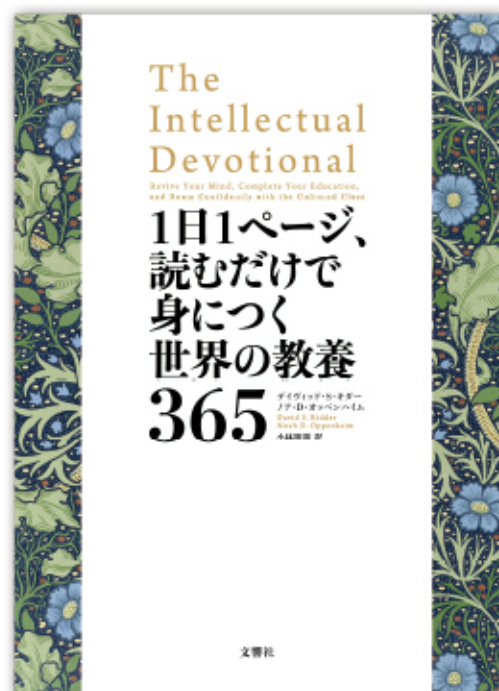
The Intellectual Devotional

*Revive Your Mind, Complete Your Education,
and Roam Confidently with the Cultured Class*

By David S. Kidder/ Noah D. Oppenheim

Genre: Self-help, History

380,000
copies



2380yen
978-4-86651-055-2
384pages
27/4/2018

Description

The Intellectual Devotional is a secular version of the same a collection of 365 short lessons that will inspire and invigorate the reader every day of the year. Each daily digest of wisdom is drawn from one of seven fields of knowledge: history, literature, philosophy, mathematics and science, religion, fine arts, and music. This daily digest of intellectual challenge and learning will arouse curiosity, refresh knowledge, expand horizons, and keep the mind sharp.

Original seller: Rodale Books

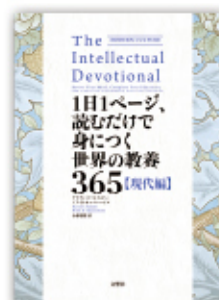
「1日1ページ、読むだけで身につく世界の教養365 人物編」



*The Intellectual
Devotional
Biographies*

2380yen
978-4-86651-125-2
384pages
12/4/2019

「1日1ページ、読むだけで身につく世界の教養365 現代編」



*The Intellectual
Devotional
Modern Culture*

2380yen
978-4-86651-144-3
384pages
23/8/2019

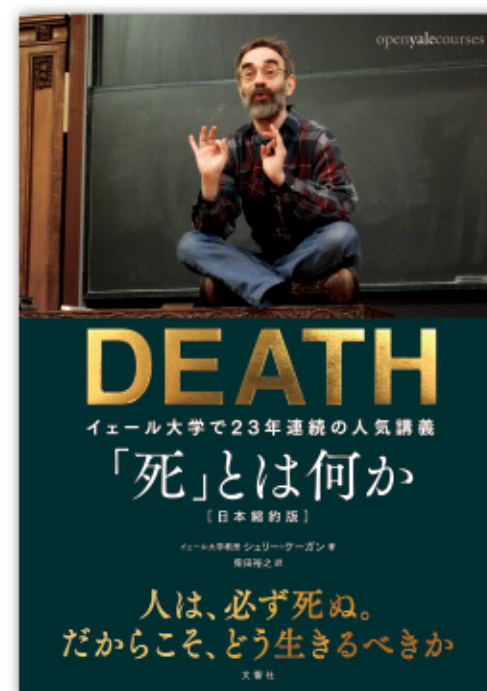
「「死」とは何か イェール大学で23年連続の人気講義」

DEATH

By Shelly Kegan

Genre: Self-help, Philosophy

170,000
copies



1850yen
978-4-86651-077-4
384pages
5/10/2018

Description

There is one thing we can be sure of: we are all going to die. But once we accept that fact, the questions begin. In this thought-provoking book, philosophy professor Shelly Kegan examines the myriad questions that arise when we confront the meaning of mortality. Do we have reason to believe in the existence of immortal souls? Or should we accept an account according to which people are just material objects, nothing more? Written in an informal and conversational style, this stimulating and provocative book challenges many widely held views about death, as it invites the reader to take a fresh look at one of the central features of the human condition—the fact that we will die.

Original seller: Yale University Press

Bestsellers from overseas



1580yen
978-4-905073-56-7
384pages
16/12/2016

「人生を変える習慣のつくり方」

Better Than Before *What I Learned About Making and Breaking Habits—to Sleep More, Quit Sugar, Procrastinate Less, and Generally Build a Happier Life*

By Gretchen Rubin
Genre: Business, Self-help

48,000
copies

Description

Habits are the key to all our successes and challenges in life, and there is no better way to change your habits than to track them. New York Times Bestseller. Washington Post Bestseller. The author of the blockbuster New York Times bestsellers

Original seller: Broadway Books



1350yen
978-4-86651-013-2
272pages
11/8/2017

「北欧スウェーデン式 自分を大切に生きる方」

LÄR DIG LEVA *Mindre stress - Mer närvaro* *Learn to Live* *The Book That Can Change Your Life*

