

2017

图书目录



C A T A L O G U E

重点 & 生活



实用  
PRACTICAL

时尚  
FASHIONABLE

HI, CHLIP





为了生活更美好 ▸

国家一级出版社

全国百佳图书出版单位

北京市新闻出版（版权创意成果奖）

十佳版权单位

全国首批数字出版转型示范单位



# 重点推荐

Key Recommendation



## 书名：去美国，玩的就是心跳

Title: Spice Up Your Life In America

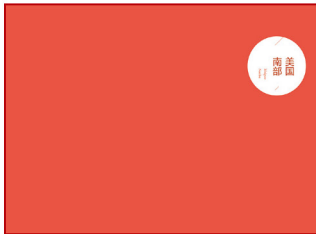


开本：140mm×205mm  
ISBN 978-7-5184-1242-6  
出版日期：2017.6  
作者：牟鹏 著

Book Size: 140mm×205mm  
ISBN: 978-7-5184-1242-6  
Published date: June.2017  
Author: Mu Peng

· 入境美国被关过机场小黑屋；从巴尔港到基韦斯特，领略过美国南北40多度的温差，吃到过正宗的波士顿龙虾，不喜欢猫，却静静地拍了海明威故居的猫；从基韦斯特到洛杉矶，探访过休斯敦宇航中心，在荒凉的大西部有过600英里GPS信号缺失的体验……这是牟鹏在美国的生活。

· The book introduces Mu Peng's exciting life in the United States. He had been shut down in the airport when entering the United States and experienced 40 degrees temperature difference from Bar Harbor to Key West. In addition, the author ate authentic Boston lobster. He didn't like cat, but quietly took a photo of Hemingway's cat. From Key West to Los Angeles, he visited the Houston Space Center and went through 600 miles of GPS signals missing in the west.





## 书名：本草物語

Title: The Unfading Floras: Illustrated Manual of Plants

开本：145mm×210mm

ISBN 978-7-5184-1437-6

出版时间：2017.7

作者：李時珍，[日]岩崎常正

Book Size: 145mm×210mm

ISBN: 978-7-5184-1437-6

Published date: July, 2017

Author: Li Shizhen (Japan) Iwasaki Tsunemasa



## ——《本草物語》——

### ■ 外封



两个朝代，两个国度  
两部经典  
带你跨一场  
穿越时空的本草之旅  
作者  
李時珍 / [日]岩崎常正

### ■ 内封



两款内封  
一花一木  
随机发送  
Random send

### ■ 内页



彩叶插画《锦瑟》

彩叶插画《锦瑟》

· 李时珍之《本草纲目》详于说而略于图，岩崎常正之《本草图谱》专于图而略于说，本书为求珠联璧合，相得益彰，搜采《本草图谱》精丽本草百种，择选四库全书文渊阁本《本草纲目》之文，勒为一部，分别四章，应之四季。全书一物一语，故名《本草物语》。

· *Compendium of Materia Medica* by Li Shizhen introduces in details the narration while *Illustrated Manual of Plants* by Iwasaki Tsunemasa focuses on illustrations rather than narration. To realize a perfect combination of these characteristics, the book combines pictures of hundreds of herbs from *Herbarum vivae* icons and articles from *Complete Library in the Four Branches of Literature Collected in Wen Yuan Ge*. There are four chapters in total, corresponding to the four seasons. The book is named *Illustrated Manual of Plants* in that a plant is followed by an image-based descriptions.

—— “本来如此”系列笔记本 ——

■ 笔记本简介

统一 / 破故 / 合欢 / 独活

它记录着本草里的名称  
也记录着与本草相关的人与故事  
分装对点正和不同人员的本子

统一 / 破故 / 合欢 / 独活

■ 笔记本规格

植染工艺  
与手工搭配  
质感一种对点正之

210mm

145mm

封面为植染手工纸  
带来不一样的触感

压印工艺  
隐约可见精美的本草文字

■ 装帧设计

绘者：王元  
京都人气插画家  
擅长水彩，擅于描摹本草  
画风清新细腻，平沙时静

规格：40mm × 5mm  
线装：255mm  
4校和纸胶带 / 24张清新本草图

内封为250g白卡纸  
素白而细腻

书脊部分  
书脊有布纹，万般万次100° 半推

空自本 / 空一个人的存在  
给你无限无垠的  
书写自由

## 书名：1987我们的红楼梦

Title: Dream of the Red Chamber

开本：260mm×185mm  
ISBN 978-7-5184-1376-8  
出版时间：2017.6  
作者：欧阳奋强 著

Book Size: 260mm×185mm  
ISBN: 978-7-5184-1376-8  
Published date: June.2017  
Author: Ouyang Fengqiang



“中国电视史上的绝妙篇章”  
“不可逾越的荧屏经典”  
再现影视创作中的“工匠精神”

紅樓夢

播出30周年  
精装纪念  
珍藏版



87版“宝哥哥”  
欧阳奋强  
亲自执笔



欧阳奋强

采写了数十位摄制人员，  
讲述该剧筹备拍摄的细枝末节、  
来龙去脉，  
讲述红楼演员的人生故事  
再现影视创作中  
已许久不见的“工匠精神”



装帧精致

锁线裸脊

适合珍藏



1987,  
我们的红楼梦

Dream of the Red Chamber 欧阳奋强 著



· 87版《红楼梦》首播30周年纪念活动官方唯一指定图书。

· 内容全面，披露精华：贾宝玉扮演者欧阳奋强亲自执笔，采写了数十位剧组人员，涵盖几乎所有演职人员，讲述该剧筹备、拍摄的细枝末节、来龙去脉，讲述红楼演员的人生故事，满足你对该剧的敬畏和好奇之心，告诉您之所以成为经典的核心“机密”，全新演绎影视创作中已许久不见的“工匠精神”。

· 图片珍贵，首次公开：《1987,我们的红楼梦》中图片许多来自演员自己的私自珍藏，有很多甚至是首次公开。

· It's the officially designated book of the 30th anniversary of the premiere of the 1987 edition of *A Dream of Red Mansions*.

· Comprehensive and essential

The author Ouyang Fenqiang who played Jia Baoyu in the TV series interviews and writes about over 100 TV crews covering almost all the actors and actresses. It tells the preparation and shooting of the drama in minute detail and life stories of actors and actresses, which can meet your curiosity and reverence for the drama. You are accessible to the secret of the classic and the spirit of craftsman in showbiz creations.

· First publicity of precious pictures

Many pictures in the book come from the collection of the actors and actresses for the first publicity.

### 图片珍贵

书中图片人多来自演员珍藏

有很多都是首次公开，设计师用原照片电分调图，忠实还原“红楼梦”的古典美，再现80年代中国的颜值担当



### 抢鲜试读

1987  
/  
2017



### 内容全面

涵盖几乎所有演职人员

出镜的主演、群奴、丫鬟、婆子、小厮、小孩幕后的导演、配音、配乐、美术、化妆、服装完整讲述每个人的剧组往事，人生历程满足你对该剧的敬畏和好奇之心



## 书名：爱心厨房－Hey，爸爸味儿家常菜

Title: Love Kitchen-Hey, Dad-taste Home Cooking



开本：170mm×240mm  
ISBN 978-7-5184-1189-4  
出版时间：2017.1  
作者：食尚小米 著

Book Size: 170mm×240mm  
ISBN 978-7-5184-1189-4  
Published date: January 2017  
Author: Fashion Xiaomi

· 本书是知名美食达人食尚小米为孩子精心制作的美味家常菜，包括快手早餐、低卡晚餐、周末大餐、美味甜品等，每道菜中还都有配餐方案和小贴士，让一餐的饮食变得丰富多彩，同时提升制作的成功率。为了让家长更快地上手，在书的开头部分还特意安排了厨房必备工具和食材加工方法的内容。漂亮的版面，详细的制作步骤，再配上让人垂涎的图片，做饭也会变成一件超级可爱的事情哦。

· The book is about home cooking elaborately designed by a well-known gourmet called Fashion Xiaomi for his children. It includes ready breakfast, low-calorie dinner, weekend meal, delicious desserts and so on. Each of them has catering schemes and tips. Therefore, a meal becomes rich and colorful, and at the same time, easy to be cooked successfully. In order to make the parents pick up quickly, necessary tools in the kitchen and food processing methods are also particularly described in the beginning of the book. Beautiful layout and the detailed steps of cooking, along with jaw-dropping coveted pictures make cooking a pretty lovely thing.





## 书名：萨巴厨房/主食沙拉

Title: Saba Kitchen/staples & salad



开本: 170mm×240mm  
ISBN 978-7-5184-1404-8  
出版时间: 2017.6  
作者: 萨巴蒂娜 主编

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1404-8  
Published date: June, 2017  
Author: (Editor) Saba Tina

· 既是沙拉又是主食，制作起来简单快捷，美味可口，又最大程度地保留了营养元素，符合低脂、低热量的健康饮食要求，是现代都市人群追求的新的饮食时尚。本书收录了100余种主食沙拉的做法，步骤详尽，一步一图，选材家常合理，适合家庭操作，让你轻轻松松搞定一餐。

· Both salad and staple food, it is simple and quick to cook with delicious taste. Retaining nutrients to the greatest extent and conforming to the requirements of the low fat and calories are a new diet fashion followed by modern urbanite. It includes more than a hundred methods of making staple food salad with detailed steps. One step with one corresponding picture, reasonably selected material are suitable for family operation. You can easily cook a meal with the help of the book.

## 书名：轻松上手的烤箱美食

Title: Easily Accessible Oven Cate



开本：170mm×240mm  
ISBN 978-7-5184-1316-4  
出版时间：2017.5  
作者：甘智荣 主编

Book Size: 170mm×240mm  
ISBN 978-7-5184-1316-4  
Published date: May, 2017  
Author: Gan Zhirong

• 炎炎夏日不想进酷热的厨房做菜，烤箱绝对是你的救星。忙碌职业妇女的好帮手，烤箱可以快速加道菜，从牛肉干、爆米花等街头小吃，到普罗旺斯炖菜、米其林三星牛排、芝士焗饭、披萨等星级餐厅菜，本书应有尽有。

• 烤箱只能做烘焙和西餐吗？NO！嘎嘣脆的水果干、剩饭剩菜做的芝士焗饭、香喷喷的糖烤栗子、嫩滑的豆腐蛋糕、实用又美观的吐司杯、接地气的烤红薯、中式烤酿香菇、鲜掉眉毛的烤海鲜，零食、菜肴、主食，只有你想不到，没有你做不到。书中还分享了烹调秘诀，即使是厨房新手也能轻松地加以灵活运用。

• In the hot summer, if you do not want to enter the hot kitchen, oven is definitely your savior. For busy professional women, the oven is a good helper and can quickly add the dishes from beef jerky, popcorn and other street snacks to Provence stew, Michelin star steak, cheese baked rice, pizza and other star restaurant dishes, and this book contains everything.

• Can the oven be used for baked food or western-style food only? NO! It can be used to make crisply dried fruit, the cheese baked rice with leftovers, fragrant sugar roasted chestnuts, tender tofu cake, practical and beautiful toast cup, roasted sweet potato, Chinese roasted mushrooms, fresh Eating eyebrows of roasted seafood, snacks, dishes, staple food and so on. You can do whatever you want. The book also shares the cooking tips, even the kitchen novice can easily use it flexibly.

## 书名：大师绝味经典渝菜

Title: Yummy and Classic Chongqing Cuisine

开本：170mm×240mm  
ISBN：978-7-5184-1439-0  
出版时间：2017.8  
作者：潘恋 主编

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1439-0  
Published date: August 2017  
Author: (Editor) Pan Lian

· 这不仅仅是一本给“吃货”的渝菜工具书！书中100余道绝味经典渝菜，每道菜至少传授2条烹饪秘笈，易懂易学。200余条烹饪秘技大法，每一步的说明文字都详细生动，不经意间展示了渝菜之灵魂。300余幅美食图片，令人垂涎欲滴，每张图都更加精致写实地诠释了文字。

· This is more than a cookbook of Chongqing cuisine for foodies. Easy to understand and learn, it covers over 100 classic Chongqing dishes with at least two cooking tips on each dish. Every step of over 200 pieces of cooking tips is detailed and vividly reveals the soul of Chongqing cuisine. More than 300 pieces of pictures make food more appetizing which exquisitely and realistically interprets the text.



## 书名：好吃又好玩的芽苗菜

Title: Tasty and Funny Sprouts

开本：170mm×240mm  
ISBN 978-7-5184-1315-7  
出版时间：2017.6  
作者：艺美生活 编著

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1315-7  
Published date: June.2017  
Author: Art Life

· 本书主要讲述了如何种植不同的芽苗菜，以及不同季节适宜种植的芽苗菜种类，包括芽苗菜的历史和现状、定义和分类、种植所需的工具、芽苗菜种植管理等；还讲述了利用家中各种闲置物品种植芽苗菜，既好看又实用。最后一章根据不同的芽苗菜给出了相应的菜谱。

· 全书文字通俗易懂，实用性与可操作性强，适合广大芽苗菜爱好者。

· This book mainly tells us how to grow different sprouts and what kinds of sprouts should be planted in different seasons. It introduces the history, current status of sprout, the definition, classification, tools and management of sprout. In addition, it also tells how to plant beautiful sprouts with unused items at home. The last chapter offers corresponding recipe based on different sprouts.

· Easy to understand with strong practicability and operability, the book meets the demand of sprout lovers.



