

# Book Rights Catalog

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\* The "Rights sold" section appears only for titles with confirmed sales in specific languages.

**Fiction**

ノー・アニマルズ

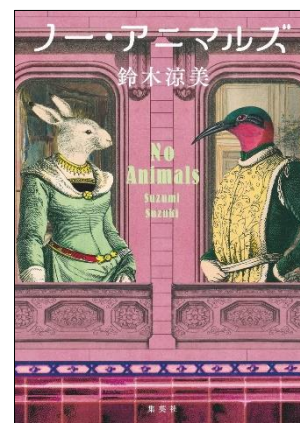
鈴木 涼美

No Animals

Suzumi Suzuki

Released Date 3/26/2025 ・ 四六判 ・ 272 pages

ISBN 978-4-8342-5398-6



**Abstract**

気鋭の女性作家による初の連作小説『ノー・アニマルズ』は、取り壊しが決まった老朽マンションを舞台に、そこに暮らす人々の本音や欲望を描いた全7篇から成る作品です。自由な生き方を選んだ女性が、一匹の犬との出会いをきっかけに「誰かのために生きたい」と願う物語。高校生の少女が、母の恋人に嫌悪感を募らせ、二人を別れさせようとする物語。卵子凍結を通じて、将来の選択肢に縛られていく女性の葛藤を描いた物語——。登場人物たちは、「動物」のように本能のままには生きられず、複雑な感情を抱えながら日常を模索しています。「家族」「仕事」「恋愛」「出産」など、人生のさまざまな局面での悩みをリアルに描き出し、読者が自身の経験と重ねて共感できる構成となっています。桐野夏生氏も推薦する、注目の一冊です。

No Animals, the first linked short story collection by a rising female author, is set in a decrepit apartment complex scheduled for demolition. Comprising seven interconnected stories, the book explores the honest desires and inner lives of its residents. One story follows a woman who has chosen a free and untethered lifestyle but, after meeting a dog online, begins to yearn for someone to live for. Another features a high school girl who grows increasingly resentful toward her mother's boyfriend and plots to break them up. In yet another, a woman grapples with the emotional toll of egg freezing as she realizes her future options are starting to limit her present. These characters cannot live by instinct alone, like animals; instead, they navigate complex emotions and the weight of daily life. Themes such as family, work, love, and childbirth are explored with striking realism, making the stories deeply relatable. Endorsed by acclaimed author Natsuo Kirino, this is a compelling and timely work.

<https://japanbookbank.com/en/book/8447>

## Fiction

# 超人計画インフィニティ

滝本 竜彦

The Choujin Project Infinity

Tatsuhiko Takimoto

Released Date 2/26/2025 ・ 四六判 ・ 336 pages

ISBN 978-4-8342-5396-2



## Abstract

現代社会における孤独な中年男性の生き方を描く、エッセイ風フィクション。著者は20年前、『NHKにようこそ!』において引きこもりの若者の内面を鋭く描き、多くの共感呼んだ。そして今、中年を迎えた自身が、老い、貧困、社会的孤立という新たな困難と向き合いながら、「超人」として生きる道を模索する。物語は、社会の成功指標（年収、身長、学歴、年齢）に適合できない主人公が、マッチングアプリの現実を突きつけられる場面から始まる。恋愛市場での敗北を悟った彼を支えるのは、実在しない脳内彼女・レイ。彼女との対話を通じ、「社会の敗者として生きるのではなく、超人を目指す」と決意する。社会の枠組みの中で「成功」を諦めた者が、自らの価値を再定義し、独自の人生を歩むことの意味を問う作品。ユーモアを交えた語り口で、現代の中年男性が直面する孤独、貧困、アイデンティティの問題を描き出す。

A novel written in the style of a personal essay, this work explores the life of a lonely middle-aged man navigating modern society. Twenty years ago, author Tatsuhiko Takimoto resonated with readers through *Welcome to the NHK*, a piercing depiction of a socially withdrawn youth. Now in middle age himself, he confronts new hardships—aging, poverty, and social isolation—while searching for a way to live as a “superman.”

The story begins as the protagonist, unable to meet conventional success standards like income, height, education, or age, comes face to face with the harsh realities of dating apps. Realizing he has no place in the romantic marketplace, he turns to conversations with Rei—an imaginary girlfriend who exists only in his mind. Through their exchanges, he resolves not to live as a “loser” in society’s terms, but to pursue an extraordinary form of existence. With a humorous yet poignant voice, the novel explores what it means to redefine one’s value and live authentically outside society’s norms. It sheds light on the struggles of loneliness, poverty, and identity faced by many middle-aged men today.

<https://japanbookbank.com/en/book/8446>

**Fiction**

ユニコーンレターストーリー

北澤 平祐

Unicorn Letter Story

Heisuke Kitazawa

Released Date 11/26/2024 ・ A5 判 ・ 160 pages

ISBN 978-4-8342-5392-4



**Abstract**

90年代の湘南とカリフォルニアを舞台にした青春「絵」小説。10年間文通を続けた幼なじみの少年少女の成長を、イラストと往復書簡で描く。同年同日に生まれたハルカとミチオは猫を拾ったことで特別親しくなるが、ミチオは10歳のとき親の転勤で渡米。ハルカは日本の中学で強豪の合唱部に入る。ミチオはアメリカで学校になじめず孤立するが、ロック音楽を通じて仲間と居場所を見つけ、バンドを組む。高校へ進学したハルカは合唱部や友人関係に悩みながらも絵を描くことに熱中し、美大への進学を考えだす。2人は離れているからこそ手紙を通じて絆を強めていくが、ミチオには秘密があった。ミチオのバンドは、大きなフェス出場をかけ、地元のライバルバンドとCDセールスの対決をすることに。ミチオはハルカにCDのジャケット絵を依頼し、海をこえて2人は初めて共同制作に挑む。なんとかCDジャケットは完成するが、その直後、突然ハルカが音信不通に……。

Set in the 1990s in Shonan and California, this youth "illustrated" novel follows the growth of childhood friends Haruka and Michio through illustrations and their correspondence over ten years. Born on the same day, they become especially close after rescuing a cat. However, at age 10, Michio moves to the U.S. due to his parents' job transfer. Haruka joins a competitive choir in Japan, while Michio struggles to fit in at his new school but finds solace and friends through rock music, eventually forming a band. As Haruka progresses to high school, she becomes passionate about drawing and considers attending an art university, despite challenges in choir and friendships. Their bond strengthens through letters, but Michio harbors a secret. Michio's band faces a CD sales competition against a local rival for a spot in a major festival. He asks Haruka to design the CD cover, marking their first cross-ocean collaboration. They complete the CD jacket, but Haruka suddenly becomes unreachable...

<https://japanbookbank.com/en/book/8241>

**Fiction**

**惑星**

木原 音瀬

Wakusei

Narise Konohara

Released Date 9/26/2024 ・ 四六判 ・ 272 pages

ISBN 978-4-8342-5387-0



**Abstract**

「ジブンは地球の人間じゃない。早く宇宙の星に帰りたい」

自称「宇宙人」の男・ムラは、ドヤ街でホームレス生活を送っていた。空腹に耐え、過酷な日雇い労働をし、ある時には金をだまし取られながらも淡々と日々を過ごすなかで、ひとりの芸術家の青年・三和甘雨（さんわ・かんう）に出会う。そんなある日、「星」にいるはずの父親の遺体が解体現場から発見される――。

ボーイズラブ小説界で不動の人気を博す著者・木原音瀬の一般文芸最新作。著者が長年構想していたという渾身の本作は、居場所もなく社会の底辺で生きるひとりの男の人生を描いた文芸作品です。現代社会の問題も浮き彫りにするようなストーリーとなっています。

"I'm not from Earth. I just want to go back to my home star."

Mura, a self-proclaimed alien, lives in a day laborer district, surviving on hard manual work, enduring hunger, and facing deception with quiet resolve. His days pass uneventfully until he meets Kan'u Sanwa, a young artist who enters his life like a breeze of unexpected color. Then, one day, the body of Mura's father—who was supposed to be somewhere among the stars—is discovered at a demolition site.

From Narise Konohara, a bestselling author beloved in the Boys' Love genre, comes a long-awaited work of literary fiction. Years in the making, this powerful novel portrays the life of a man surviving on the margins of society, offering a sharp reflection on the human condition and the invisible corners of modern life.

<https://japanbookbank.com/en/book/8443>

## Fiction

### チーム・オルタナティブの冒険

宇野 常寛

The Adventures of Team Alternative

Tsunehiro Uno

Released Date 11/24/2023 ・ 四六判 ・ 368 pages

ISBN 978-4-8342-5378-8



## Abstract

主にサブカルチャーの批評家として活動してきた1978年生まれ of 著者による初めての小説。

地方都市に暮らす読書の好きな高校生の主人公は、その街に閉塞感を感じていた。この街の真面目で、勉強がある程度できる人たちのほとんどは役人か教師になるのだが、彼はそういった大人たちを、「想像力の要らない仕事」で人生を摩耗させている、絶望的につまらない人間たちなのだと軽蔑していたからである。それでも彼は気の合う仲間たちと廃部寸前の写真部を乗っ取ったり、互いに本好きであることから国語の女性教師と親しくなったりと、それなりに日々を楽しんでいた。ところが、親しかった女性教師が謎の自殺を遂げて以来、彼の平穏な日常は壊れはじめていく。そして新たに写真部に入部してきた美しい転校生の美少女や、変人の写真部顧問たちとの冒険を経て、この世界を取り巻く驚愕の真相に辿り着くのだった。

This is the first novel written by the author, born in 1978, who has been active as a critic of contemporary Japanese subcultures. The main character, a well-read high school student living in a provincial city, feels a sense of stagnation in that city. Most of the city's serious, academically capable people become government officials or teachers, and he despises these adults as hopelessly boring people whose lives are worn out by jobs that don't require imagination. Still, he enjoyed his days in his own way, taking over a nearly defunct photography club with a group of like-minded friends, and befriending a female teacher because of their mutual love of books. However, his peaceful life begins to be disrupted after the mysterious death of a female teacher he was close to. Through his adventures with a beautiful transfer student who newly joined the photography club and the eccentric photography club advisor, he arrives at the shocking truth surrounding this world. This world was under attack by invaders from a different world. To protect mankind from them, Team Alternative, made up of people with a certain power, takes up the fight. A coming-of-age adventure mystery that pays homage to Japanese SFX movies.

