
A Geek In Japan

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A Geek in Japan

Discovering the Land of Manga, Anime, Zen, and the Tea Ceremony (Revised and Expanded with New Topics) Tuttle Publishing

Created specifically for fans of Japanese "cool culture," A Geek in Japan is one of the most iconic, hip, and concise cultural guides available. Reinvented for the internet age, it is packed with personal essays and hundreds of photographs and presents all the touchstones of traditional and contemporary culture in an entirely new way. A Geek in Japan decodes the mysteries of the Japanese language, Japanese social values and daily habits, business and technology, the arts, and symbols and practices that are peculiarly Japanese. This revised and expanded edition contains many new pages of materials on all sorts of topics including Kyoto, Japanese architecture,

and Japanese video games. It also features a guide to author Hector Garcia's favorite Tokyo hangouts and tips on visiting many "secret" places around Japan. Highlighting the originality and creativity of the Japanese, debunking myths, and answering nagging questions such as why the Japanese are so fond of wearing face masks, Garcia has written an irreverent, insightful, and highly informative guide for the growing ranks of Japanophiles around the world.

A Geek in Japan

Discovering the Land of Manga, Anime, Zen, and the Tea Ceremony *Tuttle Publishing*

For every fan of manga, anime, J-pop, or Zen, *A Geek in Japan* is a hip, smart and concise guide to the land that is their source. Comprehensive and well informed, it covers a wide array of topics in short articles accompanied by sidebars and numerous photographs, providing a lively digest of the society and culture of Japan. Designed to appeal to the generations of Westerners who grew up on Pokemon, manga and video games, *A Geek in Japan* reinvents the culture guide for readers in the Internet age. Spotighting the originality and creativity of the Japanese, debunking myths about them, and answering nagging questions like why they're so fond of robots, author Hector Garcia has created the perfect book for the growing ranks of Japanophiles in this inspired, insightful and highly informative guide.

Tokyo Geek's Guide

Manga, Anime, Gaming, Cosplay, Toys, Idols & More - The Ultimate Guide to Japan's Otaku Culture *Tuttle*

Publishing

Tokyo is ground zero for Japan's famous "geek" or otaku culture--a phenomenon that has now swept across the globe. This is the most comprehensive Japan travel guide ever produced which features Tokyo's geeky underworld. It provides a comprehensive run-down of each major Tokyo district where geeks congregate, shop, play and hang out--from hi-tech Akihabara and trendy Harajuku to newer and lesser-known haunts like chic Shimo-Kita and working-class Ikebukuro. Dozens of iconic shops, restaurants, cafes and clubs in each area are described in loving detail with precise directions to get to each location. Maps, URLs, opening hours and over 400 fascinating color photographs bring you around Tokyo on an unforgettable trip to the centers of Japanese manga, anime and geek culture. Interviews with local otaku experts and people on the street let you see the world from their perspective and provide insights into Tokyo and Japanese culture, which will only continue to spread around the globe. Japanese pop culture, in its myriad forms, is more widespread today than ever before--with J-Pop artists playing through speakers everywhere, Japanese manga filling every bookstore; anime cartoons on TV; and toys and video games, like Pokemon Go, played by tens of millions of people. Swarms of visitors come to Tokyo each year on a personal quest to soak in all the otaku-related sights and enjoy Japanese manga, anime, gaming and idol culture at its very source. This is the go-to resource for those planning a trip, or simply dreaming of visiting one day!

The Magic of Japan

Secret Places and Life-Changing

Experiences (With 475 Color Photos) *Tuttle Publishing*

A charming collection of quirky insights into Japanese culture. The Magic of Japan is writer Hector Garcia's intensely personal account of his fifteen years in Japan. A self-professed "otaku" or Japanese anime geek since childhood, Garcia has worked for a Japanese software company, mastered the language, and become one of Japan's most popular bloggers. This book is the culmination of his experiences and showcases Garcia's unique ability to delve beneath the surface of Japanese culture to describe its quirky and deep spiritual underpinnings. This collection of essays and beautiful photographs will appeal to his worldwide fan base—including those who devoured his previous bestsellers, *A Geek in Japan* and *Ikigai: The Japanese Secret to a Long and Happy Life*—Japanophiles, armchair travelers and anyone with an interest in cultural and travel memoirs. The Magic of Japan features Garcia's keen observations on a wide variety of cultural topics: Japanese behavioral traits, including non-verbal communication, hansei (self-reflection), heijoshin (a calm mind) and shoshin (childlike openness) How Japan's geography and history have shaped its culture—its natural disasters, scarce resources, centuries of isolation and its feudal past Japanese idiosyncrasies, ranging from food traditions and absurd jobs to a love of queues The Japanese spirit, as evidenced in traditional art, manga and attitudes to women Shintoism and Buddhism, looking at temples, festivals, rituals and how religious beliefs pervade popular culture, as seen for example in Studio Ghibli's movie *Spirited Away* Japan's dark side, including crime, the yakuza, adultery,

bullying and suicide The book ends with a gloriously random selection of all things Garcia considers especially magical about Japan—from izakaya to shiitake mushrooms, summer fireworks and green tea!