By Mats Billmark/ Susan Billmark
Genre: Health, Self-help

30,000
copies

Description

The authors show how it is fully possible to overcome damaging stress, anxiety and fears. They also tell how important good communication is so that relationships and friendships can work. In a clear and simple way they explain why being actively in the now is the key to a calmer, happier and more harmonious life. LEARN TO LIVE is the book with advice and inspiration that is changing many people's lives

Original seller: Inre Hälsa AB



1850yen
978-4-86651-113-9
320pages
15/3/2019

「PIXAR <ピクサー>」

To Pixar and Beyond: My Unlikely Journey with Steve Jobs to Make Entertainment History

By Lawrence Levy Genre: Business

18,000
copies

Description

The revelatory saga of Pixar's rocky start and improbable success

After Steve Jobs was dismissed from Apple in the early 1990s, he turned his attention to a little-known graphics company he owned called Pixar. One day, out of the blue, Jobs called Lawrence Levy, a Harvard-trained lawyer and executive to whom he had never spoken before. He hoped to persuade Levy to help him pull Pixar back from the brink of failure.

This is the extraordinary story of what happened next: how Jobs and Levy concocted and pulled off a highly improbable plan that transformed Pixar into one of Hollywood's greatest success stories. Levy offers a masterful, firsthand account of how Pixar rose from humble beginnings, what it was like to work so closely with Jobs, and how Pixar's story offers profound lessons that can apply to many aspects of our lives.

Original seller: Houghton Mifflin Harcourt



1620yen
978-4-86651-074-3
368pages
20/7/2018

「すべての不調をなくしたければ除菌はやめなさい」

Eat Dirt *Why Leaky Gut May Be the Root Cause of Your Health Problems and 5 Surprising Steps to Cure It*

By Josh Axe Genre: Health

9,000
copies

Description

Doctor of Natural Medicine and wellness authority Dr. Josh Axe delivers a groundbreaking, indispensable guide for understanding, diagnosing, and treating one of the most discussed yet little-understood health conditions: leaky gut syndrome.

Do you have a leaky gut? For 80% of the population the answer is "yes"—and most people don't even realize it. Leaky gut syndrome is the root cause of a litany of ailments, including: chronic inflammation, allergies, autoimmune diseases, hypothyroidism, adrenal fatigue, diabetes, and even arthritis. In *Eat Dirt*, Dr. Axe explains that it's essential to get a little "dirty" in our daily lives in order to support our gut bacteria and prevent leaky gut syndrome. Dr. Axe offers simple ways to get these needed microbes, from incorporating local honey and bee pollen into your diet to forgoing hand sanitizers and even ingesting a little probiotic-rich soil.

Bestsellers from overseas

「名探偵テスとミナ」シリーズ

Tiara Friends Series

By Paula Harrison Genre: Children's Books, Mystery

Series total
40,000
copies

Description

Best friends Millie and Jess look just like twins! Millie is a princess and Jess is a maid so they have lots of fun swapping dresses and going on adventures around Peveril Palace.

Original seller: Scholastic



980yen
978-4-86651-099-6
192pages
9/11/2018

「名探偵テスとミナ 消えたかんむりのなぞ」

Tiara Friends 1: The Case of the Stolen Crown



980yen
978-4-86651-109-2
192pages
14/12/2018

「名探偵テスとミナ 金色のドレスを追って」

Tiara Friends 2: The Secret of the Silk Dress



980yen
978-4-86651-129-0
192pages
5/4/2019

「名探偵テスとミナ みずうみの黒いかげ」

Tiara Friends 3: The Mystery of the Lake Monster



980yen
978-4-86651-131-3
192pages
12/7/2019

「名探偵テスとミナ 黒ネコの絵のひみつ」

Tiara Friends 4: The Hunt for Hidden Treasure



1430yen
978-4-905073-35-2
272pages
22/7/2016

「+1cm」

Plus 1 cm The Difference of Only 1 cm Changes Your World Completely

By Kim Eun-Ju/ Yan Hyun Jung
Genre: Self-help, Art

51,000
copies

Description

A book for personal development of women with cute illustrations and witty remarks.

Original seller: BACDOCI



1380yen
978-4-905073-20-8
272pages
24/8/2015

「HAPPINESS IS... 幸せを感じる500のこと」

HAPPINESS IS... 500 Things to Be Happy About

By Lisa Swerling/ Ralph Lazar
Genre: Self-help, Art

Series total
26,000
copies

Description

Japanese version of "HAPPINESS IS... 500 Things to Be Happy About". Happiness is... an unexpected bouquet, watching the sea, fixing something, a good high five, and so much more! The charming, make-you-smile illustrations hit just the right note—not too sappy, not too sweet—and remind us that there are dozens of things to be happy about every day.

This is a book that illustrates 500 'happineses' hidden in day-to-day life.

Original seller: Chronicle Books



「FRIENDSHIP IS... あなたに感謝する500のこと」

FRIENDSHIP IS... 500 Reasons to Appreciate Friends

1380yen 978-4-905073-25-3 272pages 3/12/2015

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