

BOOKS FROM TAIWAN

ASIAN EDITION



BOOKS FROM TAIWAN

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TRANSLATION GRANT PROGRAM

Books from Taiwan supports the translation of Taiwanese literature into foreign languages with the Translation Grant Program, administered by The Ministry of Culture of Taiwan. The grant is to encourage the publication of translations of Taiwan's literature, including fiction, non-fiction, picture books and comics, and help Taiwan's publishing industry to explore non-Chinese international markets.

- Applicant Eligibility: Foreign publishers (legal persons) legally registered in accordance with the laws and regulations of their respective countries, or foreign natural persons engaged in translation.
- Conditions:
 1. Works translated shall be original works (for example, including fiction, non-fiction, picture books and comics...but anthology is not included) by Taiwanese writers (R.O.C. nationality) in traditional Chinese characters.
 2. Priority is given to works to be translated and published for the first time in a non-Chinese language market.
 3. Applicants are not limited to submitting only one project for funding in each application year; however, the same applicant can only receive funding for up to three projects in any given round of applications.
 4. Projects receiving funding shall have already obtained authorization for translation, and be published within two years starting from the year after application year (published before the end of October).
- Funding Items and Amount
 1. The subsidy includes a licensing fee for the rights holder of original work, a translation fee and a production fee.
 2. The maximum funding available for any given project is NT\$ 500,000 (including income tax and remittance charges).
- Application Period: From September 1 to September 30 every year.
- Announcement of successful applications: Before December 15 every year.
- Application Method: Please visit the Ministry's "Books from Taiwan" (BFT) website (<http://booksfromtaiwan.tw/>), and use the online application system.

For full details of the Translation Grant Program, please visit

http://booksfromtaiwan.tw/grant_index.php

Or contact: books@moc.gov.tw

BOOKS FROM TAIWAN

ASIAN EDITION

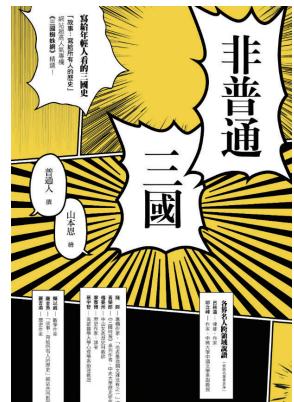
NOT YOUR EVERYDAY THREE KINGDOMS

非普通三國： 寫給年輕人看的三國史

The nearly mythical history of the Three Kingdoms era has captivated audiences in print and on stage for centuries. The characters and events feel so familiar, it's like you were born knowing who they were. But just like any other well-known story, there are sides that the history books won't show you.

This dramatic history aimed at young adult readers brings you the men and women of the Three Kingdoms era in living color, through “live” interviews and in-depth investigations into their deepest secrets. The book's three sections – “What the History Books Won't Tell You”, “Remembering the Old Celebrities”, and “Luo Guanzhong's Hidden World” – take us through dark corners we'd never find otherwise. Did you know that Cao Pi was an inveterate prankster? Or that the mighty general Zhou Huan came face-to-face with a ghost while on campaign?

Not Your Everyday Three Kingdoms casts away the old tropes, displaying our beloved but oft-stereotyped characters in this new light. In doing so, it accomplishes an amazing feat: It makes them human again.



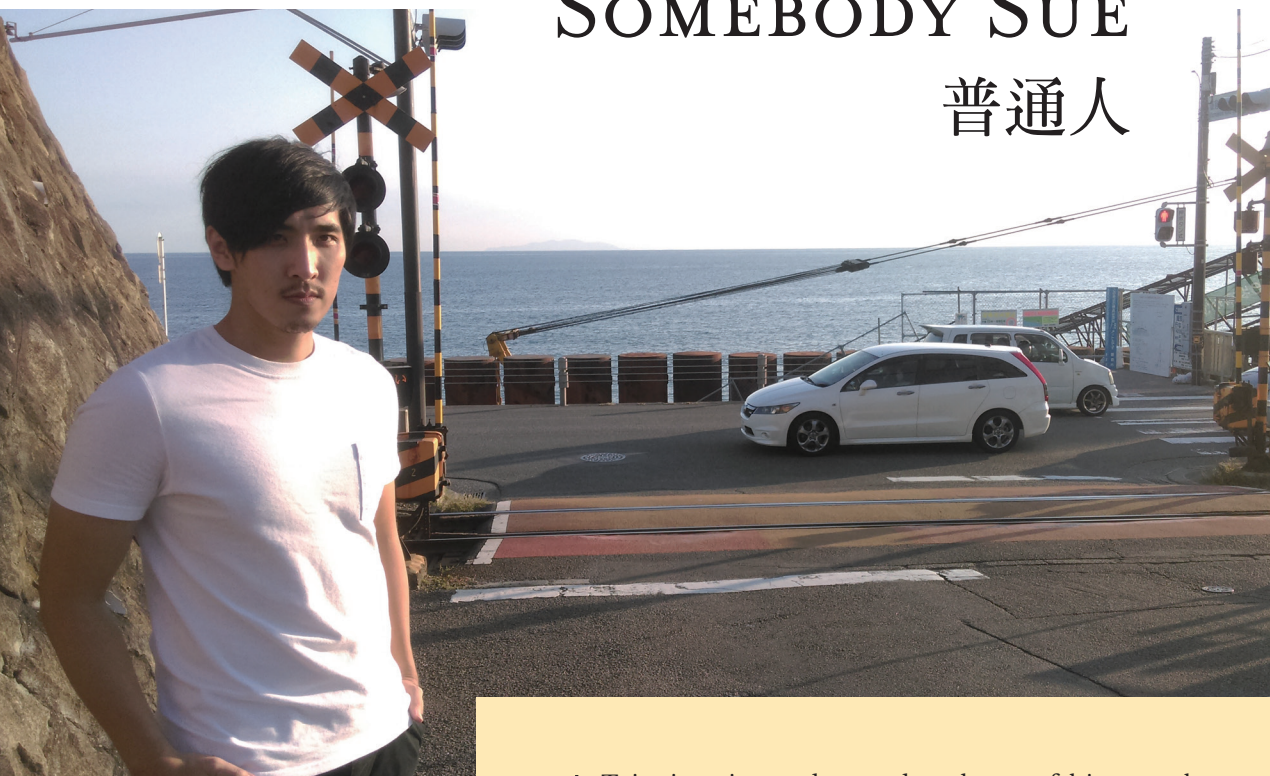
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@gmail.com
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Material: Sample

