

# Shuwasystem Shinsha

## 2025 AUTUMN CATALOG

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Founded in 1974, during the dawn of the personal computer era, the company has long been recognized as a trusted publisher of computer and business books.

In July 2025, it began a new chapter as part of the TWO VIRGINS Group, expanding its vision while continuing to uphold its founding mission:  
to deliver useful, easy-to-understand information that supports  
readers in learning and growth.

With over 10 million copies sold from its bestselling "Hajimete no" ("For the First Time") computer series, the company continues to publish across a wide range of fields. Looking ahead, it strives to evolve with the changing times and remain a reliable partner in learning for all readers.

 **Shuwasystem-Shinsha**

 **TwoVirgins**  
GROUP



# CTHULHU MYTHICAL CREATURES ANATOMY ENCYCLOPEDIA

Welcome to the abyss of the Cthulhu Mythos.  
Abandon all hope, ye who open this book—la! la!  
Cthulhu fhthag!

This illustrated guide dissects the indescribable beings, Great Old Ones, and servitors of the Cthulhu Mythos in the style of kaiju (giant monster) anatomical charts. With annotations that erode the reader's sanity—such as “Elder God Heart” and “Metaphysical Air Sac”—readers can immerse themselves in the cosmic horror of Lovecraft's universe.

In addition to new illustrations of four mythos creatures, the book also includes a glossary of terms, a correlation chart of mythos entities, Cthulhu's genealogy, and a map of sightings and habitats—an indispensable reference for fans of Lovecraftian lore.

RIGHTS  
SOLD

- Simplified Chinese
- Traditional Chinese

## Goki Yamada

Graphic designer and illustrator, active under the names Goki Yamada and goking on social media. He creates works that fuse genres, focusing particularly on motifs from the Cthulhu Mythos.

## Yusuke Tokita

Freelance writer specializing in TRPG design and translation. His major works include Shin'en, Cthulhu Mythos TRPG: The Hieizan Incident, and Nobunaga's Black Castle (design); Shadowrun 5th Edition, Eclipse Phase, and Tales from the Loop TRPG (translation); and Revised Cthulhu Mythos Guidebook, Legends of Sake, and Illustrated Miko (Shrine Maidens).

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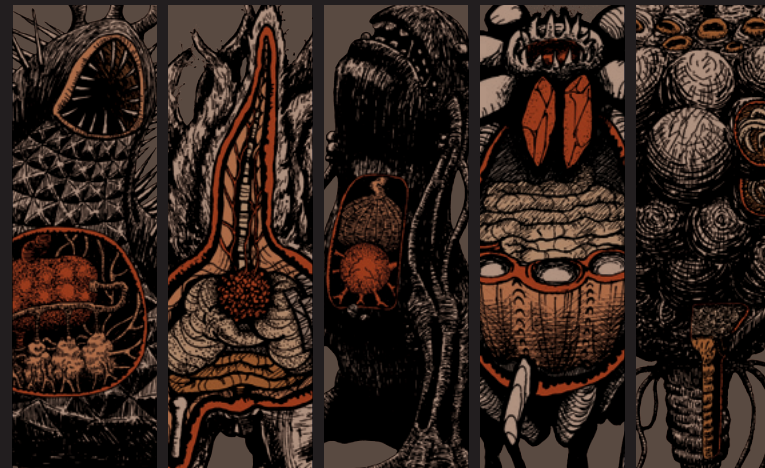
148×210mm/Paper back/192pages  
Retail price: JPY 1,500  
Release date: 2024/5/28  
ISBN: 978-4-7980-7186-2



## クトゥルフ神話生物解剖図鑑

CTHULHU MYTHICAL CREATURES ANATOMY ENCYCLOPEDIA

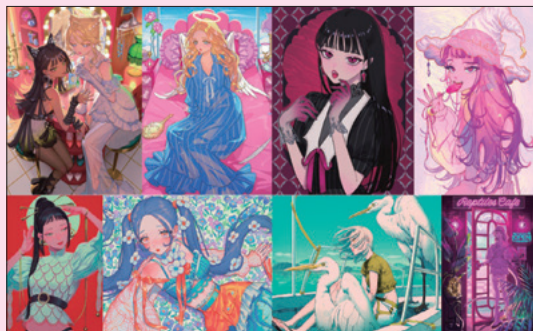
著・イラスト 山田剛毅 執筆協力 朱鷺田祐介





# Think and Create: How to Design and Draw Compelling Characters

memenchi



A character's appeal comes from the harmonious combination of many elements—color, facial features, poses, composition, clothing, and background.

In this comprehensive guide, illustrator memenchi reveals her creative process for designing and drawing captivating characters. Through clear explanations and visual examples, she breaks down each element and shows how to effectively combine them to create artwork that truly stands out.

The book also includes downloadable bonus materials, such as layered illustration files and color palettes, offering readers hands-on insight into the making of her character designs.

RIGHTS  
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• Korean

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182x257mm/Paper back/184pages  
Retail price: JPY 2,200  
Release date: 2025/1/23  
ISBN: 978-4-7980-7140-4



memenchi

A freelance illustrator based in Hiroshima, Japan.

She loves creating mysterious and stylish girls, exploring beautiful and harmonious color palettes in her work.

Her creative activities span a wide range—from character design and merchandise illustration to artwork for music projects.

