

## About us

Phoenix Science Press, Ltd (Jiangsu Science and Technology Publishing House) established in 1978, is one of the top publishers in China and has achieved comprehensive competitiveness among all the Chinese STM publishers.

Its annual output of over 3000 publications, including more than 1400 new titles and more than 1600 reprint titles ranges from science, technology, agriculture, medicine science, architecture and popular science to leisure and style, and learning aids. Its periodical *For Your Health* first published in 1980 has won a number of national and provincial awards.

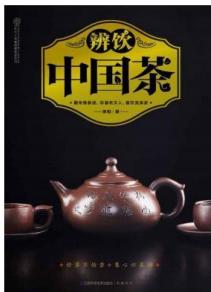
JIANGSU  
PHOENIX SCIENCE  
PRESS, LTD



President Fu Mei  
Rights Director Deng Haiyun  
Add Tower A,1 Hunan Road,Nanjing,210009,China  
Tel/Fax 86-25-83273012/83273111  
Email denghy@pjm.cn  
URL www.pspress.cn

社长、总编辑 傅梅  
版权经理 邓海云  
地址 南京市湖南路1号A座  
邮编 210009

江苏凤凰科学技术出版社有限公司



## Distinguishing and Drinking of Chinese Tea

Price 98.00

Pages 336

Date 2012.12

Author Li Tao

Biography Tibetan Buddhist, scholar and gastronome

## 辨饮中国茶

作者 李韬

作者简介 藏传佛教徒,文人,餐饮美食家。

ISBN 978-7-5537-0290-2

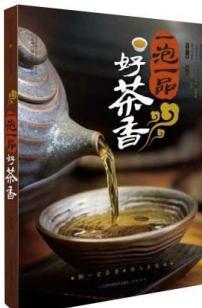
## Synopsis

150 kinds of common teas and rare Souchong, more than 600 primary pictures of dry tea, tea infusion, infused leaf and tea dance. Distinguish the first-class tea and watch tea dance to enjoy its elegance and vulgarity. You can drink the most authentic Chinese Tea only through three steps of selecting, buying and making a tea. With 30 years of experience in tea, the author can teach you how to distinguish tea without being "cheated" and buy cheaper tea and to make a tea at once. With subtle words, selection method and illustration, it is required reading for these who start drinking tea at first and old tea drinkers for more than decade years.

## 内容介绍

150多款常见茶和名贵小种茶,600多张干茶、茶汤、叶底、茶舞原色图片。辨好茶,赏茶舞,雅俗共济。辨茶、买茶、泡茶,只要三步,就能喝到最正宗的中国茶。作者30年的喝茶经验,教你辨茶不被“忽悠”,买茶不花冤枉钱,泡茶一步就上手。文字、选茶、配图,处处精妙,无论是初次接触茶的新手,还是在茶中浸淫了数十年的老茶客,都不能错过这一本。

## Inside



## Good Aroma Tea worth Making and Tasting

Price 49.80

Pages 240

Date 2013.01

Author Li Tao

Biography Tibetan Buddhist, scholar and gastronome

## 一泡一品好茶香

作者 李韬

作者简介 藏传佛教徒,文人,餐饮美食家。

ISBN: 978-7-5537-0356-5

## Synopsis

Dense tea aroma is written in this book by author compared with these books do not involve in too much knowledge on tea tasting but taking "tea tasting" as the title. The author gives new meaning and association on beautiful tea drinking and describes the true aroma, meaning of tea and experience of tea tasting with ink with spiritual technique of writing to bring you feel the secret of tea and enjoy the goodness of life all the time. You can learn the first hand of knowledge of distinguishing and making of tea except enjoy reading of clear picture for distinguishing and detail of tea making procedures. With detail of making procedures and illustrations, simple explanation, let you grasp the secret to make an aromatic tea fast. Even if you are a beginner, you grasp it fast.

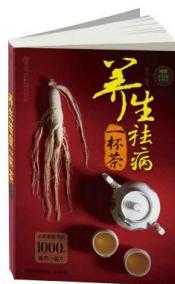
## 内容介绍

较之于那些只把“品茶”写在书名上,而没有涉及太多品茶内容的书,你就会发现作者将浓浓的茶香化为铅字,融入书中。他对美好的茶事进行了新意的联想,以灵动的笔法,将茶之真味、茶之真意、品茶心得,用笔墨描绘出来,带你感受到茶的大千世界和每时每刻生命的美好。

清晰的识茶大图和详细的习茶步骤,感受美文的同时将第一手的辨茶泡茶知识收入囊中。详细的泡茶步骤图解,简单的文字叙述,让你不知不觉中掌握泡出一碗香茶的秘密,即使是新手,也能迅速上手。

## Inside





### A cup of Tea for Healthcare and Dispelling Diseases

Price 39.80

Pages 256

Date 2013.01

Author Cai Ming

Biography Associate Researcher of Jiangsu Center for Safety Evaluation of Drugs A member of Jiangsu Science Writers' Association

#### 养生祛病一杯茶

作 者 李韬

作者简介 江苏省药物安全性评价中心副研究员

江苏省科普作家协会会员

ISBN: 978-7-5537-0359-6

#### Synopsis

1. Everyone including the old man, children, women and office workers can find the most suitable healthy tea. It includes 1,000 small folk prescriptions, diet tea, tea for maintaining beauty, four seasons tea, health tea, tea for reducing hypertension, hyperlipidemia and hyperglycemia, tea for maintaining five viscera and different effect of teas.
2. It is guaranteed that active ingredients of herbal are fully dissolved, not damaged to function a effect beyond of brewing medicines through brewing repeatedly everyday.
3. It is made of delicious food or herbs without odor and bitterness. It tastes better than tisane and has a better effect than that taking medicine.
4. You will find that almost any herbal in the life is used for making tea and it is easy to make a cup of health tea.

#### 内容介绍

- 1.1000例极简小偏方，老人、孩子、女人、上班族……每一个人都可以找到最合适自己的那款健康茶饮；减肥茶、养颜茶、四季茶、养生茶、防三高茶、五脏保养茶，各类功效茶饮一搜就有。
- 2.每天反复冲泡，保证中草药的有效成分充分溶出而不被破坏，起到煎药汤剂不能达到的效果，喝水也能喝出健康。
- 3.采用味道可口的食物或本草，不难闻，不苦涩，味道比汤药好，疗效比吃药好。
- 4.你会发现生活中的几乎任何本草都能泡茶，也会发现冲杯保健茶是如此简单且省事。

#### Inside



### How to Buy the First-Class Tea for Beginner

Price 49.80

Pages 224

Date 2013.01

Author Li Tao

Biography Tibetan Buddhist,scholar and gastronome

#### 新手怎样买好茶

作 者 李韬

作者简介 藏传佛教徒，文人，餐饮美食家。

ISBN: 978-7-5537-0376-3

#### Synopsis

1. More than 80 kinds of common teas in the market with different origins, ages, grades, preparation, oversized and ultra clear pictures of dry tea, tea infusion and infused leaf in this book. Distinguish the tea and buy the first-class tea simply with these pictures.
2. Years of experience summary of old tea drinker: One or two sentences reflect the key point of distinguishing each kind of tea to let you know the characteristics of each kind of tea effortlessly.
3. Recommended brands and drinkers are given to each kind of tea and the latest price reference of tea is granted to buying. With this book, you will soon learn to distinguish different grades and different quality of tea and buy genuine tea.

