

**A S I A N**  

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**EDITION**





## BOOKS FROM TAIWAN

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**Organizers** | Izero Lee, Zoe Wang, Ming-Fang Cheng

**Address** | 5F., No. 158, Section 3, Minsheng East Road, Shongshan District, Taipei City, 105, Taiwan

**Website** | <http://en.taicca.tw/>

**Telephone** | +886-2-2745-8186

**Email** | [service@taicca.tw](mailto:service@taicca.tw)

**Managing Director** | Gray Tan

**Editor-in-Chief** | Joshua Dyer

**Copyeditor** | Catrina Liu, Rita Tai

**Production Manager** | Catrina Liu

**Editorial Consultants** | Emily Ching-Chun Chuang, Gi Liu, Kim Pai, Sean Hsu, Shang-Yeh Lu, Kam-Loon Woo

**Cover Design** | Hikaruketsu Li

**Design and Layout** | Wei-Jie Hong

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# TAICCA'S PREFACE

## ABOUT TAIWAN CREATIVE CONTENT AGENCY

Gifted with cultural and natural diversity, Taiwan has created admirable economic and political miracles over time that empowers many fascinating stories. Even though cultural industries in Taiwan have been prosperous and prolific, in response to the knowledge economy and evolving technologies, we stand at a critical point to adapt and innovate.

Founded in 2019, TAICCA is a professional intermediary organization supervised by the Ministry of Culture to facilitate cultural industry development, including but not limited to publishing, audiovisual, music, animation, comics, games, and cultural technology applications. TAICCA drives industrial investments, innovations, and formulates Taiwan's cultural brand that enriches the international cultural landscape through our diverse and rich cultural content.



# GRANT FOR THE PUBLICATION OF TAIWANESE WORKS IN TRANSLATION (GPT)

MINISTRY OF CULTURE,  
REPUBLIC OF CHINA  
(TAIWAN)

GPT is set up by The Ministry of Culture to encourage the publication of Taiwanese works in translation overseas, to raise the international visibility of Taiwanese cultural content, and to help Taiwan's publishing industry expand into non-Chinese international markets.

- Applicant Eligibility: Foreign publishing houses (legal persons) legally registered in accordance with the laws and regulations of their respective countries.
- Conditions:
  1. The so-called Taiwanese works must meet the following requirements:
    - A. Use traditional characters;
    - B. Written by a natural person holding an R.O.C. identity card;
    - C. Has been assigned an ISBN in Taiwan.  
i.e., the author is a native of Taiwan, and the first 6 digits of the book's ISBN are 978-957-XXX-XXX-X, 978-986-XXX-XXX-X, or 978-626-XXX-XXX-X.
  2. Applications must include documents certifying that the copyright holder of the Taiwanese works consents to its translation and foreign publication (no restriction on its format).
  3. A translation sample of the Taiwanese work is required (no restriction on its format and length).

4. The translated work must be published within two years, after the first day of the relevant application period.

- Grant Items:

1. The maximum grant available for each project is NT\$600,000, which covers:

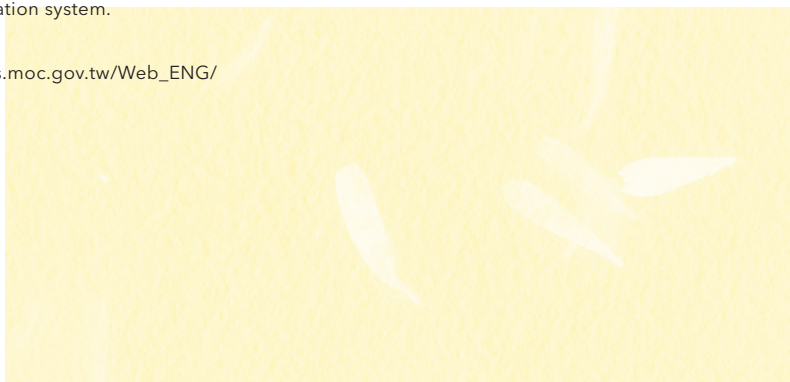
- A. Licensing fees (going to the copyright holder of the Taiwanese works);
- B. Translation fees;
- C. Marketing and promotion fees (limited to economy class air tickets for the R.O.C. writer to participate in overseas promotional activities related to the project);
- D. Book production-oriented fees;
- E. Tax (20% of the total award amount);
- F. Remittance-related handling fees.

2. Priority consideration is given to books that have received the Golden Tripod Award, the Golden Comic Award, or the Taiwan Literature Award.

- Application Period: Twice every year, from April 1 to April 30, and from October 1 to October 30. The MOC reserves the right to change the application periods, and will announce said changes separately.
- Announcement of successful applications: Winners will be announced within three months of the end of the application period.
- Application Method: Please visit the Ministry's official website ([https://grants.moc.gov.tw/Web\\_ENG/](https://grants.moc.gov.tw/Web_ENG/)), and use the online application system.

For full details, please visit: [https://grants.moc.gov.tw/Web\\_ENG/](https://grants.moc.gov.tw/Web_ENG/)

Or contact: [books@moc.gov.tw](mailto:books@moc.gov.tw)









**A S I A N**  

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**EDITION**



## BOOKS FROM TAIWAN

<http://booksfromtaiwan.tw/>





# ISLE OF HEALING: THE SOOTHING POWER OF TAIWAN'S FORESTS IN 60 AROMAS

## 療癒之島：

在 60 種森林香氣裡，聞見台灣的力量

For modern people, time spent in the forest can be a soothing balm for tense nerves and work-weary minds. In this book, a botanist and an aromatherapist will guide you deep into Taiwan's mountain forests to learn about 60 native plants and the healing properties of their scents.

The book is organized into twelve chapters, each covering the native forests of a different indigenous tribe. Each chapter opens with a tribal legend, and then introduces five plants which have cultural significance for the tribe. Scientific knowledge concerning the distribution, habitat, reproduction, and growth of each species is paired with a structural analysis of the plant's aroma and its healing properties. Stories and illustrations complete a multi-faceted feast of the senses.

Weaving together strands of botany, anthropology, history, folklore, and alternative healing, *Isle of Healing* will appeal to readers with a wide variety of backgrounds and interests.