• <https://x.com/nmememen>  
• [instagram.com/memennnchi](https://www.instagram.com/memennnchi)

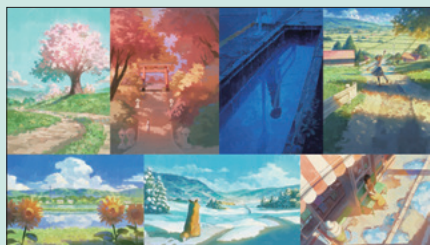


# Think and Create: How to Draw Backgrounds

Mastering backgrounds and landscapes requires an understanding of complex elements such as composition, perspective, and lighting. However, by breaking these elements down into clear steps, anyone can learn to draw beautiful and convincing scenes.

This practical guide helps readers deepen their understanding through a three-step approach—Drawing, Knowledge, and Application (Making Process)—building skills gradually building skills by drawing while reflecting on each stage.

Bonus downloadable materials include PSD files and video tutorials that reveal the artist's creative process, as well as color palettes that can be easily applied to your own artwork.



RIGHTS  
SOLD

• Korean

fjsmu (fujishimu)

An illustrator who loves nature and the countryside. After completing a graduate degree in information science, fjsmu began a career as a programmer before becoming a freelance illustrator in 2022.

Now active in advertising and video production, creating warm and expressive illustrations inspired by everyday life.

• <https://x.com/fjsmu>

182×257mm/Paper back/256pages  
Retail price: JPY 2,200  
Release date: 2024/8/17 / ISBN: 978-4-7980-7189-3

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# How to Draw Art That Brings Fulfillment

Kamikuro Matsumura



Finishing a single illustration can be a real challenge. As you draw, doubts often arise—"Is this really good enough?", "Would a different composition be better?", or even "What does a finished piece look like?" Before you know it, your work stalls, and completion feels out of reach. This book by Kamikuro Matsumura is a simple yet powerful remedy for those who struggle to finish their artwork. It offers clear guidance to overcome common obstacles such as "I can't draw well enough" or "It doesn't look like what I imagined." By learning how to fill the canvas with confidence and push through to the end, readers can experience the satisfying sense of accomplishment that comes from saying, "I did it!"



148x210mm/Paper back/360pages  
Retail price: JPY 1,700  
Release date: 2024/3/9  
ISBN: 978-4-7980-7176-3

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# How to Draw Without the Complications

Kamikuro Matsumura



No one wants drawing to feel complicated—yet once you start practicing, it often does. This beginner-friendly guide by Kamikuro Matsumura is designed for those who find themselves getting stuck or overwhelmed. By breaking down the entire drawing process—composition, character design, visual storytelling, and art style—into clear and manageable parts, the book shows how to learn at your own pace and enjoy the process. Each chapter can be read independently, allowing readers to "pick and choose" what interests them most. Start with what feels fun, and you'll find yourself improving faster and more confidently than ever before.



148x210mm/Paper back/304pages  
Retail price: JPY 1,600  
Release date: 2020/10/29  
ISBN: 978-4-7980-6318-8

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RIGHTS SOLD

• Simplified Chinese  
• Korean



Kamikuro Matsumura

Illustrator, bande dessinée artist, and virtual YouTuber. Born in Kushiro, Hokkaido in January 1990. After graduating from the Faculty of Engineering at Hokkaido University, he began his career as an illustrator. Since then, he has continued to showcase new works at events such as Design Festa and COMITIA, and has also taken on the challenge of large-scale live painting. His diverse creative activities reflect a strong passion for exploring different forms of visual expression.

• <https://uwa-aaa.com/>

# How to Draw Without the Emotional Pain

Kamikuro Matsumura



You love drawing—and you want others to enjoy your work, too. But over time, you might start to wonder: What kind of art makes people happy? Why do I keep drawing the same things? Why isn't my audience growing? Before long, drawing can begin to feel painful instead of joyful. This book by Kamikuro Matsumura gently addresses the emotional struggles that many artists face—such as frustration over low engagement, repetitive ideas, or harsh feedback. Each chapter offers practical advice and reassurance to help you recover your motivation and rediscover the fun of drawing. Whenever creating art starts to feel heavy, open this book—and find your way back to a healthier, more fulfilling creative life.

RIGHTS SOLD

• Simplified Chinese



148x210mm/Paper back/208pages  
Retail price: JPY 1,400  
Release date: 2017/6/10  
ISBN: 978-4-7980-5093-5

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# 35 Ways to Make a Strong Impression: How to Draw Unforgettable illustrations

Kamikuro Matsumura



You don't just want to draw pretty pictures—you want to create illustrations that convey feeling, that truly move people. You want your work to have a unique personality, but you're not sure how to make it stand out. Rather than focusing on perspective, anatomy, or other technical theories often found in art manuals, this book explores techniques for expressing emotion and individuality through illustration. With abundant visual examples, it shows how to use composition, gaze, posture, and facial expression to portray a wide range of emotions—comfort, encouragement, sorrow, healing, and more. Learn how to draw illustrations that resonate deeply with your viewers and leave a lasting impression.

RIGHTS SOLD

• Simplified Chinese



148x210mm/Paper back/128pages  
Retail price: JPY 1,400  
Release date: 2016/9/27  
ISBN: 978-4-7980-4788-1

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## Kamikuro Matsumura

Illustrator, bande dessinée artist, and virtual YouTuber. Born in Kushiro, Hokkaido in January 1990. After graduating from the Faculty of Engineering at Hokkaido University, he began his career as an illustrator.

Since then, he has continued to showcase new works at events such as Design Festa and COMITIA, and has also taken on the challenge of large-scale live painting. His diverse creative activities reflect a strong passion for exploring different forms of visual expression.

• <https://uwa-aaa.com/>



# Easy & Cute! Practical Origami for Everyday Life

Would you like to try making adorable, practical origami such as a Shiba Inu gift envelope, frog bookmark, flower coaster, mini paper bag, or fireworks fan?