The Book of Ichigo Ichie

The Art of Making the Most of Every Moment, the Japanese Way *Penguin*

Find happiness by living fully in the present with this definitive guide to ichigo ichie--the Japanese art of making the most of every moment--from the bestselling authors of *Ikigai*. Every moment in our life happens only once, and if we let it slip away, we lose it forever--an idea captured by the Japanese phrase ichigo ichie (pronounced itchy-GO itchy-A). Often spoken in Japan when greeting someone or saying goodbye, to convey that the encounter is unique and special, it is a tenet of Zen Buddhism and is attributed to a sixteenth-century master of the Japanese tea ceremony, or "ceremony of attention," whose intricate rituals compel us to focus on the present moment. From this age-old concept comes a new kind of mindfulness. In *The Book of Ichigo Ichie*, you will learn to... • appreciate the beauty of the fleeting, the way the Japanese celebrate the cherry blossoms for two weeks every April, knowing they'll have to wait a whole year to see them again; • use all five senses to anchor yourself in the present, helping you to let go of fear, sadness, anger, and other negative emotions fueled by fixating on the past or the future; • be alert to the magic of coincidences, which help us find meaning among the disconnected events of our lives; • use ichigo ichie to help you discover your ikigai, or life's

purpose--because it's only by learning to be present, to be tuned into what catches your attention and excites you in the moment, that you can identify what it is that most motivates you and brings you happiness. Every one of us contains a key that can open the door to attention, harmony with others, and love of life. And that key is *ichigo ichie*. A PENGUIN LIFE TITLE

The Ikigai Journey

A Practical Guide to Finding Happiness and Purpose the Japanese Way *Tuttle Publishing*

In *The Ikigai Journey*, authors Hector Garcia and Francesc Miralles take their international bestseller *Ikigai: the Japanese Secret to a Long and Happy Life* a step further by showing you how to find your own *ikigai* through practical exercises, such as employing new habits and stepping outside your comfort zone. *Ikigai* is the place where our passion (what we love), mission (what we hope to contribute), vocation (the gifts we have to offer the world) and profession (how our passions and talents can become a livelihood) converge, giving us a personal sense of meaning. This book helps you bring together all of these elements so that you can enjoy a balanced life. Our *ikigai* is very similar to change: it is a constant that transforms depending on which phase of life we are in. Our "reason for being" is not the same at 15 as it is at 70. Through three sections, this book helps you to accept and embrace that--acting as a tool to revolutionize your future by helping you to understand the past, so you can enjoy your present. Section 1--Journey Through the Future: Tokyo (a symbol of modernity and innovation) Section 2--Journey Through the Past: Kyoto (an

ancient capital moored in tradition) Section 3--Journey Through the Present: Ise (an ancient shrine that is destroyed and rebuilt every twenty years) Japan has one of the longest life spans in the world, and the greatest number of centenarians--many of whom cite their strong sense of *ikigai* as the basis for their happiness and longevity. Unlike many "self-care" practices, which require setting aside time in an increasingly busy world, the *ikigai* method helps you find peace and fulfillment in your busy life.

Cool Japan Guide

Fun in the Land of Manga, Lucky Cats and Ramen *Tuttle Publishing*

Traveling to Japan has never been so much fun—visit the land of anime, manga, cosplay, hot springs and sushi! This graphic Japan travel guide is the first of its kind exploring Japanese culture from a cartoonist's perspective. *Cool Japan Guide* takes you on a fun tour from the high-energy urban streets of Tokyo to the peaceful Zen gardens and Shinto shrines of Kyoto and introduces you to: the exciting world of Japanese food—from bento to sushi and everything in between. the *otaku* (geek) culture of Japan, including a manga market in Tokyo where artists display and sell their original artwork. the complete Japanese shopping experience, from *combinis* (not your run-of-the-mill convenience stores!) to *depato* (department stores with everything). the world's biggest manga, anime and cosplay festivals. lots of other exciting places to go and things to do—like zen gardens, traditional Japanese arts, and a ride on a Japanese bullet train. Whether you're ready to hop a plane and travel to Japan tomorrow, or interested in

Japanese culture, this fun and colorful travelogue by noted comic book artist and food blogger Abby Denson, husband Matt, friend Yuuko, and sidekick, Kitty Sweet Tooth, will present Japan in a unique and fascinating way.

Be More Japan

The Art of Japanese Living *Penguin*

Be More Japan is a celebration of all things Japanese - from the country's fascinating, ancient traditions to its unique and influential modern culture. Blending both travel information and cultural insights into a single book, Be More Japan helps you understand and experience the best of Japan, both at home and abroad. Beginning with an overview of the four seasons - a key theme in Japanese culture - you'll learn about the festivals, food, fashion and flowers that change throughout the year and make this country so full of fun and variety. Then dive into the captivating culture of Japan, with topics such as art, music, food, wellness and spirituality all split into separate sections to help you pinpoint the areas that interest you. Learn about the traditional skills of the tea ceremony and calligraphy, and where you can go to see and practice them yourself. Find out more about the country's most popular sports and where to catch a game of baseball or see a martial arts exposition. For pop culture fans, there are dedicated sections on J-Pop, anime and video games, with plenty of information on the best places to enjoy them in Japan. And if you want to get a feel for modern Japanese lifestyle, you'll find enough details on topics such as transportation, karaoke, ikigai, shopping and hot springs to help you make the most of even a short trip to Japan. You can pick and choose what

interests you to plan your perfect trip, or explore a bit of everything to get a sense of the essentials of Japanese life and culture. And for those who can't make the trip to Japan, or who want to carry on the experience when they return, there are tips and suggestions for how to bring Japanese culture to you, and places where you can see its influence around the world.

Japan from Anime to Zen

Quick Takes on Culture, Art, History, Food . . . and More *Stone Bridge Press, Inc.*

This friendly guide offers concise but detailed demystifications of more than 85 aspects of ancient and modern Japan. It can be read in sequence, or just dipped into, depending on the moment's need. Explanations go much deeper than a typical travel guide and cover 1,500 years of history and culture, everything from geisha to gangsters, haiku to karaoke, the sun goddess to the shogunate . . . and anime to Zen.