<https://japanbookbank.com/en/book/7223>



**Fiction**

# 走馬灯交差点

西澤 保彦

Runner-up Intersection

Yasuhiko Nishizawa

Released Date 3/24/2023 ・ 四六判 ・ 360 pages

ISBN 978-4-8342-5370-2



**Abstract**

2021 年の大晦日の夜を皮切りに殺人事件が次々と発生する。その事件には、“人格転移”という特殊能力をもつ一族が関わっていた!? 「2023 年度 日本推理作家協会賞・短編部門」を受賞した著者が送る“特殊設定”ミステリ。

大晦日の夜、夫に殺害されたことをきっかけに“人格転移”の能力が発動した博子。夫の中に意識が転移してしまう。そんな状態のまま娘の朝陽を呼び出すが、事情を知らない娘は「母を殺害した父」に逆上し、父（中身は母・博子）を殺害。すると博子の意識は娘の体の中へ。一方、とある殺人事件を追っていた刑事の隆夫は何者かによって橋から突き落とされたことで能力が発動。その場に居合わせたと思われる娘の凜花の中へ転移してしまう。博子と隆夫は、同じ能力をもつ一族だったのだ。ふたりは、自分たちの特殊能力と殺人事件、ふたつの謎を追っていくのだが……。

Beginning on New Year's Eve in the year 2021, a series of murders occur one after another. The murders involve a family member who possesses a special ability called “personality shifting”. On New Year's Eve, Hiroko's “personality shift” ability is triggered by the murder of her husband. Her consciousness is transferred into that of her husband, the murderer. In this state, she summons her daughter Asahi, who is unaware of what is going on, and turns against her “father who murdered her mother,” and kills her father (who is actually her mother, Hiroko). Then, Hiroko's consciousness enters her daughter's body. Meanwhile, Takao, a detective pursuing a murder case, is pushed off a bridge by someone, activating his personality transfer ability. He transfers into the body of his daughter, Rinka, who seems to have been present at the scene. Hiroko and Takao are members of the same family with the same ability. The two pursue two mysteries: their own special abilities and the murder case. One old woman holds the key to all the mysteries. A masterpiece of “special setting” mystery created by the author who won the “2023 Japan Mystery Writers Association Award for Short Stories”.

<https://japanbookbank.com/en/book/7222>



## Fiction

### 小説版 刀剣乱舞無双

田中 創・原案「刀剣乱舞 ONLINE より」  
(DMM GAMES/NITRO PLUS)

Touken Ranbu Warriors: The Official Game Novel

Released Date 11/1/2022・四六判・368 pages

ISBN 978-4-8342-5363-4



## Abstract

大人気アクションゲームソフト『刀剣乱舞無双』初の公式小説。『刀剣乱舞無双』のストーリーに基づき小説化。本書オリジナルストーリーも収録。西暦 2205 年。歴史改変を目論む「歴史修正主義者」によって過去への攻撃が始まった。時の政府は、それを阻止するため「審神者（さにわ）」なる者を歴史の守りとした。審神者によって励起される付喪神「刀剣男士」。彼らは時を遡り、時間逆行軍を討つべく戦いを繰り広げていた。そんな中、彼らが暮らす「本丸」が時間逆行軍の襲撃を受けてしまう。彼らは激しい攻防の末、時間逆行軍に打ち勝つも、仲間そして審神者を失い漂流を余儀なくされてしまった。時は経ち、時の政府から残った十五振りの刀剣男士のもとに、「強襲調査」という名の任務がもたらされる。彼らは最後の希望を胸に、戦乱の地へと乗り出していく。織田信長、伊達政宗、石田三成など、かつての主との再会、そして謎の人物との新たな出会い……。この任務の果てに彼ら待ち受けるものとは――!?

The first official novel for the popular action game "Touken Ranbu Musou". A novelization based on the story of "Touken Ranbu Musou". An original story is also included. The year is 2205. An attack on the past has begun by "historical revisionists" who are trying to change history. To stop this, the government of the time has appointed "Saniwa" as the guardians of history. The "Touken Danshi" are Tsukumogami spirits that are excited by the Saniwa. They go back in time and fight to defeat the Time Retrograde Army. Meanwhile, the "Honmaru" where they live is attacked by the Time Retrograde Army. After a fierce battle, they defeat the Time Retrograde Army, but lose their friends and the Saniwa and are forced to drift. Time passes, and the government of the time gives the remaining fifteen Touken Danshi a mission called "assault investigation". With their last hope in their hearts, they set out into the war-torn land. They will reunite with their former masters, such as Oda Nobunaga, Date Masamune, and Ishida Mitsunari, and encounter a mysterious character... What awaits them at the end of this mission?

<https://japanbookbank.com/en/book/4198>

## Fiction

デクリネゾン

金原 ひとみ

Déclinaison

Hitomi Kanehara

Released Date 8/26/2022 ・ 四六判 ・ 352 pages

ISBN 978-4-8342-5361-0



## Abstract

仕事にも恋愛にも家族にも満たされて生きていきたいという現代の日本人女性の葛藤を描いた1983年生まれの著者による自伝的小説。小説家の天野志絵は、二度の離婚を経て、今は中学生の娘と東京都内のマンションで二人で暮らしている。最近取材を通じて知り合った帰国子女の大学生と付き合いはじめ、彼と一緒に暮らしたいと娘に伝える。それを聞いた娘は、母親の家を出て、最初の夫であり、理子と血の繋がった父親と一緒に暮らしたいと言う。どうして誰かを選ぶと誰かと離れなければならないのか、どうして好きな人たちみんなと一緒に暮らすことが出来ないのかと志絵は葛藤する。そんな不安定な彼女の日々の唯一の安らぎは、親しい人と酒を飲み話しながら、うまいものを食べることだった。食事を共にするのは、同業の女性作家、彼氏、娘、元夫、編集者たちであり、彼らとの会話を通じて、コロナ下の東京で暮らす人々の恋愛や家族のリアリティが表現されていく。

This autobiographical novel by the author, born in 1983, depicts the struggles of a modern Japanese woman who wants to live a life fulfilled by work, love, and family. Novelist Shie Amano has gone through two divorces and now lives alone with her junior high school daughter in an apartment in Tokyo. She has recently started dating a university student 15 years younger than her whom she met through an interview, and tells her daughter that she wants to live with him. Upon hearing this, the daughter says she wants to leave her mother's house and live with her father, who is Shie's first husband and is related to Riko by blood. Shie is conflicted, wondering why she has to leave someone when she chooses someone else, and why she cannot live with all the people she loves. The only solace she finds in these unstable days is drinking, talking, and eating good food with those closest to her. The people she shares meals with are female writers in the same profession, her lover, her daughter, her ex-husband, and her editor, and through their conversations, the reality of love and family of people living in Tokyo in the coronavirus pandemic is expressed.

<https://japanbookbank.com/en/book/4196>

## Fiction

### 青春とシリアルキラー

佐藤 友哉

Youth and the Serial Killer

Yuya Sato

Released Date 4/26/2022 ・ 四六判 ・ 248 pages

ISBN 978-4-8342-5356-6



## Abstract

二十代の頃、日本で実際に起こった連続殺人事件に関心を持った小説家は、それを三部作の小説にしようと構想し、第一部を書いて文芸雑誌に発表していた（「ドグマ34」として収録）。しかし彼を担当する編集者が日本を離れたこともあって、小説の構想は中断していた。数年後、海外から帰国した編集者との再会を切っ掛けに、彼は小説の続きを完成させることになるが、既に結婚し子供もいる小説家は、若い頃のようにシリアルキラーへの共感を持ってない。それでもシリアルキラーをめぐる考察や、同世代の男性たちとのバンド活動などをしていく中で、小説家は次第に自らを取り巻く現状を受け入れつつ、失われたはずの青春を取り戻していく。家族や男性の役割が変化していく中で、生きづらさを感じている現代日本の男性の心情を描いた作品。

This autobiographical novel by the author, born in 1980, depicts a situation in which a generation that has lost confidence in their masculinity sympathizes with criminals because of their rebellion against society. The author, who debuted at a young age, was married, had a son, and was leading a peaceful life. One day, he is contacted by his former editor, who has returned from Paris for the first time in several years, and is asked if he would like to finish a novel he had previously put on hold. It was a novel about a real-life serial killer of the same generation, but it had been put on hold because the editor in charge had left Japan. However, the author no longer had the same interest in serial killers as he had in his youth. This was because he was a good father and lived happily with his family. However, as he held meetings with his editor, he gradually began to question his current happiness within the family. In order to digest the residue of youth left in him, he regains the youth that should have been lost, while accepting his own current situation through his band activities as a new challenge and his examination of serial killers. This work has resonated with contemporary Japanese men who find it difficult to live amidst the changing roles of the family and men.