## 书名：纯天然手作冰淇淋

Title: Handmade Ice Cream



开本：170mm×240mm  
ISBN 978-7-5184-1455-0  
出版时间：2017.7  
作者：郑颖 主编

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1455-0  
Published date: July 2017  
Author: (Editor) Zheng Ying



## 书名：纯天然手作冰沙

Title: Handmade Sorbet



开本：170mm×240mm  
ISBN 978-7-5184-1459-8  
出版时间：2017.7  
作者：郑颖 主编

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1459-8  
Published date: July 2017  
Author: (Editor) Zheng Ying



## 书名：纯天然手作果酱

Title: Handmade Jam



开本：170mm×240mm  
ISBN 978-7-5184-1440-6  
出版时间：2017.7  
作者：MIKI 主编

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1440-6  
Published date: July 2017  
Author: (Editor) MIKI





· 炎炎夏日，怎么少得了清凉冰淇淋的陪伴。但市售冰淇淋热量高，又有添加剂，有些甚至还存在卫生隐患。因此，不如自己动手在家做健康又美味的冰淇淋。

· 本书不仅介绍各种冰淇淋的原材料、点缀冰淇淋的果酱和坚果以及冰淇淋的摆盘方式，还教你无需用冰淇淋机，运用简单的工具就能制作出美味冰淇淋。书中介绍的冰淇淋配方丰富多样，包括基本款冰淇淋、意式冰淇淋、果蔬冰淇淋、多彩雪芭，还有各种变化延伸的冰淇淋甜点吃法，让你吃出不一样的清凉美味。

· People can't spend hot summer without the company of cool ice cream. But ice cream on sale is high of calories and additives, and even causes health problems. So why not make healthy and delicious ice cream at home?

· This book not only introduces the raw materials of all kinds of ice cream, jams, nuts and plate presentations, but teaches you how make delicious ice cream without ice cream machine. There are a variety of ice cream recipe, such as the basic model, Italian ice cream, fruit ice cream, and colorful Sorbetto, along with all kinds of ice cream dessert to make you enjoy a special cool summer.



· 冰沙香甜清凉的口感不但是大人小孩共同的喜爱，也是冰箱中消暑度夏的完美冰品。但市售的冰沙不仅高脂肪、高热量，还含有人工香精、防腐剂等添加物。本书教你利用纯天然的蔬菜、水果，制作出各式各样的美味冰沙。纯手工、纯天然，让您做得轻松，吃得开心，享受健康无负担的美味冰沙。

· The sweet and refreshing smoothie is popular with children. Furthermore, it's a perfect ice products in the summer. However, smoothie on sale is not only high of fat and calories, but also contains additives such as artificial and preservatives. This book teaches you how to use natural vegetables and fruits to make a variety of delicious smoothies. Purely handmade smoothies is easy to make, so you can enjoy the healthy and delicious ice sand without any burden.



· 果酱是保留水果风味的不错方式，家庭手作果酱以其美味、健康和无添加的特点，受到越来越多家庭的青睐。本书共收录55款人气果酱配方，从单品果酱、双种果酱，到加入香料、花草等的复合果酱，凝聚了果酱达人多年的实践经验，还总结了如何挑选水果、如何调味、如何保存果酱等实用知识。此外，本书还列举了一些果酱的搭配吃法，让读者有更多搭配选择。按照本书的方法制作果酱，不仅简单方便，而且滋味绝佳，轻轻松松就能为家中的餐桌增添生趣。

· Jam, as a sound way to preserve fruits, is becoming more and more popular in that it's delicious and healthy without additive. The book contains 55 popular jam recipes from single fruit jam and two fruits jam to mixed jam with spices and flowers. It is a collection of jam talents' experience with practical tips of fruit selection, flavor and preservation. In addition, it provides more choices of jam match eating. According to the method in the book, you can make fantastic jam in a simple and convenient way and easily make atmosphere of the dining table interesting at home.



## 书名：图解食雕造型制作技艺

Title: Charting The Craftsmanship Of The Food Carving Models



开本：210mm×285mm  
ISBN 978-7-5019-8406-0  
出版时间：2017.4  
作者：许君 主编

Book Size: 210mm×285mm  
ISBN: 978-7-5019-8406-0  
Published date: April.2017  
Author: Xu Jun

· 本书从最基础的花类到复杂的猛禽、猛兽类，都设计了独立的造型，同时对每个作品的结构、细节以及制作手法都制作了大量的详细步骤，由简入深，循序渐进。为了让作品有更加逼真的效果，作者对部分作品进行了上色处理，同时也为了让作品更具独立性，本书大胆地改变了作品的组装方式。对于大型的作品，本书对局部处理更是做了详细的讲解。

· 本书结构清晰，循序渐进，内容全面且丰富实用，可作为烹饪院校及食品雕刻专业培训机构的教材使用。

· The book designs independent models from the most basic flowers to complicated birds of prey and beasts of prey. At the same time, it progressively provides a great deal of particular procedures for every work's structure, details and production methods. In order to make the works more realistic, the author has colored some works. Moreover, this book boldly changes the assembly way of works to make them more independent. And as for large works, this book explains the local processing quite detailly. With an explicit structure and rich, comprehensive, progressive content, this book can be used as a textbook in culinary colleges and food carving training institutions.

## 书名：真吃对了，病就少了

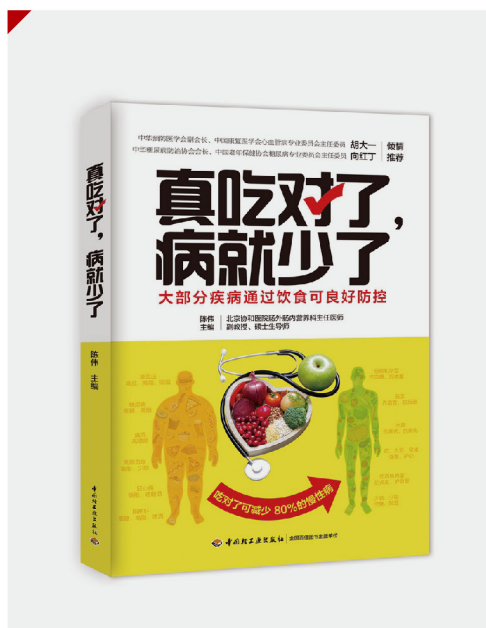
Title: Eating Right Foods Ends in Less Diseases

开本：170mm×240mm  
ISBN 978-7-5184-0738-5  
出版时间：2017.5  
作者：陈伟 主编

Book Size: 170mm×240mm  
ISBN 978-7-5184-0738-5  
Published date: May.2017  
Author: Chen Wei

· 结合我国居民营养缺乏和营养过剩并存、慢性病高发的健康现状，以《中国居民膳食指南（2016）》为核心，指导大众改善健康、合理饮食。介绍了不同种类食物的健康饮食技巧，以及人体必需的关键营养素如何科学摄取，科学的饮食习惯如何建立，还介绍了一日三餐怎么吃、不同慢性病的饮食调理。让没病的人防病，让已病的人控制疾病。

· Combined with the current situation where our country's residents are facing the coexistence of nutrition deficiency and overnutrition and high incidence of chronic diseases, the book aims to guide the public to improve healthy level and have a balanced diet based on the *Chinese Residents' Dietary Guidelines (2016)*. The book introduces the healthy eating skills of different kinds of food as well as how to take in the essential nutrients scientifically and how to set up scientific diet habit. Meanwhile, it also presents how to eat three meals a day and how to coordinate the diet of different chronic diseases, let people who have no disease prevent from diseases and people who have diseases bring the diseases under control.



## 书名：漫谈双心医学

Title: Chitchat of Psycho-Cardiology

开本：170mm×240mm  
ISBN：978-7-5184-1416-1  
出版时间：2017.8  
作者：胡大一 主编

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1416-1  
Published date: August 2017  
Author: (Editor) Shu Dayi

· 这是一部全面介绍双心医学观念的科普读物。“双心医学”指医生看病不光要关注心血管有没有器质性病变，同时要关注患者的精神心理问题，注意患者有没有焦虑、抑郁，注意患者的睡眠情况。该书重点提出“精神心理障碍是心血管疾病的独立危险因素”，并通过10大临床医案详细阐释“双心”的奥义，另针对常见精神疾病给出详细识别干预及治疗的方案。旨在为全民心脏健康鼓与呼，构建心血管疾病的全面防线。

· This is a popular science book to overall introduce the concept of Psycho-Cardiology. Psycho-Cardiology means that doctors should not only pay attention to cardiovascular organic changes, but to the psychological problems of patients, such as anxiety, depression, and sleeping situation. The author puts forward the argument that mental disorder is an independent risk factor for cardiovascular disease, and further explains the connotation of Psycho-Cardiology by analyzing 10 clinical medical cases. Furthermore, it provides intervention and treatment for common mental disorders aiming at arousing people's care for heart health and constructing the overall defence of cardiovascular disease.





## 书名：养生堂《黄帝内经》养肾速查全书

Title: A Quick Query Book of Yang Shentang for nourishing kidneys in *The Canon of Internal Medicine*



开本：170mm×240mm  
ISBN 978-7-5184-1391-1  
出版时间：2017.6  
作者：高思华 主编

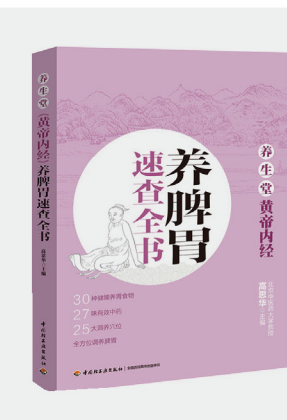
Book Size: 170mm×240mm  
ISBN: 978-7-5184-1391-1  
Published date: June.2017  
Author: Gao Sihua

· 肾被称为“先天之本”，封藏着人体的“先天之精”与“后天之精”。而“精”关系着人的生长、发育、壮盛的全过程。所以说养生必先养肾。本书立足《黄帝内经》，在将养肾知识讲细讲透的基础上，介绍了饮食、运动、起居、经络穴位等养肾方法，针对不同人群、不同季节，制定科学的养肾方案，从根本上呵护健康，并提供了治疗或缓解全身与肾相关的病症的养肾方法。

· The kidney, also called the congenital foundation, hides the innate essence and acquired essence of the human body. Essence is in connection with the whole process of human growth, development and prosperity, so the first step of preserving health is to nourish kidneys. Based on the knowledge of kidneys in *The Canon of Internal Medicine*, the book introduces the methods of raising kidneys in the aspect of diet, exercise, daily life, meridians and acupoints. According to different health conditions and seasons, it provides scientific plans of kidney nourishment to keep healthy and methods of treating or relieving diseases related to kidneys.

## 书名：养生堂《黄帝内经》养脾胃速查全书

Title: A Quick Query Book of Yang Shentang for nourishing spleen and stomach in *The Canon of Internal Medicine*



开本：170mm×240mm  
ISBN 978-7-5184-1372-0  
出版时间：2017.6  
作者：高思华 主编

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1372-0  
Published date: June.2017  
Author: Gao Sihua

· “脾胃者，仓廪之官，五味出焉。”对于身体来说，脾胃健康，才能为人体各组织器官提供必要的物质及能量。可以说，脾胃就是人生存的根本，正常的脾胃功能守护着人的生命健康。本书以《黄帝内经》为指导，深入浅出地分析了脾胃与人体、养生的相互关系。对各种脾胃问题给出了极易操作的调理方案，从饮食到中药，从经络再到情绪、运动，内容无所不包。一书在手，无论哪种脾胃问题，保证你能找到最想要的调理解决方法。

· *The Canon of Internal Medicine* records that spleen and stomach absorb food and digest them. They are responsible for the digestion, absorption and transportation of nutrients. Healthy spleen and stomach can provide necessary materials and energy for the tissues and organs of the human body. It can be said that healthy spleen and stomach, the essence of human living, protect people's lives and health. Under the guidance of *The Canon of Internal Medicine*, the book explains profound theories in simple language and analyzes the relationship between the spleen and stomach and the body and health. It provides user-friendly scheme for various problems on spleen and stomach, including diet, traditional Chinese medicine, meridian, emotion control and exercise. No matter what kinds of spleen and stomach problems you have, an ideal solution can be found in the book.

## 书名：养生堂《黄帝内经》养肺速查全书

Title: A Quick Query Book of Yang Shentang for nourishing lungs in *The Canon of Internal Medicine*



开本：170mm×240mm  
ISBN 978-7-5184-1348-5  
出版时间：2017.6  
作者：高思华 主编

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1348-5  
Published date: June.2017  
Author: [Editor] Gao Sihua

· 人活一口气，气血通畅，健康才能得以维持，养肺就是养气。本书以《黄帝内经》为纲，系统阐述了肺的作用、造成肺虚的各种原因，以及相应的调理方法。从饮食、经络、运动、起居等方面，为不同的人群、不同的疾病列出了相对应的调养方案。尤其突出了速查的特点，常见的各种与肺相关的问题，都能迅速从本书中找到解决方法。

· As people live in one breath and smooth Qi and blood maintain health, nourishing lungs is to nourishing Qi. Under the guidance of *The Canon of Internal Medicine*, it systematically elaborates the function of lungs, reasons of causing lung deficiency and corresponding conditioning methods. Furthermore, it gives conditioning schedule on different diseases for different body mass from diet, meridian, daily lives and exercise. The solutions to common problems related to lungs can be quickly found in the book.