A Manga Lover's Tokyo Travel Guide

My Favorite Things to See and Do In Japan *Tuttle Publishing*

****Independent Publisher Book Award (IPPY) Winner**** For fans of Japanese manga and anime, a trip to Tokyo is an absolute must! In this captivating Tokyo travel guide, manga artist and author Evangeline Neo travels to the Japanese capital with her mascots Kopi the dog and Matcha the cat in tow, bringing you to all the otaku sights this city has to offer. She shows you where to shop for manga memorabilia in Akihabara and Nakano, takes you on a tour of famous anime and manga museums like Studio Ghibli and Sanrio Puroland, and shares

her experiences at a cosplay studio, a maid and butler cafe, and a manga drawing class. In addition to manga and anime-related adventures, Eva brings readers to all the must-see Tokyo sites as well—from Asakusa's Sensoji Temple to Tokyo Tower and the Meiji Shrine. She also introduces travelers to sushi train restaurants, hot spring baths and a kimono makeover session—even a day trip to Mt. Fuji! Along the way, she shows you all her favorite places to shop and eat, and gives advice on what to pack, what to buy, how to get around, and even how to speak a few words of survival Japanese. This manga guide to Tokyo is depicted in charming and humorous drawings and stories, which are as enjoyable for armchair travelers as they are practically useful for visitors to the city. Step into the world of modern Japanese culture through this amusing and unique guide to one of the world's top cities.

Geek in China

Discovering the Land of Alibaba, Bullet Trains and Dim Sum *Tuttle Publishing*

For every fan of kung fu, steamed dumplings, Confucius and giant skyscrapers, *A Geek in China* is a hip, smart and concise guide to the Middle Kingdom. Packed with photographs and short articles on all aspects of Chinese culture, past and present, *A Geek in China* introduces readers to everything from Taoism and Confucianism to pop music and China's new middle class. A mix of traditional culture, such as highlights of Chinese history, great historical and mythological figures, traditional medicine, how the Chinese language works, real Chinese food, martial arts, and how the Chinese

Communist Party works, is complimented with information on what makes China unique today. Chapters discuss why China is so crowded, what it's like to work in an office, internet and cell phone culture, dating and marriage practices, top popular movies and movie stars, the contemporary art scene, China's amazing new architecture and infrastructure, and popular holidays. It also contains chapters on what makes the Chinese tick, such as the importance of harmony in society, the practice of humility, and the importance of hierarchy. For visitors to the country, the author includes sections on what to see, both common cultural sites and off-the-beaten-track sites, and how to get around in China. Sections on visiting Hong Kong and Taiwan are also included. This China travel guide is a unique guide to the world's most populous and longest continuous culture. Readers will learn essential information about China's past and present to be able to understand the many references to history, politics, and pop culture that come up in everyday conversation and in the media.

Pop Japan Travel

Essential Otaku Guide *Digital Manga, Inc.*

Readers can join a tour group of anime fans, or "otaku," as they travel to Japan for the first time and experience a series of adventures while visiting anime attractions in Tokyo and learning about Japanese culture and customs.

Ganbatte!

The Japanese Art of Always Moving Forward *Tuttle Publishing*

Ganbatte (gan-ba-tay) is a Japanese philosophy focused on doing the best

you can with what you have. Though there is no direct translation, "keep going," and "give it your all," embody the sentiments behind the word. Just as wabi sabi shows the beauty of imperfection in life, ganbatte teaches you how to get past obstacles and be motivated to keep moving forward. In *Ganbatte!* author Albert Liebermann provides an inspirational, yet practical guide to becoming more resilient the Japanese way. In 50 short chapters, some deeper and some more playful, Liebermann guides you through ways you can adopt the ganbatte approach to achieve a happier, more fulfilling life—and a happier, more fulfilled self. These include: Separating "difficult" from "impossible" Making use of failure Cultivating patience Working mindfully with a sense of awareness Continually improving Practicing meditation Pushing through a crisis Taking the slow route Sprinkled throughout the book are "Ganbatte Rules"—short, actionable steps you can take to move forward in a part of your life where you may be stuck (whether it's fitness, love or starting a business). A foreword by Hector Garcia, author of the bestselling *Ikigai: The Japanese Secret to a Long and Happy Life*, introduces the concept of ganbatte and how he learned of its existence from one of Japan's centenarians. While many aspects of life are beyond our control, how we deal with setbacks and difficulties is as much of a choice as how we approach everyday tasks. This book helps you tap into your own ability to persevere and encourages you to stay motivated and hopeful in difficult times. If you apply the tenacity and resilience of the Japanese in your daily life, difficult becomes easy, and impossible becomes possible.

Pure Invention

How Japan Made the Modern World *Crown Books*

In the 1970s and '80s, Japan soared on the superior technology of Sony and Toyota while the West struggled to catch up. Then a catastrophic 1990 stock-market crash ushered in the "lost decades" of deep recession and social dysfunction. They should have plunged Japan into irrelevance; instead its cultural clout soared. Hello Kitty, the Nintendo Entertainment System, and entertainment empires like Pokémon and Dragon Ball Z--artfully packaged, dangerously cute, and dizzyingly fun--made Japan the forge of the world's fantasies, and gave us new tools for coping with trying times. Alt reveals how Japanese ingenuity remade global culture and may have created modern life as we know it. -- adapted from jacket

Tokyo Fashion: A Comic Book

A Comic Book *VIZ Media LLC*

Building a wardrobe is expensive and time-consuming...but it doesn't have to be! Looking good is easier than ever, and all it takes is a little bit of care. Buying a few basic items in colors you can mix and match in a variety of ways will take you far. This comic book guide to fashion will show you how to introduce a Japanese flourish into your wardrobe with easy tutorials, suggestions for wardrobe essentials, and styling tips on pulling it all together! -- VIZ Media