#### 内容介绍

- 1.市面上最常见的80款茶叶，不同产地、不同年代、不同级别、不同制法，超大超清晰的干茶、茶汤、叶底图，看图辨真伪，买好茶超简单。
- 2.老茶客多年经验大起底：一两句话点透每款茶的辨识要点，让你不费力就能记住茶的特色。
3. 每款茶给出推荐品牌和适合人群，更附赠最新茶叶参考价格手册，买茶有依照，不同等级、不同品质、真伪优劣，一对比你就知道了，帮你辨茶买茶一步入门。

#### Inside





### Household Chinese Medicines for Invigoration

Price 39.80

Pages 204

Date 2012.01

Author Jin Yaming

Biography A member of Science Popularization Working Committee of China Association of Chinese Medicine  
Standing director of Jiangsu Association of Traditional Chinese Medicine

#### 家用补益中药

作者 金亚明

作者简介 中华中医药学会科普专业委员会委员

江苏省中医药学会常务理事

ISBN: 978-7-5345-8611-8

#### Synopsis

1. Complete contraindications for safe application: Contraindicated group, contraindications and contraindication of application of each Chinese medicine are listed in this book in detail to let you select Chinese medicine and apply safely according to your physique.

2. Invigoration prescription easy for application. Simple and easy application invigorating methods with Chinese medicine, such as making tea, soaking with alcohol and stewing and fried dish are importantly introduced which are closely linked with life.

3. Simple illustrations easy for understanding: Pictures on the left and tables on the right of this book are clear easy to understand.

Aiming at popularizing the culture of Chinese medicines, this book collects more than 120 common Chinese medicines, analyze the properties and effect, collocation and contraindications of each Chinese medicine carefully and offer some corresponding household invigoration prescriptions to draw a relatively complete application map of Chinese medicine for reference.

#### 内容介绍

1. 禁忌全, 用药放心。本书将每一味中药的人群禁忌、病症禁忌、食用禁忌详细列出, 让你体质挑选中药, 放心用药。

2. 补益方, 容易操作。重点介绍简单、容易操作的中药补益方法, 如泡茶、泡酒、炖汤、炒菜等, 与生活息息相关。

3. 用图示, 简单易懂。本书采用左页图文, 右页图表, 简单易懂, 一目了然。

本书本着弘扬中医中药文化的宗旨, 搜集一百二十多味常见中药, 精心剖析了每味中药的药性药效、搭配和禁忌, 并推荐了相应的家庭补益方, 为您绘制了一幅较为完善的中药养生使用地图, 方便您按图索骥。

#### Inside



### No III through Reinforcing Deficiency and Dispelling Cold

Price 29.80

Pages 176

Date 2012.06

Author Shi Suofang

Biography Medical Doctor, Professor and Doctoral Supervisor of Nanjing University of Chinese Medicine  
Chief Physician of Pneumology Department of Jiangsu Province Hospital of TCM

A member of Chinese Society of Respiratory Diseases

A member of Respiratory Diseases Society of Chinese Association of Integrative Medicine

Deputy Director and a member of Lung System Society of Jiangsu Association Of Traditional Chinese Medicine

#### 补虚祛寒不生病

作者 史锁芳

作者简介 南京中医药大学医学博士、教授、博士研究生导师 / 江苏省中医院呼吸科主任医师/中华中医药学会呼吸病分会委员/中国中西医结合学会呼吸病专业委员会委员 / 江苏省中医药学会肺系专业委员会副主任委员

ISBN: 978-7-5345-9173-0

#### Synopsis

The physical characteristics of "deficiency" and "cold" and methods to reinforce deficiency and dispel cold are introduced in this book in detail which contains 18 common diseases caused by deficiency and cold with comprehensive content; each disease is provided with a household adjusting prescriptions including massage, dietary therapy, moxibustion, application, cupping and herb tea. To obtain a better effect with the interaction of many prescriptions interaction; each adjusting method is only for a unique physical condition and diagnosis and treatment based on an overall analysis on the illness and the patient's condition are made.

You can know where you are vain and cold and learn many adjusting methods according to symptom to reinforce deficiency and dispel cold against disease after you read this book!

#### 内容介绍

本书详细介绍“虚”、“寒”的身体特征以及如何补虚驱寒, 并18种由虚寒引发的常见疾病, 内容全面; 每种疾病配家庭调养方, 包括按摩、食疗、艾灸、敷贴、拔罐、药茶等, 相互配合, 效果更佳; 每一种调养方法, 都针对独特的身体状况, 真正做到的辨证施治。

一本书让自己搞清“虚”、“寒”在哪儿, 并且提供多种方法对症调养, 让您远离虚寒不生病!

#### Inside





## Book of Massage of Meridian and Acupoint

Price 39.80

Pages 272

Date 2012.05

Author Cha Wei

Biography Special Editorial Member of www.massage.com.cn  
Guest Professor of British Lanzhong Medical College

## 经络穴位按摩大全

作者 史锁芳

作者简介 中国推拿网特邀编委

英国兰中医学科学院客座教授

ISBN: 978-7-5345-9172-3

## Synopsis

This book collects 409 acupoints of human body and each point is matched with two diagrams. The readers can both find the position of acupoint precisely from the skeleton diagram of human body and can find the acupoint and conduct massage to it according to the real diagram and it is precise and simple. In the meantime, it introduces 60 common methods of massage for the diseases and each symptom is matched with 4 knacks of massage and it provides the massage manipulation which can be quickly queried.

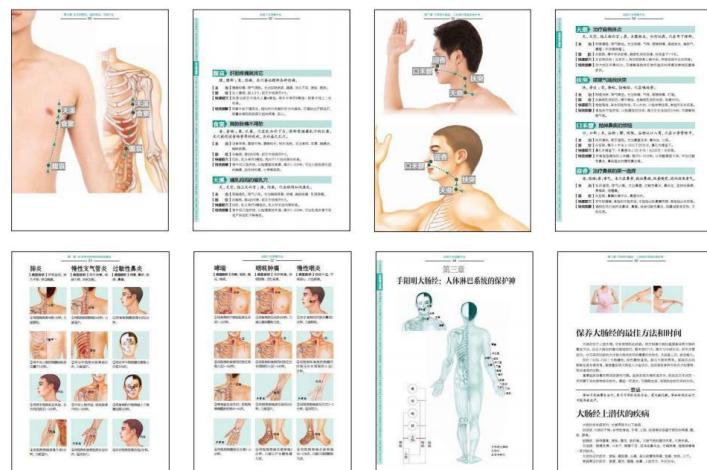
There are two diagrams for one acupoint and you may become master of massage in short time; multi-acupoints for one disease and arouse the optimal immunity of the body comprehensively; the most money-saving, safe and effective secrets of health will be introduced to you only in one book.