**Category:** Nature  
**Publisher:** Business Weekly  
**Date:** 12/2021  
**Rights contact:**  
booksfromtaiwan.rights@gmail.com  
**Pages:** 320  
**Length:** 145,000 characters  
(approx. 94,500 words in English)

“

*An ethnobotanist and an aromatherapist introduce you to 60 plants from the deep forests of Taiwan, unveiling the secrets to using them to promote healing and relaxation, and their connections to the cultures of Taiwan's native tribes.*

”



Illustrated by  
Seedesign  
種籽設計

Seedesign is a design studio that believes in the power of words, illustrations, and hand-made products. The studio has illustrated numerous books on ecology and the natural world, and maintains a keen interest in issues related to food and the environment.



Text by

Yang Chih-Kai  
楊智凱

An assistant professor of forestry at National Pingtung University of Science and Technology and director of the Forest Ecology and Ethnobotany Lab, Yang Chih-Kai has developed a deep respect for the wisdom of native people's interactions with their environments. His mission is to integrate knowledge from botany and tribal culture to write the definitive ethnobotanical guide to the plants of Austronesia.

A graduate of University of Kent's department of philosophy and the London School of Aromatherapy, and founder of the Canjune retail aromatherapy website, Wen Yo-June has been promoting aromatherapy in Taiwan for over 20 years. Her expansive view of aromatherapy incorporates traditional Chinese medicine, ayurveda, and other systems of natural healing. Integrating the philosophies of East and West, she guides her students on an olfactory journey to greater self-awareness. She has written extensively on the subjects of aromatherapy and natural healing, and her books are perennial best-sellers within these categories.



Text by

Wen  
Yo-June  
溫佑君

# GENERAL STORE BLUES: STORIES OF TAIWAN'S MOM AND POP SHOPS

## 老雜時代：

## 看見台灣老雜貨店的人情、風土與物產

\* 2017 Openbook Award

The shelves may be piled willy-nilly with all manner of goods, but the shopkeeper always knows the price and location of every item by heart. Old-fashioned general stores like these are more than just a place to buy things – they are sites of community interaction and an anchor for the collective memories of multiple generations of Taiwanese. Yet with the rise of the convenience store and the supermarket, these mom-and-pop shops have become an increasingly rare sight. Covering Taiwan from end to end and coast to coast, this book guides readers through 32 old-style general stores to explore their dusty corners and unearth their varied pasts.

In lively prose, former journalist Lin Hsin-Yi records the stories of the proprietors and their families. From lean times to local gossip, from hardships to friendships, colorful lives unfold between the stock room and the cash register. The lens of photographer Tseng Kuo-Shiang transports readers into these intimate spaces, evoking nostalgia for a fading commercial era.

Covering general stores from mountain villages to farming towns, from downtown streets to military housing communities and native villages, this volume reflects the diversity of multi-ethnic Taiwan; its collected stories form a microcosm of over one hundred years of economic and social development. Along the way readers will discover snippets of period documents and images of popular culture which enrich the historical context, bringing the vicissitudes of Taiwan's general stores to life in loving detail.



**Category:** Lifestyle

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**Rights contact:**

booksfromtaiwan.rights  
@gmail.com

**Pages:** 320

**Length:** 93,700 characters  
(approx. 61,000 words in  
English)

A former arts and culture journalist and graduate of National Taiwan University's foreign languages and literatures department, Lin Hsin-Yi maintains a passion for local history and culture.

Text by

Lin Hsin-Yi

林欣誼



Photo by

Tseng  
Kuo-Shiang

曾國祥



A commercial photographer and graduate of National Chengchi University's advertising department, Tseng Kuo-Shiang enjoys recording the world through vintage lenses.

“ Their shelves were stocked with candied fruit, cigarettes, booze, snacks, rice, and salt - everything the typical Taiwanese family needed. In words and images, the stories of 32 general stores from across Taiwan are fondly recounted, honoring these important sites of local history before they are lost to a tide of glitzy malls and chain-store convenience. ”

# OLD MARKETS, OLD CITY

## 菜市・台南

The public markets of Tainan, the ancient capitol of Taiwan, evoke nostalgia for a bygone era of slow-paced living and tight-knit community. Some markets remain staunchly traditional, while others have adapted to the times, but the intimate connections between customers and vendors will always endure. The patchwork of stalls, with piping hot baked goods and vegetables exchanging hands adjacent to shelves of home improvement hardware and racks of undergarments, forms a unique landscape that reflects the livelihoods, lifestyles, and ongoing evolution of the local community.

Through the candid prose of author Chen Chiang-An, readers will tour four of Tainan's surviving public markets. The historical background of each market is followed by personal stories of a variety of vendors, twenty in all. One fried food stall dates back to the Japanese colonial era, having been run by one family for three generations. A vendor selling undergarments and pajamas recalls the roaring years of Taiwan's economic miracle. A noodle stall, a more recent venture, was opened by middle-aged partners looking for a career change. The faded tones of Lin Chih-Wei's abundant illustrations are reminiscent of old photographs, helping to situate these contemporary subjects within an environment well-marked by the passing years.

An intimate visual and textual record, *Old Markets, Old City* documents the unique characters of four public markets, highlighting the intersection of old and new, public and private, that characterizes these important economic and cultural hubs.



**Category:** Lifestyle

**Publisher:** Yuan-Liou

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booksfromtaiwan.rights@gmail.com

**Pages:** 176

**Length:** 56,700 characters  
(approx. 37,000 words in English)

“

*Come explore the unique intersection of private and public life that characterizes traditional markets in the heartland of Taiwanese culture. Combining history and personal stories, this warmly intimate portrait is complemented by vivid illustrations that bring the complex social spaces of these traditional markets to life.*

”



Text by

# Chen Chiang-An

陳薔安

A native of Tainan, Chen Chiang-An earned her BA from National Tsing Hua University and her MSc at the University of Manchester. This is her second book on the traditional markets of her evolving hometown. Her writing brings the spirit of these markets to life through the stories of the local people and vivid depictions of everyday scenes.



An engineer by trade, Lin Chih-Wei is a part-time freelance illustrator whose primary subject matter is the urban landscape of Tainan. His works were selected for inclusion in the 2016 Taiwan World Watercolor Competition. This is his second collaboration with author Chen Chiang-An focusing on Tainan's traditional markets.

Illustrated by

# Lin Chih-Wei

林致維

# DON'T FORGET TO PICK UP YOUR LAUNDRY: A MEMOIR

## 溫馨提醒： 洗衣服請記得拿 我和萬秀的成長故事！

\*The inside story of @WantShowAsYoung, the fashion IG account that amassed 500,000 followers in one month, as reported by the New York Times, CNN, BBC, Die Presse (Austria), El Mundo (Spain), and Weser-Kurier (Germany).