A Geek in Korea

Discovering Asia's New Kingdom of Cool *Tuttle Publishing*

For every fan of K-Pop music, Korean

Wave dramas and Kimchi—or anyone intrigued by Korea and Korean culture—*A Geek in Korea* is a hip, new guide to the land of the Samsung smartphone and Gangnam Style. Author Dan Tudor first arrived in Korea on the eve of the 2002 World Cup when South Korea played Italy in the finals. What he saw inspired him to return and work in Korea. He served as *The Economist* magazine's Korea correspondent for three years, and he writes regular columns for the national daily JoongAng Ilbo newspaper. Along the way, he has developed a great love and admiration for Korean culture and the Korean people. *A Geek in Korea* reinvents the culture guide for the Internet age. Packed with articles and photographs, it covers all the touchstones of Korean culture—from Buddhism and Confucianism to chapters on the traditional arts and disciplines like Taekwondo. There are chapters on cultural code words and norms; personal relationships; business and technology; and symbols and practices that are peculiarly Korean. A number of chapters are devoted to Korean pop culture, with attention to the stars, idols, and urban subcultures associated with them. For visitors to Korea, the author includes a mini-guide to his favorite neighborhoods in Seoul and other places of outstanding interest. Spotlighting the originality and creativity of the Koreans, debunking myths about them, and answering nagging questions like why they're so obsessed with education and success—Tudor has created the perfect book for the growing ranks of Koreaphiles in this inspired, insightful, and highly informative guide.

Chinese Folktales

From Anime to Zen: Discover the Essential Elements of Japan *Tuttle Publishing*

As its title suggests, this book captures the essence of Japanese life and culture in 100 words. From well-known concepts like zen, kawaii and anime to their lesser-known counterparts waiting to be discovered by the West, *Japan in 100 Words* covers it all. Readers will learn more about: Chochin—decorative lanterns seen everywhere from shrines and temples to izakaya Fugu—the very carefully prepared delicacy of poisonous blowfish J-pop—the now widely popular musical genre Karoshi—literally translated as "overwork death" Omiai—the Japanese version of an arranged marriage And much more! The beautiful full-color illustrations bring these ideas, places and objects to life—making it the perfect addition to any Japanophiles library or a fun and useful introductory guide for a first-time visitor to Japan.

The Otaku Encyclopedia

An Insider's Guide to the Subculture of Cool Japan *Kodansha America Incorporated*

Otaku - Japan's anime nerds, game geeks and pop-idol fanboys - originates from a polite second-person pronoun meaning 'your home' in Japanese. This guide offers an insight into the subculture of Cool Japan - from cosplay to anime, manga, videogames and more. With over 500 entries - including common expressions, people, places, and moments of otaku history - this is the essential 'A to Z' of all the facts Japanese pop-culture fans need to know! Otaku: Nerd; geek or fanboy originates from a polite second-person pronoun meaning 'your home' in Japanese. Since

the

Uniquely Japan

A Comic Book Artist's Personal Faves - Discover the Things That Make Japan the Coolest Place on Earth! 日本が大好きな漫画家

Lavishly decorated manhole covers, pink polka-dotted backhoes, toilets with warmable seats, blow dryers (and other bells and whistles). It's just another day in Japan, where the futuristic and zany stands side-by-side with the rooted and the venerable, and there's a festival going on somewhere almost every day of the year. In *Uniquely Japan*, Abby Denson--author of *Cool Japan Guide* and *Cool Tokyo Guide*--uses her own personal drawings and photos to highlight the things that make Japan truly different from every other place on the planet. From the ramen and sushi we've all come to love to the fantastic creatures who now star in their own video games and anime, the comic artist takes you on a romp through Japan's distinctive popular and traditional culture. Here are just a few of the favorite bits and pieces Abby presents: Vending machines for everything from eggs to electronics Tiny alleyways where you may come across a shrine--or a hip-hop bar Silly mascots promoting serious businesses Whimsical architecture for neighborhood police stations Stamps for your name (no signature is complete without one), or to collect at railway stations and castles Colorfully painted, hardworking construction vehicles that beep and talk as you pass by And, of course, the ridiculously delicious food: noodles, bento boxes, and gorgeous sweets From kimono to kawaii, Japan has endless ways to astonish visitors. This book offers a fun opportunity for

armchair travel and reminds you to keep your eyes wide open when you do get to visit Japan in person!

Forest Bathing

The Rejuvenating Practice of Shinrin Yoku Tuttle Publishing

Shinrin Yoku: "taking in the forest atmosphere," the medicine of simply being in the forest, "forest bathing." From the healing properties of phytoncides (self-protective compounds emitted by plants) to the ways we can benefit from what forest spaces can teach us, *Forest Bathing: The Rejuvenating Practice of Shinrin Yoku* discusses the history, science and philosophy behind this age-old therapeutic practice. Examples from the ancient Celts to Henry David Thoreau remind us of the ties between humankind and the natural world—ties that have become more and more elusive to Westerners. This book explains the traditional Japanese concepts that help readers understand and share in the benefits of the Japanese approach to forest bathing—a cornerstone of healing and health care in Japan. These concepts include: Yugen: Our living experience of the world around us that is so profound as to be beyond expression Komorebi: The interplay of leaves and sunlight Wabi sabi: Rejoicing in imperfection and impermanence The book goes on to offer guidelines for finding our replenishment in these peaceful, isolated spaces—from turning off the phone (or leaving it at home) to seeking the irregularities in nature, which in turn can make us less critical of ourselves. Finally, it offers tips not only on being fully present and mindful while you're in the forest, but also on how to take that mindfulness

home with you—even if that home is the busiest and most crowded of cities.

Introduction to Japanese Culture

Tuttle Publishing

Featuring full-color photographs and illustrations throughout, this text is a comprehensive guide to Japanese culture. The richness of Japan's history is renowned worldwide. The heritage of culture that its society has produced and passed on to future generations is one of Japan's greatest accomplishments. In *Introduction to Japanese Culture*, you'll read an overview, through sixty-eight original and informative essays, of Japan's most notable cultural achievements, including: Religion, Zen Buddhism, arranged marriages and Bushido Drama and Art—from pottery, painting and calligraphy to haiku, kabuki and karate Cuisine—everything from rice to raw fish Home and Recreation, from board games such as Go to origami, kimonos and Japanese gardens The Japan of today is a fully modern, Westernized society in nearly every regard. Even so, the elements of an earlier age are clearly visible in the country's arts, festivals, and customs. This book focuses on the essential constants that remain in present-day Japan and their counterparts in Western culture. Edited by Daniel Sosnoski, an American writer who has lived in Japan since 1985, these well-researched articles, color photographs, and line illustrations provide a compact guide to aspects of Japan that often puzzle the outside observer. *Introduction to Japanese Culture* is wonderfully informative, a needed primer on the cultural make-up and behaviors of the Japanese. This book is certain to fascinate the student, tourist, or anyone who seeks to know and understand

Japanese culture, Japanese etiquette, and the history of Japan.