<https://japanbookbank.com/en/book/7221>

## Fiction

### ぼくとねこのすれちがい日記

北澤 平祐

A Diary of Me and My Cat

Heisuke Kitazawa

Released Date 6/25/2021 ・ A5 判 ・ 128 pages

ISBN 978-4-8342-5348-1



## Abstract

実話を元にした絵小説。著者の北澤平祐は、日本の洋菓子ブランド「フランセ」、フランスの香水「KENZO parfums」の商品パッケージをはじめ、書籍装画やCDのアートワークなど国内外の幅広い分野で活躍する人気イラストレーター。ブックデザイナーは名久井直子。細部まで「カワイイ」にこだわった、カラフルで贅沢な一冊。

【ストーリー】売れないイラストレーターの「ぼく」は、東京の片隅で、おじいちゃん顔の子ねこを拾う。ねこは、なぜかカリフォルニアのビーチをよく思い出し……？ ぼくとねこは共に成長し、家族が増え、やがて別れの時を迎える。日常におきたドラマの数々が、「ぼく」「ねこ」各視点の色鮮やかな絵日記でよみがえる。1990年代～2010年代の日米の音楽やゲームなど、サブカルチャーも彩を添える、心温まる自伝的ストーリー。ねこにまつわる英語のことわざを日英対訳で紹介するおまけコーナーも収録。

A pictorial novel based on a true story. The author, Heisuke Kitazawa, is a popular illustrator active in a wide range of fields in Japan and abroad, including product packaging for the Japanese confectionery brand "Francais" and the French perfume "KENZO parfums," as well as book covers and CD artwork. The book design is by renowned book designer Naoko Nakui. This colorful and extravagant book focuses on "kawaii" in every detail. In a corner of Tokyo, "I," an unsuccessful illustrator, picks up a strange-looking kitten. This cat has memories of a previous life living in the U.S. and recalls the beaches of California. The cat and I grow up together, our family grows, and we eventually have to say goodbye. This is a heartwarming autobiographical story with subcultures such as Japanese and American music and video games from the 1990s to the 2010s. Included is a bonus section that introduces English proverbs related to cats in bilingual Japanese-English translations.

<https://japanbookbank.com/en/book/4990>

## Essays

### エレベーターのボタンを全部押さないでください

川内 有緒

Please Don't Press All the Elevator Buttons

Ario Kawauchi

Released Date 6/26/2025 ・ 四六判 ・ 256 pages

ISBN 978-4-8342-5401-3



## Abstract

『目の見えない白鳥さんとアートを見にいく』で話題を呼んだノンフィクション作家・川内有緒による、初のエッセイ集。旅、日常、出会い、死生観などをテーマにした短編エッセイを多数収録。メキシコの移動民族、個性豊かな2匹の猫、「荒れた海で愛を叫ぶ」……世界の片隅で出会った小さな物語が、読む者を新たな視点へと導く。国際協力の現場から作家へと転身した著者が、「生まれ変わったら冒険家になりたい」という思いのままに、丸腰で飛び込んだ人生の断片を、ユーモアと温かさに満ちた筆致で描き出す。読むほどに、なぜか一步を踏み出したくなる、そんな力を秘めた一冊。

章立て：第一章 コスタリカのバスのなかで／第二章 エレベーターのボタンを全部押さないでください／第三章 レモンを置きに京都まで／第四章 午前四時の試写室から／第五章 声枯れるまで叫ぼう／第六章 未完成な人生に花束を

This is the first essay collection by Ario Kawauchi, the acclaimed nonfiction writer known for her bestselling book "Going to See Art with Blind Mr. Shiratori."

Spanning themes such as travel, everyday life, encounters, and reflections on life and death, the book brings together a wide range of short essays. From nomadic communities in Mexico to two uniquely charming cats, and people shouting their love into stormy seas—these small stories from the corners of the world offer readers fresh perspectives.

Having transitioned from a career in international development to writing, Kawauchi dives into life unarmed, guided by her mantra: "If I'm reborn, I want to be an adventurer." With warmth and humor, she captures fragments of life like precious treasures. This is a book that gently nudges readers to take a step forward—without quite knowing why, but feeling they must.

Chapters: On a Bus in Costa Rica, Please Don't Press All the Elevator Buttons, To Kyoto, Just to Leave a Lemon, From a Screening Room at 4 A.M., Let's Scream Until Our Voices Give Out, A Bouquet for an Unfinished Life

<https://japanbookbank.com/en/book/8881>



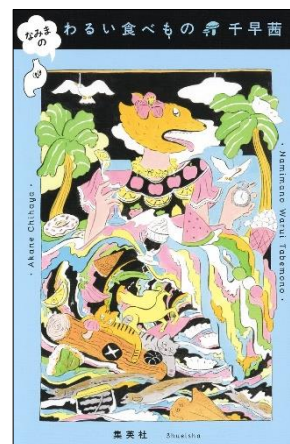
## Essays

### なみまの わるい食べもの 千早 茜

The 'Namimano' Wicked Foods  
Akane Chihaya

Released Date 5/26/2025 ・ 四六判変型 ・ 160 pages

ISBN 978-4-8342-5400-6



## Abstract

偏屈な食の美学を貫く“食貴族”によるエッセイシリーズ第4弾。直木賞受賞の舞台裏、再婚、愛猫との日常、姪とのディズニーランド研修旅行まで——人生の波を「食」の視点で鮮やかに描き出す。偏愛と偏見が交差する独自の味覚観をユーモラスかつ鋭く綴り、食の自由を問いかけるエッセイは健在で、シリーズ初読者でも楽しめる構成です。松井玲奈氏推薦。

直木賞選考の日、竹皮で包んだおにぎり（待ち会、ふたたび）／恋人の家族と初対面でする BBQ の味（初体験の夏休み）／脂身が苦手で挽肉は鬼門だったが（肉のお花畑）／世界の神秘が膝にある（愉快などら猫）／最愛の姪のため、ディズニーランドの猛勉強（姫と騎士修行）／絢爛豪華なウィーンで魅惑のカイザーシュマーレン、シュトルム、ターフェルシュピッツ（安息の地）／ほか収録。

The fourth volume in a beloved essay series by a self-proclaimed “food aristocrat” who pursues her culinary ideals with stubborn flair. Now in her forties, the author continues to explore life’s many “firsts” through the lens of food, blending humor, honesty, and a sharp sense of taste.

This volume features a rich variety of episodes: a bamboo-wrapped rice ball on the day of the Naoki Prize screening (“Waiting Party, Once Again”); a nerve-wracking BBQ with her partner’s family (“Summer Vacation Firsts”); overcoming her dislike of fatty meat (“Meat Flower Field”); a stray cat curled up on her knees (“The Merry Stray Cat”); intense Disneyland prep for her niece (“Princess and Knight Training”); and a culinary journey through Vienna with Kaiserschmarrn and Tafelspitz (“Place of Rest”).

With wit and warmth, the author reflects on food as a mirror of emotion, memory, and identity. Her essays question what it means to choose freely what we eat—shaped by desire, habit, and sometimes sheer stubbornness.

Book 1: The Wicked Foods (978-4-8342-5325-2)

Book 2: The 'Shitsukoku' Wicked Foods (978-4-8342-5343-6)

Book 3: The 'Koriduni' Wicked Foods (978-4-8342-5365-8)

Book 4: The 'Namimano' Wicked Foods (978-4-8342-5400-6)

<https://japanbookbank.com/en/book/8880>



## Essays

どうかしました

豊崎 由美

I Must've Been Out of My Mind: Confessions of a Book

Reviewer

Yumi Toyozaki

Released Date 11/26/2024 ・ 四六判 ・ 256 pages

ISBN 978-4-8342-5393-1



## Abstract

人気書評家・豊崎由美、抱腹絶倒の初エッセイ集！

教室で立ち上がってしまう小学生時代、両手を離して坂道で自転車に乗るチキンレースに挑み、雪合戦に夢中になった日々。サブカルとギャンブルにのめり込んだ青春時代には、貧乏を補うためにエロ雑誌に記事を書きまくったなど、思わず吹き出す逸話が満載です。

恩人の川本三郎さんのこと、可愛がっている aibo のことなど、心温まるエピソードも収録。そして、書評家としての仕事や文学賞についての考えも綴られています。各エピソードにまつわる本の読みどころも紹介されており、ブックガイドとしても楽しめる一冊です。

江國香織さん、平松洋子さん、古川日出男さん推薦！

Popular Book Reviewer Yumi Toyozaki's Hilarious First Essay Collection!

From her elementary school days, where she would stand up in class, to challenging boys to chicken races by riding her bike hands-free down slopes, and getting lost in snowball fights. During her youth, she was deeply immersed in subculture and gambling, writing articles for adult magazines to make ends meet. This collection is filled with anecdotes that will make you burst out laughing.

It also includes heartwarming stories about her mentor Saburo Kawamoto and her beloved aibo. Additionally, she shares her thoughts on her work as a book reviewer and her views on literary awards. Each episode introduces notable books, making this a delightful book guide as well.

Recommended by Kaori Ekuni, Yoko Hiramatsu, and Hideo Furukawa!