For each of us, the word “home” evokes something different. For Reef Chang, home was the bustling Want Show Laundry run by his grandparents, where neighbors dropped by at all hours to enjoy tea, gossip, and a few rounds of Chinese chess. That’s why it was such a surprise when Reef returned in 2020 to find his grandparents sprawled over the counter napping, their once-thriving business a victim of pandemic restrictions.

Reef knew he had to do something to keep his grandparents active, so he pulled out the bags packed with clothes forgotten by past customers and told his grandparents, “Tomorrow, we start shooting!” Thus began @WantShowAsYoung, the mix-and-match fashion account that attracted half-a-million Instagram followers in a single month! Reef shoots the photos while his hipster grandparents Wan-Chi and Sho-E model retro outfits. Success beyond their wildest dreams helped to reinvigorate his octogenarian grandparents, while Reef is excited to be promoting second-hand fashion that is easy on the environment.

This personal account of overnight internet fame has plenty of take-aways for would-be influencers, but at its heart it is a story about family. Raised by his grandparents, Reef’s greatest success is finding a way to repay their love by enriching their golden years with a new life plan, adoring fans, and a healthy dose of creative fashion.



Category: Memoir

Publisher: China Times

Date: 12/2021

Rights contact:

booksfromtaiwan.rights  
@gmail.com

Pages: 224

Length: 50,200 characters  
(approx. 33,000 words in  
English)



Reef Chang was raised by grandparents who ran a small-town laundry and dry-cleaning service, the Want Show Laundry. After leaving home, he worked a variety of jobs – everything from art curation to manufacturing. Now, he is the principal creative at the Want Show Laundry Project and the founder of Want Show's Grandson Creative Culture Corporation. His Instagram account @WantShowAsYoung has attracted over 500,000 followers by displaying photos of his grandparents modeling retro fashions.

## Reef Chang

張瑞夫



“

Reef Chang wanted to do something to brighten the lives of his grandparents, so he suggested they start modeling the leftover clothes forgotten by customers of their laundry service. Little did he know his photos of the octogenarian hipsters would go viral, amassing 500,000 followers in a single month!

”

# THE PRICE OF CONVENIENCE: INSTANT GRATIFICATION AND OVERWORK IN TAIWAN'S CONVENIENCE STORES

## 萬能店員：

## 我的便利、你的過勞，超商的社會代價

Taiwan has more convenience stores per capita than any other country. So many, in fact, that it is hard to find a street corner that doesn't have one. In addition to the usual bag of chips and cup of coffee, Taiwan's convenience stores offer an astonishing array of services. You can pay your bills, pick up and send packages, book train tickets, print documents, sit down for a quick meal ... some even sell beer on tap! And in the era of coronavirus, this is where you pick up your rapid COVID tests and masks. But how did Taiwan's convenience stores become so integrated into daily life on the island? And at what cost?

Let a ten-year veteran of the industry guide you on a sociological tour of the convenience store phenomenon, analyzing the business strategies that transformed mini-supermarkets into one-stop solutions for day-to-day needs. Integrating personal experience, field observation, interviews, and sociological theory, author Chang Li-Hsiang uses the employee training process as a window for understanding the complexity of the modern convenience store.

Employees progress from mastering the basic tasks of stocking shelves and operating the cash register, to learning how to assist customers with an ever-expanding range of services. This progression easily results in burnout for part-time employees who aren't properly compensated employees for the complex range of tasks they constantly juggle. The book further speculates on the hidden costs of a business model that feeds society's demand for convenience and instant gratification above all else. Anecdotes and comic-style illustrations help round out this entertaining and informative deep-dive into an everyday institution at the heart of the consumer lifestyle.



**Category:** Social Science

**Publisher:** Guerrilla

**Date:** 5/2021

**Rights contact:**

booksfromtaiwan.rights@gmail.com

**Pages:** 256

**Length:** 80,500 characters  
(approx. 52,500 words in English)



Text by  
**Chang Li-Hsiang**  
張立祥



Chang Li-Hsiang is a ten-year veteran of the convenience store industry. He also holds a master's degree in sociology from National Taipei University, granting him a unique perspective from which to research this economic and social phenomenon.

“

*Taiwan's ubiquitous convenience stores offer an astonishing array of services beyond the usual bag of chips and cup of coffee. You can pay your bills, pick up and send packages, book train tickets, print documents, sit down for a quick meal ... but what price does society pay for convenience at all costs?*

”

Illustrated by

**Molly Tsai**  
別家門市



Cartoonist Molly Tsai draws her creative inspiration from her experiences working part-time in a convenience store. While still in university she started the adorable @otherstoreart web-comic series which now has over 65,000 followers.

# THE BALANCE OF POWER: SUN TZU'S GUIDE TO THE BATTLEFIELD OF LIFE

權衡：

孫子兵法教你亂世中的生存之道

One of the world's first military treatises, Sun Tzu's *The Art of War* is essential reading for anyone hoping to understand East Asian thought. In addition to advising on the intricacies of warfare, this classic also happens to be a valuable guidebook to the battlefield of life. From accomplishing life goals to dealing with business competitors, success depends on identifying and employing the correct strategy for your particular circumstances. This book will teach you how to apply the wisdom of one of history's great military minds to the challenges of modern living.

According to author and professor of Chinese literature Hu Chuan-an, the core teaching of *The Art of War* is not concerned with inflicting harm on the enemy. Rather, Sun Tzu's genius lies in emphasizing preparation and foresight, so one can achieve victory without resorting to outright battle. Applying this insight in daily life, you must first accurately appraise your strengths, resources, and deficits. Second, you need to understand the trends that dictate your environment, so you can take advantage of opportunities as they arise. Finally, in the realm of action, Sun Tzu advises occupying the higher ground and working continuously to cultivate good character and sound judgment.

Each chapter begins with one of Sun Tzu's principles and how it was applied in war. Professor Hu then demonstrates the universal character of the principle with evidence from history, business case studies, and management theory. His unique interpretation of this classic book of strategy reaffirms its value in the contemporary world while guiding readers to create the successful life they've always dreamed of.



**Category:** Business  
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booksfromtaiwan.rights  
@gmail.com  
**Pages:** 224  
**Length:** 85,500 characters  
(approx. 56,000 words in  
English)

“

*How do you plan for success in today's rapidly changing world?*

*Follow along with literature professor Hu Chuan-an as he applies the wisdom of Sun Tzu's ancient classic of warfare to the challenges of modern living, teaching you the universal strategies for victory on the battlefield of life.*

”

## Hu Chuan-an 胡川安



Hu Chuan-an is a professor of Chinese Literature at National Central University in Taiwan. A self-styled historian of the everyday, his previous works include *The Taste of Washoku: The Unknown Story of Japanese Cuisine*, *Quebec Astounded: Lessons for Taiwan from Quebec*, and *A History of Civilization with Cats and Dogs*, among other titles.