This book introduces 46 delightful designs created by the popular YouTube origami artist Tatsukuri, known for fun and functional paper crafts that brighten up everyday life. Each project is easy to follow, cute to use, and perfect for all occasions—from gifting to decoration. Every design comes with a step-by-step video tutorial, so you'll never get stuck halfway. Just follow along with the videos and enjoy folding together!



## Tatsukurinoorigami

A popular origami creator and YouTuber, known for the channel "Tatsukuri no Origami".

Originally a beginner when launching the channel, discovered a deep love for origami through a lifelong passion for drawing and crafting. Since then, has created over 500 original designs, sharing charming seasonal and event-themed creations that bring joy to viewers of all ages.

Author of several beloved titles, including Tatsukuri's 12 Months of Origami and Origami for Girls (Shufunotomo), Cute Animal Origami (Boutique-sha), and Fun to Make, Cute to Display! Seasonal Origami (Bunken Publishing).

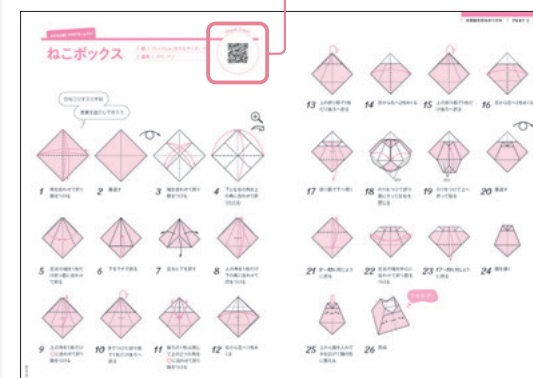
• Instagram: @tatsukuriorigami  
• TikTok: @tatsukuriorigami

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Release date: 2025/5/27  
ISBN: 978-4-7980-7418-4

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How to make a catbox  
(YouTube)

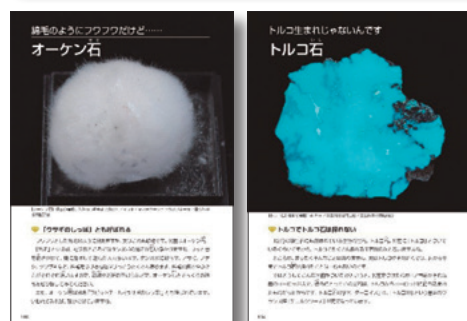


# Encyclopedia of Strange Stones

Katsuaki Watanabe



A mineral guide unlike any other! This one-of-a-kind "encyclopedia of strange stones" features an extraordinary selection of minerals chosen not by scientific classification, but by charm, quirkiness, and a touch of humor. Geoscience communicator and mineral photographer Katsuaki Watanabe introduces curious specimens such as "Aquamarine That Wished to Be Green," "Wollastonite Dreaming of the Caribbean Sea," and "Zircon Losing Its Youth," pairing each with stunning photography and witty commentary. From "almost beautiful" stones to "misunderstood" minerals, this book offers a fresh, entertaining perspective on geology that will delight enthusiasts and casual readers alike.



## Katsuaki Watanabe

Born in 1980 in Yokkaichi City, Mie Prefecture. Science communicator and geological/mineral photographer. Holds a Ph.D. in Science from Hiroshima University. Engaged in research in mineralogy and geology at the National Institute for Materials Science (NIMS), the Earth-Life Science Group at the University of Tokyo, and the Nuclear Regulation Authority's Technical Standards Office. Since 2020, has worked as a science communicator, and since 2024, serves as CEO of Chigakusha Inc. Recipient of the Fuji Photo Salon Newcomer Award 2006. Publications include The Encyclopedia of Beautiful Geoscience (Shuwa System), What If That Disappeared from Earth? (Bunyu-sha), Shocking Earth Encyclopedia (Seishun Publishing), The Illustrated Guide to Mysterious Minerals (Daiwa Shobo), and Geological Thinking in Everyday Life (Beret Publishing).

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148x210mm/Paper back/288pages  
Retail price: JPY 2,400  
Release date: 2024/5/8  
ISBN: 978-4-7980-7230-2

# Handmade Soaps for Every Season

Uta



The beauty of handmade soap lies in its endless variety—color, scent, texture, and shape all change depending on the ingredients. Choosing a soap that matches your mood and savoring a quiet moment of self-care is one of life's simplest luxuries. This beginner-friendly guide introduces the joy of making seasonal soaps using natural ingredients such as yuzu, honey, rosemary, and coffee. Along with detailed instructions and tips for success, it also covers easy and charming wrapping ideas. All the tools and materials can be found at local stores or even 100-yen shops, making it simple to get started. Let's create gentle, nourishing soaps that are good for both the heart and body.



RIGHTS SOLD

• Traditional Chinese



## Uta

Soap artist and instructor. Founder of Utatane, a handmade soap studio offering workshops that celebrate the seasons through natural ingredients and simple, adorable wrapping designs. Certified Junior Soapmaker by the Japan Handmade Soap Association (JHSA). Completed the Soap Classes for Soap Instructors program by renowned soap artist Yukiko Obata.

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182x257mm/Paper back/104pages  
Retail price: JPY 1,600  
Release date: 2021/6/1  
ISBN: 978-4-7980-6431-4





# Discover more about Japan in Japanese and English : Chado

An engaging bilingual introduction to the world of Chado (the Japanese Way of Tea), designed especially for upper elementary students and young learners. As English education and global awareness expand in classrooms, opportunities to share and explain Japanese culture in other languages are increasing. This book helps readers explore one of Japan's most renowned traditional arts—Chado—through easy-to-understand Japanese and English texts. With charming illustrations, fun facts, and approachable explanations, it offers a gentle, enjoyable way to learn about the philosophy, etiquette, and beauty of Chado in both languages.