<https://japanbookbank.com/en/book/8445>

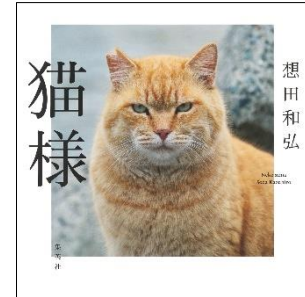
## Essays

### 猫様

想田 和弘

Neko sama

Kazuhiro Soda



Released Date 10/18/2024 ・ B5 判変型 ・ 112 pages

ISBN 978-4-8342-5390-0

## Abstract

瀬戸内海に面する小さな港町・牛窓で生きる野良猫たちと、人間と自然、これからの社会を考察するフォトエッセイ。「週刊金曜日」で2020年から隔週で連載された「猫様」にエッセイを加筆して一冊にまとめている。二〇二一年にコロナの影もあって、著者は二十七年間住んだニューヨークを離れて、牛窓へ妻と共に移住した。多くの野良猫と遭遇する中で、人間が支配するこの社会から彼らの居場所がどんどん縮小され続けていることに気づかされる。社会が隅々まで管理・コントロールされ、消毒され、安全でキレイに豊饒されればされるほど、制御不能でイレギュラーな存在である野良猫の居場所はなくなってしまうのだ。

This photo essay by documentary filmmaker Kazuhiro Soda complements his film "Cats of Gokogu Shrine," screened across Europe. Focusing on the cats of a scenic port town in the Seto Inland Sea, the book explores the relationship between humans and nature while pondering society's future. This book blends art and reflection beautifully.

<https://japanbookbank.com/en/book/8234>

## Essays

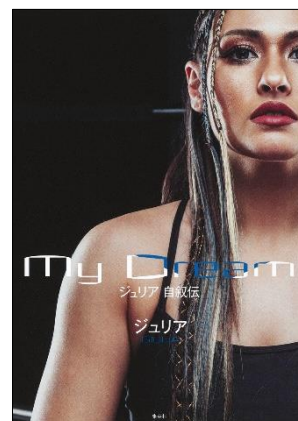
### My Dream ジュリア自叙伝

ジュリア

My Dream: The Autobiography of Giulia  
Giulia

Released Date 8/26/2024 ・ 四六判 ・ 232 pages

ISBN 978-4-8342-5388-7



## Abstract

人気・実力ともに女子プロレス最大のスター、ジュリアが初めて単行本を書き下ろし！ 波乱万丈の生い立ち、プロレスラーとしての道を歩み始めたきっかけから、プロデビュー、木村花の死、髪切りマッチ、覚悟のスターダム退団とマリーゴールド参戦の経緯、そしてこれからのプロレス人生を見据えた海外メジャー挑戦への意気込みも語られています。ひとつの枠に収まりきれないプロレスラー・ジュリアの、これまでの歩みと、これからの夢に向けた新たな挑戦が詰まった一冊。

[目次] 序章 夢／第1章 My History／第2章 始動／第3章 頂点／終章 旅立ち

Julia—the biggest star in women's professional wrestling today, admired for both her popularity and talent—releases her very first full-length book, written entirely by herself.

In this candid and compelling memoir, she reflects on her turbulent childhood, how she first discovered professional wrestling, her in-ring debut, the heartbreaking loss of Hana Kimura, her dramatic hair vs. hair match, and the decision to leave STARDOM to join the new promotion Marigold. She also speaks openly about her dream of stepping onto the global stage—and that dream is already becoming reality: in September 2024, she officially joined WWE, marking the start of a bold new chapter in her wrestling career.

With heartfelt honesty and unwavering ambition, Julia lays bare the journey of a wrestler who refuses to be confined by expectations. This book captures her past, her battles, and her vision for the future as she takes on the world.

## Contents

Prologue: Dream, Chapter 1: My History, Chapter 2: The Beginning, Chapter 3: The Pinnacle, Final Chapter: Departure

<https://japanbookbank.com/en/book/8444>

## Essays

### 80 年代音楽ノート

田家 秀樹

80's Music Notes: Memoirs of Japanese City Pop

Hideki Take

Released Date 3/26/2024 ・ 四六判変型 ・ 272 pages

ISBN 978-4-8342-5381-8



## Abstract

「シティポップ」の再評価で注目されている 80 年代日本の音楽。共同通信が配信、地方紙に掲載された人気連載「80 年代ノート」に加筆した本書は、79 年 12 月、各アーティストが新時代への意思を告げたコンサートの MC から始まる。そして劇的な 80 年代。佐野元春の登場、大滝詠一と松本隆の関係、流行先取りのユーミン、尾崎豊のステージ、ガールズロック……。オフコース、浜田省吾、BOØWY などの成功までの道のりや、苦悩も描かれる。常に現場にいた著者だからこそ書ける舞台裏、知られざるエピソードも満載! スマホをかざして Spotify コードで当時の曲を聴きながら読めます。80 年~89 年の各年のプレイリスト (Spotify、Amazon Music、Apple Music) も掲載。

※本書に記載している情報及び音楽配信サービスの内容は、2024 年 2 月 15 日現在のものです。

A nostalgic and new book that vividly brings back a breakthrough in pop music.

Japanese music of the 1980s is attracting attention due to the reevaluation of "city pop". This book, which is an addition to the popular series "Notes from the 1980s" distributed by Kyodo News and published in local newspapers, begins with the MC of a concert in December 1979, where each artist announced their intentions for a new era. And then the dramatic 1980s. The appearance of Motoharu Sano, the relationship between Eiichi Ohtaki and Takashi Matsumoto, Yuming who was ahead of the trend, Yutaka Ozaki's stage, girls rock... The path to success and struggles of Off Course, Shogo Hamada, BOOWY, etc. are also depicted.

Music critic Hideki Takeya draws in detail the appearance of artists, the words they spoke, and the behind-the-scenes stories of the production that he witnessed at live shows and interviews in the 1980s. It is full of behind-the-scenes and unknown episodes that only an author who was always on the scene can write! You can read while listening to songs from that time by holding your smartphone over the Spotify code. Playlists for each year from 1980 to 1989 (Spotify, Apple Music, Amazon Music) are also included.

<https://japanbookbank.com/en/book/8441>

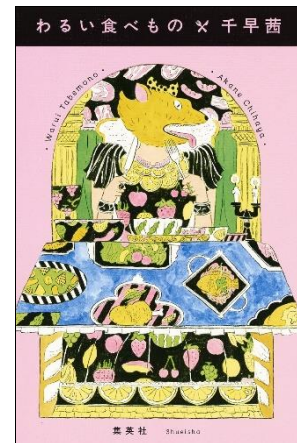
Essays

わるい食べもの  
千早 茜

The Wicked Foods  
Akane Chihaya

Released Date 12/1/2018 ・ 四六判変型 ・ 208 pages

ISBN 978-4-8342-5325-2



Abstract

幼少期をアフリカで過ごし、デビュー作『魚神』が小説すばる新人賞と泉鏡花文学賞をダブル受賞。『男ともだち』でも高い評価を得るなど文芸界のフロントを駆ける作家が、「食」をテーマに幼少期の記憶から創作の裏側、世の中への疑問まで多彩につづる初のエッセイ集。「いい食べもの」情報が氾濫する今だからこそ、「わるい」を追求することで食の奥深さを味わい、ひいては生き方そのものを問う意欲作。

アフリカ時代に経験した、米とアイデンティティの関係性（おかかごはん）／お洒落カフェで体にいいメニューを選んだら「鳥の餌」になった話（「いい」食べもの）／映画『グラディエーター』における衝撃の食シーン（パンを投げる）／食い尽くすはずが「食われた」、尾道の思い出（ひとり旅）／ほか

A unique food essay by Akane Chihaya, Naoki Prize-winning author for 2023. In this age of "good food" information flooding the market, this ambitious work explores the depth of food through the pursuit of "bad" food, and by extension, questions the very way of life itself. Many illustrations by popular illustrator Heisuke Kitazawa are also included.

- Okaka Gohan: The relationship between rice and identity experienced during my time in Africa.
  - "Good" Food: A story about choosing a healthy menu at a trendy café and becoming "bird food".
  - Throwing Bread: The shocking eating scene in the movie "Gladiator".
  - Traveling Alone: A memory of Onomichi, where I was supposed to eat up but was "eaten".
- etc.

<https://japanbookbank.com/en/book/7491>

## Essays

# 猫がいなけりゃ息もできない

村山 由佳

I Can't Even Breathe Without a Cat

Yuka Murayama

Released Date 10/1/2018 ・ 四六判 ・ 228 pages

ISBN 978-4-8342-5324-5



## Abstract

思えば人生の節目にはいつも猫がいた。波乱万丈な暮らしを経て、軽井沢に終の住まいを見つけた著者。当初2匹だった猫も、気づけば5匹に。中でも特別なのが、人生の荒波をともに渡ってきた盟友〈もみじ〉。連載のさなか、そのもみじが、ある病に侵されていることが発覚して——。著者と猫たちが出演した NHK「ネコメンタリー 猫も、杓子も。」も大きな話題に。その撮影秘話も明かされる。Twitter 上で共感・感動の嵐が巻き起こった大人気エッセイの書籍化。

著者紹介：1964 年東京都生まれ。立教大学卒業。93 年『天使の卵—エンジェルス・エググー』で小説すばる新人賞を受賞しデビュー。2003 年『星々の舟』で直木賞、09 年『ダブル・ファンタジー』で中央公論文芸賞、島清恋愛文学賞、柴田錬三郎賞、21 年『風よ あらしよ』で吉川英治文学賞を受賞。『放蕩記』『猫がいなけりゃ息もできない』『はつ恋』『命とられるわけじゃない』など著書多数。

When you think about it, cats have always been there at the turning points of life. After a turbulent life, the author found her final home in Karuizawa. She started out with two cats, but before she knew it, she had five. The most special cat was her ally Momiji, who has been with her through the rough seas of life. In the middle of the serialization, it was discovered that Momiji was suffering from a certain illness. The NHK program "Nekomentary: Cats and Shakushi Mo," in which the author and her cats appeared, also became a big topic of conversation. The behind-the-scenes story of the filming is also revealed. This book is a hugely popular essay that caused a storm of sympathy and emotion on Twitter.