## 书名：养生堂《黄帝内经》养肝速查全书

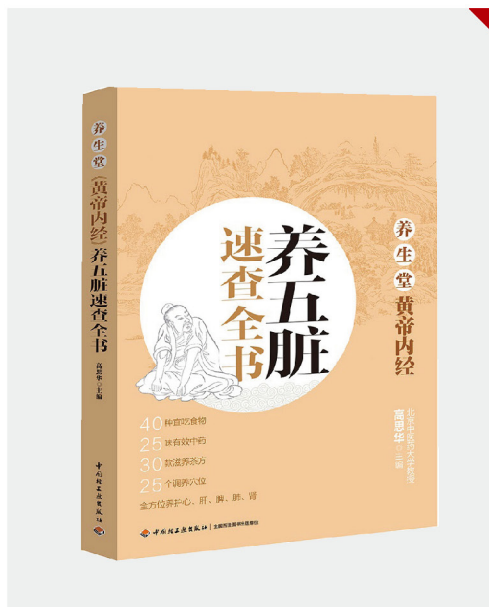
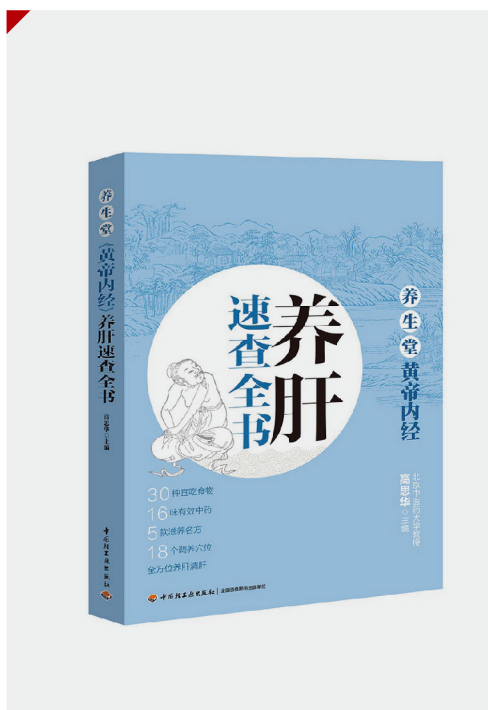
Title: A Quick Query Book of Yang Shentang for nourishing liver in *The Canon of Internal Medicine*

开本：170mm×240mm  
ISBN 978-7-5184-1383-6  
出版时间：2017.6  
作者：高思华 主编

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1383-6  
Published date: June, 2017  
Author: (Editor) Gao Sihua

· 养肝就是养气血，气血足，百病不侵。养好肝，机体才能正常工作。本书以《黄帝内经》为指导，详细介绍了肝脏的作用，肝脏出问题的几种信号，容易伤肝的多种情况。并根据季节、作息、饮食等方面，针对不同的人群和疾病，分别提供了相应的调养方案，包括中药、经络和运动调理，全面做到养肝清肝。尤其突出了速查的特点，常见的各种与肝脏相关的问题，都能迅速从本书中找到解决方法。

· Nourishing liver is to raise Qi and blood. Sufficient Qi and blood help enhance immunity. Therefore, healthy liver contributes to support the normal work of the body. Under the guidance of *The Canon of Internal Medicine*, it introduces detailed functions of the liver, some signals of liver problems and situations that causes liver damage. According to the season, normal routine, diet and other aspects, it provides corresponding conditioning schedules on different diseases for different people, including Chinese traditional medicine, meridians and exercise. The solutions to common problems related to liver can be quickly found in the book.



## 书名：养生堂《黄帝内经》养五脏速查全书

Title: A Quick Query Book of Yang Shentang for nourishing the five internal organs in *The Canon of Internal Medicine*

开本：170mm×240mm  
ISBN 978-7-5184-1390-4  
出版时间：2017.6  
作者：高思华 主编

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1390-4  
Published date: June, 2017  
Author: (Editor) Gao Sihua

· 本书分为上下两篇，上篇围绕内养与顺天应时养生展开，为你揭示五脏的功能特点，揭开五脏的养生密码，告诉你怎样顺应天时来养生。下篇则从养心、养肝、养脾、养肺、养肾分别展开，告诉你养生需要避免的一些生活方式，以及如何通过情志、饮食、经络、运动来保养五脏，并针对每一脏常见的疾病给出了调养的方法。

· The book is divided into two parts. Part I focuses on innate nourishment and health preserving in accordant with the rhythm of nature to reveal the features of the five internal organs, and tells you how to keep healthy by conforming to the nature. Part II informs readers of some misconceptions of lifestyle in the aspect of nourishing heart, liver, spleen, lungs and kidneys, and provides conditioning methods of treating related illness through emotion, diet, meridians and exercise

## 书名：宝宝不咳嗽呼吸畅

Title: Easy Breath without coughing for Baby



开本: 190mm×210mm  
ISBN: 978-7-5184-1347-8  
出版时间: 2017.7  
作者: 梁芙蓉 主编

· 本书将宝宝常见呼吸道疾病, 包括发热、咳嗽、感冒、反复呼吸道感染、肺炎、支气管炎、支气管哮喘、鼻炎、咽喉炎, 对每种病先从病因上进行细致而科学的分析, 再从饮食、非处方用药、日常生活、推拿按摩、预防、护理等方面对症调养, 提出建设性意见及科学性指导, 使家长避开常见误区, 省心、放心、安心地陪伴孩子健康成长。

Book Size: 190mm×210mm  
ISBN: 978-7-5184-1347-8  
Published date: July, 2017  
Author: (Editor) Liang Furong

· The book analyzes in a scientific and elaborative way the causes of common respiratory disease in the children, such as fever, cough, cold, recurrent respiratory tract infections, pneumonia, bronchitis and etc. It also offers corresponding constructive suggestion for parents from the aspect of diet, over-the-counter drugs, daily life, massage, prevention and care to avoid common mistakes and help babies grow up healthy and sound.

## 书名：宝宝不过敏烦恼少

Title: Happy for Children without Allergy



开本: 190mm×210mm  
ISBN: 978-7-5184-1319-5  
出版时间: 2017.5  
作者: 梁芙蓉 主编

· 本书是一本全方位讲透小儿过敏的书, 不仅从各个方面的过敏原入手预防, 还进行了皮肤过敏、肠道过敏、消化道过敏等专业分类, 详细介绍了20种过敏症状的预防和治疗。通过对数十万患儿的案例分析, 总结 20余年临床经验。

Book Size: 190mm×210mm  
ISBN: 978-7-5184-1319-5  
Published date: May, 2017  
Author: (Editor) Liang Furong

· This book is about all-round children allergy, including allergen prevention from all aspects and prevention and treatment of 20 kinds of allergies such as skin allergy, irritable bowel, digestive tract allergy and others. It records over 20 years clinical experience based on the case study on Hundreds of thousands of children patients.

## 书名：宝宝不拉肚便秘

Title: Happy for Children without Diarrhea and Constipation



开本: 190mm×210mm  
ISBN: 978-7-5184-1359-1  
出版时间: 2017.7  
作者: 毛凤星 主编

· 《宝宝不拉肚便秘》详细介绍宝宝不同年龄肠胃疾病的原因, 且根据不同病程给出相应的预防、调理方法, 让宝宝健康成长。搭配一些形象、轻松的插画, 让家长一看就明白什么原因导致的宝宝肠胃疾病, 该如何预防和调理, 是本书的一大特色。

Book Size: 190mm×210mm  
ISBN: 978-7-5184-1359-1  
Published date: July, 2017  
Author: (Editor) Mao Fengxing

· The book introduces the causes of the children gastrointestinal problems in detail and provides methods of prevention and treatment to keep children healthy. The book is featured by vivid and simple illustrations that help parents easily figure out the reason of children gastrointestinal problems and methods of prevention and conditioning.

## 书名：一点茶识

Title: About Tea



开本：170mm×240mm  
ISBN 978-7-5184-1411-6  
出版时间：2017.6  
作者：郑春英 主编

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1411-6  
Published date: June, 2017  
Author: (Editor) Zheng Chunying

- 这是一本集茶的专业知识与生活感悟于一体的茶书，作者将自己数十年的问茶所学和体悟浓缩于这二十万字的笔墨之中，内容涉及水、水温、茶水比例、茶器、不同茶叶的介绍、茶的故事传说等，让读者快速掌握茶的真谛：选一款适合泡茶的水很重要，用对手边的水也能泡出好茶味；不同的茶适用的水温有差异，掌握好温度方能释放茶香；恰当的茶水比例、合理的冲泡时间，决定茶的独特口感；茶器，赋予茶以灵魂，茶席，带给茶以意境。
- 一本书让读者迅速明白茶、把握茶的本质；融入了丰富人生阅历的哲思性语言，让读者在识茶、品茶之余，多了分耐人寻味的思考和感悟。

• The author summarizes years of professional knowledge of tea and his thoughts and ideas the book of 200,000 words. The book introduces water, water temperature, the ratio of tea leaves to water, tea set, tea leaves and legendary of tea to help readers grasp the essence of tea. It's important to select water and use it in a correct way. Different teas require different water temperature, so taking a good control of water temperature can release the natural aroma of tea. The special taste of tea is decided by proper ratio of water to tea leaves and brewing time. Tea set endows tea with soul while tea ceremony site brings about artistic conception.

• The book helps the readers quickly understand the nature of tea, and its philosophical language based on the author's experience of life stir up their intriguing thoughts and sentiment.







## 书名：吃好主食身体好

Title: Good Staples For Good Health



开本：170mm×240mm  
ISBN 978-7-5184-1160-3  
出版时间：2017.1  
作者：杨力 主编  
Book Size: 170mm×240mm  
ISBN: 978-7-5184-1160-3  
Published date: January, 2017  
Author: Yang Li

· 一日三餐，主食是最不可或缺的，怎样吃主食才能养好身体呢？《吃好主食身体好》分花样面食、醇香米食、特色主食、特效养生主食四篇，介绍了米饭、粥、馒头、花卷、饺子、包子、饼、面条等多种经典主食和特色主食的详细做法，加入了养生功效、爱心提醒等，教您轻松做出营养美味的主食，让您轻松吃好主食，吃出健康！

· It is indispensable for us to have staples among three meals every day, so how to eat staples to keep healthy? The book is divided into four parts: pasta of various types, mellow rice, characteristic staples and special healthy food. It introduces the detailed practices of how to make rice, porridge, steamed buns, steamed rolls, dumplings, steamed stuffed buns, pastry, noodles and other classic staples with the function of keeping healthy and warm reminding. It aims to teach you how to make nutritious food easily, and make it easy for you to enjoy staples to keep in good health!

## 书名：喝对粥膳更养人

Title: Good Porridge for a Better Body



开本：170mm×240mm  
ISBN 978-7-5019-8628-6  
出版时间：2017.1  
作者：杨力 主编  
Book Size: 170mm×240mm  
ISBN: 978-7-5019-8628-6  
Published date: January, 2017  
Author: Yang Li

· 粥不仅可以饱腹，提高食欲，补充人体需要的水分，如果适当搭配食材或药膳，还可以治病强身，延年益寿。煮粥，可以有多种变化：将五谷搭配蔬菜、水果、肉类、海鲜、干果等做成粥膳，有很好的食疗效果。

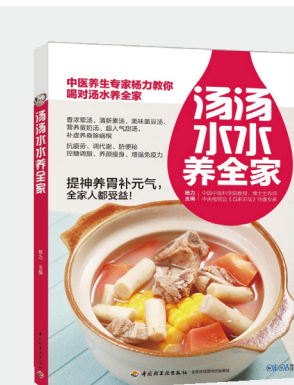
· 本书从最家常的大米粥、小米粥讲起，菜粥、肉粥、海鲜粥、水果粥、地方粥、私房粥、粥店招牌粥、滋养五脏粥、疾病调养粥……都有所涉及。本书不仅详细介绍了粥的配料及做法，也对粥的养生功效进行了阐释，使您吃得美味、健康又放心。

· Porridge can not only fill you up, improve your appetite and supply enough water for the body but also can cure physical diseases and strengthen the body, and prolong life if properly collocated with ingredients or medicinal food. Porridge can be cooked in a variety of ways. Collocated with the grain, vegetables, fruits, meat, seafood, dried fruit, and etc, it will have a good effect on diet therapy.

· The book begins with two most common types: rice porridge and millet congee, and then follows many other kinds: vegetable porridge, meat porridge, seafood porridge, fruit porridge, local porridge, home-style congee, special porridge in the porridge shop, porridge that can nourish the five internal organs, disease aftercare porridge and so on. This book not only introduces the porridge ingredients and its practices, but also shows the porridge's function of keeping good health, which allows you to have delicious, healthy and reassuring meals.

## 书名：汤汤水水养全家

Title: Soups Raise for the Whole Familyr Body



开本：170mm×240mm  
ISBN 978-7-5184-1159-7  
出版时间：2017.1  
作者：杨力 主编  
Book Size: 170mm×240mm  
ISBN: 978-7-5184-1159-7  
Published date: January, 2017  
Author: Yang Li

· 煲汤作为最有家庭感的暖胃美食，煲出来的不仅是一碗热汤，同时还有亲情的传递。《汤汤水水养全家》根据不同人群，呈现出200多道简单易学、养生滋补的煲汤盛宴。无论快汤、慢汤，每道汤都给出了营养功效解说、特别提醒、不宜人群、推荐锅具等，实用性、方便性更强。并且还特别设置了特色汤篇，介绍一些特别的汤。此外，还有一些喝汤的讲究和误区温馨提醒大家。

· As the most domestic warm-stomach food, the soup cooked is not only a bowl of hot soup, but along with the domestic affection. According to the different age groups, the book presents more than 200 tonic soup feasts that are easy to learn. Both fast soup and slow soup are offered with nutritional efficacy explanation, special reminders, unfavorable crowd, recommended POTS, and etc. So it is of great use and much convenience. Moreover, it also set up a part for special soup, introducing some particular soup. In addition, warm reminders with some knowledge about drinking soup and misconceptions are attached to it.