## Toshimi Aishima

Associate Professor in the Faculty of Business Administration at Kobe Gakuin University. Specializes in reserch on Japanese traditional culture, especially omotenashi through the practice of Chanoyu and Chado, from a marketing perspective. Courses that teach marketing by seamlessly using both English and Japanese are popular among students. Holds a Ph.D. in Advanced Management from Kwansei Gakuin University and an M.A. in Literature from Keio University.

## Sokyo Mishima

Senior Professor of the Urasenke Chado School. Runs the Kyosho-an Chado Class in Kobe, where she imparts the spirit of Chado through precise and graceful temae lessons to a wide range of students, from beginners to advanced practitioners.



にほんご 日本語 と えいご 英語 でわかる!

Understand in both Japanese and English!

わつと知りたくなる日本

Discover more about Japan

# 茶道

CHA DO

Q てまえ 点前って どんなこと? What is Temae?

Q ちやう 茶道の マナーって? What are the etiquette for Chado?

Q ちやう もし茶室に 招かれたら? What if you were invited to a tea room?

著 相島 淑美 Author Aishima Toshimi 監修 三島 宗恭 Supervisor Mishima Sokyo 秀和システム



182x210mm/Paper back/  
144pages  
Retail price: JPY 1,800  
Release date: 2024/11/26  
ISBN: 978-4-7980-7357-6

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Toshimi Aishima/Sokyo Mishima

### 6 どんなお茶をのむ? What is Matcha?

抹茶は緑茶と紅茶も、みんな同じに茶からつくられたお茶です。  
Matcha, green tea, and black tea all come from the same tea leaves, ground from the same plant.

抹茶の種類は、お茶の産地によって異なります。抹茶は緑茶と紅茶も、みんな同じに茶からつくられたお茶です。  
The matcha used in Chado is different from the green tea we usually drink as it is powdered form. Green tea, matcha, black tea, and oolong tea all come from the same plant. However, they look completely different. The key difference lies in how the leaves are processed after being picked. Black tea and oolong tea are fermented, while green tea is not.

#### 茶道での抹茶 Two types of Matcha

1 薄茶 1 Usucha (Thin Tea)

2 濃茶 2 Koicha (Thick Tea)

抹茶は、お茶の産地によって異なります。抹茶は緑茶と紅茶も、みんな同じに茶からつくられたお茶です。  
Matcha is made from tea leaves that are grown in different regions. Matcha is made from tea leaves that are grown in different regions. Matcha is made from tea leaves that are grown in different regions.

### 8 お道具 Tools

茶室にはいろいろな道具があります。季節やお茶の種類によって使い分けます。  
There are various tools used in Chado, and they are chosen depending on the season and the type of tea.

茶室には、お茶の産地によって異なります。抹茶は緑茶と紅茶も、みんな同じに茶からつくられたお茶です。  
The tools used in Chado include those for boiling water (the heater or kettle), and the tea bowl (chawan), a bowl for pouring hot water into the tea bowl (chawan), a bowl for pouring hot water into the tea bowl (chawan), a bowl for pouring hot water into the tea bowl (chawan).

#### お気に入りの茶碗を探そう Find your favorite tea bowl

茶碗には、お茶の産地によって異なります。抹茶は緑茶と紅茶も、みんな同じに茶からつくられたお茶です。  
There are various types of tea bowls, and they are chosen depending on the season and the type of tea. Tea bowls are chosen depending on the season and the type of tea. Tea bowls are chosen depending on the season and the type of tea.

### 3 戦国大名と茶の湯 Samurai Warlords (Daimyo) and Chanoyu

戦国大名は、お茶の産地によって異なります。抹茶は緑茶と紅茶も、みんな同じに茶からつくられたお茶です。  
Samurai warlords were both interested in Chanoyu, a single tea bowl was worth as much as a sword.

戦国大名は、お茶の産地によって異なります。抹茶は緑茶と紅茶も、みんな同じに茶からつくられたお茶です。  
During the Sengoku period, Chanoyu spread rapidly among powerful daimyos, starting with Oda Nobunaga. Nobunaga collected rare and historically significant tea vessels, using them to display his status and wealth. He would also reward his vassals with these prized tea vessels and grant them permission to hold tea gatherings.

#### 秀吉も茶会を利用 Toyotomi Hideyoshi Also Used Chanoyu

1 茶中茶会 1 Tea Gathering at the Imperial Court

2 大坂城の茶会 2 Tea Gathering at Osaka Castle

3 北野の大茶会 3 Grand Kitan Tea Gathering

戦国大名は、お茶の産地によって異なります。抹茶は緑茶と紅茶も、みんな同じに茶からつくられたお茶です。  
Toyotomi Hideyoshi used Chanoyu to demonstrate his control over the court nobles. He showed his authority by the value of Japan's tea ceremony from across the country. This large tea gathering was held at Kitan, Tennoji Shrine. He used Chanoyu to show his knowledge of Chanoyu, regardless of their social status or background, to participate. Hideyoshi used Chanoyu to demonstrate his control over the court nobles. He showed his authority by the value of Japan's tea ceremony from across the country. This large tea gathering was held at Kitan, Tennoji Shrine. He used Chanoyu to show his knowledge of Chanoyu, regardless of their social status or background, to participate.