<https://japanbookbank.com/en/book/4989>



## Essays

# 猫思考 自由に生きるためにやらニヤいこと AtoZ ナカムラ クニオ

Nekoshikou: Jiyu ni ikirutame ni yaranyaikoto A to Z  
Kunio Nakamura

Released Date 4/1/2018 ・ 四六判 ・ 160 pages

ISBN 978-4-8342-5319-1

Rights sold: Korean



## Abstract

恋愛できない。時間がない。お金がない。仕事がつまらない。何か足りてない……変えたいなら、猫の歴史と生態に学ぶべし！ 「猫思考」とは、「自由気まま」を象徴する猫に学ぶ「引き算的行動」実践のための哲学のこと。その極意を A~Z のキーワード別に、撮り下ろしのかわいい猫写真とともに伝授します。「Air・空気 どんな時も空気を読まニヤい」「Age・年齢 何をする時も年齢なんて気にしニヤい」「Big・大きい 自分のことを必要以上に大きく見せニヤい」「Claw・爪 時には爪を立てることをためらわニヤい」など。キーワードにまつわる偉人たちのエピソード、猫の歴史、そして、小説「ネコトピア 猫楽園のつくりかた」も収録。この本で、やらニヤい幸せをつかってみませんか？

You can't fall in love. You don't have time. You don't have money. Your job is boring. You feel like something is missing... If you want to change, you should learn from the history and ecology of cats! "Cat thinking" is a philosophy for practicing "subtractive behavior" learned from cats, who symbolize "free and easygoing". The secrets are taught with cute cat photos taken for this book, classified by keywords from A to Z. "Air - Never read the air at any time," "Age - Never worry about your age no matter what you do," "Big - Never make yourself look bigger than you need to," "Claw - Sometimes don't hesitate to use your claws," etc. It also includes stories of great people related to the keywords, the history of cats, and the novel "Nekotopia: How to Make a Cat Paradise." Why not grab the happiness of "not doing it" with this book?

<https://japanbookbank.com/en/book/4988>

## Non-fiction

### 生命の旅、シエラレオネ

加藤 寛幸

Journey of Life, Sierra Leone

Hiroiyuki Kato

Released Date 2/24/2023 ・ 四六判 ・ 292 pages

ISBN 978-4-8342-5371-9



## Abstract

西アフリカのシエラレオネでエボラに感染した子供たちを治療した国境なき医師団の小児科医（のちに「国境なき医師団日本」の会長に就任）の、4週間にわたる壮絶な戦いを描いたノンフィクション。姜尚中などの選考委員が強く推した開高健ノンフィクション賞最終候補作。コロナ禍を経験し、戦争、紛争が絶えない今こそ必要とされる1冊です。過酷な現状にハラハラさせられながら読み進める面白さがあり、子供たちの健気さに心を打たれ、人道支援、利他とは何かを考えさせられる普遍的な作品。読者やメディアからも熱い感想が数多く届きました。

内容：著者は、南スーダンでの医療活動で新生児がバタバタ亡くなる現状に苦しみ、帰国後、PTSDを患い、生きる意味を見失う。そんな中参加したエボラの活動に全力で挑むも、救えない命も多く、国際社会の反応にも苦しむ。でも必死にエボラと戦い、別の患者の看病をするような子供たちと出会い、次第に再生へと導かれる。

This is a nonfiction book by a Médecins Sans Frontières (MSF) pediatrician who treated children infected with Ebola in Sierra Leone, West Africa (he later became president of Médecins Sans Frontières Japan), describing his own epic four-week battle.

The author once suffered from the current situation in South Sudan, where newborn babies were dying one after another during his medical work there. After returning to Japan, he suffered from PTSD and lost the meaning of life. He participates in the Ebola relief efforts, but many lives cannot be saved, and he also suffers from the selfish reactions of the international community. Nevertheless, he desperately fights Ebola, and after recovering, he meets children who are like nursing another patient, and gradually leads him to rebirth. The book was also selected as a finalist for the Ken Kaiko Nonfiction Award sponsored by Shueisha, and was highly praised by the selection committee members, including Kang Sang-jung. This is a book that is needed in this day and age of war and conflict. It is a work of universal value that will make you think about what humanitarian aid and altruism really mean.

<https://japanbookbank.com/en/book/7224>

**Non-fiction**

## 夢の猫本屋ができるまで Cat's Meow Books

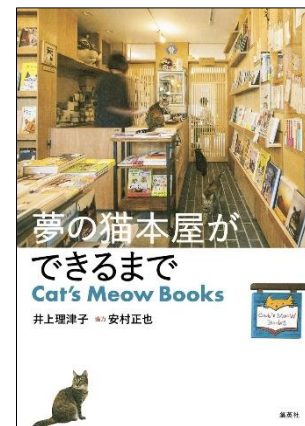
井上 理津子

The Dream Cat Bookstore Project: Cat's Meow Books

Ritsuko Inoue

Released Date 7/26/2018 ・ 四六判 ・ 260 pages

ISBN 978-4-8342-5320-7



**Abstract**

日本初の「猫がいる猫本専門店」Cat's Meow Books の開店までを追ったドキュメンタリー。保護猫が「店員」として常駐し、収益の一部を保護猫団体に寄付するという、ユニークな取り組みが紹介されている。住宅地の片隅に立地し、クラウドファンディングで資金を調達した過程も描かれる。業界未経験の店主が、ビブリオバトル界での経験を活かしながら開業に至るまでのストーリーが魅力的である。

This book chronicles the journey of "Cat's Meow Books," Japan's first bookstore dedicated to books about cats. From crowdfunding efforts to support animal welfare to creating a cozy space in a quiet neighborhood, the story highlights the challenges and triumphs of the founder, who transformed a love for books and cats into a meaningful business.

<https://japanbookbank.com/en/book/8235>

## General Knowledge & Personal Development

### ラーメンと瞑想

宇野 常寛

Ramen and Meditation

Tsunehiro Uno

Released Date 7/25/2025 ・ 四六判 ・ 216 pages

ISBN 978-4-8342-5404-4



### Abstract

「都市にはラーメンを食べて死ぬ自由があり、瞑想するための場所がある。」ラーメンとは獣の世界との接続である。そこには欲望を直接的に満たすために存在する事物との具体的なコミュニケーションだけが存在する。瞑想とは神の世界との接続である。それは精神を研ぎ澄まし、抽象的なレベルで認識をアップデートする神聖な時間となる。そしてこの二つの世界を往復することで、僕たちは人間を超える……。

ラーメン富士丸、しんぱち食堂、PARIYA AOYAMA、武蔵野アブラ学会、大船軒、CHATTY CHATTY、はま寿司、ひまわり、とん太、松石、野方ホープ——作者の愛する飲食店での食と思索の日々を描いた12の記録。笑えて、考えさせられて、そしてお腹が空く。小説のような、エッセイのような、そして批評のような一冊。

"In the city, we have the freedom to eat ramen and die, and the space to meditate."

Ramen is a gateway to the animal world—a direct communication with objects that exist solely to satisfy desire. Meditation, on the other hand, is a gateway to the divine—a sacred time to sharpen the mind and update one's perception on an abstract level. By traveling back and forth between these two worlds, we transcend the human condition.

This book records twelve episodes of eating and reflection at the author's favorite dining spots: Ramen Fujimaru, Shinpachi Shokudo, PARIYA AOYAMA, Musashino Abura-Gakkai, Ofunaken, CHATTY CHATTY, Hama Sushi, Himawari, Tonta, Matsuishi, Nogata Hope, and more.

By turns humorous, thought-provoking, and appetite-inducing, this book reads like a novel, feels like an essay, and cuts like criticism.

## General Knowledge & Personal Development

なぜスナフキンは旅をし、ミイは他人を気にせず、  
ムーミン一家は水辺を好むのか

横道 誠

Why Snufkin travels, Little My doesn't care about others, and  
the Moonin family loves being by the water?

Makoto Yokomichi



Released Date 9/26/2024 ・ 四六判 ・ 192 pages

ISBN 978-4-8342-5389-4

### Abstract

発達障害の観点から小説版ムーミン・シリーズを読み解いた、まったく新しいムーミン評論! ムーミン谷のように、誰もが住みよい世界をつくるヒントに満ちた1冊。作品の奥深さ、トーベ・ヤンソンの才能の素晴らしさがより多面的に感じられます。

自分勝手に、てんでバラバラなのに、ムーミン谷ではみんなが仲よく暮らしているのはなぜなのか。発達障害(自閉スペクトラム症、注意欠如多動症)と診断された文学研究者の著者は、登場キャラクターの多くに「ニューロマイノリティ(脳の少数派)」の特性が備わっているという。たとえば、収集癖のあるヘムレンさんには自閉スペクトラム症の、冒険をしたいムーミン・パパにはADHD(注意欠如多動症)の特性がある。小説版ムーミンを通して、発達障害のこと、そしてしかなるべき環境があれば、脳の少数派の人々も安心して才能を発揮することができることがわかります。

A brand new Moomin critique that reads the novel version of the Moomin series from the perspective of developmental disabilities! This book is full of hints for creating a world like the Moomin Valley, where everyone can live in comfort. The depth of the work and the brilliance of Tove Jansson's talent are more multifaceted.