# PASSIVE INVESTING

## 一年投資 5 分鐘： 打造每月 3 萬被動收入， 免看盤、不選股的最強小資理財法

Most of us think investing involves researching stocks, keeping abreast of business trends, following the markets, and, of course, buying low and selling high. But how can busy professionals find the time to process all of that information, and make important investment decisions? Author Chen Yi-Pu brings his abundant investment experience to bear on the challenges faced by the professional class, teaching them the fundamentals of no-fuss index investing. No matter your background or how much capital you have, this book will have you investing quickly by following this simple, stress-free method of passive income generation.

Index investing doesn't require choosing stocks or predicting the direction the market will take, nor do you buy and sell in reaction to movements in the markets. With minimal investment of time, you can earn returns in line with basic market indices. Starting with the most fundamental concepts, the book goes on to teach a basic 5-step strategy: setting investment goals, selecting markets, confirming asset allocation and purchasing schedule, and finally, making your purchases according to your schedule. Once your plan is set, you only need to remember to make your regular purchases – that's it!

With easy-to-follow step-by-step instructions, helpful illustrations, and analogies drawn from daily life, *Passive Investing in Five Minutes* is as enjoyable as it is informative. It is sure to answer all of your investment questions, whether your goal is to simply master basic concepts, or to get started investing right away.



**Category:** Business

**Publisher:** Yuan-Liou

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**Rights contact:**

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@gmail.com

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**Length:** 100,000 characters  
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English)

# IN FIVE MINUTES

“

*Understanding the stock market can be a nightmare. Just picking a single stock to purchase takes a huge investment of time and energy. That's why experienced trader and financial manager Chen Yi-Pu invented this simple approach to index investing, so busy professionals can focus on their jobs while their investments generate a substantial passive income.*

”



Chen Yi-Pu  
小資 YP (陳逸朴)

Chen Yi-Pu is the founder and author of Chen Yi-Pu's Investing and Asset Management Notebook, an investment blog with over 2.6 million total page views. He has published articles in *Business Weekly*, *Cheers - Working Life*, *The News Lens*, and other domestic magazines and websites. He hopes his writing will help readers get up to speed on effective and hassle-free investing techniques.

# RICH KID, POOR KID: 24 LESSONS IN FINANCIAL MANAGEMENT FOR TEENS

## 富小孩與窮小孩： 給現代青少年的 24 堂財務思維課

Managing personal finances is a challenge everyone must face, and the sooner we start developing our financial reasoning skills, the better. That's why *Rich Kid, Poor Kid*, a training manual of basic financial concepts, is specifically targeted towards teens. Relying on an extensive background in financial management and education, the author has developed a curriculum of 24 lessons covering the basic operation of the economy, financial and investment tools, and the optimal mindset for prudent financial management.

Moving beyond simplistic notions of saving, the curriculum focuses on critical thinking and decision making, with examples drawn from everyday life to keep the concepts relatable. The book relies heavily on dialogues to illustrate different values and viewpoints, and pictures and diagrams to help break down difficult concepts. Through these 24 lessons teens will extend their knowledge of financial management and strengthen their analytical skills, empowering them to take stock of the resources and opportunities that bring value to their lives.



**Category:** Business

**Publisher:** Sun Color

**Date:** 12/2021

**Rights contact:**

booksfromtaiwan.rights@gmail.com

**Pages:** 244

**Length:** 63,000 characters

(approx. 41,000 words in English)

**Rights sold:** Simplified Chinese  
(China Youth)



A portrait of Caesar Hao, a middle-aged man with short dark hair and glasses, wearing a dark blue suit, light blue shirt, and patterned tie. He is sitting and resting his chin on his right hand, looking directly at the camera with a slight smile.

# Caesar Hao

## 郝旭烈

Caesar Hao is a renowned financial advisor and lecturer who has invested in over 1,000 start-up ventures. He has worked for Singapore's Temasek Holdings, Powerchip Semiconductor, TSMC, and is currently an executive partner at TAYA Venture Capital. He is the author of numerous popular books on business and finance and holds an advanced degree in enterprise management from National Chengchi University.

“Everyone wants to make money, but how you manage what you earn can be far more important than how much you earn. Targeted at teens, this book breaks down the fundamentals of personal financial management into 24 easy-to-follow lessons.”

# DECODING THE EMOTIONAL LIVES OF CHILDREN THROUGH ART

從畫畫覺察孩子情緒：  
一幅畫及時發現孩子需求，  
讓彼此內在連結更緊密

For children, art can be a means of expression that is more direct than language, reflecting their responses to their inner and outer worlds, but this point is often overlooked. With more than 20 years of experience teaching art, author Lai Yu-Li uses the theories of Virginia Satir and psychoanalysis to teach parents how to engage their children in a “drawing dialogue”.

Lai begins with case studies that illustrate the effectiveness of using art to decode the inner experiences of children. Lai then introduces his theoretical framework in an easy-to-follow manner by exploring what is unique about the way children draw, the stages of childhood development as expressed through art, and the development of children’s art. Next, he discusses the theories and methods of interpreting children’s drawings, and walks parents through the process of engaging children in a “drawing dialogue”. Finally, the author describes how both parents and children can learn greater self-awareness, self-control, adaptability, and problem-solving through shared artistic activities, and thus develop a stronger parent-child bond.

The fruit of decades of experience teaching children’s art and interpreting children’s drawings, this book combines theory and case studies to provide detailed guidance to parents who would like to use art to better understand their children, and develop a more positive and interactive relationship with them.



**Category:** Parenting

**Publisher:** ACME

**Date:** 9/2021

**Rights contact:**

booksfromtaiwan.rights  
@gmail.com

**Pages:** 240

**Length:** 93,000 characters  
(approx. 60,500 words in  
English)



“

*For children, drawing is more than just a form of play, it's a tool of self-expression. Written by a children's art teacher, this book helps parents enter the inner worlds of their children by learning to analyze their drawings according to established psychological principles.*

”



## Lai Yu-Li 賴育立（皮皮老師）

In 2014, Lai Yu-Li established a children's art education group on Facebook, and began sharing articles and stories, and answering questions posed by parents. Within a year he had toured Taiwan giving 43 lectures on the topic of "Understanding the Inner Worlds and Creativity of Children Through their Drawings". Soon he developed a training workshop entitled "The Secrets to Decoding Children's Art". Now a prominent art educator, lecturer, and author, Lai Yu-Li's next goal is to establish a naturalistic, child-centered foundation for promoting children's art.