## 内容简介

本书收录全身的409个穴位，每个穴位配两张图，你既能在人体骨骼图找到精准的穴位位置，又能在真人实体图上快速地找到并按摩该穴，既严谨又简单。同时，还介绍了60种常见疾病的按摩方法，每种病症配有4种按摩诀窍，向读者提供了快速可查的按摩手法。

一穴双图，三秒钟让你化身按摩达人；一病多穴，全面激发身体最优抵抗力；最省钱、最安全、最有效的健康秘诀，本书一次告诉你。

## Inside



## No III through Reinforcing Deficiency and Dispelling Cold

Price 29.80

Pages 256

Date 2012.06

Author Wang Dongpo

Biography Visiting Expert of "Guo Yi Tang" of Beijing University of Chinese Medicine  
Succession of Professor Wang Qi – a National level Prominent TCM Doctor

## 老中医穴位经络祛病法

作者 王东坡

作者简介 北京中医药大学“国医堂”出诊专家

师承国家级名老中医王琦教授

ISBN: 978-7-5345-9173-0

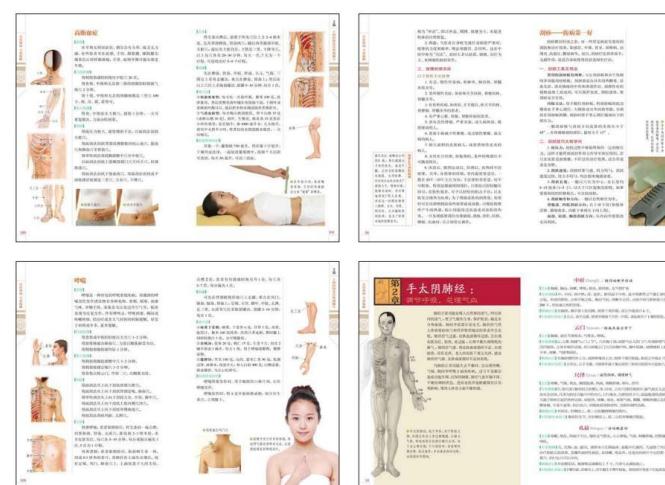
## Synopsis

This book introduces nearly 200 common acupoints and their meridians in details and it not only tell you the source and effects of acupoints, it also tells how to find the acupoints by hand; what's more, this book also analyzes precisely of 100 common symptoms and the massage, scrapping, moxibustion and cupping will be introduced to readers according to the specific symptoms and it breaks the limitations of single method, and each acupoint is matched with skeleton diagrams and it is easy to locate the acupoint and understand; there are also dietary therapy and simple and easy coups of household, and one cup of tea, one course or even some simple movements can help relieve your illness.

## 内容简介

本书详细介绍近200个常用穴位及其所在经络，不仅告诉您穴位来源和功效，更手把手教您找穴位；另外，本书还对100种常见病症进行精解，针对病症将按摩、刮痧、艾灸和拔罐四种常用并且会用的方法介绍给大家，解决了从单一方法入手的局限性，每个穴位都配有骨骼图，找穴取穴方便快捷，一看即会；如果有时不方便使用这些方法，我们也为您准备了食疗法和家庭简易妙招，一杯茶、一道菜，或者简单的小动作，就能为您缓解病痛。

## Inside





## Atlas of Hands, Ears, Head, Feet and Spine Massage

Price 39.80

Pages 160

Date 2012.12

Author Cha Wei

Biography International Education College of Nanjing University of Chinese Medicine, WHO Collaborating Centers for Traditional Medicine, Head and Associate Professor of the Teaching and Research Section of Acupuncture of Nanjing International Acupuncture Training Center and Supervisor of postgraduates  
Guest Professor of British Lanzhong Medical College

## 手耳头足脊柱按摩图册

作者 王东坡

作者简介 医学博士 / 南京中医药大学国际教育学院、世界卫生组织传统医学合作中心、南京国际针灸培训中心针灸教研室主任、副教授，硕士研究生导师、英国兰中医学客座教授

ISBN: 978-7-5537-0212-4

## Synopsis

This book is the atlas of massage + acupoint selection and all the reflective zones, reflective points, acupoints and the massage method of hands, ears, head, feet and spine and so far it is a massage atlas with the most complete contents.

It is separated with the skeleton diagrams and real diagrams from general acupoint books and it is different from the skeleton location diagrams drawn by hand. All the reflective zones and points and acupoints are directly marked on the real diagrams and the real diagram is mechanically applied with the skeleton diagram and is matched with the skeleton positioning and both diagrams and words are big to make it conveniently and accurately search for the acupoints. The pocket book of "Remove Diseases by Massage" and the chart of reflective zones of human body attached with the book can be carried on and used for searching the acupoints and conducting the symptomatic massage.

## 内容简介

本书是按摩+取穴图册，收录了手耳头足脊柱五大部位的所有反射区、反射点、穴位及其按摩方法，是目前市面上内容最全的按摩图册。

与一般穴位书骨骼图与真人图分离，或只采用手绘的骨骼定位图不同，本书所有反射区、反射点和穴位都直接在真人图上进行标示，并在真人图上套用骨骼图，搭配骨骼定位，且图大字大，找穴更直观，更准确。

随书附赠的“按摩祛百病”口袋书和人体反射区挂图，可随身携带，随时看图找穴，对症按摩。

## Inside



## No III through Reinforcing Deficiency and Dispelling Cold

Price 29.80

Pages 256

Date 2012.06

Author Liu Naigang

Biography Attending Doctor of Department of Acupuncture and Moxibustion of China-Japan Friendship Hospital of Ministry of Health  
Doctor Science of Acupuncture and Moxibustion of Beijing University of Chinese Medicine

## 手耳头足脊柱定位+按摩

作者 刘乃刚

作者简介 卫生部中日友好医院中医针灸科主治医师

北京中医药大学针灸学博士

ISBN: 978-7-5345-9176-1

## Synopsis

This book introduces the main symptoms and massage manipulation of relevant reflective zones, reflective points and key acupoints of hands, ears, head, feet and spine and the accurate location is achieved by the method of one diagram in one reflective zone, one diagram for one point and one diagram for one acupoint for one diagram. In the meantime, 60 common diseases, 7 daily health cares and 14 massage methods are listed at the appendix of this book for fast query. It is convenient for reader to find the accurate massage method and massage position and recover the body to health status according to their symptoms.

## 内容简介

本书详细介绍了手、耳、头、足、脊柱各部位相关反射区、反射点和重点穴位的主治病症和按摩手法，并通过一个反射区一幅图、一点一图、一穴一图的方式准确定位。同时，在全书的附录部分，还给出了60种常见疾病、7种日常保健养生、14种美容保养的按摩方法速查。读者读完此书，就能很容易地针对自己的病症选择正确的按摩方法，找到准确的按摩部位，让身体恢复到健康状态。

## Inside





## Massage of Special Acupoints Keeps Diseases Away

Price 19.90

Pages 256

Date 2012.06

Author Wang Dongpo

Biography Deputy secretary general of Health Branch of China Association of Chinese Medicine  
Doctoral students of Professor Wang Qi – a National level Prominent tcm Doctor

## 特效穴按摩不生病

作者 王东坡

作者简介 中华中医药学会体质分会副秘书长

国家级名老中医王琦教授博士研究生

ISBN: 978-7-5345-8711-5

## Synopsis

There are 100 commonly used special acupoints selected from hundreds of acupoints of human body in this book, and three diagrams for one acupoint and the diagrams are matched with words that are popular and easy to understand by learning and reading; Each step is matched with real demonstration of massage manipulation and the instruction of step is easy and clean, and the professor will tell what is the most effective method of massage; and the synchronous teaching videos about massage can be downloaded, and the acupoint selection and massage is assured.

## 内容介绍

本书在人体几百个穴位中精选了100个常用特效穴，一穴三图，再配以通俗易懂的文字，一学就懂，一看就会；每个步骤还配有真人演示按摩手法，步骤说明简易清晰，让专家告诉您如何按摩最有效；还可下载同步的按摩教学视频，取穴按摩更放心。

## Inside



## Quick Query for Accurate Location of Acupoints and Massage

Price 19.90

Pages 160

Date 2012.05

Author Liu Naigang

Biography Attending Doctor of Department of Acupuncture and Moxibustion of China-Japan Friendship Hospital of Ministry of Health  
Doctor Science of Acupuncture and Moxibustion of Beijing University of Chinese Medicine

## 准确找穴按摩速查

作者 刘乃刚

作者简介 卫生部中日友好医院中医针灸科主治医师

北京中医药大学针灸学博士

ISBN: 978-7-5345-9175-4

## Synopsis

This book selects 368 acupoints that are the most common in life, and it introduces them from method of locating acupoints, being specific to symptoms, principles of healthcare and massage method, etc in detail and clearly tells the readers the reason and method to press the acupoints.