Why does everyone in the Moomin Valley get on so well together despite their selfishness and disparate personalities? The author, a literary researcher diagnosed with a developmental disorder (autistic spectrum disorder, attention deficit hyperactivity disorder), says that many of the characters have "neurominority" characteristics. For example, Hemelen, who is a collector, has autistic spectrum disorder, while the adventure-seeking Moomin Papa has ADHD (attention deficit hyperactivity disorder). Through the novel version of Moomin, we learn about developmental disabilities and how, with the right environment, people in the brain minority can feel safe to use their talents.

<https://japanbookbank.com/en/book/8236>

## General Knowledge & Personal Development

### こじらせ恋愛美術館

ナカムラ クニオ

Kojirase Love Museum

Kunio Nakamura

Released Date 5/26/2023 ・ 四六判 ・ 128 pages

ISBN 978-4-8342-5372-6



#### Abstract

メディアで多数紹介された美術解説エッセイ第2弾。著者のナカムラクニオは、金継ぎ師、美術家、アートディレクター、文筆家など多方面で活躍し、美術館やメディアでの美術解説も多く担当している。シリーズ第2弾の本書では、美の巨匠たちの「こじらせた恋愛」に注目し、名作誕生の背景を、カラーイラスト満載で楽しくひもとく。「こじらせ恋愛診断」「こじらせ恋愛美術界関連図」など、わかりやすいチャート図も多数収録。

【目次より】カミーユ・クロード ロダンを創り、ロダンに破壊された悲劇の彫刻家／レオナルド・ダ・ヴィンチ 美意識過剰な天才は巻き毛がお好き／マリー・ローランサン パステルカラーの華麗なる恋の女王／ジョージア・オキーフ 砂漠と結婚した女神／藤田嗣治 寝取られフジタの乳白色の人生／クロード・モネ 奇妙な大家族を背負って／アルベルト・ジャコメッティ 妻の恋人は僕の恋人 …ほか全10名

This is the second volume of an art commentary essay that has been featured extensively in the media. The author, Kunio Nakamura, is active in many fields, including kintsugi, artist, art director, and writer, and has provided many art commentaries at art museums and in the media. In this second volume of the series, he focuses on the "twisted love lives" of the masters of art, and with a wealth of color illustrations, he takes a fun look behind the scenes at the birth of their masterpieces. It also includes many easy-to-understand chart diagrams such as "Diagnosis of Twisted Love" and "Correlation Chart of Twisted Love in the Art World."

[Table of Contents] Camille Claudel, the tragic sculptor who created Rodin and was destroyed by Rodin; Leonardo da Vinci, the aesthetically-pleasing genius who loves curly hair; Marie Laurencin, the queen of pastel-colored, gorgeous love; Georgia O'Keeffe, the goddess who married the desert; Léonard Tsugouharu Foujita, the cuckold Foujita's Milky Life; Claude Monet, Carrying a Strange Large Family on His Back; Alberto Giacometti, My Wife's Lover is My Lover ... and 10 others in total.

<https://japanbookbank.com/en/book/7217>



## General Knowledge & Personal Development

こじらせ美術館

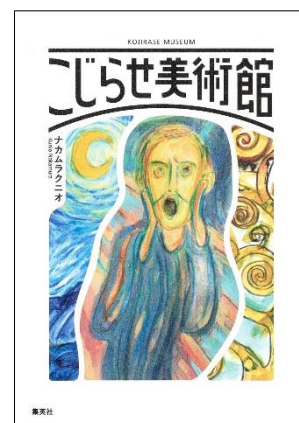
ナカムラ クニオ

Kojirase Museum

Kunio Nakamura

Released Date 5/26/2021 ・ 四六判 ・ 128 pages

ISBN 978-4-8342-5346-7



### Abstract

読売新聞、産経新聞、プレジデントオンラインなど多数のメディアで紹介された美術解説エッセイ集。著者のナカムラクニオは、金継ぎ師、美術家、アートディレクター、文筆家など多方面で活躍し、近年は美術館やメディアでの美術解説も多く担当している。本書は画家たちの「こじらせた人生」に注目し、ピカソ、ゴッホ、ムンク、モネなどの巨匠から、バスキア、フリーダ・カーロなど現代の人気アーティストまで幅広く、人物像と作品の秘密を探っていく。文章だけでなく、肖像画や代表作、キーになるアイテムなどを、ナカムラによる味わいのあるイラストで表現。相関図や名画紹介コーナーも収録し、カラフルで視覚的にも楽しめる。

【目次より】天才ピカソの奇妙な恋愛／美男子ムンクは苦悩の中心で何を叫んだのか／ゴッホは、なぜ耳を切り落としたのか／超特急エゴン・シーレのねじれた愛／「現実」と「非現実」の隙間で暮らした男 マグリット …ほか全 12 名

A collection of art commentary essays featured in the Yomiuri Shimbun, Sankei Shimbun, President Online, and numerous other media. The author, Kunio Nakamura, is a kintsugi (which is a technique for repairing broken vessels with gold or silver lacquer), artist, art director, and writer, active in many fields, and in recent years has been providing many art commentaries at museums and in the media. This book focuses on the "unique lives" of famous historical painters and explores the secrets of their personalities and works, ranging from such masters as Picasso, Van Gogh, Munch, and Monet to popular contemporary artists such as Basquiat and Frida Kahlo. In addition to the text, portraits, representative works, and key items are illustrated with tasteful illustrations by Nakamura himself. The book also includes a section that introduces the portraits and masterpieces, making it a colorful and visually enjoyable read. [Table of Contents] The strange love of Picasso's genius; What did Munch, a beautiful boy, shout at the center of his agony; Why did Van Gogh cut off his ears; The twisted love of Egon Schiele, a super express; Magritte, a man who lived between "reality" and "unreality".... ..and 12 others in all.

<https://japanbookbank.com/en/book/7216>

## General Knowledge & Personal Development

なぜ僕は瞑想するのか

— ヴィパッサナー瞑想体験記 —

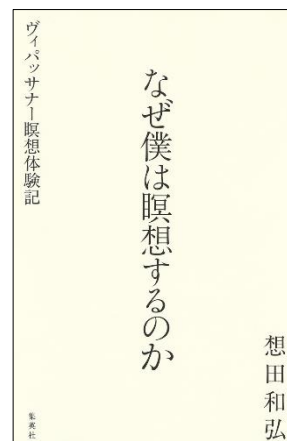
想田 和弘

Why Do I Meditate?: Vipassana meditation experience

Kazuhiro Soda

Released Date 4/26/2021 ・ 新書判 ・ 128 pages

ISBN 978-4-8342-5347-4



### Abstract

「ヴィパッサナー瞑想」とはブッダが悟りを開いた道筋を辿っていくメソッドを今に伝えるものである。この瞑想法は 2500 年前より上座仏教と呼ばれる仏教の流派の中で受け継がれてきたが、精神の安定を得る効率的な方法として世界的に注目されている。著者の想田和弘氏は『選挙』や『精神』などのドキュメンタリー映像作家として世界的に評価されているが、今回は、自らこの「ヴィパッサナー瞑想」を体験することで、その主観的体験を観察し、記録している。十日間の瞑想修行合宿コースへの参加を決めた著者は、自然に囲まれた瞑想センターで、スマホもパソコンも財布も預け、外の世界との関係を完全に断ち、十日間、一日十時間以上ひたすら座って瞑想をした。これは宗教的实践者ではない普通の人々がブッダの悟りへの道筋を観察し、記録した 10 日間の貴重なルポルタージュである。

Vipassana meditation is a method that follows the Buddha's path to enlightenment. This meditation method has been handed down in a school of Buddhism called Theravada Buddhism for 2,500 years, and is attracting worldwide attention as an efficient way to attain mental stability. The author, Kazuhiro Soda, an internationally acclaimed documentary filmmaker whose works include "Campaign" and "Mental," has observed and documented the subjective experience of this "Vipassana meditation" by experiencing it himself. After deciding to participate in a 10-day meditation training camp course, the author left his phone, computer, and wallet at a meditation center surrounded by nature, completely cut off all ties with the outside world, and sat and meditated for more than 10 hours a day for 10 days. This is a valuable reportage of ten days in which an ordinary person, not a religious practitioner, observed and recorded Buddha's path to enlightenment.