Super Cheap Japan

Budget Travel in Tokyo, Kyoto, Osaka, Nara, Hiroshima and Surrounding Areas *Super Cheap Japan*

Super Cheap Japan is the ultimate budget travel guide to Japan, full of the most useful, up-to-date information for a cheap holiday in Japan. With extensive tax-free shopping, crazily discounted train passes and an unbelievable exchange rate, Japan is the place to spend your next holiday. Unlike other guides, this book shows you exactly how, where and when you can save money. Go shopping for \$4 clothes in Tokyo, enjoy inexpensive hikes in Nikko, or visit Kyoto's beautiful shrines and gardens on the cheap; all with this super helpful guide. Inside the *Super Cheap Japan* guide book: - Budget food - eat for only a few dollars with comprehensive listings of low-cost restaurants, takeouts, supermarkets and more - Budget shopping - 100-yen (\$1) and 300-yen (\$3) shops, cheap variety stores, free sample hotspots, tax-free shopping, discount passes and coupons - Highlights and itineraries based on the best discount train or bus passes, so you can keep your wallet happy while still having an amazing holiday - Hidden treasures - walking and cycling routes to cut down on train fares, cheap side trips and free alternatives to crowded, overpriced spots - Essential help for budget travelers - expert travel tips, free tours, simple to understand directions, translations for places that don't have English support - Train and bus passes - local, regional and national passes, and info on how to use them for additional savings at tourist hotspots - Cheap

accommodation - the best and cheapest capsule hotels, net cafes, overnight spas, hostels and campsites - Guides to spots such as Tokyo, Kyoto, Osaka, Nara, Hiroshima, Mt Fuji, Miyajima, Himeji Castle, Kobe, Yokohama, Kamakura, Nikko and Hakone, as well as great off-the-beaten-track places nearby What's new in this 2nd edition? - Updates on attractions, accommodation, shops, restaurants and much more - New, highly detailed color maps for budget travelers, making it even easier to get around - More transportation passes and updated information on the Japan Rail Pass - More itineraries, to make planning as stress free as possible - New chapters, such as for the Toyosu Fish Market and Yanaka Super Cheap Japan is perfect for backpackers, budget travelers, families on a tight budget, students and those who are new to Japan. Get the most out of this amazing country, without burning a hole in your wallet!

The Vanished

The "Evaporated People" of Japan in Stories and Photographs *Simon and Schuster*

Every year, nearly one hundred thousand Japanese vanish without a trace. Known as the johatsu, or the "evaporated," they are often driven by shame and hopelessness, leaving behind lost jobs, disappointed families, and mounting debts. In *The Vanished*, journalist Léna Mauger and photographer Stéphane Remael uncover the human faces behind the phenomenon through reportage, photographs, and interviews with those who left, those who stayed behind, and those who help orchestrate the disappearances. Their quest to learn the

stories of the johatsu weaves its way through: A Tokyo neighborhood so notorious for its petty criminal activities that it was literally erased from the maps Reprogramming camps for subpar bureaucrats and businessmen to become "better" employees The charmless citadel of Toyota City, with its iron grip on its employees The "suicide" cliffs of Tojinbo, patrolled by a man fighting to save the desperate The desolation of Fukushima in the aftermath of the tsunami And yet, as exotic and foreign as their stories might appear to an outsider's eyes, the human experience shared by the interviewees remains powerfully universal.

Etiquette Guide to Japan

Know the rules that make the difference! *Tuttle Publishing*

Farewell to faux pas! Minding your manners is an acquired skill, but what serves you well elsewhere could trip you up in Japan. Save yourself possible embarrassment with *Etiquette Guide to Japan*. An inside look at Japanese social graces, it answers all the questions of the thoughtful traveler. Extensive, specific information on Japanese business etiquette assists readers traveling to Japan for business. Although often overshadowed by a modern facade, long-standing traditional aspects of Japan's culture still influence the country and almost everyone in it. Concrete evidence of this traditional culture can be seen everywhere—in the ancient arts and crafts that are still important parts of everyday life, in the many shrines and temples that dot the nation, and in the modern comeback of traditional fashions such as kimono and yakata robes. To many Western visitors, however, the most obvious example of

this traditional culture's strength is the unique etiquette of the Japanese. Like many nations, Japan has experienced vast political, social, and economic change over the past century. But enough of Japan's traditional etiquette remains to set the Japanese apart socially and psychologically, and to make success in socializing and doing business with them a special challenge for Westerners. About this new version: This updated and expanded edition of the best-selling Japanese etiquette guide addresses not just the puzzling protocols relating to name cards, bowing or shaking hands, bathrooms and public baths—but also what to do when entertaining Japanese dinner guests, attending a Japanese tea ceremony, taking the subway, and much more! It also provides the latest etiquette in mobile phone manners, texting, social media and other forms of digital communication. The glossary at the back of the book has been revised to include the latest technology-related words and expressions used by Japanese today. Two new chapters address the changing role of foreigners in the workplace and the contemporary business style and etiquette used by the younger generation of Japanese who are now increasingly cosmopolitan—but still very Japanese!