“

Larger-than-life heroes, epic battles, cunning plots to steal the throne – the fabled history of the Three Kingdom’s era has been told so many ways, it’s seems like there’s nothing new left – until now. This live-action history tells the tale like it’s never been told before.

”

SOMEBODY SUE 普通人



A Taipei native and an ardent lover of history, the author first began posting serial content online under the title *The Spiderweb of the Three Kingdoms*. His energizing, dramatic style attracted an enthusiastic readership, and earned him the chance to publish it as a book.

CHURCH ECONOMIC COMPETITIVE STRATEGIES FROM

教堂經濟學：宗教史上的競爭策略

Religious organizations have long described themselves as a spiritual alternative to the market-dominated world, but when Lai Cheng-Chung and Su Peng-Yuan apply the laws of economics to organized faith, they get some remarkable results. The authors ask some basic but important questions: What makes some religions more popular than others? Why did Christianity become more popular than its older brother, Judaism? And why did some of the great European cathedrals take decades – and sometimes centuries – to build?

Taking Christianity as case study, the authors examine how it made itself competitive in its earliest years of development and examine how the strictness of its principles affected its attractiveness to the “market” of believers. They also analyze the ways in which Christianity cemented its influence in society and politics by tailoring its product and strategy, and how both are now losing their grip on modern consumers of religion.

While the book does employ rational methods of economic analysis, it is not intended to refute the value of religion. To the contrary, the authors point out that religion’s persistent and far-reaching effect on human society – which has periodically advanced human civilization – is the very thing that makes it worthy of study.



Category: Social Science

Publisher: Owl

Date: 9/2017

Rights contact:

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@gmail.com

Pages: 336

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Material: Sample

Rights sold: Simplified Chinese

(Truth & Wisdom Press)

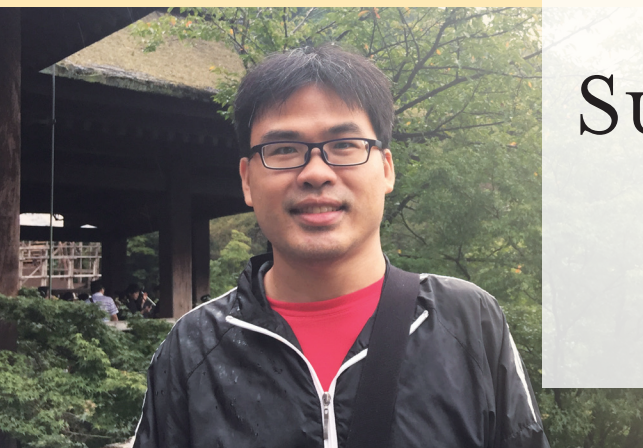
“How can we best understand and explain the changing environment of world religions over the centuries? While you might not think the answer is “with economics,” this book will show you why you should. Lai Cheng-Chung and Su Peng-Yuan use market economics to deconstruct the changing state of religion in our world.”

OMICS: FROM THE HISTORY OF RELIGION

Lai Cheng-Chung received a Ph.D. from the School for Advanced Studies in the Social Sciences in Paris, and was a visiting fellow at the Yenching Institute. He taught the history of economics and economic thought for many years at National Tsing Hua University, where he is now a Professor Emeritus. In addition to his many academic publications, he has also written several introductory books for general audiences like *What's Interesting about Economic History*.



LAI CHENG-CHUNG 賴建誠



SU PENG-YUAN 蘇鵬元

Su Peng-Yuan is a senior contributing editor at *CommonWealth* magazine, involved in scouting new titles in economics, editing, and translation.

LET'S TALK ABOUT A SEX-EDUCATION GUIDE

性啟萌：青少年性教育讀本

There's no doubt that sex education is an essential part of healthy development. Yet taboos against talking about sex make it hard for parents to discuss it with children, and the sex-ed materials used in schools are often woefully lacking. Thus, many young people have to learn about sex and their bodies through gossip, experimentation, and pornography, which can leave them with many false impressions.

This book by Human Sexuality Ph.D. Shu Yu-Shen provides young readers with dependable, scientific information about sex in easily understandable, holistic language. Dr. Shu explains how sexuality develops the human body and the many changes that come with that. He also addresses the legion of myths and difficult questions that attach so easily to our understanding of sex, like: How important is penis and/or breast size, really? What's a g-spot, and where is it? Is masturbation bad for you? (Answer: of course not.)

Let's Talk About Sex is dedicated to making sexual development safer and healthier by providing both relevant information as well as sensible, positive ways of explaining it to young readers, parents, and teachers. Its brilliant illustrations are the work of three young female artists – Crystal Kung, Uen Shin, and Penpoint – who depict the subject of each chapter in lively, metaphorically rich images.



Category: Health, Education

Publisher: Dala

Date: 11/2017

Rights contact:

booksfromtaiwan.rights
@gmail.com

Pages: 256

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English)

Material: Sample

OUT SEX: FOR YOUNG ADULTS



With a B.A. in Chinese Literature, an M.A. in Communications, and a Ph.D. in Human Sexuality, Shu Yu-Shen is one of the Sinophone world's few sex educators who is also a full-fledged author. In recent years, he has established himself as a fluent and open communicator of knowledge about sexuality to the greater community of everyday readers, and his writing is designed to be accessible to a general audience. He has written over fifty separate titles, including *Love With Your Lips*, *Love the S&M Way*, *Flirting With Yourself*, and others.