This book also match the accurate skeleton diagram of acupoints location for each acupoint, the marks for the acupoints are not simple spots, they should be marked with detailed size and method of locating acupoints, and the collocation of image and text can make it easy for people who completely don't understand acupoints to understand the diagrams and locate the acupoints.

This book also kindly makes introduction of the allows and avoids of massage of different groups of people in the appendix, it also lists some common massage manipulation and massage tools, which can be correctly selected according to your status and it can make the massage more effective and assured.

## 内容介绍

本书选取了生活中常见的368个穴位，从取穴方法、针对病症、保健原理和按摩方法等方面进行了详细介绍，明明白白告诉读者为什么按，怎么按。

全书还为每个穴位配上了精准的取穴骨骼图，对穴位的标注不仅仅只有简单单的一个点，还标明了具体的尺寸和找穴方法，图文搭配，即使完全不了解穴位的人也能轻而易举看懂图，找准穴。

在附录中，本书还贴心地对不同人群按摩宜忌进行了说明，并列举了几种最常用的按摩手法和按摩工具，您能够根据自己的情况选择正确的按摩方法，让您的按摩更有效，更放心。

## Inside

第一章  
头面部穴位



## No III through Foot Massage

Price 19.90

Pages 160

Date 2012.01

Author Wang Dongpo

Biography Vice Secretary General of the Health Branch of China Association of Chinese Medicine  
Doctoral students of Professor Wang Qi – a national level prominent tcm doctor

## 足部按摩不生病

作者 王东坡

作者简介 中华中医药学会体质分会副秘书长  
国家级名老中医王琦教授博士研究生

ISBN: 978-7-5345-8836-5

## Synopsis

Massage shall be conducted for relevant reflective zones and acupoints selected against every kind of symptoms according to this book. You can find reflective zones and acupoints on skeleton diagrams and also can learn massage directly through observing real diagrams according to every massage step. Open the book, massage can be conducted even if obscure theory of traditional Chinese medicine is not understood clearly. Take or paste chart of foot reflective zones attached with this book on the wall, thus, select acupoints everywhere whenever you want; furthermore, according to the method in the book, synchronous teaching videos about massage can be downloaded to make you select acupoints quickly and accurately and let expert teach you how to massage, you can do and understand as long as you watch and learn, furthermore, effects are obvious whenever you use it.

In addition, this book contains formula for foot bath, the effect is more obvious and method is more effective if massage and foot bath is combined.

## 内容介绍

本书针对每种病症选取相应反射区和穴位进行按摩。每个按摩步骤，你能从骨骼图上找准反射区和穴位，也能从真人演示图上直接学习按摩，翻开书，不需要懂得哪些晦涩难懂的中医理论，也能立即上手。

随书附赠的足部反射区挂图，带在身上，或贴在墙上，随时随地都能快速取穴；并且，还可以按照书中的方法，下载同步的按摩教学视频，真正使你做到取穴快速精准，让专家手把手教你按摩，一看就会，一学就懂，一用就灵。

另外，本书精选足浴配方，按摩与足浴相结合，效果更明显，方法更权威。

## Inside



## No III through Foot, Hand and Ear Massage

Price 19.90

Pages 160

Date 2012.01

Author Wang Dongpo

Biography Vice Secretary General of the Health Branch of China Association of Chinese Medicine  
Doctoral students of Professor Wang Qi – a national level prominent tcm doctor

## 足手耳按摩不生病

作者 王东坡

作者简介 中华中医药学会体质分会副秘书长  
国家级名老中医王琦教授博士研究生

ISBN: 978-7-5345-8502-9

## Synopsis

This book contains 50 common diseases and seven daily healthcare schemes, which can help you to master your physical condition fully; expert shall teach you hand by hand from health judgment to implementation of massage. In addition, this book also introduces many special massage methods: reflective zones and acupoints can be selected for foot, hand and ear respectively against every kind of symptoms, each part includes but not only limited to one massage method, more importantly, you can select the most suitable method to implement massage according to your own actual conditions.

This is an applicable massage book, which is for free. Have less medicine, just read but health can be obtained.

## 内容介绍

本书精选了50种常见疾病，七大日常保健方案，帮您全方位掌控身体状况；从健康判断，到按摩的实施，让专家手把手教您学按摩。另外，本书还针对每种病症从足手耳部分别选取反射区和穴位，每个部位不局限于一种按摩方法，您可以根据自己的实际情况，选择一种最适合您的方法进行按摩。

这是一本实用的按摩书，不花钱，少吃药，小小动作便可带来健康收获。

## Inside





## Therapeutic Massage Book for Foot Reflective Zones

Price 39.80

Pages 256

Date 2011.12

Author Author: Fan Shisheng

Biography Founder of location method for foot reflective zones  
Vice Chairman of BEIJING REFLEXOLOGY ASSOCIATION

## 足部反射区按摩保健全书

作者 王东坡

作者简介 足部反射区定位方法首创人

北京市足部反射区健康法研究会副会长

ISBN: 978-7-5345-8610-1

## Synopsis

The content of this book contains 13 foot reflective zones from these aspects, such as location, indications, diagnosis and massage methods, etc. Meanwhile, it also introduces the most common 100 symptoms and sub-health symptoms and fully introduces healthcare law for reflective zones from diagnosis, massage for reflective zones to effective prescription for foot bath, which will be more convenient for readers.

Fan Shisheng, the author of this book, is the founder of location method for foot reflective zones. He not only summarizes a set of unique massage manipulations in clinical practice, but also develops a set of massage method for foot reflective zones integrated prevention, healthcare and therapy by combining features of massage method for foot reflective zones from other countries and regions, which also has wonderful effect in practice. This book embodies all these massage methods.

Therefore, please open this book quickly, because your health is from here!

## 内容介绍

本书内容囊括了13种足部反射区，从定位、主治、诊断以及按摩方法等方面，全面介绍了足部反射区。同时，介绍了最常见的100种病症以及亚健康症状，从反射区诊断、反射区按摩到泡脚良方，全面介绍反射区保健法，更方便读者阅读。

本书作者范士生老师，是足部反射区定位方法的创始人，他在临床实践中总结出独有的一套按摩手法，并结合其他国家和地区足部反射区按摩疗法的特点，摸索出一套集预防、保健和治疗为一体的足部反射区按摩方法，在实践中取得了很好的效果。这些按摩方法，都将在本书中呈现出来。

所以，赶快打开本书吧，你的健康，始于足！

## Inside



## No III through Foot, Hand and Ear Massage

Price 39.80

Pages 160

Date 2012.01

Author Shi Jingming

Biography Disciple of Mr. Shi Weizhi of famous doctor of Chinese medicine  
Introduce the profound theory of Chinese medicine to people at home and abroad over 30 years

## 古法艾灸 寒湿一去消百病

作者 石晶明

作者简介 中医名家施维智先生真传弟子

三十余年向海内外人士阐述中医玄机

ISBN: 978-7-5537-0335-0

## Synopsis

This book offers some treatments for common diseases of each group of people based on traditional moxibustion handed down and summarized by distinguished men: If there is child who is in growth phase, it is required to acupuncture the shenzhu acupoint; it is always required to acupuncture qiai and middle part of gastric cavity of the old age; if you are in climacteric, it is bound to acupuncture the middle part of gastric cavity, uterus and sanyinjiao... It also provides massage, cupping and scrapping therapy corresponding to symptoms and special and simple prescription except for moxibustion. Massaging and pinching can relieve the pain; cooking congee and making tea can play an effect of healing and healthcare.