Anime Impact

The Movies and Shows that Changed the World of Japanese Animation *Mango Media Inc.*

1 Best Seller in Movies, Video Guides & Reviews — The Life-Changing Power of Anime A celebration of Anime: Many books on anime simply offer a list of “essential titles” and recommendations. Anime Impact goes deeper by

showcasing the many voices of anime’s biggest fans. You’ll find many distinct stories that only each specific writer could tell, all painting a fun and surprisingly touching portrait of the true impact of anime over multiple generations. Iconic movies and TV shows from Japan: Japanese animation—or anime—holds a special place in the hearts of countless fans around the globe. Since the early days of Osamu Tezuka’s *Astro Boy* to Makoto Shinkai’s astounding success with *Your Name*, anime has left an undeniable impact on our culture. Insights from filmmakers, authors, and YouTube stars: Anime Impact explores the impression the medium has left on various fans with detailed discussions on television shows and movies from the 1960s all the way to the present. You’ll hear from YouTube film critic Chris Stuckmann and many others like *Ready Player One* author Ernest Cline and YouTube stars Robert Walker, Bennett “BennettTheSage” White, Tristan “Arkada” Gallant of Glass Reflection and manga artist Mark Crilley. Learn how anime has impacted culture from authors, artists, critics, anime enthusiasts, and super fans such as John Rodriguez, Alicia Malone, Emma Fyffe, and many more. You will learn about the impact of: Anime classics such as *Gundam*, *Akira*, *Sailor Moon*, *Spirited Away* and other Studio Ghibli films The biggest names in anime like *One Piece*, *Dragon Ball Z*, *Pokémon*, *Naruto*, and *Attack on Titan* Movies and shows both legendary and niche alike Truly unique hidden gems rarely seen outside of Japan And much more Anime Impact explores the effects and lasting appeal of anime across all genres and across five decades!

Shinsengumi

The Shogun's Last Samurai Corps *Tuttle Publishing*

Shinsengumi: The Shogun's last Samurai Corps is the true story of the notorious samurai corps formed in 1863 to arrest or kill the enemies of the Tokugawa Shogun. The only book in English about the Shinsengumi, it focuses on the corps' two charismatic leaders, Kondo Isami and Hijikata Toshizo, both impeccable swordsmen. It is a history-in-brief of the final years of the Bakufu, which collapsed in 1867 with the restoration of Imperial rule. In writing Shinsengumi, Hillsborough referred mostly to Japanese-language primary sources, including letters, memoirs, journals, interviews, and eyewitness accounts, as well as definitive biographies and histories of the era. The fall of the shogun's government (Tokugawa Bakufu, or simply Bakufu) in 1868, which had ruled Japan for over two and a half centuries, was the greatest event in modern Japanese history. The revolution, known as the Meiji Restoration, began with the violent reaction of samurai to the Bakufu's decision in 1854 to open the theretofore isolated country to "Western barbarians." Though opening the country was unavoidable, it was seen as a sign of weakness by the samurai who clamored to "expel the barbarians." Those samurai plotted to overthrow the shogun and restore the holy emperor to his ancient seat of power. Screaming "heaven's revenge," they wielded their swords with a vengeance upon those loyal to the shogun. They unleashed a wave of terror at the center of the revolution—the emperor's capital of Kyoto. Murder and assassination were rampant. By the end of 1862, hordes of renegade samurai, called ronin, had transformed the streets of the Imperial Capital into a "sea of

blood." The shogun's administrators were desperate to stop the terror. A band of expert swordsmen was formed. It was given the name Shinsengumi ("Newly Selected Corps")—and commissioned to eliminate the ronin and other enemies of the Bakufu. With unrestrained brutality bolstered by an official sanction to kill, the Shinsengumi soon became the shogun's most dreaded security force. In this vivid historical narrative of the Shinsengumi, the only one in the English language, author Romulus Hillsborough paints a provocative and thrilling picture of this most fascinating period in Japanese history.

Geek in Thailand

Discovering the Land of Golden Buddhas, Pad Thai and Kickboxing *Tuttle Publishing*

A Geek in Thailand is a light-hearted but perceptive look at one of the world's most visited countries from the viewpoint of a young foreign resident. More than just a Thai travel guide, it offers a concise but insightful take on Thailand for tourists, expats, would-be expats, and others—anyone, in fact, with an interest in visiting or learning about the Land of Smiles. Packed with short articles accompanied by sidebar stories and interviews and evocative color photographs, the author paints a vivid and revealing picture of a country built on a deep reverence for nation, religion and monarchy, yet with its own distinct, individualistic perspective. Subjects range from the touchstones of Thai culture and history, such as its politics and economy, Buddhism and folklore, to chapters on traditional Thai design and craftsmanship, including its highly acclaimed architecture and fine silk

textiles. There are also chapters on the globally popular Thai food and entertainment like kickboxing and cabaret. Chapters on the Thai character and cultural do's and don'ts will allow the reader to go beyond the Thai smile. For visitors to the country, the author includes his top ten things to see and do in the main tourist destinations as well as an account of the main festivals and tips on getting around.

Ikigai

The Japanese Secret to a Long and Happy Life *Penguin*

Los Angeles Times bestseller • More than 1.5 million copies sold “If hygge is the art of doing nothing, ikigai is the art of doing something—and doing it with supreme focus and joy.” —New York Post Bring meaning and joy to all your days with this internationally bestselling guide to the Japanese concept of ikigai (pronounced ee-key-guy)—the happiness of always being busy—as revealed by the daily habits of the world’s longest-living people. *And from the same authors, don’t miss *The Book of Ichigo* Ichie—about making the most of every moment in your life.* * * * What’s your ikigai? “Only staying active will make you want to live a hundred years.” —Japanese proverb According to the Japanese, everyone has an ikigai—a reason for living. And according to the residents of the Japanese village with the world’s longest-living people, finding it is the key to a happier and longer life. Having a strong sense of ikigai—the place where passion, mission, vocation, and profession intersect—means that each day is infused with meaning. It’s the reason we get up in the morning. It’s also the reason many Japanese never really retire (in fact there’s no word in