SHU
YU-SHEN
許佑生

“

Asian parents often have a hard time broaching the topic of sex with their children, and school textbooks don't always say enough. Sexuality expert Shu Yu-Shen teaches young readers to know their own bodies and navigate natural emotional and physical processes.

”

WOUNDED CHILDREN, BROKEN ADULTS

受傷的孩子和壞掉的大人

As author Chen Chih-Heng astutely points out, raising children is hard because “everyone knows the problems, but no one knows the solutions.” Apathy, insulence, reclusion, and other difficult child behaviors are familiar to every parent, but the unique pressures of today’s school environment can make it very difficult for parents and children to bridge the knowledge gap. So we end up talking past our children, teaching them inappropriately or even abusively, all while our children are silently learning from our very imperfect example.

In *Wounded Children, Broken Adults* Chen Chih-Heng employs over a decade of firsthand experience as a school counselor to describe in plain language the trials that today’s children are facing at school and at home, and how parental guidance can intensify or ameliorate the effects of that experience. Excessive schoolwork and testing burdens plus authoritarian, fear-based parenting teach children to turn off their creative minds, engage as little as possible, and steal rest whenever they can, all while setting them up to enforce those same standards as adults.

Chen reminds us: helping our children primarily involves helping and improving ourselves. We model engagement, curiosity, and fluent communication to inspire it in them. We show them how to pause, how to appreciate the present moment, and how to pursue ideas. Then we give them the power to make their own decisions and opportunities to earn our trust.



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(approx. 66,000 words in English)
Material: Sample
Rights sold: Simplified Chinese
(Beijing Zito)

After more than ten years of experience as a high school counselor, Chen decided to apply his understanding of the school environment to the other half of the home-school balance. He is now a professional psychiatric counselor for parents who are having difficulty raising their children.

CHEN CHIH-HENG 陳志恆



“

As school environments change, so do the burdens that fall on students' shoulders. High expectations and the stimulus of the digital age mean many young people are born into an “age of powerlessness” that traps them in patterns of negative behavior. But helping our children requires saving ourselves first.

”



HOW TO RAISE CONFIDENT, CAPABLE KIDS

跟著光光老師，教出高正向小孩

Everybody knows Nobita Nobi, right – the good-hearted but lazy main character in *Doraemon*? Parents who have their *own* “Nobita Nobi” know him better than most – how he lies around all day, falls asleep in class, and always forgets his homework – and might be apt to think it’s because he’s a “bad kid.” But the famous child psychiatry clinician Liao Sheng-Kuang wouldn’t agree: in his eye, Nobita Nobi is a perfect example of a child whose natural biological needs are being misunderstood as bad behavior.

With that in mind, Dr. Kuang-Kuang (as many kids know him) addresses childhood behavior in the five areas that usually matter most to parents: attention, study, self-care, emotional balance, and interpersonal relationships, in each case looking *behind* the surface expression into biological and psychological processes behind it. Does your child slump over the table or sprawl over the sofa? Weak abdominal muscles might be making sitting up straight too painful, or underdeveloped shoulders are turning writing into a toil.

In almost every case of what adults think of as standard child misbehavior, the child is responding instinctively to needs that might be poorly understood by everyone involved. By illuminating the links between body, brain, and behavior, and offering new practices that help children grow instead of limiting them, Dr. Kuang-Kuang can help pull families out of the cycle of punishment and misbehavior that does no one any good.



Category: Parenting

Publisher: Yuan-Liou

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booksfromtaiwan.rights@gmail.com

Pages: 288

Length: 95,000 characters
(approx. 66,000 words in English)

Material: Sample

Rights sold: Simplified Chinese
(Beijing Cheerful Century)



廖笙光

LIAO
SHENG-KUANG

Liao Sheng-Kuang, or “Dr. Kuang-Kuang” is Chief Technology Officer for the Dun-nan Attention Facilitation Center. He’s also a well-known media personality whose courses on childhood development can be found on YouTube and elsewhere.

“

Child psychiatry clinician and famed “Concentration Wizard” Liao Sheng-Kuang is here to help you understand the real reasons behind your kids’ common behavioral issues, and shows you how inattention, hyperactivity, and poor posture can all be solved through constructive activity, no scolding required!

”

STEP BY STEP: WALKING YOUR WAY TO BETTER HEALTH

從步態看健康

Everyone's heard the new conventional wisdom that ten thousand steps' worth of walking per day can do wonders for your metabolism, heart health, and general longevity. But people rarely think about how the *way* we walk affects us when we do more of it. Chiropractor Joyce Huang is here to tell you that how you walk is every bit as important as how much, because an unhealthy gait can do more harm than good.

Dr. Huang shows us how to identify the ten most common issues in the average person's walking gate, including unhealthy pronation, heavy step, heel-dragging, and several more. Drawing on over ten years of clinical experience as well as years of study and certification in Canada and America, Dr. Huang explains the physiological consequences of the many idiosyncrasies we have in our gait, and offers specific plans to correct them by improving form, strength, and flexibility.

Clear illustrations supplement easy-to-understand scientific explanation in this immediately accessible guide to our most basic – yet also most critical – physical process. Want to get the most out of 10,000 steps a day? Then *Step by Step* is a must-read manual for walking your way into new and better health.



Category: Health

Publisher: Ark

Date: 4/2018

Rights contact:

booksfromtaiwan.rights@gmail.com

Pages: 288

Length: 87,000 characters
(approx. 60,000 words in English)

Material: Sample

“

10,000 steps a day can add years to your life or pain to your joints, depending on your walking gait. Is the way you walk building your body up or breaking it down? Chiropractor Joyce Huang gives you everything you need to know in order to walk your way into better health.