Dispel Cold-Dampness and Remove all Kinds of Diseases is easy for understanding and learning and traditional moxibustion method is simple and healthy.

## 内容介绍

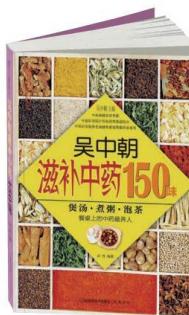
本书以仁人贤士总结流传至今的艾灸古方为基础，解决各类人群的常见问题：家里有正在长身体的孩子，要常灸身柱穴；家里有老人，要常灸气海、中脘两穴；如果处于更年期，则一定要灸中脘、子宫、三阴交三穴.....

艾灸的同时，还提供了与病症相对应的按摩、拔罐、刮痧疗法和特效简便方，按一按、捏一捏，同样能够减轻病痛；煮个粥、泡个茶就做到了治病与养生。

驱寒除湿消百病，看得明白，学得方便，古法艾灸保健，就这么简单！

## 精彩书摘 Inside





## 150 Tastes of Chinese Medicine for Invigoration of Wu Zhongchao

Price 39.80

Pages 272

Date 2012.05

Author Wu Zhongchao

Biography Consultant Expert of Central Health Care

Chief Physician of Acupuncture Hospital of China Academy of Chinese Medical Science

## 吴中朝滋补中药150味

作者 吴中朝

作者简介 中央保健会诊专家

中国中医科学院针灸医院主任医师

ISBN: 978-7-5345-9174-7

## Synopsis

This book introduces 150 tastes of Chinese medicine that are relevant to common diseases and it is informative and can satisfy the daily needs of readers. The range of application shall be clear when expressing the Chinese medicine and can make the reader have a definite object in view when selecting. In the meantime, it introduces the application method of making tea, cooking congee and stewing, etc, and it can make the reader recuperate himself or herself in daily life without being added with extra living burden.

Attached with the Chart of allows and avoids of Chinese medicine which can be hung in the kitchen for learning and using at any time and it is convenient.

## 内容介绍

本书介绍了与常见病相关的150味中药，信息量大，能满足读者的日常需要。在讲述中药时，注意讲清楚适用范围，让读者选择时能有的放矢。同时，介绍了泡茶、煮粥、煮汤等使用方法，使读者在日常生活时就能用中药来调理自身，不增加额外的生活负担。

随书附送中药食用宜忌挂图，读者可以挂在厨房里，随时学习、使用，很方便。

## Inside

20



## Supplement of Qi and Blood and Invigoration of Five Viscera of Wu Zhongchao

Price 39.80

Pages 256

Date 2012.08

Author Wu Zhongchao

Biography Consultant Expert of Central Health Care

Chief Physician of Acupuncture Hospital of China Academy of Chinese Medical Science

## 吴中朝补气血养五脏

作者 吴中朝

作者简介 中央保健会诊专家

中国中医科学院针灸医院主任医师

ISBN: 978-7-5345-9366-6

## Synopsis

This book is the fruit of medical notes of teacher Wu Zhongchao for more than 30 years and it introduces the home rehabilitation method for hundreds of common diseases from the angle of five viscera, male, female, the old, children and four seasons, etc. And it also covers the meridian acupoint massage, moxibustion, scrapping, cupping, acupoints sticking and diet regulation, etc.

These methods are common family natural health therapies which can keep you from the taking injection or medicines and recuperate the qi and blood.

Five viscera are the center of human body and qi and blood are the basis, and supplement of qi and blood and invigoration of five viscera is the key of presentation of disease and treating! This book collects the acupuncture and moxibustion, massage and medicinal diet and it is easy and practical and worthy reading.

## 内容介绍

本书是吴中朝老师30余年行医手记的结晶，分别从五脏、男性、女性、老人、小孩和四季等角度介绍了数百种常见病居家调养法，涵盖了经络穴位按摩、艾灸、刮痧、拔罐、穴位贴敷和膳食调理等方方面面。

这些方法都是最常用的家庭自然保健疗法，可以让你不打针、不吃药，就能把气血调养好。

五脏是人体的中心，气血乃其根基，补气血养五脏可谓切中防病治病的关键！本书集针灸、按摩、药膳诸法于一册，简便实用，不可不读！

## Inside





## 10 Minutes of Moxibustion of Wu Zhongchao

Price 39.80

Pages 204

Date 2012.08

Author Wu Zhongchao

Biography Consultant Expert of Central Health Care  
Chief Physician of Acupuncture Hospital of China Academy of Chinese Medical Science

## 吴中朝10分钟艾灸

作者 吴中朝

作者简介 中央保健会诊专家

中国中医科学院针灸医院主任医师

ISBN: 978-7-5345-9365-9

## Synopsis

This book lists 100 symptomatic moxibustion for common symptoms and sub-health symptoms, in the meantime, it introduces 10 common moxibustion methods that include application method of *Folium artemisiae Argyi*, moxa cone and moxa box and each symptom is matched with the detailed moxibustion method and moxibustion time and give moxibustions according to the symptoms and they can fully guarantee the effects of moxibustion.

This book also introduces the attentions for different groups of peoples in the process of moxibustion and compares the skeleton diagram with the real diagram and the selection of acupoints is more accurate. The acupoints can be quickly located after reading this book, and learn to use accurate method to give moxibustion to yourself and your family to keep the diseases away.

## 内容介绍

全书共给出了100种常见病症及亚健康症状的对症艾灸方，同时介绍了十种常用的艾灸方法，其中包括清艾条、艾柱和艾盒的使用方法，每种病症每个穴位都有详细的艾灸方法和艾灸时间，对症施灸，更能充分保证艾灸效果。

书中还详细介绍了不同人群艾灸过程中的注意事项，并将骨骼图与真人图对照，穴位定位更准确。读完本书，就能很快找到穴位，学会使用正确的方法给自己和家人做艾灸，远离各种常见病。

22

## Inside



## 10 Minutes of Cupping of Wu Zhongchao

Price 39.80

Pages 192

Date 2013.01

Author Wu Zhongchao

Biography Consultant Expert of Central Health Care  
Chief Physician of Acupuncture Hospital of China Academy of Chinese Medical Science

## 吴中朝10分钟拔罐

作者 吴中朝

作者简介 中央保健会诊专家

中国中医科学院针灸医院主任医师

ISBN: 978-7-5345-9365-9

## Synopsis

Professor Wu Zhongchao, the consultant expert of central health care, provides nearly a hundred kinds of acupoint cupping and each cupping method of acupoing is introduced in details, and the different symptoms of each disease is distinguished and conduct the symptomatic treatment and the effects will be more obvious.

Each step in the book is matched with real diagram and it corresponds to the Even the beginner who does not have special understanding to the acupoints can easily conduct the cupping after reading the book.