萨巴厨房 / Saba Kitchen

## 书名：好吃懒做家常菜

Title: Time-saving Home cooking



开本：170mm×240mm  
ISBN 978-7-5184-1154-2  
出版时间：2017.1  
作者：萨巴蒂娜 主编

· 专为工作忙碌又注重美食细节的“生活家”打造150余道快手懒人菜谱，快捷、简单却美味不减。内容包括猪肉、鸡鸭牛羊肉、海河鲜、鸡蛋豆腐、蔬菜、主食、汤羹粥七个章节。每道菜都有8张步骤图呈现正宗做法，一步一图，让读者能够根据菜谱切实可行地做出来，帮助在外奔忙一天的人们，重新找回味蕾上最熟悉、最惬意的感觉。

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1154-2  
Published date: Jan.2017  
Author: Saba Tina

· The book is designed for those who are busy but pay attention to food-cooking details. It includes more than 150 types of time-saving recipes which are convenient and easy to follow and tasty at the same time .It covers seven chapters: pork, chicken, duck, beef and mutton, seafood , eggs and tofu, vegetables, food, soup and porridge. There are eight flow diagrams for each dish presenting authentic practices, one picture for one step. Following the steps of the recipes, readers are able to cook what they want. Therefore, it can help the people working outside all day to rediscover the most familiar and memorable feelings of tasting food.

萨巴厨房 / Saba Kitchen

## 书名：烘焙情书

Title: A Love Letter for Baking



开本：170mm×240mm  
ISBN 978-7-5184-1131-3  
出版时间：2017.1  
作者：萨巴蒂娜 主编

· 萨巴厨房的用心之作：每款烘焙菜谱都色香味俱全、精致美观，让您爱不释手。每一款作品都附有制作过程的示范图片，并配有详细的文字说明。每款烘焙配方都是作者经多次实验获得的，还提供作者用心记录的制作心得和经验分享。一步一图，超详尽的分解步骤图示，幸福烘焙配方大公开！别犹豫，别怀疑，新手只要跟着做，就可以一步一步学会烘焙的入门技术，享受制作烘焙甜点的乐趣与成就感。

Book Size: 170mm×240mm  
ISBN 978-7-5184-1131-3  
Published date: Jan.2017  
Author: Saba Tina

· Distinguished works from Saba kitchen: All of the kinds of baking recipes are so attractive with great look, aroma and taste that you can hardly tear yourselves away from them. The demonstration pictures of cooking process with detailed description are attached to each work. Every baking recipe is obtained by repeated experiments, and cooking feelings and experience recorded by the author are also shared. One figure for one step and detailed decomposition step pictures--the baking recipes are exposed. Don't hesitate or doubt. As long as you follow it, even you are a novice, you can still learn the basic baking technology step by step and enjoy the pleasure and the sense of achievement while baking cakes.

萨巴厨房 / Saba Kitchen

## 书名：像女王一样吃早餐

Title: Having Breakfast Like the Queen



开本：170mm×240mm  
ISBN 978-7-5184-1191-7  
出版时间：2017.1  
作者：萨巴蒂娜 主编

· 吃好一顿早餐，才能有精力充沛的一天。所以我们主张早餐要吃得像女王一样，丰富，精致，荤素搭配，营养全面。萨巴厨房精心制作了100多道花样繁多的早餐，横贯中西，制作方便快捷，好吃又好看，让您在快节奏的生活中也能享受美味的早餐；同时本书用精美的图片、时尚大方的版式，为您带来不一样的视觉体验。

Book Size: 170mm×240mm  
ISBN 978-7-5184-1191-7  
Published date: Jan.2017  
Author: Saba Tina

· Having a good breakfast earns you an energetic day. So we are recommended to have breakfast like the queen, namely to eat rich, delicate and nutritious breakfast with balance portion of vegetables and meat. Saba kitchen elaborately makes more than 100 types of breakfast from both China and western countries. They are delicious and good-looking, and convenient for those who are in the fast-paced life to enjoy the delicious breakfast. Meanwhile, the book brings you a different visual experience with delicate pictures and fashionable formats.

开本: 170mm×240mm  
ISBN 978-7-5184-1210-5  
出版时间: 2017.4  
作者: 萨巴蒂娜 主编

· 知名美食图书作者萨巴老师教你做营养晚餐, 包含肉食、海鲜、时蔬、主食、小菜、汤煲等100余道家常菜, 每道菜均经过精挑细选, 既家常易做、美味好吃, 又营养丰富、搭配合理, 每道菜均有详尽的步骤图和细致贴心的烹饪窍门讲解, 让每个主妇都可以烹饪出美好而健康的生活味道, 让家人感受到无限温暖与甜蜜。

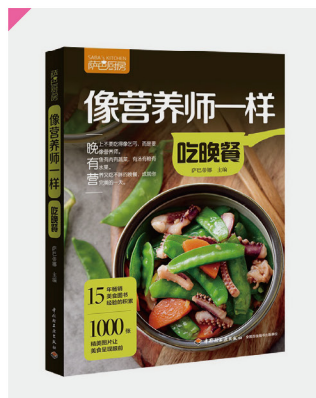
Book Size: 170mm×240mm  
ISBN 978-7-5184-1210-5  
Published date: March.2017  
Author: Saba Tina

· Saba, a well-known writer of food books, teaches you to make a nutritive dinner. There are more than one hundred homely dishes in this book: meat, seafood, green vegetable, staples, dishes, soup and so on. Selected elaborately, every dish is easy to be cooked, nutritive, reasonably collocated and tastes delicious. It also provides detailed steps and considerate cooking tips, which makes every housewife able to cook good and healthy foods and bring the family infinite warmth and sweet.

萨巴厨房 / Saba Kitchen

## 书名: 像营养师一样吃晚餐

Title: Saba Kitchen: Having Dinner Like A Nutritionist



开本: 170mm×240mm  
ISBN 978-7-5184-1353-9  
出版时间: 2017.5  
作者: 萨巴蒂娜 主编

· 一本真正教会你煲粥的书。煲粥大家都会做, 但想煲得营养美味又花样繁多却并不容易。五谷杂粮粥、肉粥、海鲜粥、蔬菜粥、花果粥、养生粥……每一道粥品均有详尽步骤图, 教你一次做成功。温热、顺滑、暖胃、养身, 一碗清粥, 一口小菜, 简简单单, 构成生活初始的味道。

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1353-9  
Published date: May.2017  
Author: Saba Tina

· A book teaches you how to cook porridge indeed. Everyone knows how to cook porridge, but it is not easy to cook various porridges with rich nutrition and delicious taste. There are grain porridge, meat porridge, seafood porridge, vegetables, porridge, fruit porridge, nutritious porridge and so on. There are detailed steps of each porridge. You can do it right the first time. A bowl of warm and tasty porridge contributes to warming the stomach and raising body, and a bite of small dish constitute the flavor of the original life.

萨巴厨房 / Saba Kitchen

## 书名: 一碗好粥

Title: Saba Kitchen: A bowl of delicious porridge



开本: 170mm×240mm  
ISBN 978-7-5184-1362-1  
出版时间: 2017.5  
作者: 萨巴蒂娜 主编

· 本书囊括了骨汤、肉汤、河海鲜汤、禽类靓汤、快手生滚汤、下饭汤菜六个品类100余种汤煲, 每道汤均有详尽的步骤图, 烹饪秘笈和营养贴士更是给予了读者贴心的指导。煲一碗好汤, 品美食真味, 和亲爱的人一起, 享受温暖而单纯的幸福。

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1362-1  
Published date: May.2017  
Author: Saba

· This book covers six categories of more than one hundred kinds of soup, including bone soup, broth, seafood soup, poultry soup, fast soup, vegetable soup. Processing pictures, cooking tips and nutrition tips of every soup is to better guide the readers. Cook a bowl of healthy soup, taste the delicious food with those you loved is a pure and warm happiness.

萨巴厨房 / Saba Kitchen

## 书名: 一煲好汤

Title: Saba Kitchen: A bowl of healthy soup





## 书名：零基础学烘焙

Title: Tips for beginners to bake

开本: 170mm×240mm  
ISBN 978-7-5184-1358-4  
出版时间: 2017.6  
作者: 樊小凡 主编

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1358-4  
Published date: June.2017  
Author: [Editor] Fan Xiaofan



· 几乎没有人能抗拒甜点带来的幸福感受，而在家亲自制作烘焙甜点，更是让生活变得富有趣味。然而，眼花缭乱的烘焙工具、复杂的烘焙过程、一步不到位就可能导致失败……这成为不少烘焙新手的噩梦。

· 本书特为烘焙新手量身打造，从烘焙的基础知识开始，到经典烘焙食谱的介绍，超详细的步骤指导，制作要点的——详解，让烘焙新手轻松晋升为烘焙达人。

· Almost no one can resist the happiness of eating dessert. Baking at home makes life interesting. However, the dizzying roasting tools, the complex roasting process, and a mistake in one step leading to failure are nightmares for many green hands.

· The book is tailored for baking beginners from the basic knowledge of baking to the introduction of classical recipes. Detailed steps guidance and explanation of process points help beginners easily become baking talents.

## 书名：零基础做西餐

Title: Tips for beginners to make Western Cuisine

开本: 170mm×240mm  
ISBN 978-7-5184-1379-9  
出版时间: 2017.6  
作者: 甘智荣 主编

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1379-9  
Published date: June.2017  
Author: Gan Zhirong



· 现如今，西餐已经不再是专属于极少少数人的奢侈美味，越来越走入中国寻常百姓家，成为人们调剂生活、创造情趣、制造浪漫氛围的一种选择。闲暇之余，自己动手做几道精致可口的西餐，享受这种悠闲而丰盈的时光，是不是很美妙？然而，很多人苦于对西餐的制作知之甚少，即使对做西餐心生向往，却常常无从下手。

· 本书特为西餐初学者量身定做，从西餐制作的基础知识，到各西餐经典食谱制作的详细展示，均从“零基础”角度出发，为初学者提供尽可能详尽的西餐基础知识，以及一次就成功的经典西餐食谱，帮助初学者轻松做出地道的美味西餐。

· Nowadays, Western Cuisine is no longer an exclusively luxury delicacy to the few but a common food for ordinary people in China. It is a good choice of enlivening life, creating pleasure, and producing romantic atmosphere. Imagine that you cook a few delicate and delicious Western dishes in the spare time and enjoy leisure time. Isn't it fantastic? However, many people suffer from little understanding of cooking western food. Even if they want to cook, they often don't know how to do it.

· The book is tailored for western food beginner. It includes the basic knowledge of western food cooking, detailed demonstration of western classical recipes to provide detailed basic knowledge of western food as much as possible for beginners and help them easily make delicious western-style food.

## 书名：10分钟花样早餐

Title: Fancy breakfast in Ten minutes

开本: 170mm×240mm  
ISBN 978-7-5184-1425-3  
出版时间: 2017.7  
作者: 养生堂专家组 编著

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1425-3  
Published date: July.2017  
Author: [Editor] Yangshengtang Panel



· 早餐的重要性人人皆知，只是由于种种原因，很多人不能持之以恒地好好吃早餐！其实，只要有一颗关爱自己、关爱家人的心；只要掌握方法，合理搭配，每天只要10分钟就能快速做好一顿美味又营养的早餐！

· 一日之计在于晨，早餐质量的好坏，直接关系到身体的健康，直接影响一上午的学习工作效率。《10分钟花样早餐》主打“10分钟”早餐理念，精选了200多道营养丰富、操作简便的早餐食品，为上班族、老人、儿童、素食者、三高人群、减肥人群……不同人群提供健康科学的早餐方案。

· 每天只要10分钟，就能为自己、为家人做出一顿营养丰盛的早餐，这就是《10分钟花样早餐》将要带给你的早餐灵感！

· The importance of breakfast is known to everyone, but many people can't stick to the habit of having a good breakfast for various reasons. In fact, as long as you care for yourself and your family and master the method and reasonable match, you can quickly make a delicious and nutritious breakfast every day only in 10 minutes.

· The quality of breakfast is directly related to your body health and the efficiency of the work in the morning. *Fancy breakfast in Ten minutes*, focusing on the concept of 10 minutes breakfast, covers over 200 breakfast dishes that are rich in nutrient and easy to operate for all kinds of people, such as office staff, children, vegetarian and etc. It aims at serving a healthy and scientific breakfast plans for people.

· You can make a nutritious breakfast for yourself and your family within 10 minutes. That is precisely what the book can do for you.



## 书名：喝对靓汤滋补全家

Title: Experts' Teaching: Good Soup Benefits The Whole Family

开本: 190mm×210mm  
ISBN 978-7-5019-9992-7  
出版时间: 2017.3  
作者: 李宁 主编

Book Size: 190mm×210mm  
ISBN 978-7-5019-9992-7  
Published date: March.2017  
Author: Li Ning

· 协和营养专家李宁经过近30年在营养领域的临床实践，以及日常生活中的摸索积累，将总结出来的养生汤品收录于本书中，不同人群、不同体质、不同季节、不同疾病，都可以在这本书中找到最适合饮用的汤品。

· 书中不仅教给您烹饪方法，更为您讲解汤饮养生之道，指导您如何选材、如何搭配，只有喝对靓汤，方是养生之道。

· The book includes the healthy soup made by Li Ning, a nutrition expert from Concorde, who has nearly 30 years of clinical practice in the field of nutrition and grope for experience accumulation in everyday life. For different people, different physical conditions, different seasons and different diseases, the soup that is the most fit to drink can be found in the book.