”

A graduate of the Canadian Memorial Chiropractic College and once a practicing chiropractor in Toronto, Joyce Huang returned to Taiwan to raise awareness of the importance of chiropractic health. She currently oversees the Ao-Han Academy of Health and Nature, which educates citizens about posture and body awareness. She's published several books, including *Ending Chronic Pain* and others.

JOYCE HUANG
黃如玉

FOOT MASSAGE

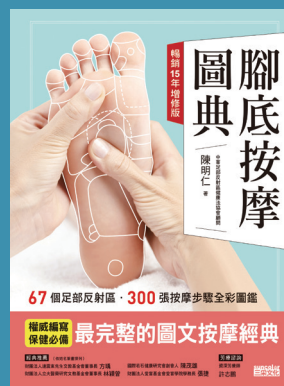
AN ILLUSTRATED GUIDE

腳底按摩圖典

As modern life poses newer and greater challenges to our bodies and minds, the ancient art of foot reflexology has slowly gained popularity as an all-natural personal health practice. Yet if we can't afford to go to foot massage parlors, how do we reap the benefits? Reflexology master Chen Ming-Jen's book is here to show us how to do everything we need to do using only the tools we have at home.

Drawing on four decades of experience in Chinese foot reflexology, Dr. Chen lists 50 common illnesses and conditions that can be greatly eased by a regular reflexology practice. In this book, he covers everything from men's and women's issues to anemia, tinnitus, and heart disease, describing how to correctly stimulate the reflex zones in your feet that will help your body fight these imbalances. Techniques are taught using clear illustrations and simple step-by-step instructions.

Everyone knows how satisfying a good foot rub can feel. Now, armed with the best of Dr. Chen's expertise, you can get even more out of this holistic healing practice – by yourself or with someone else!



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booksfromtaiwan.rights@gmail.com
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(approx. 70,000 words in English)
Material: Sample

“

Clear instructions paired with easy-to-understand illustration make reflexology giant Chen Ming-Jen's book the home Bible of do-it-yourself foot massage.

”

E AT HOME:

CHEN MING-JEN 陳明仁

Chen Ming-Jen has spent nearly forty years in the reflexology trade. Once a professor in the College of Homeopaths at Southwest University in the United States, he founded the very first labor union for massage professionals. He currently serves as a consultant for the Chinese Foot Reflexology Association.



DOWN THESE CO EUROPEAN ARCHITECT

走在歐洲小鎮的石板路上： 歐洲建築的 30 個為什麼

Walking along the streets of an old European town can feel like visiting a fairytale; Bavarian timber-fronted houses, Roman cathedrals, and English alleyways all conjure up images from famous stories and movies. Close inspection of these beautiful feats of architecture leads to many questions: How come the second story of a building juts over the ground floor? What are those weird stone demons up there? Career architect Monlo Hsieh is here to unveil the answers.

Down These Cobbled Streets takes us across western Europe, past many famous and beautiful scenes, and reveals the compelling, quirky, and sometimes dark history behind the most interesting aspects of traditional architecture. Did you know that multi-story buildings often extend the second floor beyond the ground floor because the builders wanted to cheat on taxes? Or that the massive stones embedded in many old sidewalks were to keep carriages from rubbing against buildings? The more questions you ask, the more fascinating history you discover.

Architect and professor Monlo Hsieh will guide you from point to point, phenomenon to phenomenon with clear explanation and a bouquet of beautiful photos taken with his own hands. Once again, you'll find yourself walking into an imaginary world – except this time, you'll have your own personal tour guide right beside you.



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@gmail.com
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English)
Material: Sample

COBBLED STREETS: A GUIDE IN 30 QUESTIONS

MONLO HSIEH

謝孟樂



Monlo Hsieh has been designing buildings and teaching architecture for two decades. An ardent fan of Chinese traditional architecture, he has also taken the members of his firm on several educational trips to Europe. *Down These Cobbled Streets* has been the product of those many years of exploration, recording, and research.

“

How come old European streets and houses look like they've come straight out of fairy tales? What's up with those slanted roofs? And what are those weird stone demons on the churches? A master architect leads you on a guided tour of Europe's iconic architecture.

”

ONE FINE TABLE: A FOOD PHOTOGRAPHER'S JOURNAL

那一刻，我的餐桌日常： 食物攝影師的筆記

Do you take pictures of your food? I'll bet you do. That sizzling homemade steak, a brilliant kale salad at your favorite bistro, those mouth-watering scoops of raspberry gelato – just like everyone else, you pull out your phone and snap pictures for Facebook, Twitter, Instagram, and Line. But when we look back at those pictures, something is missing. How can we capture the sensation and its excitement with the mechanical eye of our camera? Professional food photographer Lisa Shen is here to talk about just that.

This luxurious book, full of luxurious full-color photographs, describes the process of food photography as work of narrative and discovery. Its chapters cover light, composition, sequence, advanced techniques, and photo editing in detail as Lisa lays every secret of her art out in plain but enticingly personal prose.

Pictures of food – this thing that connects us to life – should tell a story. One bowl of oatmeal may contain a cornucopia of textures and colors, and the table on which the bowl sits, the wall behind it, the light in the room can amplify that effect or mute it. As Lisa tells the stories of the many portraits that appear in this book, she describes everything in terms of her own life and what the scene means to her. Color, texture, and composition are drawn together by the photographer's own personality to form a story all their own. How to tell stories with the food you love in the spaces you love is exactly what Lisa Shen aims to teach.