# IT'S FOR YOUR OWN GOOD: 25 COMMON PITFALLS WHEN CARING FOR AGING PARENTS

## 「這樣安排是為你好！」 ——照顧父母的 25 個盲點

With the rapid aging of society, an increasing number of adult children are facing the challenges of caring for aging relatives. We've all heard the horror stories: the elderly uncle with dementia strapped to his bed "for his own protection", the struggle to convince one's father it's time to start wearing adult diapers, or the over-protective children who won't even allow their mother to take a short walk unescorted.

In the eyes of elder care specialist Dr. Chen Nai-Ching, a common mistake children make when caring for aging parents is to see them as children. From a place of genuine love, they tell their parents, "It's for your own good", but they rarely take the time to consider things from the parents' perspectives. What is needed is a healthy dose of mutual respect and open communication, because solutions to physiological issues often must take into account psychological factors. Adult children must learn to recognize when letting go of control is the best way to build a mutually satisfying life together.

In this book, readers will learn about 25 common pitfalls that children encounter when caring for their elderly parents. Each pitfall corresponds to a particular problem adult children encounter in elder care. Case studies help illustrate the origin, mechanics, and resolution of the problem. Bullet points help summarize main concepts at the end of each chapter to make it easier to begin applying these principles in daily life and thus support dependent parents to live their happiest, most independent twilight years.



**Category:** Elderly Care

**Publisher:** Aquarius

**Date:** 8/2021

**Rights contact:**

booksfromtaiwan.rights  
@gmail.com

**Pages:** 272

**Length:** 84,200 characters  
(approx. 55,000 words in  
English)

**Rights sold:** Simplified Chinese

Chen Nai-Ching is an attending physician in the neurology department of Kaohsiung Chang Gung Memorial Hospital, the CEO of Kaohsiung's first communal care facility for victims of dementia, and the host of *Bumper Harvest Taiwan*, a public television show focused on healthy living for the elderly. She is a specialist in the fields of gerontology, at-home care, dementia, and epilepsy. The process of raising her own children became a mirror for reflecting on her experiences working with the elderly, and she soon began promoting her insights through a variety of media. She has already published multiple books on the topic of caring for victims of dementia.

# Chen Nai-Ching

陳乃菁



“ *Providing care for elderly parents is an important familial value in Asian societies. But sometimes the best intentions of family members are met with resistance. Written by a specialist in geriatric medicine, this book points out the common pitfalls of adult children caring for aging parents and suggests best practices to follow.* ”



# TRYING TOO HARD: WHY WE CAN NEVER DO ENOUGH

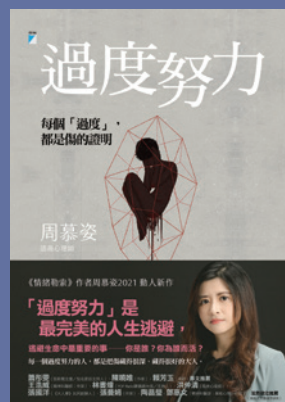
## 過度努力： 每個「過度」，都是傷的證明

\* No. 1 self-help bestseller on Taiwan's books.com retail site in 2021

Working hard is a highly regarded virtue in most societies, so much so that we often fail to notice when we push ourselves too hard, instead focusing on the perceived rewards of a higher income and greater achievements. The truth, however, is that working too hard hurts us, because we pursue a desired self-image at the expense of our real needs. We are so accustomed to this mode of existence that we neglect the things that bring meaning and purpose to life.

In this book you will meet: a young women with an enviable material lifestyle who feels she has lost her soul; a multi-national corporate executive who has to win at all costs; the uncomplaining workhorse who prides himself on not caring what others think, but whose life is devoid of meaningful relationships; a master of social masks who feels uneasy when she is just being herself; the perfect mom who is afraid to ever let anyone down; the ambitious doctor who can't tolerate the idea of not being useful. Why are their lives so empty, despite all of their hard work and effort? Why do so many of them suffer from addictions, panic attacks, binge-eating, and depression?

Author and psychologist Chou Mu-Tzu guides eight highly-driven individuals through their resistances, defenses, and self-doubt, slowly revealing the underlying problems each faces. With patience and compassion, she helps them discover the hidden wounds lying dormant in their personalities, and explore the life experiences that shaped these wounds. Many readers will see reflections of themselves in these eight case studies, and feel affirmed in their own need to heal the deeper wounds that keep them from experiencing greater joy and fulfillment in life.



**Category:** Self-Help

**Publisher:** Aquarius

**Date:** 3/2021

**Rights contact:**

booksfromtaiwan.rights

@gmail.com

**Pages:** 336

**Length:** 106,100 characters  
(approx. 69,000 words in English)

**Rights sold:** Korean (Maekyung),  
Simplified Chinese, Chinese  
Audio

# Chou Mu-Tzu

周慕姿

Chou Mu-Tzu holds a master's degree in psychology and counseling from National Taipei University of Education. She has worked as a psychologist and school counselor, and is a frequent guest on TV shows where she discusses issues of mental health. She currently runs the Sincere Counseling Center, and is the lead vocalist of the folk-gothic metal band Crescent Lament. Her first book *Emotional Blackmail* sold over seventy-thousand copies in its first six months of release. The book sparked a discussion in the media about the concept of emotional blackmail, and has been translated into Korean, Thai, Vietnamese, and Indonesian.



“

*Are you always on the go, always getting things done? Do you never take a rest because you're afraid you haven't accomplished enough, or you're not good enough? The truth is that whenever we push ourselves too hard, we are compensating for a hidden wound. Through eight case studies, this book reveals the neglected traumas and wounds that drive us to work beyond our natural capacities.*

”

# QIGONG EXERCISES FOR ENERGY AND EMOTIONAL BALANCE

## 養心：《養氣》進階版・ 提升能量的修心三法

After a high-pressure day at work, what can we do to relieve stress and restore energy to our worn out body and mind? According to experienced Chinese medicine practitioner Dr. Kao Yao-kai, this question has greater consequences than you might imagine. Dr. Kao has discovered that the accumulation of stress and negative emotions is the root cause of many illnesses. This is why he has developed these simple exercises to circulate *qi* – the subtle energy of the body – helping to restore the body's natural balance, and release stress and negative emotions, replacing them with "love".