## How People with Dementia See the World : An Illustrated Guide by Symptoms

Hidetoshi Endo



Dementia is a familiar yet often misunderstood condition—affecting one in five people over the age of 65. Many families, when suddenly faced with a loved one's dementia, are surprised and confused by behaviors they cannot understand. Feelings of frustration and anger can arise, leading to tension and distress on both sides.

However, when we begin to understand how people with dementia see, feel, and think, compassionate and effective care becomes possible. The first step to supporting them is seeing the world through their eyes.

In this accessible visual guide, a leading dementia specialist uses clear illustrations and gentle explanations to depict the world as experienced by people with various forms of dementia, including Alzheimer's disease, Lewy body dementia, vascular dementia, and frontotemporal dementia. Each section explores how different symptoms affect perception, behavior, and emotion—from both the patient's and caregiver's perspectives. A helpful, empathetic resource for families and caregivers seeking to truly understand and support loved ones living with dementia.

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148×210mm/Paper back/192pages  
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Release date: 2025/9/19  
ISBN: 978-4-7980-7542-6

### Hidetoshi Endo

A leading dementia specialist and clinical educator in Japan, with a lifelong commitment to advancing dementia care and geriatric medicine. After graduating from Shiga University of Medical Science, earned a Ph.D. in Medicine at Nagoya University and went on to serve at major hospitals and research institutions, including the National Center for Geriatrics and Gerontology. Has been deeply involved in clinical practice, dementia research, and the development of national and regional

health policies. Beyond medical work, frequently appears on programs such as NHK's Close-up Gendai, sharing insights on dementia and aging. Also supervises several widely read books on dementia, including the popular Manga Guide to the World Seen by People with Dementia (Bunkyo-sha).

## How People with Depression See the World: An Illustrated Guide by Everyday Situations

Sota Shimozono



Recovery from depression is not only about medical treatment—it also depends greatly on how the person copes, and how those around them understand and respond.

Written by a counselor who has personally experienced depression and supported many others on their path to recovery, this illustrated guide focuses on the importance of understanding. Through relatable everyday scenes at home and at work, the author gently explains how people with depression perceive and react to the world around them.

Each chapter includes clear illustrations showing both perspectives—the person living with depression and those close to them—helping readers recognize emotional cues and respond with empathy.

The book also features practical checklists for self-awareness and for family members, friends, and colleagues who wish to offer better support. A compassionate and insightful guide for anyone seeking to understand, accompany, and help someone through depression.

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148×210mm/Paper back/192pages  
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Release date: 2025/3/22  
ISBN: 978-4-7980-7458-0

### Sota Shimozono

A psychological counselor and president of the Mental Rescue Association, dedicated to promoting effective mental health care and stress management techniques. After graduating from the National Defense Academy of Japan, served in the Japan Ground Self-Defense Force, where, in 1996, became the organization's first psychological instructor. Provided counseling to numerous service members and led training programs on mental health care, suicide prevention, and combat stress control for medical teams, rangers, and other

specialized units. Since retiring from active service in 2015, has continued to share his expertise through lectures, training programs, and publications, introducing a distinctive approach to psychological counseling. Author of numerous books on mental wellness, including The Power of Tolerance (Mikasa Shobo), Techniques for Relieving Mental Fatigue from a Military Mental Instructor (Asahi Shinsho), and Stop Overthinking and Ease Your Mind (Seiryu Publishing).



## How HSPs See the World: An Illustrated Guide by Everyday Situations

Hisako Tokita



### Hisako Tokita

A psychological counselor specializing in HSS-type HSPs (Highly Sensitive People with High Sensation Seeking traits) and founder of HSP/HSS LABO. Graduated from Waseda University with a degree in psychology and has spent over 35 years researching emotional sensitivity and life challenges—a journey that began in high school. Trained in cognitive behavioral therapy, focusing, regression hypnosis, and various therapeutic approaches, but continued seeking deeper understanding of her own struggles. Later discovered the concept of HSS-type HSP, realizing that her sensitivity combined with strong curiosity

People with High Sensitivity (HSPs) possess remarkable empathy, insight, and creativity. Yet, their heightened sensitivity can sometimes make social interactions and relationships challenging, preventing them from fully expressing their talents. This illustrated guide explores three key areas of daily life—the workplace, interpersonal relationships, and love & marriage—from both perspectives: those of HSPs themselves and the people around them. Through relatable everyday scenarios, it reveals how highly sensitive individuals think, feel, and react in different situations. By understanding the unique mindset of HSPs—such as why they tend to “take on too much responsibility at work” or “struggle to express anger when it’s appropriate”—readers can learn how to better support, collaborate with, and empower them to make the most of their gifts. A gentle and insightful resource for HSPs and those who wish to understand them more deeply.

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Release date: 2024/7/17  
ISBN: 978-4-7980-7260-9

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explained many of her lifelong difficulties. Since then, has devoted her career to helping others with similar traits through more than 15,000 hours of counseling sessions, as well as lectures, workshops, and online support exceeding 100 hours of communication each month.

Currently pursuing a Master's degree in clinical psychology, continuing to integrate academic research with real-world practice.  
Author of How to Find What You Really Want to Do — For Hidden Sensitives (Asa Publishing).

## Rejuvenate Your Body and Mind in One Minute Exercise

Ayumi Watanabe



With over 280,000 followers and 200 million total video views, social media sensation Ayumikan brings her viral “1-Minute Exercise for a Happier World” program to print for the first time!

Don't underestimate the power of a single minute. These simple, joyful exercises are designed especially for women seeking improved circulation, better posture, and a toned body—and just one minute a day can lead to lasting beauty, health, and confidence.