Category: Photography

Publisher: China Times

Date: 11/2017

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booksfromtaiwan.rights@gmail.com

Pages: 360

Length: 100,000 characters
(approx. 70,000 words in English)

Material: Sample

Rights sold: Simplified Chinese
(Shandong People's)

“

Do you take pictures of your food? I'll bet you do. That sizzling homemade steak, a brilliant kale salad at your favorite bistro – you just have to capture it all on your phone. But could your pictures do more? Professional food photographer Lisa Shen teaches you to look at a feast with a true artist's eye.

”

Lisa Shen is a US-based professional photographer. Her images have been published in lifestyle pages on the internet and in print media; look for her work on the BBC, in *Elle*, *Food & Wine*, on Uber's website, and many other places. She co-authored with Yang Hui-Yu the book *For the Love of Food*.

A black and white portrait of Lisa Shen, a woman with long dark hair, looking slightly to the right. She is wearing a dark top and has her hands clasped near her neck. A ring is visible on her finger.

LISA SHEN

沈倩如

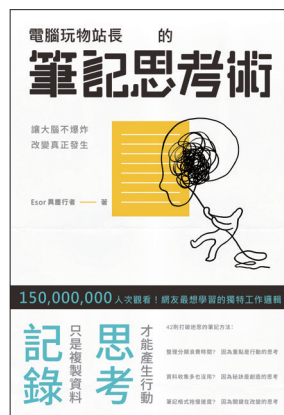
THE ELEMENTS OF NOTE-TAKING

電腦玩物站長的筆記思考術

The Elements of Note-Taking is not your average self-help guide to note-taking strategy. Instead of jumping straight to diagrams and mechanics, it begins at the point where most of us go wrong: the simple principles behind the action. We take notes in order to focus our attention and guide our behavior in order to change the future. So it's no wonder most notepads never get a second look; backward-facing records of past information don't offer much help as we move forward.

This simple premise – that we should orient our note-taking toward the future, not the past – can motivate a revolutionary change in the way we manage information in our everyday lives. Author Esor Huang teaches us not how to draw graphs and boxes, but how to formulate guiding questions: How is the lecture relevant to what I need to know later? How will our current discussion help me fix a mistake, or handle a problem? Do I have the hours in the day to finish my entire to-do list, and if not, what's my next step?

Esor Huang brings patient rationality, sympathetic understanding, and unparalleled thoroughness to this detailed guide to day-to-day information management for the average modern person. His detailed, thoughtful instructions will help you bring reflection and strategy to your daily task management and information retention habits, smoothing your path to success in this digital world.



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booksfromtaiwan.rights
@gmail.com
Pages: 256
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(approx. 67,000 words in
English)
Material: Sample

“

”

Do you consider yourself an avid note-taker? Do you take notes at meetings or in class because you think you should (this time, you say, they're going to come in handy), but always end up with full, useless notepads waiting to be thrown away? This book will break you of habits of redundant note-taking and teach you to take notes for the future, not for the past.

Esor Huang is the founder of the popular tech blog PlayPCEsor, through which he demonstrates, explores, and reviews many kinds of digital information technologies and products. Currently Editor-in-Chief of the publishing house PCuSER, Esor continues to run his blog on his own time while authoring several best-selling titles of his own, such as *A Digital Revolution for Your Work and Life: 100 Strategies for Evernote* and *100 Ways to Use Google Tools*.

ESOR
HUANG

異塵行者（黃鐘毅）



HELLO MARRIAGE, GOODBYE LOVE

婚內失戀

*A bestseller with over 22,000 copies sold in Taiwan

Marriages can sour, empty out, or dry up for any number of reasons, and even good people can find themselves trapped within one. While unmarried couples can simply break up, marriages often involve complex networks of family and assets that resist division. So what do you do when the love is gone?

In *Hello Marriage, Goodbye Love*, nationally famous psychiatrist and Jungian analyst Teng Hui-Wen analyzes twenty-four examples of common crises between married partners, describing how each partner responds and how those actions contribute (positively or negatively) to the situation. Teng focuses on common misconceptions and reactions felt by those who find themselves in a loveless marriage, and she illustrates how the many of the usual behaviors – blaming oneself or one’s partner, sabotaging oneself in order to ease tension, and many others – almost always make things worse, not better.

By contrast, rediscovering yourself and clearly communicating your desires reaffirms your value and opens a road to positive resolution. Each of Teng’s twenty-four cases includes her experienced, professional suggestions on how the crisis could be positively resolved. Readers of all kinds – no matter what their marital status – will find in these pages a wealth of guidance toward stronger, more balanced, and more versatile relationships.



Category: Self-help
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booksfromtaiwan.rights@gmail.com
Pages: 240
Length: 52,000 characters
(approx. 36,000 words in English)
Material: Sample

TENG HUI-WEN

鄧惠文

Teng Hui-Wen is a renowned mental health psychiatrist and Jungian analyst, radio show host, and author. Her experience dealing with her own adolescence inspired her to build a career in psychiatric counseling; after the publication of her first book, *Bedtime Stories for Love*, in 2006, she has published an average of one to two titles every year.

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photographer: A-Chunag

“*Even good people can find themselves trapped in a loveless marriage. When that happens, many try to fix things by changing themselves or trying to change their partner. Well-known psychiatrist and Jungian analyst Teng Hui-Wen teaches us to stay away from self-destructive responses and instead work to rediscover our own value.*”

STOP TELLING ME IT'LL BE ALL RIGHT

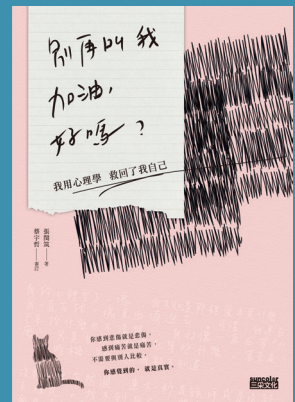
別再叫我加油，好嗎： 我用心理學救回了我自己

Depression. Even as more people have come to recognize it as a genuine disease like any other, public awareness and understanding for those who suffer from it lags far behind where it needs to be. And while there are already self-help books that talk about it, none can engage it from multiple sides at once the way that Chang Min-Chu does here.