· The book not only teaches you cooking methods, but also tells you the way to keep healthy by drinking soup and guides you how to select materials, how to match. Only if you choose the right soup, will you get the formula for fitness.



## 书名：无肉不欢，这样吃肉才健康

Title: The Correct Way of Eating Meat for Meat-eater

开本: 170mm×240mm  
ISBN 978-7-5184-1378-2  
出版时间: 2017.7  
作者: 陈培毅 主编

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1378-2  
Published date: July.2017  
Author: (Editor) Chen Peiyi

· 过瘾肉食，包括猪肉、牛羊肉、鸡鸭肉、海味水产等，皆为人们喜闻乐见、好学易做的美味肉菜。还有搭配肉食的十余道解腻小菜，令读者营养更均衡、吃得更健康。由知名营养师陈培毅真实操作，实景拍摄，超详细步骤说明，贴心指导每一步，并提供热量、饮食宜忌、营养师叮咛等贴心小栏目，既保证美味，又为读者提供健康吃肉的方法。

· There are many meat dishes that people are delighted to eat and cook such as pork, beef and mutton, chicken and duck, seafood and etc. Over ten small dishes answering the greasy aim at balancing nutrition and make you healthier. The personal demonstration of famous nutritionist Chen Peiyi, live-action shooting, detailed procedures and tip columns of calories consumption, healthy eating, and reminder are to ensure the delicacy and provide healthy way of eating meat.

## 书名：日式烤肉全书

Title: The Collection of Japanese Barbecue

开本：185mm×260mm  
ISBN 978-7-5184-1354-6  
出版时间：2017.8  
作者：日本旭屋出版

Book Size: 185mm×260mm  
ISBN: 978-7-5184-1354-6  
Published date: July.2017  
Author: Japan Asahi House Press



- 日本料理在亚洲美食中可说是独树一帜，日式烤肉更能体现纯粹的日本味道。
- 本书介绍了日本名气烤肉店的菜品，不但介绍包括各式烤肉、小料、开胃菜、拌饭、煮锅等的制作方法，还介绍各种烧烤原料的选择、加工方法以及秘制调味料的做法，内容全面而细致。
- 本书将美味的秘诀以最通俗易懂和直观的方式向读者娓娓道来，是专业厨师及所有热爱烧烤美味读者的实用指南。

• The book introduces dishes in a famous Japanese BBQ restaurant. It comprehensively introduces in detail not only the methods of making all kinds of roast meat, condiments, appetizers, bibimbap, but selections of barbecue materials, processing method and the making of secret sauce.

• It informs the reader of the secret of delicacy in the easiest and most direct way and is a practical guide for professional cooks and all barbecue fans.

## 书名：日式寿司全书

Title: Collection of Japanese Sushi

开本：185mm×260mm  
ISBN 978-7-5184-1434-5  
出版时间：2017.8  
作者：日本旭屋出版

Book Size: 185mm×260mm  
ISBN: 978-7-5184-1434-5  
Published date: July.2017  
Author: Japan Asahi House Press



- 本书介绍日本最具人气的寿司店制作的经典寿司，包括制作时如何选材、加工、切段及握寿司的技术，展示了详尽的制作过程及分布图解，还有相关基本技法的介绍，内容详实，图片精美、细致，令读者一目了然，一学即会，将传统与现代完美结合。

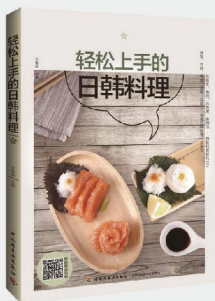
• It introduces the classic Sushi made in the most popular Sushi restaurant in Japan, including detailed illustrations and diagrams of material selection, processing, cutting and nigiri-zushi technology and other basic skills. In combination with tradition and modern, it makes the reader a quick learner at a glance.

## 书名：轻松上手的日韩料理

Title: Easy to learn: Japanese and Korean cuisine

开本：170mm×240mm  
ISBN 978-7-5184-1335-5  
出版时间：2017.5  
作者：甘智荣 主编

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1335-5  
Published date: May.2017  
Author: [Editor] Gan Zhirong



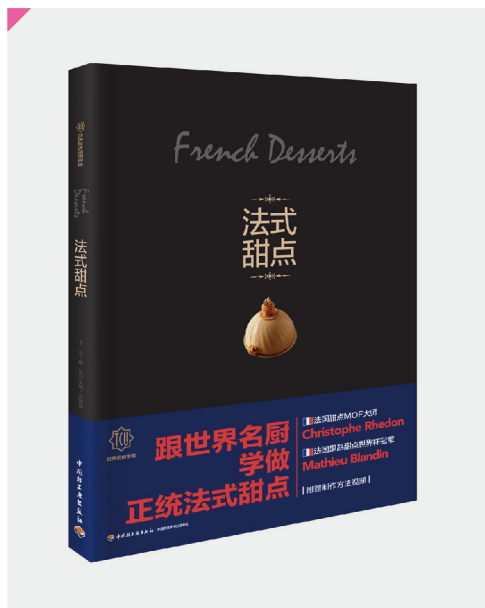
- 世界文化大融合带来了饮食文化的交融。尤其是同处亚洲，与中餐有着不同饮食习惯的日韩料理也在逐渐走入我们的餐桌。
- 本书收录了经典的日韩美食，从传统和食到地道韩餐，总有一款让你欲罢不能，好吃又好学，让读者不用出国门，就能随时吃到足料美味的日韩料理。虽然到外面的餐厅都能吃到，可是口味却未必符合你的要求，自己不妨试试动手做，根据个人口味做的料理，吃起来更满足！

• The integration of world culture brings about the convergence of food culture. In Asia, Japanese and Korean cuisine, quite different from Chinese cuisine, are gradually introduced to our table.

• The book records classic Japanese and Korean cuisine. There is always a dish that you cannot stop loving, ranging from traditional Japanese cuisine to authentic Korean dishes. Reader can easily learn how to cook tasty and material-sufficient cuisine at home. While the restaurant serves the same food as well, the taste may not meet your requirements. In that case, you might as well try to do it by yourself based on your personal taste. It's more satisfying.

## 书名：法式甜点-世界名厨学院

Title: French Dessert - World Chef College



开本：210mm x 260mm  
ISBN 978-7-5184-0773-6  
出版时间：2017.5  
作者：王森

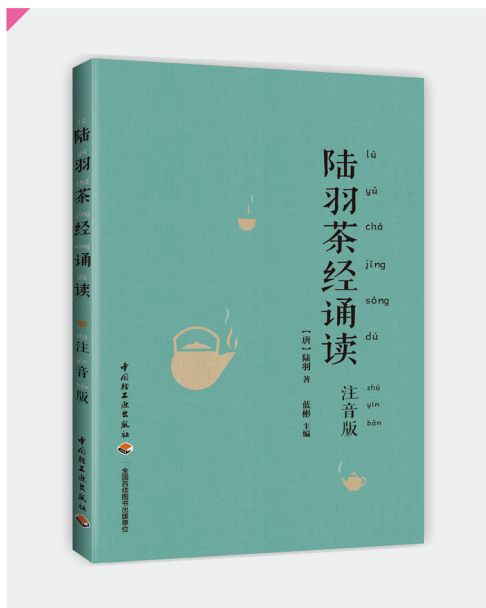
Book Size: 210mmx260mm  
ISBN 978-7-5184-0773-6  
Published date: May.2017  
Author: Wang Sen

· 《法式甜点》汇集了Christophe Rhedon、Mathieu Blandin两位顶级大师的精美作品，以详细、清晰的图片展示其制作方法，并特别配有二维码视频，扫码即可在线观看和学习名厨甜点制作范例。

· The book collects the exquisite works of two top masters: Christophe Rhedon and Mathieu Blandin, with detailed and clear pictures showing its production methods, and in particular with two-dimensional code video, which can be watched online to learn chef's dessert making samples by scanning the code.

## 书名：陆羽茶经诵读（注音版）

Title: Reciting Lu Yu's *The Book of Tea* (Phonetic version)



开本：135mm x 205mm  
ISBN 978-7-5184-1427-7  
出版时间：2017.7  
作者：【唐】陆羽 著，蓝彬 主编，

Book Size: 135mmx205mm  
ISBN: 978-7-5184-1427-7  
Published date: July.2017  
Author: [Author] Lu Yu (Editor) Wang Jidong & Lan bin

· 陆羽在唐代是位音韵学大家，《茶经》是一本音韵极美的著作，读起来像《诗经》又如汉赋一样美，本书从读音与断句入手，花很多时间去校正一个字的读音问题，一段文字的断句，都是为了让《茶经》读起来更有韵。

· 书读百遍，其义自见，学习《茶经》要从诵读开始，本书除按《茶经》原文的十篇排列以外，还借鉴欧阳修的“计字日诵”法，将《茶经》7000多字分成三十多课，也就是读者每天熟读200多字，一个月左右能熟读好。

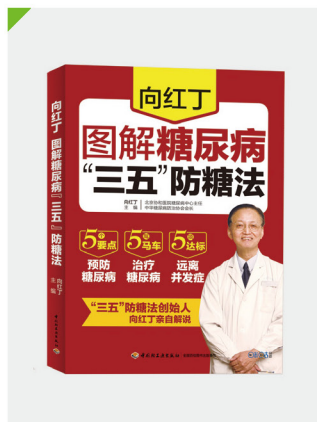
· Lu Yu was an outstanding phonologist in the Tang dynasty. The phonology of *The Book of Tea* written by Lu Yu is as beautiful as *The Book of Songs* and poetry in the Han Dynasty. The authors make efforts to correct word pronunciation problems from the perspective of the pronunciation and sentence segmentation to make the book more charming and rhythmic.

· The fact that the meaning will sink in naturally after reading for hundreds of times applies to *The Book of Tea* as well. The book follows the order of ten chapters in the original book. In addition, the author adopts Ouyang Xiu's method of reciting certain words every day, so the authors divide 7000 words into more than 30 units, namely 200 words a day, a month to recite well.



## 书名：向红丁 图解糖尿病“三五”防糖法

Title: Xiang Hongding's Diagram of the Three Five-tips for Preventing Diabetes



开本: 170mm×240mm  
ISBN 978-7-5184-1179-5  
出版时间: 2017.1  
作者: 向红丁

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1179-5  
Published date: January.2017  
Author: Xiang Hongding

· “三五”防糖法，是向红丁教授根据自己多年从事糖尿病防治研究的经验体会而总结出来的理念。本书以“三五”防糖为主线，按照预防糖尿病、治疗糖尿病的逻辑展开，对“三五”防糖法进行深度解读，旨在对糖尿病前期、糖尿病患者以及有并发症者进行实际的行之有效的指导。

· The three five-tips for preventing diabetes is an idea concluded by the professor Xiang hongding who learnt it from his own experience in years of prevention and cure research on diabetes. Using the three five-tips for preventing diabetes as the main line, the book unfolds its content according to prevention and cure research of diabetes and makes depth interpretation of the three five-tips for preventing diabetes, aiming to offer effective guidance for the pre-diabetes, diabetes and diabetes with complications.

## 书名：家庭药膳速查全书

Title: The Quick Query Book of Family Medical Foods



开本: 170mm×240mm  
ISBN 978-7-5184-0177-2  
出版时间: 2017.1  
作者: 彭铭泉

Book Size: 170mm×240mm  
ISBN: 978-7-5184-0177-2  
Published date: January.2017  
Author: Peng Mingquan

· 《家庭药膳速查全书》遵循中医辨证施膳的基本原则，详细介绍100多种滋补药膳的做法。正文按功能的不同，分为滋补药膳、男性滋补药膳、女性滋补药膳、老年人滋补药膳、常见病滋补药膳，读者可以根据自己的需要进行选择性的阅读。在制作药膳方面，烹调步骤完整、图片齐备、食材易得，不会让读者陷入买不到材料或无法烹饪的窘境。针对性和指导性更强，是一本不可多得的“家常菜”式的药膳全书。

· The book *The Quick Query Book of Family Medical Foods* details introduces the making methods of more than 100 kinds of nourishing Medical foods based on the principle of Chinese traditional differentiation catering. The book divides its content into nourishing medical foods, nourishing medical foods for males, nourishing medical foods for females, nourishing medical foods for olds and nourishing medical foods for common diseases according to the different functions of medical foods, so readers are able to read the book selectively based on their own needs. In the aspect of making medical foods, complete cooking steps and pictures as well as the easily available materials promise the readers away from the dilemma of being unable to buy ingredients or cook. With stronger pertinence and instruction, this book is a rare Medical food book like a home cooking.

## 书名：养生堂《本草纲目》时令饮食速查全书

Title: A Quick Query Book of Yang Shentang for The Seasonal Foods in "Compendium of Materia Medica"



开本: 170mm×240mm  
ISBN 978-7-5184-0155-0  
出版时间: 2017.4  
作者: 李宁

Book Size: 170mm×240mm  
ISBN: 978-7-5184-0155-0  
Published date: April.2017  
Author: Li Ning

· 本书以《本草纲目》为基础，顺应自然规律，提供了一种更健康、更营养的饮食方式，并按各类常见食物的自然成熟时间为您推荐了丰富的时令食物，以及大量的时令养生菜谱。为了方便查阅各个时令的应季食物，我们将常见时令食物做成速查表放在卷首，方便你选择正确的时令食材，确保吃得科学、吃得健康。

· This book, based on the "Compendium of Materia Medica", conforms to the laws of nature and provides a healthier and more nutritive diet. And it recommends a wide range of seasonal food and a large number of menus of seasonal Medical dishes according to the natural maturity time of all kinds of common foods. In order to facilitate access to the seasonal foods, we make a quick checklist of seasonal foods in the beginning of the book, which makes it convenient for you to choose the right seasonal ingredients and ensure that you can eat scientifically and healthily.