## 内容介绍

中央保健会诊专家吴中朝教授在本书中为我们提供了近百种疾病的穴位拔罐方，对每个穴位的拔罐方法、拔罐时间等都做了详细介绍，并对每种疾病的不同病症进行了区分，对症治疗，效果更明显。

书中的每一个拔罐步骤都配有真人图，与骨度分寸或解剖定位图相对应，让读者能够更简单找准拔罐穴位。

即便对穴位不是特别了解的初学者，看完本书，也能轻松学会拔罐！

## Inside





## 100 Symptomatic Acupoints of Wu Zhongchao

Price 39.80

Pages 240

Date 2011.12

Author Wu Zhongchao

Biography Consultant Expert of Central Health Care

Chief Physician of Acupuncture Hospital of China Academy of Chinese Medical Science

## 吴中朝 100个对症穴位方

作者 吴中朝

作者简介 中央保健会诊专家

中国中医科学院针灸医院主任医师

ISBN: 978-7-5345-8593-7

## Synopsis

Teacher Wu Zhongchao, the author of this book, has the experience of clinic practice for more than 30 years and he deeply realized that: "The quality of location of acupoints is more valuable than numbers and only good compatibility of medicines can quick-acting. If the acupoints are inaccurately located, there will be antagonism between some acupoints and then the effects will be decreased or there is no effect."

This book introduces the health care law of acupoint from the aspects of common disease, health care of viscera and parts of body, female, male and children, etc.

The readers can correctly use the symptomatic acupoints by learning from the book and correctly select and locate the acupoints, and become the expert of health preserving for you.

## 内容介绍

本书作者吴中朝老师从事针灸临床实践30余年,深深地体会到:“取穴贵精不贵多,配伍得当才能有速效。如果乱取穴,有些穴位之间会有拮抗作用,降低或没有疗效。”

本书分别从各类常见病、脏腑保健、身体部位保健、女性、男性、小孩等方面,介绍穴位保健法;其中,各个病症的每个穴位都配有简易取穴法和取穴图,既能对症治病,又能简易取穴。

只要读者照书学习,选对、找准穴位,就能正确使用对症穴位方,就能成为自己的养生专家。

## Inside



## Complete Collections of Vegetable &amp; Fruit Juice

Price 32.80

Pages 156

Date 2013.02

Author Liu Guirong

Biography Senior Public Nutritionist

Vice Secretary General of China Food Industry Association nutrition guidance committee

Lecturer of Tcm Dieticians Training Center of Peking University Health Science Center



## 蔬果汁养生大全

作者 刘桂荣

作者简介 高级公共营养师

中国食品工业协会营养指导工作委员会副秘书长  
北京大学医学部公共营养师培训中心讲师

ISBN: 978-7-5537-0258-2

## Synopsis

According to the effect of vegetable & fruit juice, this book respectively introduces appropriate vegetable & fruit juice under the condition of recuperation of physique, daily healthcare, common diseases, gynecologic diseases, cosmetology and weight-losing and family's health, etc. The contents are full, which can cater for special needs from each member of your family. The book introduces more than 400 methods to make vegetable & fruit juice, which can not only remove diseases, but also become daily beverage for healthcare. One cup every day, drink different beverages in a year.

Besides various kinds of vegetable & fruit juice, this book also introduces some methods to make ice points and cold drinks. One type of cool ice cream is made from time to time in hot summer, which can bring much surprise for our life.

The features of this book is it specifically describes which people can not drink what kind of vegetable & fruit juice and attached common diet collocation allows and avoids, which make readers obtain significant experience.

## 内容介绍

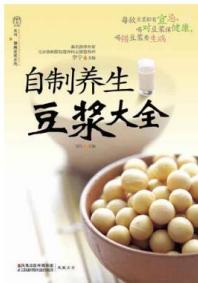
本书按蔬果汁的功效,分别介绍了体质调养、日常保健、常见疾病、妇科疾病、美容瘦身、全家健康等情况适合饮用的蔬果汁,内容全面,能够满足每一个家庭成员的需要,对症饮用。全书共介绍了400多种蔬果汁的制作方法,不仅祛病,还能作为日常养生饮品,每天一杯,一年都可以不重样。

除品种多样的蔬果汁外,书中还介绍了一些冰点、冷饮的制作方法,炎热的夏季,偶尔做一款清凉的冰淇淋,也会给我们的生活带来不少惊喜。

本书的独特之处还在于详细说明了什么蔬果汁哪些人群不能饮用,加上附赠常见饮食搭配宜忌挂图,让读者获得超值体验。

## Inside





## Complete Collections of Self-made Soybean Milk for Healthcare

Price 25.80

Pages 144

Date 2012.01

Author Li Ning

Biography General Nutritionist of Nutrition Division of Peking Union Medical College Hospital

## 自制豆浆大全

作者 李宁

作者简介 北京协和医院营养科主管营养师

ISBN: 978-7-5345-8592-0

## Synopsis

Although soybean milk is delicious and also has effects for healthcare, which is a kind of healthy beverage, it costs some time for ancient people to drink soybean milk, because soybean milk is made by heavy mill and people can only buy it in those places where is produced soybean milk specially. Thus, it becomes a luxurious event to drink soybean milk especially in bad weather or there is no place to make soybean milk surrounding the place where you live.

Differences between people are obvious, such as different gender and physique; season and ages are also different for one same person. Although soybean milk is good, disadvantages shall be avoided.

The content of this book is extremely full, it not only tells readers relevant attentions to drink soybean milk, but also introduces appropriate formula for soybean milk according to those factors such as unique physiques, ages, four seasons and even tastes, etc. As the saying goes: Do not afraid you can not find it but afraid you can not think it.

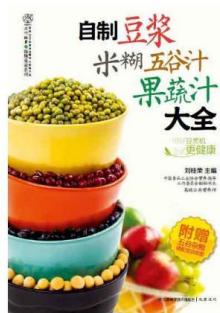
## 内容介绍

豆浆虽然好喝，也有养生的功效，确是一种好饮品，但以前的人们喝到豆浆，也还是要费点事。因为豆浆必须要用笨重的磨子才能磨出来，人们要到专门生产豆浆的地方才能买到。特别是天气不好的时候或者住处周围没有做豆浆的地方，喝豆浆就成了一件奢侈的事情。

每个人的情况千差万别，有性别的不同、有体质的不同；即使是同一个人，也有季节的不同、有年龄的不同。豆浆虽好，也要避开误区哦。

本书内容十分全面，不仅告诉读者喝豆浆的注意事项，还根据各人的体质、年龄，四季，甚至口味等因素，介绍了合适的豆浆配方。用一句流行话说，就是：不怕您找不到，就怕您想不到。

## Inside



## Complete Collections of Self-made Soybean Milk, Rice Paste, Grains Juice and Vegetable &amp; Fruit Juice

Price 32.80

Pages 192

Date 2012.10

Author Liu Guirong

Biography Vice Secretary General of China Food Industry Association nutrition guidance committee Senior Public Nutritionist

## 自制豆浆米糊五谷汁果蔬汁大全

作者 刘桂荣

作者简介 中国食品工业协会营养指导

工作委员会副秘书长  
高级公共营养师

ISBN: 978-7-5537-0080-9

## Synopsis

Massage shall be conducted for relevant reflective zones and acupoints selected against every kind of symptoms according to this book. You can find reflective zones and acupoints on skeleton diagrams and also can learn massage directly through observing real diagrams according to every massage step. Open the book, massage can be conducted even if obscure theory of traditional Chinese medicine is not understood clearly. Take or paste chart of foot reflective zones attached with this book on the wall, thus, select acupoints everywhere whenever you want; furthermore, according to the method in the book, synchronous teaching videos about massage can be downloaded to make you select acupoints quickly and accurately and let expert teach you how to massage, you can do and understand as long as you watch and learn, furthermore, effects are obvious whenever you use it.

In addition, this book contains formula for foot bath, the effect is more obvious and method is more effective if massage and foot bath is combined.