As you continue the routine, you'll not only feel physically refreshed but also find your mindset growing more positive and your life turning upward.

This book introduces Ayumikan's signature 1-minute workouts along with daily wellness tips for a happier, more radiant life.

### Ayumi Watanabe

Founder of the “1-Minute Exercise for a Happier World” Project and celebrated as the “Queen of the Splits”, having achieved a Yoga Guinness World Record. Shares joyful and family-friendly “1-minute exercises” every morning under the motto “Fun! Engaging! Exercises you can do with your kids!” With over 20 years of experience in yoga and meditation, more than 10,000 students taught, and 280,000+ social media followers, she inspires people to live beautifully and authentically through breathing, mindfulness, and yoga.

An entrepreneur and mindset coach, she supports those struggling with business growth and self-confidence, helping them find clarity and purpose. She also leads RYT-200 yoga teacher training programs and is the owner of the yoga wear brand Aon Jasmine.

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148×210mm/Paper back/128pages  
Retail price: JPY 1,500  
Release date: 2024/12/24  
ISBN: 978-4-7980-7378-1

# An Illustrated Guide to Functional Anatomy for Clinical Practice: The Cervical Spine — Movement and Care

Tomonori Nagaki/Keizo Arai



A comprehensive, full-color introduction to the anatomy, function, and care of the neck and cervical spine—covering everything from structural features and disorders to diagnostic methods and rehabilitation.

This illustrated guide explains complex medical information in clear, accessible language, making it valuable not only for healthcare professionals but also for students and general readers seeking a deeper understanding of neck health.

Richly illustrated with anatomical diagrams, clinical photos, and ultrasound images, the book visualizes muscle movement in both older adults and younger individuals, offering insights into age-related differences.

It also provides practical advice for daily life, including simple stretching and strengthening exercises, guidance on reducing strain during routine activities, and tips on adjusting and selecting pillows for optimal cervical support.

A trusted resource for anyone involved in clinical care, rehabilitation, or personal wellness.

## Tomonori Nagaki

A seasoned physical therapist and rehabilitation specialist, with extensive experience in elderly rehabilitation, home care, and clinical education. After earning a degree in physical therapy from Shijonawate Gakuen College (now Shijonawate Gakuen University) and obtaining national licensure in 2005, gained expertise in recovery and chronic care at hospitals before transitioning to home-visit nursing, where learned the practical importance of interdisciplinary collaboration in home medical care. Since 2011, has been active as a lecturer and instructor, offering seminars for healthcare professionals on functional anatomy using ultrasound, self-care, and rehabilitation techniques. In 2016, established a company dedicated to applying medical expertise to society, collaborating with corporations as a scientific advisor to supervise and support the development of healthcare products such as EMS devices and foot care tools. Currently continues to promote the use of ultrasound imaging in medical education through workshops and training programs for healthcare professionals.

## Keizo Arai

Born in 1935 in Tomioka City, Gunma Prefecture, with decades of experience contributing to the medical and academic community. At 90 years old, remains an active presence in research and writing, sharing knowledge and insights cultivated over a long and distinguished career.

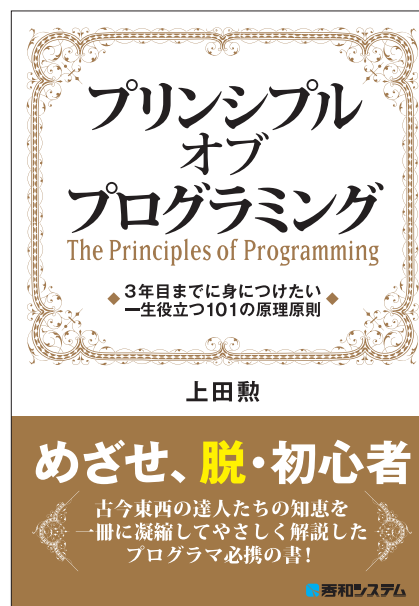
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# The Principles of Programming : 101 Timeless Rules Every Developer Should Master by Their Third Year

Isao Ueda



You've learned the basics of programming—your code runs, but it's often hard to read, slow, buggy, or breaks whenever you make changes. If this sounds familiar, you may be struggling with an issue every developer faces: writing good code. This book is a comprehensive guide to programming principles—the foundational ideas, philosophies, and best practices that help you move beyond “just coding” to crafting maintainable, reliable, and elegant software. Packed with 101 essential principles distilled from the collective wisdom of programmers past and present, it provides timeless guidance that will continue to serve you throughout your career.

A must-read for developers in their first three years—and for anyone seeking to improve the quality, clarity, and longevity of their code.



## Isao Ueda

Graduated from Yokohama National University, Faculty of Business Administration, and currently works at Canon IT Solutions Inc. Has been involved in the development of the Web application auto-generation tool “Web Performer” since its inception. Serves in multiple key roles as technical leader, specification lead, architect, and designer, while remaining actively engaged in programming.



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## An Illustrated Guide: Understandin the Latest AI Technologies

Yoji Kouzaki



AI technologies have advanced at an extraordinary pace since the 2020s. Today, mastering AI is considered an essential skill for professionals across industries. But to truly make use of AI, it is vital to understand what AI is, what it can do, and what its limitations are.

Designed for business professionals, this accessible guide provides a step-by-step overview—from the fundamentals of AI and the evolution of deep learning, to the societal impact of emerging technologies and their real-world business applications.

Key concepts and technical terms are explained in plain language, with rich diagrams and illustrations that make complex ideas easy to grasp. The book also introduces numerous practical examples, including the latest AI-powered solutions such as autonomous patrol robots and other innovations transforming modern industries.