Dr. Kao begins by teaching readers how the "Law of Love" operates, and how the emotions, the body's energy field, and the acupuncture meridians all contribute to our health. With this foundation in place, he introduces his three original techniques for cultivating emotional resilience and inner harmony. Each technique combines postures and breathing to calm the mind and promote health. Techniques to address specific issues, such as insomnia, are also introduced. Finally, Dr. Kao teaches the "Healing Verse", a powerful mantra for stabilizing the emotions and maintaining optimal health.

Over his lengthy clinical career, Dr. Kao has developed a uniquely down-to-earth language for explaining esoteric concepts, often borrowing terminology from the world of high-tech gadgets. The body's energy field is similar to wifi. The acupuncture meridians running through the body are like circuits on a microchip. Cartoon-style illustrations help drive these helpful analogies home. Readers interested in healthy lifestyles, spirituality, and Chinese medicine will find much to benefit from in this easy-to-follow guidebook to Dr. Kao's original techniques for promoting health and peace of mind.



**Category:** Health

**Publisher:** Fine Press

**Date:** 4/2021

**Rights contact:**

booksfromtaiwan.rights  
@gmail.com

**Pages:** 224

**Length:** 56,200 characters  
(approx. 37,000 words in  
English)



“

*Experienced Chinese medicine practitioner Dr. Kao Yao-kai presents original exercises that readers can practice at home to relieve stress and promote health by cultivating and circulating the subtle energies of the body.*

”



# Kao Yao-kai

## 高堯楷

**K**ao Yao-kai is a practicing doctor of Chinese medicine. He holds a master's degree in East-West Integrative Medicine, and is currently completing a PhD at the Institute of Brain Science at National Yang Ming Chiao Tung University. His 2020 book *Cultivating Qi* was an instant bestseller in the health category.

# YOU ARE WHAT YOU HOW TO CHOOSE THE BEST WATER

## 最高喝水法： 台灣首席品水師教你正確喝水， 深度改變健康與生活

Most people think water is flavorless. Some even think it's boring. But with the help of water sommelier Chen Chun-Chieh, you can learn to better appreciate water and the role it plays in your life, from the subtleties of taste to its impact on your body and health. Armed with this knowledge, you'll be prepared to choose the best drinking water and water filters for your lifestyle.

Starting with her personal experiences learning the art of water-tasting in Germany, the author goes on to explain the importance of good drinking water, and helps readers develop a daily water consumption plan. In the following chapters, she analyzes the components of mineral water and how each one impacts both the flavor of water and our health. The final chapters go into further detail concerning the art of water tasting, including the taste standards applied by top restaurants, and how to select the best drinking water to compliment a meal.

In this book, the knowledge gained from years of experience is distilled into simple explanations, allowing readers to easily digest the essentials of drinking water selection. Whether you are looking for ways to improve your health, or simply want to better appreciate this often-overlooked part of the dining experience, you will enjoy these insights from a top water sommelier.



**Category:** Health  
**Publisher:** China Times  
**Date:** 9/2021  
**Rights contact:**  
booksfromtaiwan.rights@gmail.com  
**Pages:** 192  
**Length:** 70,000 characters  
(approx. 45,500 words in English)

“

*Taiwan's top water sommelier reveals the secrets of drinking water taste analysis. Starting from the various taste components of water, she guides you through the process of discovering the water that best suits your body and your lifestyle.*

”

# DRINK: FOR YOUR LIFESTYLE

Chen  
Chun-Chieh  
陳君潔

Taiwan's top water sommelier, Chen Chun-Chieh earned her certification from Germany's Doemens Academy. With this book she hopes to raise public awareness about drinking water choices and how our water consumption habits impact our health.

# WEIGHT TRAINING AT 40+

## 珍珍教練的 40+50+60+ 增肌慢老重訓課：

扭轉痠痛、無力，想要樂活人生，  
開始練肌力、抗老化、存健康

Do you suffer from back pain, frozen shoulder, or general stiffness? Generally, these conditions worsen with age as muscle mass declines. But you can fight the effects of aging with weight training, rebuilding lost muscle mass, and restoring your ease and range of motion.

The book begins with case studies of three people who did not begin weight training until middle-age. From their initial hesitance to the joy they begin to feel in their progress and achievements, these stories will give readers the confidence they need to take up their own weight training regimen. Further discussion emphasizes the importance of resistance training for the middle-aged and elderly, developing a proper conceptual foundation for success while dispelling many myths concerning weight training.

Next comes the practical knowledge needed to develop your weight training program: how to get started, the two basic elements of all resistance training, the four big motions, and the three principles that must be considered when selecting appropriate exercises. This chapter also suggests exercises for addressing specific conditions. Pictures and detailed instructions break down each exercise into easy-to-follow steps with essential pointers. Extra attention is always paid to the problems faced by first-timers, so anyone can ease into a suitable weight training regimen.

Finally, the author gives advice on developing an appropriate exercise program, with tips on how to get started and how to maintain your motivation – because just looking at pictures won't create the happy and healthy life you deserve!



Category: Health

Publisher: ACME

Date: 4/2021

Rights contact:

booksfromtaiwan.rights@gmail.com

Pages: 304

Length: 100,000 characters  
(approx. 65,000 words in English)

# Jennifer Shih

## 珍珍教練(施怡如)

Jennifer Shih started her career at a well-known international corporation, but decided to become a fitness trainer after seeing her own life transformed by weight training. She holds a personal trainer certification from the American Council on Exercise and a corrective exercise certificate from the National Academy of Sports Medicine (USA). Her online stories about coaching her father have inspired countless middle-aged and elderly people to take up weight training, leading to numerous invitations to speak on the subject of fitness for television and private audiences.



“

*Weight training is an essential fitness tool for the middle-aged and elderly to increase strength and fight off the effects of aging. Packed with demonstrations by an experienced fitness trainer, this book will help readers build a healthier life through weight training, regardless of age or previous experience.*

”

# ASK ME ABOUT ASTRONOMY: A KID'S GUIDE TO THE UNIVERSE

## 天文 100 問：

最強圖解 X 超酷實驗

破解一百個不可思議的宇宙祕密

Have you ever wondered how the solar system formed? Or why the moon follows you at night? Or how many stars there are in the sky? Or perhaps you want to know if other forms of intelligent life exist somewhere out there? The heavenly bodies have always fascinated human beings, especially kids. Penned by a pair of professional astronomers, and rich with diagrams, photographs, and visual explanations, this book is the perfect place for youngsters to find the answers to all their questions about astronomy.