Chang Min-Chu's story is one of dangerous isolation and persistent self-maintenance. A painful struggle with depression during high school motivated her to learn all she could about the condition, and later to change her major to psychology halfway through college. She has taken a lifelong battle with an invisible affliction to the next level by making it the focus of her professional attention.

In this way, *Stop Telling Me It'll Be All Right* is a conversation between two sides of one person – the aspiring scientist on one side, and the afflicted young woman on the other. The two voices enrich and balance each other, showing us both the immediate feeling of the depressed individual and the informed perspective of the psychology professional. Thus the book qualifies as self-help on two distinct levels, as it aids the reader by depicting one person's intervention in her own inner world.

Sufferers know that depression is not a disease you “cure,” but one you learn to live with – a skill that is much more easily acquired with help from others. Those especially who have been forced by helpless parents or apathetic school staff to fight alone will find in this book an unwavering ally, a true professional who sits beside, not across from them.



Category: Self-help

Publisher: Sun Color

Date: 12/2017

Rights contact:


booksfromtaiwan.rights@gmail.com

Pages: 240

Length: 77,420 characters (approx. 54,000 words in English)

Material: Sample

Rights sold: Korean (Yeamoon Archive), Simplified Chinese (Beijing Bocaiyaji)

A close-up portrait of a young woman with dark hair and bangs, looking directly at the camera with a slight smile. She is wearing a black and white striped top and a gold necklace with a zig-zag pattern. The background is a soft, out-of-focus light color.

Chang Min-Chu is a student of psychology at National Cheng-Kung University. She is an avid writer, traveler, and cat person.

CHANG
MIN-CHU
張閔筑

“

Before depression was widely understood as a disease, sufferers had to live their lives fighting a shadow that only they knew existed. Yet even today, popular understanding lags far behind.

One psychology student's battle with her own depression extends an affirming hand to those in need.

”

TIRED AT HEART: 30 TRICKS TO STAND UP TO ILLNESS-CAUSING STRESS

心好累：抗壓力太強反而會生病，
精神科醫師教你不再被壓力擊垮的 30 個練習

While many of us might think of illness as a result of physical infirmity, Chen Yen-I's experience tells a different story. Many of her patients who came to her with severe mental or physical illness were also strong, responsible, persistent people who had not realized they were sick until they took on too much stress to bear. We so often think of fighting back stress and pressure as a way to safeguard ourselves; *Tired at Heart* exposes the destructive force of that mentality, and offers us ways around it.

Dr. Chen describes how stress influences the autonomic nervous system, which regulates crucial subconscious mechanisms like organ function, and how imbalances there can lead to different kinds of chronic discomfort. She outlines in scientifically accurate yet easy-to-understand terms the psychological and interpersonal sources of stress, and enumerates our most common responses. In effect, her book first provides a map with which we can locate ourselves and the (frequently hidden) source of our stress, then offers us a compass in the form of simple yet nuanced advice.

Fighting against pressure keeps us going, but it can also make us brittle. In *Tired at Heart*, Chen Yen-I employs cogent, fluent prose to remind us how and when we hurt ourselves by trying to do too much.



Category: Self-help
Publisher: Sun Color
Date: 3/2018
Rights contact:
booksfromtaiwan.rights@gmail.com
Pages: 272
Length: 70,000 characters
(approx. 50,000 words in English)
Material: Sample
Rights sold: Korean (Business Books)

CHEN YEN-I

陳嬾伊

Chen Yen-I is a psychiatrist with her own private practice in Taipei. *Tired at Heart* is her first book; she hopes it will contribute to breaking down common misconceptions about psychological pressure and improve our understanding of how stress affects the body.



“

Though frequently ignored in medical practice, stress can be a major cause of chronic illness.

”

Psychiatrist Chen Yen-I shows us how sickness is often not the result of weakness, but of too much strength.

EMOTIONAL SHADOWS

情緒陰影

It's easy to think of our negative emotions – rage, fear, jealousy, et cetera – as specific reactions to specific situations. Yet, as anyone who's talked about “an inferiority complex,” or “Daddy issues” knows, some kinds of past experiences can create patterns of repetitive behavior that guide our hearts invisibly. In *Emotional Shadows*, author Hsu Hao-Yi gives those dark complexes visible form by connecting them to fifty-six “emotional archetypes.”

Inspired by the research of C.G. Jung, these emotional archetypes, like “the avenger,” “the princess,” “the bully,” and many others describe modes of self-identification created by past experience which guide our emotional lives in both positive and negative ways. An “avenger” archetype that drives a person to react aggressively against all perceived injustice – even bad driving – may allow someone to save lives, or get in destructive fights over nothing. Either way, it probably stems from a deep, childlike complaint of never having been treated fairly.

Long-time counseling expert Hsu Hao-Yi recalibrates American psychiatrist Carolyn Myss's original seventy-four “archetype cards” according to her understanding of East Asian culture into fifty-six easily recognizable emotional archetypes that give clear form to psychic entities that can be hard to grasp, thereby allowing us to understand and thereby master them.



Category: Self-help

Publisher: Yuan-Liou

Date: 01/2018

Rights contact:

booksfromtaiwan.rights@gmail.com

Pages: 304

Length: 120,000 characters
(approx. 84,000 words in English)

Material: Sample

Rights sold: Simplified Chinese (Beijing Chensheng), Korean (Sphinx)

“

Understanding and thereby mastering one's own negative emotions is an incredibly difficult task.

”

Emotional Shadows describes psychological complexes in the form of fifty-six Jungian archetypes in order to bring us consciously closer to the sources of our own anger, fear, and insecurity.