A comprehensive introduction for anyone who wants to understand and effectively leverage AI in the workplace.

148×210mm/Paper back/328pages  
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ISBN: 978-4-7980-7471-9

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### Yoji Kouzaki

A technical writer and consultant specializing in AI, robotics, autonomous driving, IoT, 5G and 6G, quantum computing, and a wide range of digital technologies including computers, cameras, image editing, and smartphones.

Serves as editor-in-chief of Robosta, an online magazine dedicated to AI and robotics.

Spent three years in Silicon Valley from 1996, during the dawn of the internet era, as a special correspondent for ASCII, covering startup companies and emerging trends in the personal computing and internet industries.

Since then, has contributed extensively as a journalist

to leading media outlets such as Nikkei BP, ASCII, and ITmedia, while also making frequent appearances on television and in print.

Has been involved in numerous major technology events, including serving as a writer for the official website of RoboCup 2018 Nagoya and as a final judge for the World Robot Summit organized by Japan's Ministry of Economy, Trade and Industry. Currently heads Trisec Co., Ltd., and continues to share insights into the latest developments in AI, robotics, and ICT through writing, consulting, and media commentary.

## An Illustrated Guide: Understanding the Basics and Mechanisms of Modern Electronic Components

Engээр



Electronic devices around us—such as smartphones, computers, and home appliances—contain hundreds to thousands of individual components. For instance, a single smartphone can include over 1,000 electronic parts working together in harmony.

Yet, information about these components—their functions, types, and how to select the right one for circuit design or experiments—is rarely found in standard textbooks.

This illustrated guide serves as a comprehensive introduction for students studying electrical and electronic circuits, as well as for young engineers and business professionals in the electronics field.

Through clear explanations, diagrams, and illustrations, it covers the principles, categories, and selection methods of a wide range of electronic components, helping readers build a solid foundation for both learning and practical application.

A must-have reference for anyone looking to understand the essential building blocks of modern electronics.

148×210mm/Paper back/232pages  
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Release date: 2024/2/28  
ISBN: 978-4-7980-7064-3

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### Engээр

A YouTuber and technical writer specializing in electronic circuits, components, and electromagnetic compatibility (EMC).

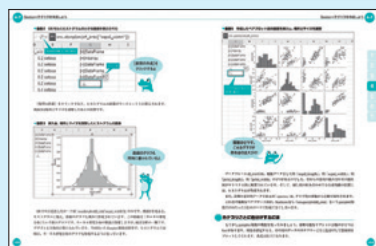
Runs the popular YouTube channel "Engээр", which has gained over 25,000 subscribers for its clear and practical explanations using easy-to-understand diagrams. Known for breaking down complex engineering concepts into accessible lessons for learners and professionals alike.

Contributes regularly to leading electronics magazines such as Transistor Gijutsu, and shares hands-on knowledge as a noise control engineer through the

widely read blog "EMC Village", which attracts over 100,000 monthly views.

## Python in Excel: An Illustrated Beginner's Guide to Essential Tips and Tricks

Hidetoshi Tateyama



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Release date: 2025/9/26  
ISBN: 978-4-7980-7473-3

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### Hidetoshi Tateyama

A freelance writer specializing in programming, data analysis, and software development, with extensive experience in creating accessible learning materials for Python and Excel users.

After graduating from University of Tsukuba, began a career at DENSO Corporation, where was involved in car navigation software development. Later transitioned to web production before becoming an independent writer.

Currently contributes to Nikkei Software magazine,

Among today's most popular programming languages, Python stands out for its simplicity, clarity, and versatility—used everywhere from cutting-edge AI development to everyday automation tasks.

Now, with Python in Excel, users can bring the power of Python directly into their spreadsheets. By writing Python code in Excel cells, you can instantly generate output, enabling you to perform data analysis, visualization, and formatting—all without leaving Excel.

While this integration is incredibly powerful, many beginners find it intimidating to start coding from scratch. That's where this book comes in. Instead of overwhelming readers with every Python feature, it focuses on the essential skills needed to write and run Python code inside Excel.

Step by step, readers learn through simple, hands-on projects—starting with basic graph creation, then advancing to machine learning and high-level numerical computation, all within Excel.

With clear explanations, approachable examples, and practical guidance, this book makes learning Python in Excel not only achievable but enjoyable.

Discover how Excel and Python together can transform the way you work!



authoring a series of popular articles on Python programming. Has written numerous bestselling books, including The Illustrated Guide to Python Tips and Tricks — Beginner's Edition, The Illustrated Guide to Python Tips and Tricks — Practical Programming Edition, The Illustrated Guide to Excel VBA Tips and Tricks (Shuwa System), as well as Excel VBA for Beginners, Learning Excel VBA through Examples, and Python for Beginners (Kodansha).

## Learning Python with ChatGPT: An Illustrated Beginner's Guide to Smart Programming Tips and Tricks

Hidetoshi Tateyama



182×235mm/Paper back/  
296pages  
Retail price: JPY 2,400  
Release date: 2025/1/29  
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With its simple syntax and intuitive structure, Python has become one of the most popular programming languages in the world. Today, a new and exciting way to master Python is emerging—using ChatGPT as your personal tutor.