From the relative proximity of our solar system to the furthest reaches of deep space, children will learn about the sun, the moon, constellations, black holes, galaxies, and more. Through entertaining stories, simple experiments, and helpful illustrations, even the most esoteric riddles of the universe are brought back down to earth so kids can learn with confidence.



**Category:** Children's Non-Fiction  
**Publisher:** Commonwealth Education  
**Date:** 9/2021  
**Rights contact:**  
booksfromtaiwan.rights@gmail.com  
**Pages:** 120  
**Length:** 35,000 characters  
(approx. 23,000 words in English)

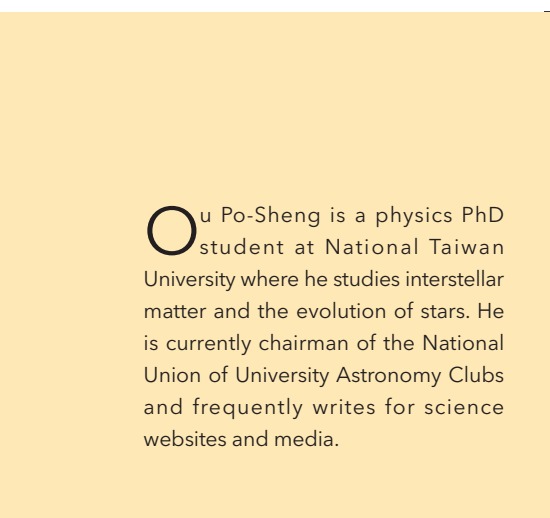
“ The solar system, the stars, the planets, the galaxies - let a pair of professional astronomers guide your children on a fascinating, illustrated journey through space and time to unlock the mysteries of the universe! ”





Text by  
Chou Mei-Yin  
周美吟

After completing a PhD in astronomy from the University of Virginia, Chou Mei-Yin returned to Taiwan to join Academia Sinica Institute of Astronomy and Astrophysics (ASIAA) where she conducts research into star formation and the structure of the Milky Way galaxy and serves as an educational outreach scientist.



Text by  
Ou  
Po-Sheng  
歐柏昇

Ou Po-Sheng is a physics PhD student at National Taiwan University where he studies interstellar matter and the evolution of stars. He is currently chairman of the National Union of University Astronomy Clubs and frequently writes for science websites and media.



The works of Chen Yen-Lin have garnered Hsin-Yi children's literature awards, and are found on the Golden Tripod recommended reading list. Chen Yen-Lin holds a MA degree in communication design from the Pratt Institute in New York.

Illustrated by  
Chen Yen-Lin  
陳彥伶

# DON'T TROUBLE YOURSELF OSAMU DAZAI

太宰治請留步

Osamu Dazai's suicide in 1948 ended a short life marked by alienation and despair, but his darkly comic autobiographical novels went on to exert an enormous influence over post-war East Asian writers. Taiwanese writer Huang Wen-Chu has experienced his own fair share of woe, and through his writing he has honed a keen eye for the frustrations and contradictions of modern living. In this collection of essays, Huang dissects the vicissitudes of life with frequent references to Dazai, seeking solace in the deceased writer's ability to manufacture dark humor from the dross of discouragement and despair.

Following in Dazai's footsteps, Huang's writing often borders on the absurd. When confronted with his obsessive need to remove every notification from his smart-phone by hand, Huang wonders if some sort of Marie Kondo "sparkling joy" add-on might have been secretly installed in his brain. Elsewhere, he addresses the perfect appearances of social media with a digression into the history of humanity's obsession with beauty, concluding that we will always be the willing victims of desire. His frequent posture of bemused resignation, however, presents no barrier to depth. Huang also writes candidly about the struggles of growing up the son of a depressed mother and the upheaval caused by the death of a close friend.

Packed with cutting observations and satirical wit, *Don't Trouble Yourself Osamu Dazai* addresses the frustration and futility that characterize the modern condition. Like his literary idol, Huang serves up an oddly comforting concoction that refuses to ignore the suffering in life, but equally refuses to relinquish laughter in the face of despair.



**Category:** Literary Non-Fiction

**Publisher:** China Times

**Date:** 4/2021

**Rights contact:**

booksfromtaiwan.rights  
@gmail.com

**Pages:** 256

**Length:** 78,000 characters  
(approx. 51,000 words in  
English)



# Huang Wen-Chu 黃文鉅

**K**nown for unsparing critique and his keen eye for social observation, Huang Wen-Chu has divided his career between teaching and writing for various online and print media.

*“In this collection of essays, Huang Wen-Chu casts a self-deprecating eye on the frustration and futility of modern living, while seeking solace in the existential resignation and sardonic wit of early 20<sup>th</sup> century Japanese novelist Osamu Dazai.”*

# VISITORS

## 訪客

\* Made-for-TV movie adaptation released in Taiwan

After many years away, Han Yu-Chieh returns home to live with his parents and younger sister. Things are going smoothly, much to his surprise, but soon he is forced to seek an explanation for their uncharacteristically solicitous behavior. Online he discovers a post written by the neighbor across the street. After a burglary at their home, the neighbor claims to have witnessed the family burying corpse-sized bundles in the yard.

In order to discover the truth, Han Yu-Chieh and his neighbor Yu Shang-Wen carry out an excavation in the yard and uncover bodies that look like Han's parents and sister. Not knowing where to turn, Han sends samples to Liang Jui-Hsin, an ex-girlfriend who works in a DNA lab, and thus confirms the identities of the bodies.

But the mysteries have only just begun. Liang Jui-Hsin soon discovers that a stranger's voice now inhabits her mind. After questioning the voice, she learns that she is in communication with another self from a parallel time stream. Meanwhile, Yu Shang-Wen runs across an ex-girlfriend he hasn't seen in years, but finds she is living under a new identity. Clues indicate that these bizarre occurrences are all linked, but who, or what, could be behind them?

Packed with suspense, plot twists, and paranormal investigations, this genre-bending work will appeal to fans of mystery, thriller, horror, and sci-fi novels.



**Category:** Mystery

**Publisher:** Fantasy Foundation

**Date:** 7/2021

**Rights contact:**

booksfromtaiwan.rights@gmail.com

**Pages:** 272

**Length:** 92,200 characters  
(approx. 60,000 words in English)





Born in Taichung in central Taiwan, TobyBao rose to fame as an online author. His hope is that his novels will open up worlds of boundless imagination, granting his readers a temporary escape from reality.