HSU HAO-YI 許皓宜

Hsu Hao-Yi is an expert in psychiatric counseling with many years of clinical and educational experience. She is the author of several influential self-help titles, such as *In All Four Seasons of Love, You Can Still Be Yourself, Why is Work Exhausting? Your Heart is Exhausted*, and several others. She is also a well-known contributor to periodical and television media.

DAEMON TALES:

說妖卷一：無明長夜

In ancient times, when indigenous people inhabited the island of Taiwan, human beings lived alongside both spirits and daemons. When modernity destroyed that world completely, the old daemons of Taiwan retreated into the dark corners, their memories still fresh and their eyes still sharp.

Eight total strangers find themselves together in a locked and unfamiliar room. They are required to participate in a ritual called “the daemon-calling,” in which a terrible price will buy the most steadfast member a chance to command a daemon and fulfill a wish.

Each of the eight participants carries their own ardent wish, along with a dark secret. As the ritual continues – the price growing ever steeper – they all discover that something even more sinister than the occult is hiding in the shadows.



Category: Fiction
Publisher: Gaea Books
Date: 12/2017
Rights contact:
booksfromtaiwan.rights@gmail.com
Pages: 248
Length: 85,800 characters
(approx. 60,000 words in English)
Material: Sample

“

Eight strangers find themselves locked in an unfamiliar room, unwitting participants in the ritual called the “daemon-calling.” Legend says that whoever can survive the ritual will have the power to summon daemons and fulfill a wish. But something worse than the supernatural lurks in the shadows.

”

ENDLESS NIGHT

TAIPEI LEGEND STUDIO 臺北地方異聞工作室



Taipei Legend Studio is a group of local creatives, authors, and fantasy lovers. They mine Taiwan's rich indigenous legends and local histories for stories and characters to remake in words and illustrations. *The Daemon Tales* series, which retells ancient stories in contemporary scenes, now includes a board game as well as the novel series.

A TRADER'S SOUL

交易員的靈魂

The year is 1995. Huang, an ambitious young trader, finally earns his wings as a college friend recommends him for a position at a new bank in downtown Taipei. Just as he is diving into the contentious and dangerously political world of high finance, Huang has a terrifying encounter: inside a convenience store, he runs into one of his best friends from high school, who died several years before.

Huang's friend informs him that he comes from a parallel dimension situated three months in the future, in which life mostly runs the way it does here. He offers Huang information about his own future, which Huang may use to his advantage; the catch is that whenever Huang does so, some physical part of his world disappears instantly.

As Huang's meteoric rise through the financial ranks ends up on a collision course with his rapidly deteriorating future, and he becomes desperate for a way to turn back the clock, the immediate present spirals out of control. In a fantastic tale that reads like *The Butterfly Effect* on Wall Street, the reader finds himself slipping away from the boundaries of reality as the protagonist descends into a chaos of his own making.



Category: Novel

Publisher: China Times

Date: 11/2017

Rights contact:

booksfromtaiwan.rights@gmail.com

Pages: 304

Length: 140,000 characters (approx. 97,000 words in English)

Material: Sample

“

An ambitious young stock trader makes a deal with his own future that carries him through the rough seas of finance politics, but at a terrible cost. Imagine this strange tale as The Butterfly Effect meets Wall Street.

”



HUANG KUO-HUA 黃國華

Former securities trader, venture capitalist, and experienced investor Huang Kuo-Hua broke into the world of words in 2006 with his blog, Bond Dealer's Books. In addition to several books on finance and travel, he has authored several novels, including *Mogul on the Margins* and *A Trader's Soul*.

THE NEARLY NORMAL HIGH SCHOOL

非常男子高校（一）

It's a teenage boy's worst nightmare: to check in for your first day at a prestigious, co-ed private school and discover that you're part of an "experimental" class of male students only. Poor Tso Yuan thought that three years at Lin-Tung Preparatory School would give him a degree in chasing girls; instead, he finds himself caught up in dangerous games of risk, intrigue, and even frustrated romance.

Despite mediocre grades and a poor behavioral record, Tso Yuan is selected as Head Boy for the class; when his classmates realize the faculty advisor who picked him is Tso Yuan's uncle, reprisal inevitably follows. While Tso Yuan does his best to fend off the resentment of some of his peers, he finds himself shouldering the burden of helping others, while fending off his handsome yet icy roommate and dancing around traps set for him by his teachers.

Celebrated author Wing brings new life to the traditional BL environment of the boys' academy in this series of strange, tumultuous tales that pulse with unrestrainable energy.



Category: Light Novel

Publisher: Sharp Point

Date: 3/2018

Rights contact:

booksfromtaiwan.rights@gmail.com

Pages: 264

Length: 86,500 characters
(approx. 60,000 words in English)

Material: Sample

Wing is a best-selling author of popular fiction with a wide base of enthusiastic fans. Both the first and second volumes of his collection of science fiction stories, *Dangerous Illusions*, topped the charts of Books.com.tw and Kingstone Books, two of Taiwan's largest online sales platforms.

WING 吾名翼



“

A class of brand-new freshman boys at a prestigious private school discover they're part of an all-male experimental cohort. The confused and impulsive protagonist Tso Yuan, who thought he would be chasing girls for three years, finds himself caught up in dangerous games of risk, intrigue, and frustrated romance.

”

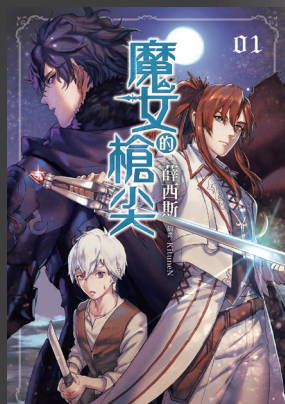
THE WITCH'S SPEARHEAD

魔女的槍尖（一）

Eurydice and his fellow villagers live in constant fear of the “shadow city” – a glittering castle that stands, barely visible in the mist, many miles away. Every once in a while, the castle drains the life force out of a villager at random. Eurydice and his community have no way to stop it, or predict its occurrence. Instead, the village waits on a prophesied savior – a traveling warrior known as “The Witch’s Spearhead” who will defeat the “shadow city” and liberate the people.