Japanese that means retire in the sense it does in English): They remain active and work at what they enjoy, because they’ve found a real purpose in life—the happiness of always being busy. In researching this book, the authors interviewed the residents of the Japanese village with the highest percentage of 100-year-olds—one of the world’s Blue Zones. Ikigai reveals the secrets to their longevity and happiness: how they eat, how they move, how they work, how they foster collaboration and community, and—their best-kept secret—how they find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you discover your own ikigai. Because who doesn’t want to find happiness in every day? A PENGUIN LIFE TITLE

Ikigai for Teens: Finding Your Reason for Being *Scholastic Press*

The Japanese people say everybody has an “Ikigai,” or a reason to live. Some people have found their Ikigai and are aware of it. Other people have it inside, but have not found it yet. This concept, Ikigai, is one of the secrets for a long, active, and happy life. With the book, García and Miralles made it their mission to help its readers find their own Ikigai and discover many keys of Japanese philosophy to a healthy body, mind, and spirit.

Yoshiwara

The Glittering World of the Japanese Courtesan *University of Hawaii Press*

Yoshiwara is the first attempt in nearly a century to give a comprehensive and detailed account of Edo-period Japan’s legendary pleasure quarter. The book begins with a brief history of prostitution in Japan and follows with a survey of the

Yoshiwara from its origins in the early 1600s to shortly after the Meiji Restoration in 1868. Yoshiwara society possessed for most of its history considerable glamour and surface allure, yet, at the same time, it accommodated attitudes and activities that today could only be regarded as exploitative and inhumane. Cecilia Segawa Seigle looks impartially at all aspects of Yoshiwara life, offering much information - the result of painstaking research in primary sources - that will be a revelation to readers in the West. While discussing in depth the highly specialized and idiosyncratic world of licensed prostitution, Seigle also makes the reader aware of the broader impact of this insular entertainment quarter on the manners and mores of other segments of Japanese society, both then and now. Arranged chronologically, Yoshiwara is not so much a history as a companion to studies of Edo-period literature, theatre, and the visual arts. It provides an overview of the social, cultural, and economic influences on and of this microcosm of early-modern urban Japan. An especially engaging feature of this readable text is the liberal use of anecdotes from contemporary sources. Specialists will find particularly interesting the carefully researched and clearly written exposition of the quarter's complex hierarchy and elaborate code of behavior. While always maintaining the distinction between fact and fabrication, this fascinating study seeks to delineate the truths that lie behind the legends.

A Beginner's Guide to Japanese Tea

Selecting and Brewing the Perfect Cup of Sencha, Matcha, and Other Japanese Teas *Tuttle Publishing*

Do you know the difference between a

bancha and a hojicha? How to brew the perfect matcha? With this book you will! Japanese tea expert Per Oscar Brekell is one of the few foreigners to complete the difficult training in Japan as a tea instructor. Now, with this book, he shares the secrets and insights he's gleaned from a career dedicated to promoting and preparing this ancient beverage. Combining a practical approach with in-depth knowledge and a keen eye for the healthful benefits of tea, this visual guide will help you understand everything from how tea is picked and processed to the physical and mental health benefits that come from drinking it. Through stunning color photos and engaging information from Brekell, readers of this book will get: A guided tour of Japan's main tea-growing regions, from Uji/Kyoto to Shizuoka and Kagoshima, and a journey from leaf to cup An introduction to top-grade premium and single-estate Japanese teas like yabukita, koshun, yamakai, sofu and asatsuyu A detailed guide to brewing Japanese teas to enhance their flavor and to highlight their healthful properties An in-depth look at traditional Japanese teapots and teacups A curated selection of teas suitable for home brewing and serving in various situations Every tea lover will find something to savor in this comprehensive introduction to the incredible world of Japanese teas.

Geisha of Gion

The True Story of Japan's Foremost Geisha *Simon and Schuster*

The extraordinary, bestselling memoir from Japan's foremost geisha. 'A glimpse into the exotic, mysterious, tinged-with-eroticism world of the almost mythical geisha' Val Hennessy, Daily Mail '[An] eloquent and innovative memoir' The

Times 'I can identify the exact moment when things began to change. It was a cold winter afternoon. I had just turned three.' Emerging shyly from her hiding place, Mineko encounters Madam Oima, the formidable proprietress of a prolific geisha house in Gion. Madam Oima is mesmerised by the child's black hair and black eyes: she has found her successor. And so Mineko is gently, but firmly, prised away from her parents to embark on an extraordinary profession, of which she will become the best. But even if you are exquisitely beautiful and the darling of the okiya, the life of a geisha is one of gruelling demands. And Mineko must first contend with her bitterly jealous sister who is determined to sabotage her success . . . Captivating and poignant, *Geisha of Gion* tells of Mineko's ascendancy to fame and her ultimate decision to leave the profession she found so constricting. After centuries of mystery Mineko is the only geisha to speak out. This is the true story she has long wanted to tell and the one that the West has long wanted to hear.

The Element in the Room

Science-y Stuff Staring You in the Face *Cassell*

****FREE SAMPLER**** Steve Mould and Helen Arney, aka Festival of the Spoken Nerd, have a combined 35 million YouTube views, their own Radio 4 programme, *Domestic Science*, appeared in three consecutive slots of the latest series of *QI* and toured their stand-up science show to over 15,000 people in the UK. This free e-sampler of *The Element in the Room* will take you on a rib-tickling, experiment-fuelled adventure to explain the everyday science that is staring you right in the face. Have you ever wanted to perform

sonic experiments with your morning coffee? Predict the exact second your unborn child will be born? Spice up your love life with inspiration from the animal kingdom? Well now you can, with this sneak peek inside *The Element in the Room* before its official publication in October. This hilarious and informative book is designed for anyone who is sci-curious and wants to know more about the world around them, especially the elements of everyday science that other books ignore.