## TobyBao 托比寶

“

*A young man returns home to discover his family has changed in disturbing ways, not least of which is their corpses lie buried and decomposing in the yard. His former girlfriend awakens one day to a strange voice in her head. Meanwhile, his neighbor runs across an old-flame only to discover she is living under a new identity. What dark mystery could link these bizarre events?*

”

# OUTLAWS OF THE

## 超能水滸

Post-apocalyptic Meta-Taipei is a dark city ruled by men and monsters, where women are reduced to serving men as vessels of reproduction. When a teenage girl flees the city with government soldiers in hot pursuit, she is rescued by two women who take her to a mysterious village. Populated by refugees from Meta-Taipei, the village is protected by 108 super-powered heroines, each with unique abilities. The teenage girl arrives on the day one of these super-powered defenders is dying, and is chosen to inherit the older woman's powers, and also her name – Lin Chong.

Lin Chong's first mission is to join a team that will raid a government warehouse in the city to restock village supplies. But their apparently successful raid unravels just as her team prepares to leave the city....

*Outlaws of the Taipei Marsh* is based on *Outlaws of the Marsh*, the classic Chinese novel about 108 noble-minded outlaws (new recruit Lin Chong among them) who resist the oppression of a corrupt government from their hidden base in the marshlands. In this sci-fi update of one of China's earliest novels, the setting shifts from Song dynasty China to post-apocalyptic Taipei, the outlaw heroes become super-powered heroines, and the marshland hideout becomes Treasure Hill, the idyllic artists' commune on the outskirts of present-day Taipei.



**Category:** Fantasy

**Publisher:** Gaea Books

**Date:** 1/2022

**Rights contact:**

booksfromtaiwan.rights  
@gmail.com

**Pages:** 256

**Length:** 73,100 characters  
(approx. 48,000 words in  
English)

“ Post-apocalyptic Meta-Taipei is a dark city ruled by men and monsters. Fleeing forced breeding programs, a fourteen-year-old girl makes her way to a strange village beyond the city's perimeter where she becomes the inheritor of mysterious powers. There she will take her stand with a band of super-powered heroines, fighting to eke out a better life in a world on the brink of collapse. ”

# TAIPEI MARSH

A man wearing a dark hat, glasses, a patterned shirt, a dark jacket, and light-colored trousers stands in front of a wall made of irregular stones. Above the stone wall is a grey concrete wall with a wooden structure and orange lights visible in the background.

## Silent Shen

沈默

Silent Shen is an accomplished writer of mystical martial-arts fiction (*wuxia*, as the genre is known in China and Taiwan) who enjoys incorporating elements of fantasy and sci-fi into his work. He is the recipient of multiple Wen Shih-Jen Wuxia Fiction awards, and his novel *Era of Swords* was shortlisted for the 2020 Taipei Book Fair Award.

# THE VERTICAL SCHOOL

## 美好少女的垂直社會

An island nation locked in a losing battle with rising sea-levels has divided its territory into red, yellow, and green zones. The fertile highlands of the green zones are home to the elite of society, while in the lowland red zones, the lower classes live under constant threat of flooding and environmental catastrophe.

After their homes are destroyed in a typhoon, red-zoners Chiang Li-Ting and Lin Yuan are deemed worthy of entry into an elite green zone boarding school, but the adjustment is no cake walk. Learning to live away from their parents and maintaining their grades at school present significant challenges, but these turn out to be the least of the teenage girls' worries. Finding social acceptance at the prestigious Vertical School means negotiating a lion's den of backstabbing social climbers, gossips, false friends, and would-be queen-bees in a never-ending quest for top marks and the coveted title of most popular.

Imagine *Hunger Games* meets *Gossip Girl* against a backdrop of ecological disaster: even as the world burns, Chiang Li-Ting and Lin Yuan must compete for status within a ruling class living in denial of the existential threats to their society.



**Category:** Fantasy

**Publisher:** MirrorFiction

**Date:** 12/2021

**Rights contact:**

booksfromtaiwan.rights@gmail.com

**Pages:** 264

**Length:** 143,000 characters  
(approx. 93,000 words in English)

“

*In an island nation on the verge of environmental catastrophe, two teenage girls are offered entry into an elite “green zone” boarding school after losing their homes in a typhoon. They’ll have to get top*



A doctor by training and profession, Wu Chieh-Chu is the recipient of numerous domestic literary awards, including the King Car Fantasy Award. Her incisive real-world social observation contributes to convincing fantasy world-building that reflects the contradictions of our times.

# Wu Chieh-Chu

巫玠竺



*marks to maintain their coveted slots, but for two “red zone” girls, maintaining their social status within the snobbish cliques of “green zone” classmates proves the far greater challenge.*

”

# IF YOU NEVER SAY GOODBYE

好好再見 不負遇見

\* Over 50,000 copies sold over six months

\* Top selling inspirational author with over 30 weeks on the  
Eslite Bookstore bestseller list

At his ten-year high school reunion, Wang Hsiang-Li bumps into Wu Yi-Sheng, whom he hasn't spoken to in six years. They've both matured, but the encounter between once-inseparable friends proves awkward. What unexpressed sentiments lie behind the polite smiles? And what is the secret behind their inability to bid a proper farewell six years before?

They were placed at adjacent desks on their first day of high school. That familiar face from walking the same route to middle school now had a name. For Wang Hsiang-Li, it was an invaluable opportunity. He had been badly bullied in middle school, and he was determined to make a new start. By the second day of high school, however, the bullies were back. But this time Wang Hsiang-Li had a protector in the form of the taller and more athletic Wu Yi-Sheng. The next day they biked to school together, and soon they were fast friends....

The first novel from inspirational book author Huang Shan-Liao, *If You Never Say Goodbye* is adapted from his own experiences. Huang's sensitive account of affections that transcend the bounds of male friendship explores the ways in which love and hurt can catalyze our deepest realizations, and shape us into the people we eventually become.



**Category:** YA Romance

**Publisher:** Sun Color

**Date:** 12/2021

**Rights contact:**

booksfromtaiwan.rights  
@gmail.com

**Pages:** 344

**Length:** 57,800 characters  
(approx. 38,000 words in  
English)

“

*A pair of once-inseparable friends have an awkward meeting at a 10-year high school reunion. What feelings have been left simmering since they lost contact years ago? And what is the secret behind their failure to ever say a proper goodbye?*

”



Best-selling inspirational author and founder of Shirt, a social media account with over half-a-million followers, Huang Shan-Liao excels at depicting the inner emotional worlds of young people.

Huang  
Shan-Liao  
黃山料









**A S I A N**

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**EDIT I O N**