## 内容介绍

本书针对每种病症选取相应反射区和穴位进行按摩。每个按摩步骤，你能从骨骼图上找准反射区和穴位，也能从真人演示图上直接学习按摩，翻开书，不需要懂得哪些晦涩难懂的中医理论，也能立即上手。

随书附赠的足部反射区挂图，带在身上，或贴在墙上，随时随地都能快速取穴；并且，还可以按照书中的方法，下载同步的按摩教学视频，真正使你做到取穴快速精准，让专家手把手教你按摩，一看就会，一学就懂，一用就灵。

另外，本书精选足浴配方，按摩与足浴相结合，效果更明显，方法更权威。

## Inside





### 家庭健康养花

作 者 王意成

作者简介 中国环境科学学会植物园保护分会副秘书长 / 江苏省中国科学院植物研究所 (南京中山植物园) 园景处长 / 江苏省花木协会副理事长 / 高级工程师、花卉科普作家

ISBN: 978-7-5345-9360-4

### Healthy Family Flower Cultivation

Price 39.80

Pages 192

Date 2012.06

Author Vice Secretary General of Botanical Garden Protection Branch of Chinese Society For Environmental Sciences  
Division Chief of Landscape Division of Institute Of Botany, Jiangsu Province And Chinese Academy Of Sciences (Nanjing Botanical Garden Mem. Sun Yat-sen)

Vice Director of Jiangsu Flower and Tree Association  
Senior Engineer and Author of popular science of flowers

#### Synopsis

This book can divide into following parts regarded healthy functions of flower and glass as the unit: Plants which can give alarms when toxic air generates; plants which can remove formaldehyde and benzene; plants which can remove toxic air in oil fume, dust and cigarette; plants which can absorb electromagnetic radiation; plants which can discharge oxygen, humidifying, sterilize and dispel mosquito; plants which can soothe the nerves, relief fatigue; plants which can maintain beauty and keep young and plants which can implement dietetic therapy and healthcare.

Purchasing skills and arrangements at home for every kind of flowers are introduced especially, which is also cared by flower friends specially; the highlight is the content not contained in other flower books.

Flower-cultivation skills in this book are abstracted from common experiences of flower friends when flower is cultivated; knowledge points are compact and practical and language is common and concise. This book is mainly compiled by author of bestsellers of flowers, Wang Yicheng, which possesses more significant expertise and guidance.

#### Inside



#### 内容介绍

本书以花草健康功能为单元, 分为: 有毒空气报警植物; 去除甲醛、苯的植物; 去除油烟、粉尘、香烟中有毒气体的植物; 吸收电磁辐射的植物; 排活氧增湿、杀菌驱蚊蝇的植物; 静心安神、缓解疲劳的植物; 美容养颜的植物; 食疗养生的植物。

特别介绍了每种花的选购技巧及居家摆放, 这是许多花友特别关注, 而其他养花书不常见的内容, 是一大亮点。

本书中的养花窍门, 是养花时最见、花友们最常用的经验提炼, 知识点紧凑、实用, 语言通俗、凝练。花卉畅销书作家王意成主编, 更具专业性和指导性。



### Complete Collections of Self-made Soybean Milk, Rice Paste, Grains Juice and Vegetable & Fruit Juice

Price 39.80

Pages 204

Date 2013.01

Author Gu Yonghua

Biography Deputy Director of Department of Landscape and Gardening of Institute Of Botany, Jiangsu Province And Chinese Academy Of Sciences (Nanjing Botanical Garden Mem. Sun yat-sen)

#### 健康花草四季养

作 者 顾永华

作者简介 江苏省中国科学院植物研究所 (南京中山植物园) 园景园艺部副主任  
ISBN: 978-7-5537-0151-6

#### Synopsis

This is a simple and practical book for flower and glass from flower and glass conditions in spring, summer, autumn and winter to placing, flowerpot selection and soil mixing..... All these can be read, learnt, tested and used in this book. 20 years of experience from the author is condensed in every page of this book. Thus, this book is not only a encyclopedia to teach you how to cultivate flower and glass, but also a book to guide you meet with your gorgeous garden.

Gardener can teach you how to cultivate flower and glass hand by hand if you have read attached 66 Skills for Easy Cultivation and Survival of Plants, which are "exclusive secrets" and you cannot help reading!

#### 内容介绍

这是一本简单又实在的花草宝典, 大到春、夏、秋、冬, 每一季花草怎么样, 小到摆放、选盆、配土..... 可看、可学、可试、可用。作者20年的心得凝结在每一页纸的字里行间, 不仅是一本教会你养花种草的百科, 更是一本让你和自己的绚烂花园相遇的书。

随书附赠《好养易活66个小窍门》, 园艺师手把手教你养好花草, 都是一看就会的“独家秘笈”, 你想不接着往下看都难。

#### Inside





## Master of Flower Cultivation on Balcony

Price 32.80  
Pages 192  
Date 2013.01

Author Author of bestseller on flower cultivation

The author loves growing flowers and planting grass from a child. He devotes himself to studying flowers and grass planting for decades and he has accumulated rich knowledge and experience of flower cultivation. He started creation of popular science in 1985. Besides, he compiles many bestsellers on cultivating flowers which have great guidance and help to readers. Therein, Complete Works of Family Flower Cultivation and 500 Answers to Essentials of Flower Cultivation are reprinted for 15 times. Sales volume is at the top of similar books

## 阳台养花成高手

作 者 蒋青海

主 编 蒋青海 蒋婕 裴进义 汉竹

作者简介 养花畅销书作家 / 自幼热爱养花种草，数十年潜心钻研花草种植，积累了丰富的养花知识与经验。1985年开始科普创作，编著多部养花畅销书籍，对读者有很大的指导和帮助。其中《家庭养花大全》、《养花要领500答》等书重印了15次之多，销售数量在同类书籍中名列前茅

ISBN: 978-7-5537-0378-7

## Synopsis

In this book, variety of flowers is classified according to plant morphology such as observing flowers, observing leaves and observing fruits, which is simple and clear. The balconies in the east, west, south and north have their own advantages. Flowers on balcony are in thousands of postures. No matter which kind of flower, as long as illumination characteristics are mastered and careful caring is done; you also can change your own little world to a beautiful land for flowers.

In this book, 100 kinds of flowers are classified by ornamental characteristics of plants. No matter you are in humid south or you stay in dry north, it can teach you the most basic maintenance secrets from placement, selection, watering, pot soil and fertilization and make you get advancement from a green hand of flower cultivation to a master of flower cultivation.

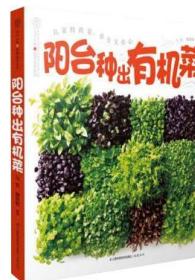
## 内容介绍

本书花卉品种按照观花、观叶、观果等植物形态来划分，简单明了。

东西南北四向阳台各有优点，阳台花卉千姿百态也各有不同。无论哪种花卉，只要掌握阳台的光照特点，细心呵护，你也能将自己的小天地变成美丽的花卉园地。

以植物的观赏特点对100种花卉进行分类，无论你身处湿润的南方还是栖身干燥的北方，它都能从摆放、选购、浇水、盆土和施肥等各个方面教授你最基本的养护秘诀，让你从一个养花新手向护花高手进阶。

## Inside



## Growing Organic Vegetables on Balcony

Price 36.80  
Pages 168  
Date 2013.01

Author Wei Xumin and Ma Liang

They are young couples. Although they live in busy streets, they yearn for countryside in their hearts. So they open up a piece of private plot. Then, they grow vegetables, take photos and solve all kinds of problems for green hands. Besides, they open microblog and forum and they also open their online store. The accumulation of bit by bit forms the essence of this book.