<https://japanbookbank.com/en/book/7220>

## Hobbies & Practical Guides

### こどもとできる やさしい金継ぎ ナカムラ クニオ

Easy Kintsugi for Kids  
Kunio Nakamura

Released Date 6/26/2024 ・ A5 判 ・ 96 pages

ISBN 978-4-8342-5385-6



## Abstract

これ1冊あれば親子で金継ぎができる、実用的児童書。豊富な実例写真、手技のプロセス写真、イラスト図解などをもとに、初心者でも扱いやすい新うしでのやり方を中心に解説する。

【目次例】はじめに／金継ぎとは／金継ぎのやりかた・基本編（道具紹介、割れ・ひび・かけのなおしかた）／作品事例集①／金継ぎのやりかた・応用編（呼び継ぎ・かすがい継ぎ・ガラス継ぎ）／作品事例集②／金継ぎであそぼう（石・木の実や松ぼっくり・流木・金蒔…ほか）／作品事例集③／コラム（金継ぎの歴史と漆のこと／エシカル消費って？金継ぎとSDGs／震災での金継ぎボランティア／世界が注目するKINTSUGI…ほか）／こどもと金継ぎ体験レポート（2組の親子が実際に金継ぎをしてみるWSの体験レポート記事、事例紹介）／おわりに／材料の入手先、文献紹介

“Oh no, it’s broken…!” But wait—this might be a chance.

Easy Kintsugi for Everyone with Allergy-Free “New Urushi”

This book offers a fun and accessible introduction to kintsugi, the traditional Japanese art of repairing broken pottery with beauty and care. Designed for families and beginners, it uses allergy-free “New Urushi” and epoxy putty, making the process safe and simple for children and adults alike.

All kanji are accompanied by furigana, so even young readers can follow along. Step-by-step photo guides walk you through the basics—fixing chips, cracks, and breaks—while also encouraging creativity with materials like glass, stones, and driftwood. The book includes inspiring examples and a heartwarming report of a child’s first kintsugi experience.

In homes with children, broken dishes are part of everyday life. But with kintsugi, those moments become opportunities to mend, reflect, and create something new. This practice nurtures a sense of care for objects and the resilience to try again after failure. Whether for a school project or a quiet weekend activity, this book invites readers to discover the quiet magic of kintsugi—and to begin their own journey of repair.

<https://japanbookbank.com/en/book/8300>

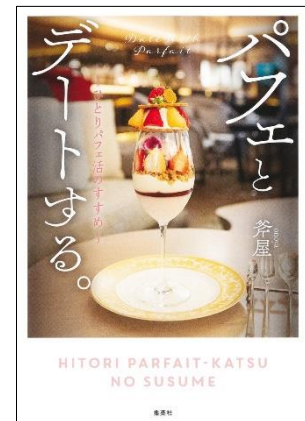
## Hobbies & Practical Guides

### パフェとデートする ひとりパフェ活のすすめ 斧屋

Date with a Parfait: An Encouragement of Solo Parfaiting  
Onoya

Released Date 4/26/2024 ・ 四六判 ・ 128 pages

ISBN 978-4-8342-5383-2



## Abstract

これ1冊で、充実のパフェ活ライフを始められる本。ひとりで愉しむ趣味としてのパフェを、様々な角度から紹介する。おすすめの店やメニューの写真とともに、パフェのを見つけ方／予約の仕方／セットリストの組み方／朝パフェや夜パフェ／遠征の事例／触感や香りなどパフェを愉しむポイント／コンビニなど気軽に楽しめるパフェなどについて、具体的に語る。「パフェは甘い、多すぎる、子どもっぽい」という先入観をひっくり返し、魅惑のパフェ沼へと誘う。パフェに関する悩み相談コラムや、「パフェカレンダー」「パフェ語辞典 100」「パフェ図録集」など、知識と蓄積したデータを総動員した渾身の巻末付録も収録。

Discover the Secrets to a Sweeter Life—All Through Parfaits!

This book is packed with tips and inspirations to brighten your life through the joy of parfaits. Japan's only dedicated Parfait Critic brings together a wealth of knowledge and firsthand experience to guide you into the enchanting world of parfaits. From curious beginners to seasoned aficionados, this book is a deep and delightful dive into enjoying parfaits as a solo hobby.

Topics include: How to find the perfect parfait<sup>1</sup>, Morning parfaits & evening parfaits; How to build a parfait setlist (parfait-hopping itinerary), Real-life examples of parfait "pilgrimages", Engaging all five senses when enjoying parfaits, Parfaits and seasonal beauty, Parfaits and health, Parfaits and Japanese culture ...all richly illustrated with the latest parfait photography.

Step into a world of pure parfait bliss—it's waiting for you.

Also included: "The Parfait Calendar," "100 Parfait Terms Glossary," and "Parfait Photo Compendium"—handy appendices packed with practical parfait knowledge!

## Hobbies & Practical Guides

### 猫はなぜごはんに飽きるのか？

岩崎 永治

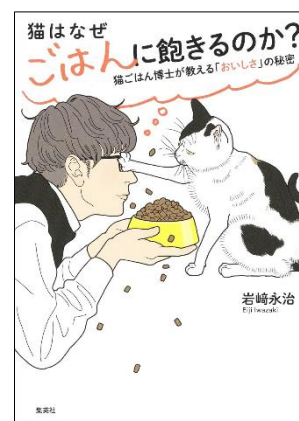
Neko wa naze gohan ni akiru noka?

Eiji Iwazaki

Released Date 1/26/2023 ・ 四六判 ・ 176 pages

ISBN 978-4-8342-5362-7

Rights sold: Korean



#### Abstract

老舗ペットフードメーカーで日々猫のごはんの「おいしさ」について研究する「猫ごはん博士」が、猫のごはんについて悩むすべての飼い主に向けて科学的根拠(エビデンス)に基づいた対策や解決法を紹介する実用書。まずは、それぞれの猫の「食飽き」の原因が何にあるのかを把握するため、チャートで診断。診断された猫のタイプ別に食飽きの改善方法を紹介するとともに、根本的な猫の習性や食性についても図などを用いて丁寧に解説しており、より猫についての理解を深められる。また、気軽に読めるように巻頭・巻末や章末には漫画家深川直美氏によるマンガとイラストを掲載。楽しみながら猫の「食飽き」のお悩みが解消できる一冊になっている。

This book is a practical book that introduces countermeasures and solutions based on scientific evidence for all owners who are worried about cat feeding.

The author is Mr. Iwazaki, also known as the "Cat Food Doctor", who works at a long-established Japanese pet food manufacturer and studies the "tastiness" of cat food every day.

First, we use a chart to diagnose the type of cat you have in order to understand what is causing your cat to become bored with food (a phenomenon in which they stop paying attention to their daily food). In addition to introducing ways to improve cat's eating habits for each diagnosed type, the book also uses diagrams to carefully explain fundamental knowledge such as cat's habits and eating habits. You can deepen your understanding of cats.

In addition, for easy reading, manga and illustrations by popular manga artist Naomi Fukagawa are included at the beginning, end, and end of each chapter.

This book is a fun read that will help you solve your cat's problem of getting tired of eating.

<https://japanbookbank.com/en/book/4991>

## Hobbies & Practical Guides

パフェが一番エライ。

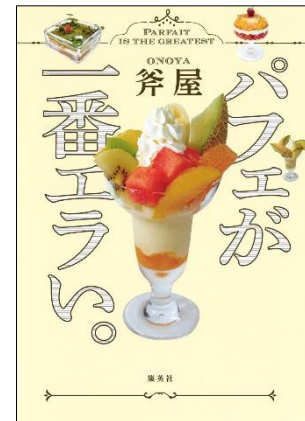
斧屋

Heisuke Kitazawa

Onoya

Released Date 8/26/2021 ・ 四六判 ・ 128 pages

ISBN 978-4-8342-5349-8



## Abstract

”パフェは究極のエンターテインメントである。”—斧屋。世界に類を見ない食文化・パフェについて、年間 500 本パフェを食べる日本唯一のパフェ評論家・斧屋が語りつくす指南書。美しいパフェの写真とともに、味わうポイント、店の見つけ方、フルーツの旬、パフェの系統などを余すところなく伝える。タカノ、ゴトーなど代表的なフルーツパーラーから、ビヤンネートル、ラトリエアマファソンなど洋菓子系の最先端ショップ、気軽に行けるコンビニやファミリーレストランまで幅広く紹介。著者が長年にわたり収集してきた、グラスやカトラリー、形状別パフェ画像など貴重な「パフェ資料集」も収録。ビギナーから上級者まで、魅惑の“パフェ沼”にどっぷりハマれる一冊。【目次より抜粋】パフェは食べ物ではありません／パフェの A-B-A 構造／パーラー系とパティスリー系／食べにくさという楽しさ／スプーンの労働問題…ほか

"Parfait is the ultimate entertainment." --Onoya. In this guidebook, Onoya, Japan's only parfait critic who eats 500 parfaits a year, discusses parfaits, a food culture that is unique in the world and continues to develop uniquely in Japan. Along with photographs of beautiful parfaits, the guidebook provides information on what to taste, how to find a parfait store, what fruits are in season, and the historical lineage of parfait's development. The book introduces a wide range of parfait stores, from the most famous fruit parlors to cutting-edge confectionery stores, as well as casually accessible convenience stores and family restaurants in Japan. The book also includes a valuable collection of parfait materials that the author has collected over the years, including glasses, cutlery, and images of parfaits by shape. This is a book that will fascinate you with parfait, from beginners to experts.