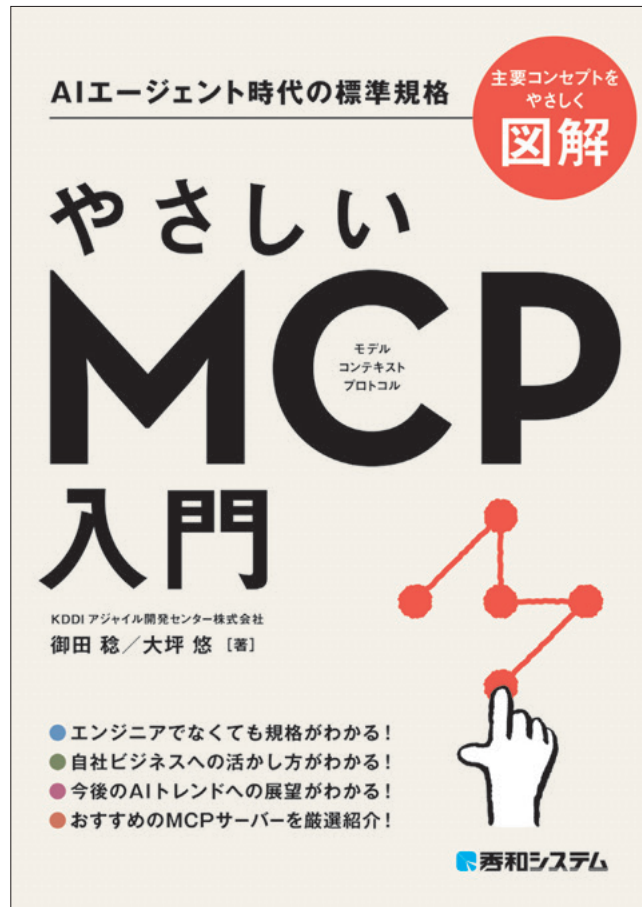
This friendly, hands-on guide introduces a modern learning method that turns ChatGPT into your own interactive programming instructor. It walks readers through Python fundamentals, demonstrates how to effectively ask questions and learn coding concepts with ChatGPT, and provides expert commentary to clarify areas where AI explanations may fall short. Filled with easy-to-follow lessons, practical examples, and cheerful illustrations featuring an adorable frog companion, this book makes learning Python both fun and frustration-free—perfect for complete beginners. Let's learn Python together with ChatGPT and your new study buddy, the little frog!





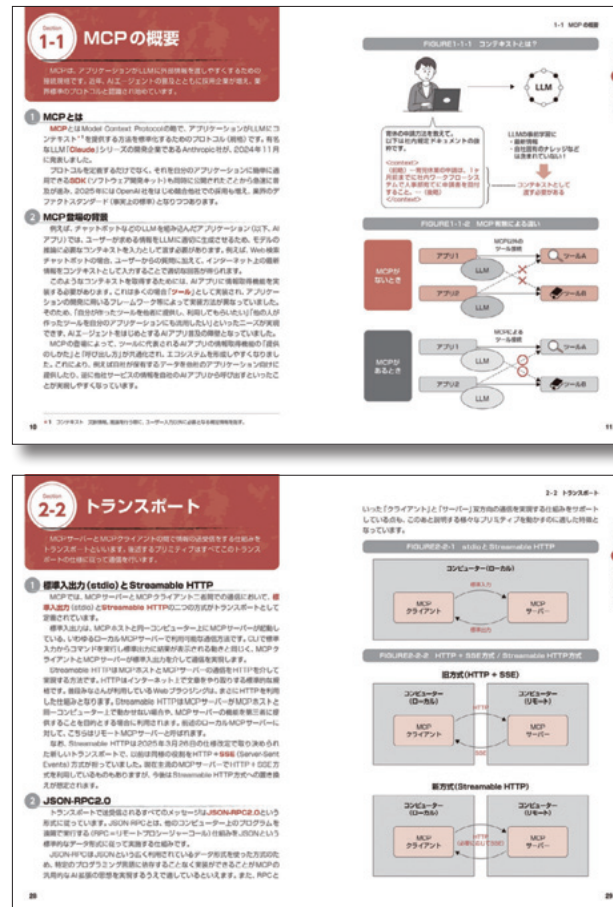
# A Gentle Introduction to MCP (Model Context Protocol)

Minoru Onda/Yu Otsubo



Minoru Onda

A tech evangelist at KDDI Agile Development Center, engaged in in-house development, presales, and technology consulting, with a focus on cloud computing and generative AI. Actively promotes knowledge sharing by publishing insights gained from hands-on projects and showcasing the work of talented engineers both inside and outside the company. Recognized as an AWS Community Hero, AWS Samurai (2023/2024), and Qiita 2024 Top Contributor, and continues to play a leading role in Japan's cloud and AI development community. Author of Amazon Bedrock: A Deep Dive Guide to Generative AI App Development (SB Creative).



Yu Otsubo

A software engineer at KDDI Agile Development Center, originally from Niigata Prefecture. Began career at KDDI Corporation in 2016, contributing to the development of common data platforms and customer service chatbot backends. After gaining startup experience, joined KDDI Agile Development Center in 2024. Currently works as a full-cycle engineer, leading AI agent development and providing consulting support for generative AI application development.

Since its announcement, MCP (Model Context Protocol) has drawn major attention from the AI community and developers worldwide as a breakthrough technology that could further accelerate the spread and practical use of Generative AI. However, because MCP is a technical specification, many non-engineers find it difficult to understand. This accessible guide—written by the creator of the viral presentation “A Gentle Introduction to MCP”—explains the essential concepts of MCP through clear diagrams and easy-to-follow explanations, making it approachable even for readers without a technical background. Starting from the basic principles, the book explores how MCP works, how it can be applied in business, and what future possibilities it holds in the era of AI agents. A must-read introduction for anyone who wants to understand the emerging standard that will shape the next generation of AI systems.



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