## 书名：让女人不老的智慧：乳房子宫卵巢健康书

Title: The Wisdom of Keeping Women's Youth: the Book on Breast, Uterine and Ovarian Health



开本: 170mm x 240mm  
ISBN 978-7-5184-1015-6  
出版时间: 2017.1  
作者: 许建阳 主编

· 武警总医院中西医结合康复理疗科、医学心理科主任许建阳潜心主编，为千千万万女性编写的妇科疾病防治书。  
· 每个病症都有中医对症分型，有B超、化验单权威解读，让深奥的东西不再难懂，自己也能分析自己的病症。每个疾病都给出了食疗、运动、穴位治疗等多种方法，让你在家就能自己主动治疗，而非被动接受。  
· 本书最后还专门和妈妈们一次探讨如何呵护宝贝女儿的私密花园问题，并给出细致、贴心且实用的建议方法，让妈妈们更从容，女孩们更健康。

Book Size: 170mmx240mm  
ISBN: 978-7-5184-1015-6  
Published date: January, 2017  
Author: Xu Jianyang

· This book is written by Xu Jianyang, the director of Department of Traditional Chinese and Western Medicine Rehabilitative Physiotherapy and Department of Medical Psychology. It is a book about the prevention and treatment of gynecological diseases for millions of women.  
· Every symptom is classified by traditional Chinese medicine, and there are authoritative interpretation of B-ultrasound and laboratory sheet, so that it is no longer difficult to understand our own disease. This book offers many treatment methods like diet, exercise, acupoint therapies and other methods to each disease, which helps you take the initiative to deal with it at home by yourselves rather than passive acceptance.  
· Finally, the book specifically discusses how to protect the baby daughter's private garden problem with mothers, and offers some detailed, intimate and practical advice to help mothers calmer and girls healthier.

## 书名：这本书能让你控制血糖

Title: This Book Can Help You Control Blood Sugar



开本: 170mm x 240mm  
ISBN 978-7-5019-9119-8  
出版时间: 2017.1  
作者: 余瀛鳌 采薇 主编

· 《这本书能让你控制血糖》是一本帮助糖尿病患者稳定血糖以及预防并发症的康复保健书，作者对糖尿病患者应该关注以及最关心的问题进行了深入浅出的解答，全书图文并茂、通俗易懂，介绍的保健方法简便廉验，适合广大糖尿病患者阅读。

Book Size: 170mmx240mm  
ISBN: 978-7-5019-9119-8  
Published date: January, 2017  
Author: Xu Yingao & Cai Wei

· This is a health care book that helps diabetics to stabilize their blood sugar and prevent from complications. The author answers the questions that diabetics should pay close attention to and most care about in simple terms. The whole book, which is with both excellent pictures and texts, is easy to understand. And the methods recommended in it are simple, convenient, cheap and effective, so it is suitable for diabetics.

## 书名：艾灸补虚除寒湿

Title: Moxibustion to Tonifying Deficiency and Eliminating Damp-evil



开本: 170mm x 240mm  
ISBN 978-7-5184-1371-3  
出版时间: 2017.7  
作者: 吴中朝 主编

· 本书立足艾灸除去人体的寒湿毒，介绍了常见小毛病、慢性病、老年人常见病、女性常见病、男性常见病及儿童常见病等百余种疾病的艾灸疗法，以及一年四季不同艾灸重点，可保四季健康。各类人群都可以依照此书找到适用于自己病情的方法，简单方便。

Book Size: 170mmx240mm  
ISBN: 978-7-5184-1371-3  
Published date: July, 2017  
Author: [Editor] Wu Zhongchao

· Based on the fact that moxibustion contributes to removing damp-evil, it introduces hundreds of moxibustion methods for common ailments, chronic diseases, common diseases among the elderly, female, male and children, as well as key acupoints to keep healthy at all seasons. It's easy and convenient for a wide array of people to find suitable methods of treatment in the book.

## 书名：0-3岁宝宝营养辅食王中王

Title: The King Nourishing Complementary for Babies in Zero to Three Years Old



开本：213mm×228mm  
ISBN 978-7-5184-1148-1  
出版时间：2017.1  
作者：李宁 主编

Book Size: 213mm×228mm  
ISBN: 978-7-5184-1148-1  
Published date: January, 2017  
Author: Li Ning

· 0-3岁时宝宝成长的关键期，为了让宝宝健康成长，本书携手北京协和医院著名营养专家，根据宝宝的不同月龄，给出了相应月龄下宝宝应该怎么吃，吃什么，每天吃几次，每次吃多少等等。将新妈妈在给宝宝辅食添加初期和过程中出现的一系列伤脑筋的问题进行了详细的解答和指导，让辅食营养更全面，辅食种类更丰富，让妈妈喂养更轻松，宝宝也会更聪明。

· 除了日常的辅食外，书中还针对一些宝宝常见的小毛病，如感冒、发热、腹泻、过敏等问题给出了相应的食疗方。并针对如何让宝宝长得更高、身体更强、眼睛更明亮等宝宝成长所必须的问题，提供了日常保健辅食。让宝宝不挑食、不生病、吃的好、长得高、身体棒！

· It is a critical period for babies' growth when they are zero to three years old. In order to help babies grow up healthily, this book, joining hands with the famous nutrition experts in Peking Union Medical College Hospital, tells babies of different ages how they should eat, what they should eat, how many times they should eat in a day, how much they should eat at one time and so on. A series of nerve-racking problems that will appear in the initial stage and development course of a new mother's complementary feeding to her little baby are answered and introduced detailly, which makes the nutrition of complementary foods more comprehensive, the category richer, and moms' feeding easier, babies smarter.

· Expecting daily complementary foods, the book also offers corresponding food therapy to some common problems in babies like cold, fever, diarrhea and allergy. And it also provides the daily health-care complementary foods, aiming at how to make babies taller, stronger and have brighter eyes. This book can make babies not be picky on foods and eat better, so babies can be tall and healthy without illness.

## 书名：宝宝的第一口辅食

Title: Babies' First Bite of Complementary Food



开本：170mm×240mm  
ISBN 978-7-5184-1171-9  
出版时间：2017.1  
作者：刘桂荣 主编

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1171-9  
Published date: January, 2017  
Author: Liu Guirong

· 宝宝的第一口辅食，是TA人生中众多重要的“第一次”之一。什么时候开始吃，吃什么，怎么吃？吃之前注意啥，不爱吃又该怎么办？对于新手父母来说，是不是有点摸不着头脑，甚至还有点紧张，如果做到心中做到有数，焦虑自然就消了，那就让营养师帮助你寻找答案吧。

· 辅食添加是一个多角度的话题，而科学合理就是这个话题的真谛。无论是食物的加工、各种营养的搭配，还是喂养的方式，都是以科学合理为前提，从而取得最佳的营养效果。辅食添加在宝宝大脑发育的关键期，帮助爸爸妈妈掌握喂养方法，对宝宝进行合理的、科学的、有效的喂养，为聪明宝宝的成长打下坚实的基础。

· Babies' first bite of complementary food is one of the numerous 'first' in their life. As for new parents, the questions about complementary feeding such as when to start, what complementary foods to eat and how to eat it, what to pay attention to before eating and what to do if babies don't like it leave new parents scratching their heads and even be kind of nervous. If they can make the questions clear, anxiety will naturally disappear. So how about letting nutritionists help you find the answers?

· Complementary feeding is a multi-angle topic and the essence of it is scientific rational. Whether the food processing, nutrition matching or feeding method are all based on scientific rational, so babies can get the best nutrition effects. Complementary feeding helps parents grasp the right feeding method so that they can feed babies rationally, scientifically and effectively during the critical period of the development of babies' brain to lay a solid foundation for their growth.

## 书名：睡前捏一捏宝宝百病消

Title: A Massage Before Sleeping Can Get Rid Of Various Diseases From Babies



开本：210mm×230mm  
ISBN 978-7-5184-1199-3  
出版时间：2017.3  
作者：于天源 主编

Book Size: 210mm×230mm  
ISBN: 978-7-5184-1199-3  
Published date: March, 2017  
Author: Yu Tianyuan

· 本书在儿童按摩专家的指导下，介绍了小儿常见病症及不同病因的按摩治疗方法和预防方法、儿童常用特效穴位和儿童日常保健按摩法，并都详细配合穴位图和按摩手法的步骤图，让即便是零基础的爸爸妈妈也能按照书中的内容迅速、准确地找到穴位，帮宝宝按摩，缓解不适的“折磨”。同时，书中针对小儿常见疾病还提供了预防的按摩手法，可以按照书中的内容，在睡前或者闲暇的时候帮宝宝捏捏、按按，让宝宝远离疾病。

· Guided by the children massage specialists, this book introduces the common diseases in children and the corresponding massage therapies and preventative methods to different diseases, as well as the specific acupoints commonly applied and daily keep-fit massage for children. Detailed acupoint drawing and flow diagram of massage manipulation are matched in the book, which can even make those parents without any experience find acupoints quickly and accurately based on this book to give babies a rubdown and relieve their discomforts. At the same time, this book also offers the massage techniques to prevent from childhood common diseases. So, according to the contents of this book, parents can make babies away from diseases by kneading and pushing babies' acupoints before sleeping or in their spare time.



## 书名：宝宝喜爱的睡前胎教故事（Honey, 让爸爸的声音陪伴你）

Title: Babies' Favorite Stories For Fetal Education Before Sleeping (Honey, Let Dad's Voice Accompany You)

开本：185mm×170mm  
ISBN 978-7-5184-1219-8  
出版时间：2017.1  
作者：菅波 主编

Book Size: 185mm×170mm  
ISBN: 978-7-5184-1219-8  
Published date: January, 2017  
Author: Jian Bo

·“宝宝喜爱的睡前胎教故事”这套书作者为资深母婴顾问菅波，本套书的一大亮点是从胎宝宝的视角出发，力求打造一套胎受宝宝喜爱的睡前胎教故事书，分准妈妈篇和准爸爸篇。本书选取了7大充满爱的主题，除了给人以启发的故事，还有一些胎教小知识、趣味猜想，内容丰富；清新唯美的手绘插画，能让准爸爸在阅读时有更强的代入感，将故事中传达的精神更准确地传递给胎宝宝。

·The author of this set of books—Babies' Favorite Stories For Fetal Education Before Sleeping is Jian Bo, a senior consultant for maternal and child. One highlight of this set of books is their striving to create a set of stories babies love before sleeping and to divide those stories into two parts: a chapter for expectant mothers and the other for expectant fathers. This book has a rich content. It chooses seven main themes full of love. And excepting those enlightening stories, there are some little knowledge for fetal education and fun guessing games. The fresh and beautiful hand-drawing illustrations lead the expectant fathers into a stronger sense of identification, so that they can pass the spirit of those stories to babies more accurately.



## 书名：宝宝喜爱的睡前胎教故事（Honey, 听，最美胎教故事）

Title: Babies' Favorite Stories For Fetal Education Before Sleeping (Honey, Listen to the Most Beautiful Fetal Education Stories)

开本：185mm×170mm  
ISBN 978-7-5184-1218-1  
出版时间：2017.1  
作者：菅波 主编

Book Size: 185mm×170mm  
ISBN: 978-7-5184-1218-1  
Published date: January, 2017  
Author: Jian Bo

·“宝宝喜爱的睡前胎教故事”这套书作者为资深母婴顾问菅波，本套书的一大亮点是从胎宝宝的视角出发，力求打造一套胎受宝宝喜爱的睡前胎教故事书，分准妈妈篇和准爸爸篇。本书选取了6大充满爱的主题，除了给人以启发的故事，还有一些胎教小知识，内容丰富；清新唯美的手绘插画，让准妈妈在阅读的同时受到美的熏陶，并将这种美好的感受传递给胎宝宝。

·The author of this set of books—Babies' Favorite Stories For Fetal Education Before Sleeping is Jian Bo, a senior consultant for maternal and child. One highlight of this set of books is their striving to create a set of stories babies love before sleeping and to divide those stories into two parts: a chapter for expectant mothers and the other for expectant fathers. This book has a rich content. It chooses seven main themes full of love. And excepting those enlightening stories, there are some little knowledge for fetal education and fun guessing games. The fresh and beautiful hand-drawing illustrations lead the expectant fathers into a stronger sense of identification, so that they can pass the spirit of those stories to babies more accurately.



## 书名：专家同步指导安心怀孕40周

Title: The Synchronous Instruction of Experts Promises A Secure Forty-week Pregnancy



开本: 210mm×230mm  
ISBN 978-7-5184-1158-0  
出版时间: 2017.1  
作者: 王琪 主编

· 怀孕是件幸福的事，感受着宝宝一点一滴的慢慢长大，内心的喜悦无以伦比，可我们也无法因此忽视怀孕带来的痛苦。头胎妈妈面对身体的变化有些手足无措，二胎妈妈异于第一次的感觉也会心里没谱，这40周的时间，对于任何一位孕妈妈来说都是独一无二的。产检、营养、生活习惯、工作环境、身体锻炼……都对心理和身体提出了严格的“挑战”，如何应对这些变化和要求，做到心中有数，专业的帮助是必不可少的。著名的孕产专家王琪有着三十年临床经验，并帮助很多特殊妊娠的女性安全度过孕产期，她用这些来给孕妈妈们答疑解惑。

Book Size: 210mm×230mm  
ISBN: 978-7-5184-1158-0  
Published date: January, 2017  
Author: Wang Qi

· Pregnancy is a happy event. Feeling the babies' growth bit by bit, our heart bounded with unparalleled joy. However, we can't ignore the pains brought by pregnancy. The first-time pregnant mothers will be a little bewildered to the changes in their bodies and the second-time pregnant mothers will also feel worried about the differences from their first pregnancy. In fact, the forty weeks means the same to every pregnancy. Those things such as antenatal care, nutrition, life style, working environment and physical exercise pose serious challenge to both mothers' mentality and bodies. So professional help is needed to make parents know these changes and demands well and deal with them. Wang qi, the famous maternal expert, has thirty years of clinical experience and has helped a lot of women with special type of ectopic pregnancy. She gives help to pregnant mothers using her experience.