Fandom Unbound

Otaku Culture in a Connected World *Yale University Press*

In recent years, otaku culture has emerged as one of Japan's major cultural exports and as a genuinely transnational phenomenon. This timely volume investigates how this once marginalized popular culture has come to play a major role in Japan's identity at home and abroad. In the American context, the word otaku is best translated as "geek"—an ardent fan with highly specialized knowledge and interests. But it is associated especially with fans of specific Japan-based cultural genres, including anime, manga, and video games. Most important of all, as this collection shows, is the way otaku culture represents a newly participatory fan culture in which fans not only organize around niche interests but produce and distribute their own media content. In this collection of essays, Japanese and American scholars offer richly detailed descriptions of how this once stigmatized Japanese youth culture created its own alternative markets and cultural products such as fan fiction, comics, costumes, and remixes, becoming a major international force

that can challenge the dominance of commercial media. By exploring the rich variety of otaku culture from multiple perspectives, this groundbreaking collection provides fascinating insights into the present and future of cultural production and distribution in the digital age.

Xcentric Culture

a Geek in Japan

Ninth Step Station *Serial Box*

A local cop. A US Peacekeeper. A divided Tokyo. In the future, two mismatched cops must work together to solve crimes in a divided Tokyo. Years of disaster and conflict have left Tokyo split between great powers. In the city of drone-enforced borders, bodymod black markets, and desperate resistance movements, US peacekeeper Emma Higashi is assigned to partner with Tokyo Metropolitan Police Detective Miyako Koreda. Together, they must race to solve a series of murders that test their relationship and threaten to overturn the balance of global power. And amid the chaos, they each need to decide what they are willing to do for peace. Created by Malka Older, whose *Infomocracy* was named one of Kirkus' Best Fiction of 2016, with cowriters Jacqueline Koyanagi (author of *Ascension*), Fran Wilde (2016 Nebula Award nominee, and winner of the 2016 Andre Norton and Compton Crook awards), and Curtis C. Chen (2017 Locus Awards and Endeavour Award Finalist). Read the whole series: *Ninth Step Station Season 1* *Ninth Step Station Season 2* (April 2020) For more information, visit serialbox.com.

The Geek Atlas

128 Places Where Science and Technology Come Alive "O'Reilly Media, Inc."

The history of science is all around us, if you know where to look. With this unique traveler's guide, you'll learn about 128 destinations around the world where discoveries in science, mathematics, or technology occurred or is happening now. Travel to Munich to see the world's largest science museum, watch Foucault's pendulum swinging in Paris, ponder a descendant of Newton's apple tree at Trinity College, Cambridge, and more. Each site in *The Geek Atlas* focuses on discoveries or inventions, and includes information about the people and the science behind them. Full of interesting photos and illustrations, the book is organized geographically by country (by state within the U.S.), complete with latitudes and longitudes for GPS devices. Destinations include: Bletchley Park in the UK, where the Enigma code was broken The Alan Turing Memorial in Manchester, England The Horn Antenna in New Jersey, where the Big Bang theory was confirmed The National Cryptologic Museum in Fort Meade, Maryland The Trinity Test Site in New Mexico, where the first atomic bomb was exploded The Joint Genome Institute in Walnut Creek, California You won't find tedious, third-rate museums, or a tacky plaque stuck to a wall stating that "Professor X slept here." Every site in this book has real scientific, mathematical, or technological interest - places guaranteed to make every geek's heart pound a little faster. Plan a trip with *The Geek Atlas* and make your own discoveries along the way.

Otaku and the Struggle for Imagination in Japan *Duke University Press*

From computer games to figurines and maid cafes, men called “otaku” develop intense fan relationships with “cute girl” characters from manga, anime, and related media and material in contemporary Japan. While much of the Japanese public considers the forms of character love associated with “otaku” to be weird and perverse, the Japanese government has endeavored to incorporate “otaku” culture into its branding of “Cool Japan.” In *Otaku and the Struggle for Imagination in Japan*, Patrick W. Galbraith explores the conflicting meanings of “otaku” culture and its significance to Japanese popular culture, masculinity, and the nation. Tracing the history of “otaku” and “cute girl” characters from their origins in the 1970s to his recent fieldwork in Akihabara, Tokyo (“the Holy Land of Otaku”), Galbraith contends that the discourse surrounding “otaku” reveals tensions around contested notions of gender, sexuality, and ways of imagining the nation that extend far beyond Japan. At the same time, in their relationships with characters and one another, “otaku” are imagining and creating alternative social worlds.

Japanese Pop Culture: Discovering the Fascinating Japanese Pop Culture - The Land of Manga and Anime *Independently Published*

Japan is an island nation replete with densely populated cities, the power of ancient Imperialism still looming large, thousands of temples and shrines, mountains, volcanoes, samurais and more. For some time, Japan was a powerful empire backed by her military

and industrial strength. Like all things in the world, the empire withered over time and, for various reasons. But that did not stop the country from retaining its powers. The country simply shifted its gaze on the world horizon from military and industrialization to something far more potent than economics and arms; popular culture. Its territorial powers are now evident in almost living room through the television, and in everyone's ears through their headphones. Look at the way icons from popular Japanese culture have invaded the western world. Right from movies to manga to highly entertaining and popular cartoon characters to music to anime; Japanese pop culture has contributed significantly to the world pop culture, especially the western world. And it is not just western kids who are fascinated by the popular culture offered by Japan. Many of the anime series of Japanese pop culture are aimed as much at adults as at children. Gory, violent, and yet gripping, only Japan's creative minds can convert comics or manga written in their language into something that adults would get addicted to. This book traces the history of Japanese pop culture through the following elements: movies, TV shows, anime and manga; and their impact on the Western World.

Nihon Ai Go! Media Entertainment LLC

An animator and author on dolls and Japanese popular culture describes her trip to Japan to visit the place where her favorite dolls are made and to see Kyoto and Tokyo, dress up in costumes, eat at theme restaurants, and shop.