<https://japanbookbank.com/en/book/7218>



## Hobbies & Practical Guides

### はじめてのタロット

鏡 リュウジ・荒井 良二

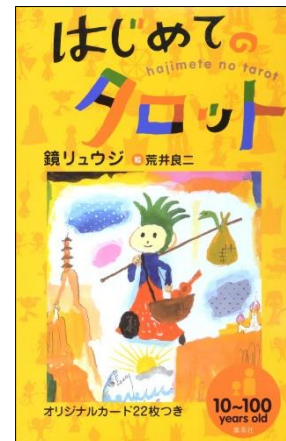
Tarot for Beginners with 22 Tarot Cards

Ryuji Kagami and Ryoji Arai

Released Date 6/5/2003・新書判・80 pages

ISBN 4-8342-5086-5

Rights sold: Thai



## Abstract

22 枚のカードが運命の扉を開く！ 鏡リュウジさんが作った初心者から上級者まで楽しめるタロット占いの決定本！ あなたの未来や知りたいことを、かわいいカードに教えてもらいましょう。カードの意味から、占いかたまで、おどろくほどよくわかる。鏡リュウジさんのやさしく語りかけるような解説テキスト本（80 ページ）と、絵本作家・荒井良二さんがイラストを手がけたタロットカード（22 枚）がセットになっているので、子どもから大人まで、いつでもどこでも簡単に楽しむことができます。持っているだけで、幸運がやって来るかも？

22 Cards Open the Door to Destiny!

This beginner-friendly tarot book, created by Ryuuji Kagami, offers a fun and accessible guide to tarot readings for everyone—from beginners to advanced users! Let the cute, 22-card deck reveal your future and answer your questions. With clear explanations, you'll quickly learn the meanings of the cards and how to perform readings. The book, featuring 80 pages of Kagami's gentle, approachable guidance, is paired with tarot cards illustrated by picture book artist Ryoji Arai. Perfect for both kids and adults, this set is easy to enjoy anywhere, anytime, and simply owning it might bring you good fortune!

<https://japanbookbank.com/en/book/7454>

Children's Books & YA

## 最強！カレー道 10歳から学べる食の本質

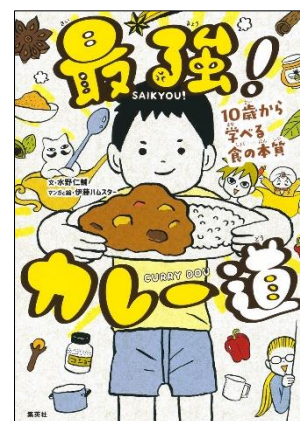
水野 仁輔・伊藤 ハムスター

The Best! The Way of Curry: The essence of food that can be learned from 10 years old

Jinsuke Mizuno and Hamster Ito

Released Date 6/26/2023 ・ A5 判 ・ 160 pages

ISBN 978-4-8342-5373-3



### Abstract

日本の国民食・カレーについて、味覚、歴史、経済など様々な角度から解説し、10歳から大人まで食を通じた知的探求を楽しめる児童書。著者の水野仁輔は、有名なカレー出張調理ユニット「東京カリ〜番長」の活動で知られるカレー研究家で、日本にスパイスカレーのブームを起こした立役者。ストーリーマンガと挿絵は、『こども六法』などベストセラー児童書を数多く手掛ける伊藤ハムスターが担当した。

【内容】小学生のヒロトは、ライバルのマサに勝って、夏の林間学校でクラス一番の「最強カレー」を作ろうと決意する。ヒロトは偶然出会った「伝説のカレーマスター」に導かれ、カレーについて探究する。「カレーの辛さのひみつ」「カレーでお金もうけをする方法」など、マンガと対話文形式で、カレーの世界を楽しく学べる。スパイスの黄金比や日本の発明品「カレールー」の秘密など解説も充実。子どもと作れる「最強カレー」のレシピも収録。

This children's book explains curry, which can be called Japan's national dish, from various angles such as taste, history, and economics, allowing anyone from 10 years old to adults to enjoy intellectual exploration through food. The author, Jinsuke Mizuno, is a curry researcher known for his work with the famous curry traveling cooking unit and is a key figure in the spiced curry boom in Japan. The story manga and illustrations were created by Ito Hamster, the author of many best-selling children's books. An elementary school student, Hiroto, decides to beat his rival Masa and make the best "strongest curry" in his class at summer forest school. Hiroto is guided by a "legendary curry master" whom he meets by chance, and explores the world of curry. Through story manga and dialogues, you can enjoy learning about the world of curry, such as "The secret of spiciness of curry" and "How to make money with curry". The book also includes a full explanation of the golden ratio of spices and the secret of curry roux, a Japanese invention. A recipe for the "strongest curry" that can be made with children is also included. This is a book to learn deeply about curry, which has evolved uniquely in Japan.

<https://japanbookbank.com/en/book/7219>

## Children's Books & YA

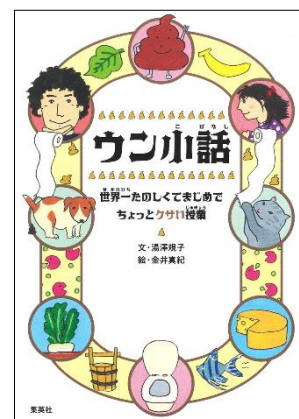
### ウン小話

世界一たのしくてまじめでちょっとクサイ授業

湯澤 規子・金井 真紀

Unkobanashi

Noriko Yuzawa and Maki Kanai



Released Date 6/24/2022 ・ A5 判 ・ 128 pages

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### Abstract

著者の湯澤紀子氏は法政大学教授（専門：歴史地理学、農業史）。「人糞地理学者」というユニークな肩書を自称し、食と「ウンコ」という身近な存在から地域・環境・社会について考える研究や市民講座、ワークショップも行ってきた。本書は、そんな湯澤教授が子どものために書き下ろした「ウンコ教育本」。小学校のクラスを舞台にした物語形式で、破天荒な「もじゃ大」先生とともに、子どもたちはウンコを通じてSDGsや歴史を楽しく学ぶ。社会科、体育、国語、理科、図工など、あらゆる授業で展開する「ウン小話」は全17話。世界を旅したルポエッセイやイラストエッセイで知られる、金井真紀氏のかわいいイラストも満載！「災害時のトイレはどうする？」「トイレ紙がなかったら」など、解説や付録も充実！

The author, Noriko Yuzawa, is a professor at Hosei University and a specialist in historical geography and agricultural history. She calls herself a "human feces geographer," a unique title, and has conducted research, public lectures, and workshops on regions, the environment, and society from the perspective of food and excrement, two things familiar to humans. This book is a "poop education book" written by Professor Yuzawa for children. In this storybook, set in an elementary school classroom, children learn about the SDGs and human history through poop (food and excrement cycle) with the adventurous teacher in an enjoyable way. There are 17 "Unko" (Poop) stories that unfold in every class, including social studies, physical education, Japanese, science, and arts and crafts. The book is filled with cute illustrations by Maki Kanai, famous for her reportage essays and illustration essays on her travels around the world. The book includes commentary and appendices such as "What would you do with a toilet in the event of a disaster?" What would you do if there was no toilet paper?

<https://japanbookbank.com/en/book/4197>

Children's Books & YA

さいごの恐竜ティラン I'll stay with you

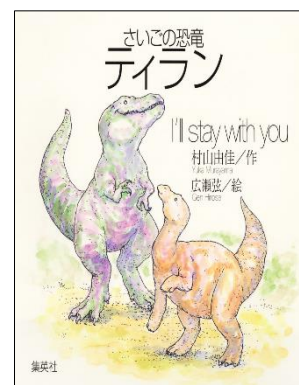
村山 由佳・広瀬 弦

The Last Dinosaur, Tiran - I'll stay with you

Yuka Murayama and Gen Hirose

Released Date 9/24/1999 ・ A5 判変型 ・ 64 pages

ISBN 4-8342-5031-8



**Abstract**

草食恐竜の母ザウルスが、天敵である肉食恐竜ティラノサウルスの卵を育てる、極限の愛の物語。

夫と子供たちを失った母ザウルスは、親を亡くしたティラノサウルスの卵を見つけ、ティランと名付けて自らの子供として育てることを決意する。種族の違いを超えて深い愛情で結ばれた二人は幸せに暮らしていたが、やがて地球に隕石が衝突し、大規模な天変地異が起こる。生態系が崩れ、食料を失った草食恐竜たちは次々と姿を消していった。そして、ティランの母も例外ではなかった。母の死を前に、ティランは深い悲しみに暮れながらも、彼女の亡骸に襲いかかる肉食恐竜たちを必死に振り払う。来る日も来る日も戦い続けたが、ついに限界が訪れる。力尽きたティランは、最後に母の隣へと横たわり、「ああ、これでやっとゆっくり眠れる……」と頬を緩ませる。二人の上には、しんと雪が降り積もっていく。

The Ultimate Love Story of a Mother Dinosaur Who Raises the Egg of Her Natural Enemy

A mother dinosaur, a herbivorous sauropod, loses her mate and children. One day, she discovers an orphaned Tyrannosaurus egg. Despite knowing it belongs to a carnivorous species—her natural enemy—she names the hatchling Tiran and decides to raise it as her own. Bound by deep love beyond species differences, the two live happily together. However, a massive meteorite strikes the Earth, triggering a catastrophic environmental shift. As ecosystems collapse and food sources dwindle, herbivorous dinosaurs fall one by one. Tiran's mother is no exception. Overcome with sorrow, Tiran fiercely protects her lifeless body from scavenging predators. Day after day, he fights to keep them at bay, but exhaustion eventually takes its toll. At last, Tiran lies down beside his mother and, with a soft smile, whispers, "Now, I can finally rest..." As snow falls silently, it blankets the two figures in an eternal embrace.

<https://japanbookbank.com/en/book/8242>