## 书名：协和专家+协和妈妈圈干货分享·养胎

Title: Fetus Nurture Tips from Experts and Mothers in Concord Hospital



开本: 170mm×240mm  
ISBN: 978-7-5184-1385-0  
出版时间: 2017.7  
作者: 李宁 编著

· 本书针对怀孕十月孕妈妈和胎宝宝的不同情况，科学指导孕妈妈怎么吃养胎，并有协和妈妈圈达人热心分享养胎不长肉的经验。还有针对孕期常见不适，比如感冒、便秘等小毛病的饮食调理，以及特殊症状孕妈妈，比如妊娠糖尿病、高血压等的饮食调理。

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1385-0  
Published date: July, 2017  
Author: Li Ning

· The book scientifically guides pregnant mothers in fetus nurture and shares experience from mothers in Peking Union Medical College Hospital for pregnant mothers and their babies. In addition, it offers dietetic regulation on cold, constipation, gestational diabetes and hypertension for pregnant mothers.

## 书名：孕妈准爸轻松胎教

Title: Easy Prenatal Education for New Parents



开本: 210mm×230mm  
ISBN 978-7-5184-1349-2  
出版时间: 2017.7  
作者: 明悦 编著

· 40周的时间，胎宝宝以惊人的速度在成长，胎教要跟上他的发育，更要与时俱进和花样翻新。全书就是一本大大的游戏书，从色彩、设计到内容，从里到外洋溢着愉快与轻松，给孕妈准爸无限的信心和美好，音乐、营养、运动、语言、意念、情绪、美育胎教一个都不少。胎教内容有趣又温暖，每一页都美得像风景画，等宝宝出生后，还可以给他当绘本读哟。

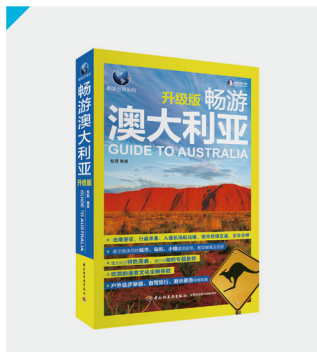
Book Size: 210mm×230mm  
ISBN: 978-7-5184-1349-2  
Published date: July, 2017  
Author: (Editor) Ming Yue

· Fetus grows with surprising speed in the forty weeks. Prenatal education should keep up with its development and advance with the times in new ways. The color, design and content of the book are filled with pleasure and ease to bring confidence and happiness for new parents. Interesting and warm, the contents cover music, nutrition, sports, language, conception, emotion and aesthetic. After the birth of children, parents can use these beautiful pictures as a picture book.



## 书名：畅游澳大利亚（升级版）

Title: Traveling in Australia (Upgraded version)



开本：138mm x 213mm  
ISBN 978-7-5184-1152-8  
出版时间：2017.1  
作者：包括 编著

·《畅游澳大利亚（升级版）》是赴澳大利亚旅游的指南书，为中国游客赴澳大利亚量身定制。按照旅游读者的需求和流程分为11个篇章，开篇是对澳大利亚的大概介绍以及如何做好出行准备，中间篇幅是旅游篇，重点介绍澳大利亚的热点城市、城镇、海岛以及自驾、徒步旅行等多种主题攻略，同时，告知读者如何按照自己的时间，喜好进行选择、住宿、美食、购物、娱乐的选择。如何选择航班和机场，到达机场如何出关，如何选择温馨舒适的酒店和特色餐厅，如何品尝引入食欲的美食，如何在户外饱览自然景观，亲身体会澳大利亚休闲方式。是赴澳大利亚旅行不可多得的旅游书。

Book Size: 138mmx213mm  
ISBN: 978-7-5184-1152-8  
Published date: 1.2017  
Author: Bao kwo

· "Traveling in Australia (upgraded version)" is a travel guidebook customized for Chinese tourists who are going to travel in Australia. According to readers' needs and the traveling process, this book is divided into 11 chapters. The first several chapters mainly give a general introduction of Australia and introduce how to make preparation for the travel. The middle parts mainly introduce the hot cities, towns, and islands in Australia as well as some kinds of theme strategies of self-driving travel and travel on foot. Besides, in these chapters the readers are able to know how to select the means of transportation, accommodation, delicious food, shopping, recreation, flight and airplane; and how to leave the pass, how to savor the local mouthwatering food, how to admire the breathtaking outdoor spectacles according to their own available time. This book is a must for traveling Australia.

Tasty Food and Nutrition

饮食和营养

Population Health

大健康

## 书名：畅游荷兰

Title: Traveling in Netherlands



开本：138mm x 213mm  
书号：978-7-5184-1209-9  
出版日期：2017.03  
作者：王翎芳、徐尧鹏主编

·荷兰的美分布在大城小镇，《畅游荷兰》中23位KOL在书中分享了他们在阿姆斯特丹、鹿特丹、海牙、沃伦丹、羊角村、豪达等地行走的深度体验。  
·跟随作者了解惬意荷兰生活，走进南部、中部、北部不同荷兰人的家庭，与荷兰人一起集市买菜、购物，深度体验荷兰当地人的生活。  
·还有不能错过的荷兰艺术之旅。世界级画家梵高、维米尔等的画作陈列博物馆、家乡故居、写生采风地详细道来，让你畅游在艺术的世界中。

Book Size: 138mmx213mm  
ISBN: 978-7-5184-1209-9  
Published date: 3.2017  
Author: Wang lingfang, Xu raopen

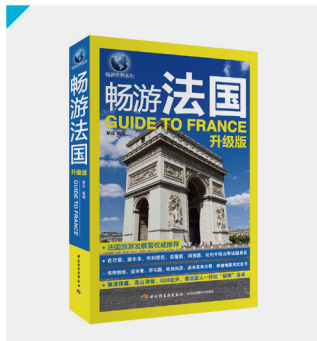
· Holland's beauty is distributed in large cities and small towns, 23 KOL in the book "Traveling in Netherlands" share their depth experiences in Amsterdam, Rotterdam, The Hague, Warren Dan, Croissants and Haoda.  
· Following the author, you can understand the comfortable life of the Netherlands. Entering into different Dutch families in the south, central and north to experience the local life deeply by buying foods and doing some shopping in the markets together with the Dutch.  
· There is a journey for art that can't miss in the Netherlands. The museums that display those paintings of world-class painters like Van Gogh, Vermeer and other painters as well as their hometowns and former residences, painting and arts collection sites are described detailly, which let you swim in the world of art.

Pregnancy Labor and Child Care

孕产育儿

## 书名：畅游法国（升级版）

Title: Traveling in French (Updated Version)



开本：138mm x 213mm  
书号：978-7-5184-0500-8  
出版日期：2017.03  
作者：黎征 编著

·《畅游法国》中可以了解巴黎和许多城市的小街小巷的百态，一天悠闲散步之旅，可以品个甜点、发呆的慢生活，悠然间法国的绘画、音乐、雕塑、建筑、设计等各类艺术元素跃入眼帘，对艺术的尊重与热爱，以及艺术细胞都不经意间记忆在脑海。  
·作为资深吃货，《畅游法国》作者推荐了连挑剔的法国人都爱吃的妈妈菜，比如勃艮第的蜗牛、红酒炖肉，比利牛斯大区的鹅肝、鹅鸭肉冻，普罗旺斯的鱼汤……当然，还有让全球食客打飞地都要吃一回的米其林星级餐厅顶级美食。

Book Size: 138mmx213mm  
ISBN: 978-7-5184-0500-8  
Published date: 3.2017  
Author: Li Zheng

· You can know about all the aspects of the side streets in Paris and many other cities. In a day's leisurely walking tour, you can enjoy the slow life there by tasting some desserts or just doing nothing in a daze. While you are enjoying the leisurely time, all kinds of elements of art like French paintings, music, sculptures, architectures and designs will leap into your eyes, then the respect and love of art, as well as artistic cells will inadvertently be kept in our mind.  
· As a veteran foodie, the author of "Traveling in French" recommends the mother dishes that even picky French people love to eat, such as Burgundy snails, red wine stews, foie gras of Midi-Pyrenees, braised frozen duck, fish soup of Provence and so on. Of course, there are the top-notch foods made by the Michelin star restaurant that diners all around the world eager to eat even by flying to flight.

Travel Leisure

旅游休闲

Literature

文学

## 书名：我们在行动—自行车绿色出行图文实录

Title: We are on the way: Factual Graphic Record of Green Travels by Riding Bikes



开本: 185mm×260mm  
ISBN 978-7-5184-1198-6

出版时间: 2017.1

作者: 本书编委会 编

· 本书由中国自行车行业协会定制, 是一本关于国内外自行车出行发展状况的一个白皮书。宣传环保理念, 推广绿色出行, 对于我国实现2030减排承诺意义巨大。书中详细分析了西方发达国家在推广自行车绿色出行方面的成功案例, 同时对我国目前的绿色出行现状进行了总结, 并提出了一些新的想法。对于国内自行车行业的发展、绿色城市的规划、骑行绿道的旅游规划等等都具有很好的参考意义。

Book Size: 185mm×260mm  
ISBN: 978-7-5184-1198-6  
Published date: 1.2017  
Author: press

· This book, customized by Chinese bicycle industry association, is the White Paper concerning the current state of development of cycling trips home and abroad. It spreads the environmental awareness and promotes the modes of environment-friendly trips, which has a tremendous bearing on the commitment of reducing emissions in China before 2030. This book intricately analyzes the successful occasions where the developed countries have managed to promote the mode of cycling trips. Meanwhile, it summarizes the currently domestic state of the modes of environment-friendly trips and proffers some new ideas. It's a good reference to the researches on the domestic development of, bicycle industry, the program of green city construction and the tourist routes of cycling.

## 书名：低碳漫游西城

Title: Roam the Western District in Beijing in the Low-carbon way



开本: 170mm×240mm  
ISBN: 978-7-5184-1385-0

出版时间: 2017.7

作者: 李宁 编著

· 从文化、旅游入手, 全面介绍西城的时尚、艺术、文化街区 and 景点等人文景观, 以深入采写、身临其境的方式呈现西城作为北京老城区的独特地位, 展现西城区文道、商道、绿道的独特优势。同时, 比较特色的是通过提供骑行、公共交通(公交车、地铁)、步行的出行方式及相关最新资讯, 大力提倡用低碳环保、节能减排的理念, 在保护中旅游, 在旅游中强化爱护和保护的意识。

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1385-0  
Published date: July.2017  
Author: Li Ning

· This book "Roam the Western District in Beijing in the Low-carbon way" introduces fashion, art, and cultural blocks and sight spots in order to highlight the Western District as a distinctive position in the old districts in Beijing, fully demonstrating the unique advantage of cultural road, business road and green road. This book aims to promote the awareness of low-carbon lifestyle, and strengthen the awareness of protecting the environment by offering the means of travel such as cycling, public transportation and hike.

## 书名：小别离，大格局——中小微留学实例分享

Title: One Step Forward, Building Children's Future Ahead—The Sharing of Living Examples of The Micro Study Tours of Students in Middle And Primary School



开本: 170mm×240mm  
书号: ISBN 978-7-5184-1327-0

出版日期: 2017.04

作者: 陈晓颜 主编

· 《小别离，大格局——中小微留学实例分享》通过13个案例分享了中小学生在海外微留学的真实生活, 呈现了让人眼界大开的教育形式, 讲述了微留学体验以及微留学对他们人生的影响。从前期申请准备, 中期校内生活, 校内学些什么, 对在外留学的生活中会出现的各种紧急状况和周边文化都有详尽的说明。同时, 孩子们的成长和适应心理变化, 也在文中一一列出。一方面, 为未来留学学习更加有方向做准备。

《小别离，大格局》提供多种微留学方式参考, 分享微留学经验, 帮助普通家长进阶智慧家长, 为孩子开启与众不同的精彩人生。

· 拥有广阔的视野和国际化思维, 增加了主动学习的兴趣  
· 树立了孩子的自信心, 敢于大声的、正面的表达自己  
· 创设外语生活语境, 培养孩子独立思考的能力  
· 微留学形式多样, 家长的选择空间很大, 普通家庭能负担

Book Size: 170mm×240mm  
ISBN: 978-7-5184-1327-0  
Published date: 4.2017  
Author: Chen Xiaoyan

· The book "One Step Forward, Building Children's Future Ahead—The Sharing of Living Examples of The Micro Study Tours of Students in Middle And Primary School" shows a eye-opening form of education and tells the experience of micro study tour and the influence to their lives though 13 cases which share the primary and secondary students' real life during their study abroad. From the beginning of application preparation to the medium of school life, this book has a detailed description for learning what in schools and a variety of emergencies that will appear in the life during their learning abroad as well as surrounding culture. At the same time, the children's growth and psychological changes to adapt to the different environment are also listed in the book. On the one hand, this book is the preparation for a future study abroad with clearer target.