Yet when conflict comes in the figure of a Black Knight, it is the village that finds itself in flames. Only Eurydice is left alive. He runs from the village he has known all his life to find himself lost in a vast wilderness. He sets off in search of the Black Knight who destroyed his home, completely unaware that his world is, in fact, an online game environment, and he is simply a bugged non-player character. Real human players represent his only hope for vengeance, but will the troubled minds behind the avatars – the agoraphobic boy, the repressed high school girl, the paraplegic old man – really step forward to help an accidental victim like himself?

This latest work by the sci-fi/fantasy novelist Xerses tells a gripping story of humanity *ex machina* as the growing world of online gaming interpenetrates traditional reality. Complicated characters interact amid a fast-paced, flashing storyline that makes us reconsider the integrity of consciousness and the inherent meaning of “alive.”



Category: Light Novel
Publisher: KADOKAWA TAIWAN CORPORATION
Date: 10/2017
Rights contact:
booksfromtaiwan.rights@gmail.com
Pages: 324
Length: 116,000 characters
(approx. 81,000 words in English)
Volume: 3



Xerses is one of the most exciting young novelists in Taiwan's science fiction/mystery community. Deeply inspired by Soji Shimada's *The Tokyo Zodiac Murders*, Xerses is dedicated to incorporating the finest logical intrigue into her stories. Her novel *Lotus Reborn* won a Bronze Medal in the 2013 Kadokawa Fiction Awards.

XERSES

薛西斯

© Luke Huang

“ *Eurydice and his fellow villagers have lived their whole lives in fear of the “shadow city”, a glittering white tower that feeds on the villagers’ life force. Although the villagers await a prophesied savior, only greater disaster comes their way. After his world goes up in flames, Eurydice sets out to find revenge; yet we discover he is no more than an aberrant character in an online game, and human players are his only possible advocates.* ”

YULI THE EDITOR: AN ILLUSTRATED DIARY

編輯小姐 Yuli 的繪圖日誌

Where is the blurb for the marketing team? The Editor-in-Chief asks. What about the design proofs? I need them YESTERDAY! By the way, the author's mad about the new cover. You're working late tonight, right? And why hasn't your assistant brought my latte yet?!

A book editor's life is crazier than most people can ever imagine – you're right in the middle of a tangled web of benefits, specialties, demands, and, frankly, egos. In *Yuli the Editor*, children's book editor Yuli Hsu plays herself in an energetic, humorous, and fascinating performance of her professional life.

The editor is constantly dealing with questions, crises, and complex human situations. Talking to authors is one thing; talking to marketers, agents, and designers are each something different. How do you get a writer to submit on time, or realize your designer's fullest potential? More importantly, how do you keep everyone happy and maintain your sanity when your book doesn't sell well?

Yuli's illustrated story of the editor's dawn-to-dusk will leave you both amused and much more aware of who editors are and what they do. The book's lively illustrations and snappy dialogue will remind general readers how difficult it really can be to turn an idea into a book, and will have fellow editors smiling and shaking their head in recognition.



Category: Comics

Publisher: Ye-Ren

Date: 4/2018

Rights contact:
booksfromtaiwan.rights
@gmail.com

Pages: 224

Length: 60,000 characters
(approx. 41,000 words in
English)

Material: Sample

Rights sold: Simplified Chinese
(Taihai)

“ *The fact is that most people don't know the million kinds of craziness that fill an editor's day-to-day. This vivacious work of illustrated literature tells the story in living color and hilarious detail.* ”



YULI HSU
許喻理

Children's book editor and illustrator Yuli has been illustrating and cartooning since she was a child. She's been sharing the trials and tribulations of an editor's life with the world in pictures for several years, and designed several popular smartphone emojis. This is her first published book.

GINSENG FOR THE W

上班族人蔘： 固本培元養氣滋補職場聖典

Deadlines. Email. Clients. Overtime. Unpaid overtime. And worst of all? Bosses. Every white-collar office worker knows the old saying “the workplace is a war zone,” and they know exactly why. Surviving the office jungle will always give you the fight of your life, and Pony Pei describes it in *Ginseng for the Wage Earner’s Soul* in every bitter detail.

Several years of working at a design firm gave Pony Pei a front-row seat to the tangled world of office work. She learned the million tricks for getting things done and staying sane that the wage earner has to learn. (Mess up your desk; it will make your boss think you’re too busy for more work!) Now she has put them together into an illustrated work for the permanent residents of the rat race.

Watch characters who could be your co-workers, your bosses, and even you as they go through the myriad rituals and performances that make up the nine-to-five working day, and you’ll inevitably find yourself laughing at the endless comedy of office living.



Category: Comic
Publisher: Sharp Point
Date: 2/2017
Rights contact:
booksfromtaiwan.rights@gmail.com
Pages: 128
Length: 11,000 characters
(approx. 7,700 words in English)
Material: Sample
Rights sold: Korean
(UKNOWBOOKS)

“ *Sharp illustrations and tongue-in-cheek narrative offer a bitter laugh to all those who grind on the daily 9-to-5, as Pony Pei narrates the ups and downs of the office worker’s daily struggle.* ”

WAGE EARNER'S SOUL



PONY PEI 裴小馬

Pony Pei is an illustrator. Extremely adept at finding humor in the mundane, she is well-known for illustrations of everyday life. She has collaborated with Eslite bookstore, *Elle* magazine, and several book publishers.

BOOKS FROM TAIWAN

ASIAN EDITION