By providing many ways of micro study tours for reference and sharing the experience of micro study tours, "One Step Forward, Building Children's Future Ahead" can help ordinary parents advance to be wisdom parents and open a different wonderful life for their children.  
· Owning a broad perspective and international mindedness, the book can increase the interest of active learning  
· Setting children's self-confidence and making them dare to speak loudly and positively  
· Creating a foreign language context and developing the children's ability to think independently  
· Micro study tours have various forms, so parents have a wide range of choices. This means that even ordinary families can afford the tours.



## 书名：小窗幽记（附赠诗词别册）

Title: Sketches by the Little Window (Appendix of Poetry Edition)



开本：145mm×210mm  
ISBN 978-7-5184-1518-2  
出版时间：2017.7  
作者：【明】陈鲁公 著

Book Size: 145mm×210mm  
ISBN: 978-7-5184-1518-2  
Published date: July, 2017  
Author: (Ming Dynasty) Chen Meigong

- 原著：清言代表作，包罗丽词、嘉句、唐诗、宋词、警句、典故等。分醒、情、峭、灵、素、景、韵、奇、绮、豪、法、倩十二卷，便于读者十二月含英咀华，品味传统文化。
- 别册：分十二小辑，效仿原著精选诗词名篇，作者有陶渊明、李贺、杜秋娘、孟郊、李白、崔护、李清照、王安石、王冕、陆游、唐寅、王维、陈子昂、骆宾王、岳飞、杜牧等。

· The book is a representative of Essays of Qing Dynasty, including fine words and sentences, poetry of Tang and Song dynasties, famous aphorism, allusions, and etc. There are twelve volumes in total to help the reader understand the essence of Chinese traditional culture in twelve month.

· The appendix is divided into twelve volumes with a selection of famous poems and articles in common with the book. There are articles written by Tao Yuanming, Li He, Du Qunliang, Meng Jiao, Li Bai, Cui Hu, Li Qingzhao, Wang Anshi, Wang Mian, Tang Yin, Wang Wei, Chen Ziang, Luo Binwang, Yue Fei, Du Mu and etc.

## 书名：把心磨成一面镜—朱光潜谈美与不完美

Title: On Beauty and Imperfection: Polishing Heart into A Mirror by Zhu Guangqian



开本：145mm×210mm  
ISBN 978-7-5184-0301-1  
出版时间：2017.1  
作者：朱光潜 著

Book Size: 145mm×210mm  
ISBN: 978-7-5184-0301-1  
Published date: January, 2017  
Author: Zhu Guangqian

## 书名：你是这世界的慈悲—丰子恺说刹那与永恒

Title: Feng Zikai Talks about Moment and Eternity: You're the Mercy of the World



开本：145mm×210mm  
ISBN 978-7-5019-8636-1  
出版时间：2017.1  
作者：丰子恺 著

Book Size: 145mm×210mm  
ISBN: 978-7-5019-8636-1  
Published date: January, 2017  
Author: Feng Zikai

· 青年从理想跌入现实，没有改革社会，反被社会腐化，大多数人逃不掉的人生悲剧三部曲……

· 本书《朱光潜谈美与不完美：把心磨成一面镜》由美学大师朱光潜专辟出近40个话题，分别从朱光潜给青年、人生的不完美、个人修为和生活的美学四个方面，阐述了朱光潜先生对人生道路上的关键问题的看法，并一针见血、深入骨髓地分析了青年认识上和生活中的一些弊病，帮助青年正确地辨明人生方向，于迷茫中给纷繁扰攘的生活理出一个头绪，少走弯路，活出有价值的人生。

· Teenagers' dreams are dashed by reality. Failing to put a different complexion on the society, they are corrupted by it, which is the tragic trilogy of life for most people.

· This book "On Beauty and Imperfection: Polishing Heart into A Mirror by Zhu Guangqian" is comprised of almost 40 topics elaborated by Zhu Guangqian, the master of aesthetics. On the four aspects – the imperfection of teenager, the imperfection of life, personal bearing and the aesthetics of life, this book elucidates Master Zhu's opinions on those problems of cardinal importance on the path of life, incisively anatomizes some maladies of teenagers' cognition and daily life, kindles the beacon for them to find the right path of life, and helps them navigate through the bewildering life for living out their own meritorious life.

· 《丰子恺说刹那与永恒：你是这世界的慈悲》收录丰子恺先生50多篇文章，并配有大量丰子恺漫画，说人生真我、说世间温情、说童心人心、说苦难闻见、说天地佛禅。全方位讲述大师一生的主张：刹那人生实现光华永恒，要足够纯粹、足以沉淀。大师的一生给我们后人的启示正是疗愈现在人心浮躁弊病的良药。你对某种情怀有多笃定，多忠实，它就给你多少回报。

· This book "Feng Zikai Talks about Moment and Eternity: You're the Mercy of the World" includes over 50 articles of Mr. Feng Zikai, along with sufficient cartoons drawn by Feng Zikai. This book comprehensively draws out this master's perspective that people should learn to detach themselves from the mortal coil in order to make their brilliance glow for eternity in this transient life, which is a remedy for us to heal our maladies of fickleness in the current society.

· How devoted to some kind of sentiment you are, how many rewards you will reap.



## 书名：远去的精神担当——季羡林亲历大师本色

Title: Ji Xianlin's Personal Experience: Remember Noble Spirits of Masters



开本: 145mm×210mm  
ISBN 978-7-5184-1468-0  
出版时间: 2017.7  
作者: 季羡林

Book Size: 145mm×210mm  
ISBN: 978-7-5184-1468-0  
Published date: July, 2017  
Author: Ji Xianlin

- 本书是季羡林的散文集。
- 主要收录了先生追忆此生经历过的师友的文章。包括大师：陈寅恪、胡适、朱光潜、赵元任、董秋芳、汤用彤、梁实秋、周培源、董秋芳、冯至、沈从文、老舍，近代文化名人曹禺、臧克家、胡乔木等。
- 大师亲述大师，从大师身上，我们缅怀到的是他们不为人知平凡的人情味的一面和他们身上的精神风骨。
- This book is a collection of Ji Xianlin's essays in memory of great masters and friends in the author's life, such as masters of Chen Yinke, Hu Shi, Zhu Guangqian, Zhao Yuanren, Dong Qiufang, Tang Yongtong, Liang Qilushi, Zhou Peiyuan, Feng Zhi, Shen Congwen, Lao She, and modern cultural celebrities of Cao Yu, Zang Kejia, Hu Qiaomu and etc.
- From the perspective of the master Ji Xianlin, readers remember their ordinary human touch and noble spirits.

## 书名：孤独与容忍——季羡林说做人的学问

Title: Ji Xianlin tells you how to behave yourself: Loneliness and Tolerance



开本: 145mm×210mm  
ISBN 978-7-5184-1467-3  
出版时间: 2017.7  
作者: 季羡林

Book Size: 145mm×210mm  
ISBN: 978-7-5184-1467-3  
Published date: July, 2017  
Author: Ji Xianlin

- 本书是季羡林的散文集。
- 主要收录了先生看待一个人修为德行，处理人与人以及社会关系的看法。涉及到了孤独、隔膜、压力、恐惧、荣仍、虚伪、正直、正义、做人处世、适应、道德，等很现实的问题。
- 先生在对人世人生的一些问题传达了他的观念，比如该坚持的正义，必须要坚持，假话全不说，真话不全说，不完美才是人生。真实体现了中国人的心境，和中国大儒的风骨和多面内心。
- This book is a collection of Ji Xianlin's essays of personal opinions on moral conduct and dealing with interpersonal and social relationships. It talks about practical questions related to loneliness, gap, pressure, fear, hypocrisy, integrity, behavior, adaption, moral and etc.
- The master expresses his views on human life. He thinks that we should adhere to justice, do not tell any lies and do not tell all the truth. Imperfection is life. It reveals Chinese real state of mind, their strengths and diverse inner worlds.

## 书名：存信仰而安宁——季羡林奔突求学

Title: Ji Xianlin's Half-Life of Academic Life: Peace by Having Faith



开本：145mm×210mm  
ISBN 978-7-5184-1466-6  
出版时间：2017.7  
作者：季羡林

Book Size: 145mm×210mm  
ISBN: 978-7-5184-1466-6  
Published date: July, 2017  
Author: Ji Xianlin

- 本书是季羡林的散文集。
- 主要收录了先生从6岁起奔突求学一直到德国，再回到北大燕园的半生求学过程。
- 一代大师，出身贫寒，在战乱的时代历经艰辛求学。这其中有某种传奇色彩，有十足的年代感，传达了大师修学的精神。
- 本书突出大师人生的故事性和整个追求人生实现的精神。
- It is a collection of Ji Xianlin's essays of his academic life in half lifetime. From six years old, he started the course of schooling. He has studies in Germany and then comes back to Yan Garden of Beijing University.
- Born poor, the master of a generation has studied hard in the age of war. There is something almost legendary and a sense of time.
- The book highlights the life story of the master and the spirits of pursuing life values.

## 书名：不默而生——季羡林给青年的话

Title: To the youth by Ji Xianlin: Don't Silence for Life



开本：145mm×210mm  
ISBN 978-7-5184-1470-3  
出版时间：2017.7  
作者：季羡林

Book Size: 145mm×210mm  
ISBN: 978-7-5184-1470-3  
Published date: July, 2017  
Author: Ji Xianlin

- 本书是季羡林先生的散文集。
- 主要收录了先生关于爱国主义、人生意义价值、人生经营、如何做学问的文章。
- 关于人生的意义价值和做学问是一个青年人时期最关心的话题，本书特别摘出大师对这一话题的阐述，特与青年说。
- It is a collection of Ji Xianlin's essays of patriotism, the meaning of life, life management, and learning.
- The meaning of life and learning are the topics that the youth care most. The book records the master's views on these topics and present it to the youth.

## 书名：愿你暖如晨曦

Title: May you as warm as the Dawn



开本: 145mm×210mm  
ISBN ISBN 978-7-5184-1444-4  
出版时间: 2017.7  
作者: 毕淑敏 著

人生，如同其他草木枯荣，只是一个瞬息的存在，本没有意义。但每一个划过宇宙的流星即使没人看到，也会闪烁自己的光华，且只有一次。我们要为这珍贵的一次赋予独属于自己的意义。

为人生加一个意义。建立一个自我意义系统，是人最重要的心理建设。

本书是毕淑敏心理森林散文系列之信仰之书。主要探讨一个人的自我意义系统。一个人必须为自己的人生赋予一定的意义，才能抵御所有艰难，拥有坚强自信的一生。

Book Size: 145mm×210mm  
ISBN: 978-7-5184-1444-4  
Published date: July, 2017  
Author: Bi Shumin

Life is like the decline and flourish of plants and trees  
Merely an instantaneous existence without any sense  
Even nobody sees the shooting meteor  
It shines for only once  
We should make sense of it  
And make life meaningful  
Self-meaningfulness is the most important psychological construction  
The book is the psychological prose on faith by Bi Shumin, focusing on the discussion of self-meaningfulness. One must make his or her life meaningful so as to overcome all the difficulties and be confident and strong all the lifetime.

## 书名：编织生命的绿篱

Title: Weave the Hedgerow for Your Life



开本: 145mm×210mm  
ISBN ISBN 978-7-5184-1445-1  
出版时间: 2017.7  
作者: 毕淑敏 著

我们生而被爱。从出生的那一天起，就被爱与能量包围，温爱与食物舒展铺陈于大地，只需你爱他们，并用心照料、万般呵护、亲手采摘。用一生编织起自己的人生绿篱，大地的馈赠，就是你的繁荣。

本书是毕淑敏心理森林散文系列之能量之书。主要探讨外环境的建设，强调生命的辽阔源自对遇见的珍惜。经营和编织，个人应有适应、利用和理解外环境的能力，因为它是我们的能量之源。

Book Size: 145mm×210mm  
ISBN: 978-7-5184-1445-1  
Published date: July, 2017  
Author: Bi Shumin

We are born to be loved  
From the day of birth, we are bathed with love and energy  
Love and food cover all over the earth  
What you should do is to love, care and harvest  
Weave the hedgerow for your life  
The gifts from the earth is your blessing  
The book is the psychological prose on strength by Bi Shumin. It focuses on the construction of external environment, stresses that the length of life comes from your cherishment and management of your experience. Everyone should adapt to external environment, make use of external environment and understand external environment, for it is the source of our strength.

## 书名：内心的风景就是世界的模样

Title: The Inner Scenery is the World



开本: 145mm×210mm  
ISBN ISBN 978-7-5184-1443-7  
出版时间: 2017.7  
作者: 毕淑敏 著

你想的，就是你能看到的；你内心的风景就是世界的模样。世界的美好，不止是你看到的灿烂，不是你一厢情愿的得逞，它更藏于智慧的洞见，是你的心能纳壮美的百川。建立一个内外的协调系统，用心丈量世界与自己的距离，让外面的阳光洒进心里来。心造一切，一切造心。我们所经历的，不过是岁月想让我们心上的风景更加通明且美好。

本书是毕淑敏心理森林散文系列之心量之书，主要探讨如何调适内外环境的冲突带来的不适，是心灵获得平和和美好。

Book Size: 145mm×210mm  
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What you think is what you can see  
The scenery in your mind is the World  
The beauty of the world is more than the splendor you can see  
Not your own wishful thinking  
Also hidden in the insight of wisdom  
It's the sea receiving all the beauty in your mind  
Establish a coordinated system of the internal and external  
Measure the distance between the world and you with your mind  
Let the outside sunlight come in  
The mind makes everything, and all makes the mind. What we have experienced is to make our inner scenery more beautiful and bright  
The book is the psychological prose on mind by Bi Shumin. It mainly talks about the way of handling the discomfort caused by conflict between the internal and external world to bring peace and happiness in the mind.