## 阳台种出有机菜

作 者 汉竹主编 魏旭敏 马良

作者简介 魏旭敏 马良，他们是一对年轻夫妻，虽身处闹市，却心向田园，在自己阳台开辟了一块自留地，种菜、拍照，为新手解决各种问题，开通了微博、论坛，也开了自己的网店，一点一滴的积累，便成了本书的精华所在。

ISBN: 978-7-5537-0210-0

## Inside



## Synopsis

In this book, 37 kinds of vegetables which are the most suitable for growing on balcony are introduced. The methods are easy to learn. The language is popular and humor. Each detail is explained in detail. The readers can learn by merely reading it once over. So readers cannot only learn growing vegetables easily and also have good mood during reading and practice.

No matter water, fertilizer, light and temperature or tools used for fertilizer, the author all carefully explain them to everyone. For container, tools and fertilizer, if you can do it yourself, do it yourself. In the working process, you can enjoy happiness of DIY. A yogurt box and a bag of sesame catsup slag are good helpers for growing vegetables on balcony. In addition, pictures in this book are also taken by the author, which make full of life. Look at your balcony. Whether it can be as rich and colorful as in the picture.

## 内容介绍

本书介绍了最适合阳台种植的37种蔬菜，方法简单易学，语言通俗风趣，每一个细节都讲得非常详细，一看就懂，不仅轻松学种菜，还能在阅读与实践中拥有愉快的心情。

无论是水肥光温，还是工具肥料，作者都细心地讲给大家，容器、工具、肥料，自己能做的自己动手，在制作过程中也享受了DIY的快乐，一个酸奶盒，一袋麻酱渣，都是阳台种菜的好帮手。

除此之外，本书的图片也是作者亲自动手拍摄，生活气息更浓厚，看看你家的阳台，是否也能像图中那样丰富多彩。



## Notes to 24-Posture Taijiquan

Price 29.80

Pages 120

Date 2011.10

Author Champion of Taijiquan of the 5th World Wushu Championships  
Champion of National Wushu Championships

## 24式太极拳详解

作者 邱慧芳

作者简介 第五届世界武术锦标赛太极拳冠军

全国武术锦标赛冠军。

ISBN: 978-7-5345-8573-9

## Synopsis

24-posture Taijiquan is simplified from Yang-style Taijiquan. 24-posture Taijiquan is simpler and concise easy to grasp compared with traditional forms of Taijiquan. In meanwhile, simplified forms are more suitable for sickly person to exercise.

This book gives a detail explanation on 24-posture Taijiquan form and action in words with illustration including practice pithy formula, learning and practicing points and common mistakes and correction method and etc. to provide a good learning platform for majority of Taiji enthusiasts, especially for beginners.

## 内容介绍

24式太极拳是从杨式太极拳中简化而来的。相比于传统的太极拳套路，24式太极拳更加简单精炼，易于掌握。同时，简化的套路更加适合体质弱多病的人进行练习。

本书以文字讲解加配图演示的方式，对24式太极拳的套路动作，进行了详细的讲解，包括练习口诀、学练要点、易犯错误以及纠正方法等等，为广大太极拳爱好者，尤其是初学者提供了很好的学习平台。

## Inside



## Fitness Wushu Complete-Baduanjin, Muscle-Bone Strengthening Exercise, Liu Zi Jue and Five Mimic-Animal Exercise

Price 29.80

Pages 158

Date 2011.10

Author Qiu Huifang  
Champion of Taijiquan of the 5th World Wushu Championships  
Champion of National Wushu Championships

## 健身国术合集 八段锦 易筋经 六字诀 五禽戏

作者 邱慧芳

作者简介 第五届世界武术锦标赛太极拳冠军

全国武术锦标赛冠军

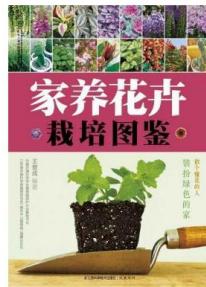
ISBN: 978-7-5337-0210-0

## Synopsis

This book introduces a complete of qigong for fitness based on traditional qigong of muscle-bone strengthening exercise, five mimic-animal exercise and liu zi jue and baduanjin to improve health, which has a significant fitness and healthcare with simple action and beautiful form. It is the best choice for fitness and cultivation.

## Inside





## Illustrated Handbook for Domestic Floriculture

Price 58.00

Pages 272

Date 2013.01

Author Wang Yicheng

Vice Secretary General of Botanical Garden Protection Branch of Chinese Society For Environmental Sciences  
Division Chief of Landscape Division of Institute Of Botany, Jiangsu Province And Chinese Academy Of Sciences (Nanjing Botanical Garden Mem. Sun yat-sen)  
Vice Director of Jiangsu Flower and Tree Association  
Senior Engineer and Author of popular science of flowers

## 家养花卉栽培图鉴

作者 王意成

作者简介 中国环境科学学会植物园保护分会副秘书长 / 江苏省中国科学院植物研究所 (南京中山植物园) 园景处处长 / 江苏省花木协会副理事长 / 高级工程师、花卉科普作家

ISBN: 978-7-5537-0332-9

## 内容简介

An illustrated handbook with various flower color and complete varieties, a first manual of enjoying the joy of cultivating flowers easily and a complete collections for flowers which can includes flower-cultivation and appreciation.

It includes full pictures of varieties, you may surprise, so many types are listed for cultivating the same flower; your own exclusive flowers can be seen in parlour, bedroom, study, yard, garden and office. Even if keeping indoors, the charming of nature can be realized. Green hand cultivates glass, lazy people cultivates cactus and corn shall be selected during flower arrangement; while masters cultivate ornamental fruits…… Different people will cultivate different flowers, anyway, you can find any flowers you want in this book.

Full cultivation knowledge is prepared for every kind of plants, which can help you cultivate flowers easily without any experience: From purchasing to placing in the room, from flowerpot selection and soil mixing to fertilization and trim, from breeding to insect control…… lucky guidance is prepared for those who love cultivating flower and glass.

## 内容简介

一本花色繁多品种齐全的图鉴宝典，一本轻松享受养花乐趣的入门手册，一本即可以养花、又可赏花的花卉全书。

最全面的品种图片，你会惊叹同一种花居然有这么多样式：客厅、卧室、书房、庭院、花园、办公室，每个空间都有自己的专属花卉，足不出户就能领略大自然的魅力；新手养草花，懒人养仙人掌，插花选枝根；高手养观果……不同人选不同花，总之你需要的，这里都能找到。

每种植物都有最全面的栽培知识，帮你零基础轻松养花：从选购到入户，从选盆、配土到施肥、修剪，从繁殖到病虫防治……更有有趣的好运指南，告诉那些花草的风韵贴士。

## Inside



## Throughout the Great Wall( UK and France rights sold)

Price 50.00

Pages 172

Date 2010.7

Author Dong Yaohui

Biography Renowned Expert on the Great Wall, Deputy President of China Great Wall Society, Guest Researcher of the Chinese Academy of Social Sciences, Visiting Fellow of Peking University. He has dedicated to research and protection of the Great Wall. He investigated the Great Wall of Ming Dynasty by hiking from 1984 to 1985. He has published more than 10 books, among them the best known are Investigation of the Ming Dynasty Great Wall, Talking about the Great Wall, Keep Watch on the Great Wall

## 话说长城 (版权已售英国、法国)

作者 董耀会

作者简介 著名长城专家，中国长城学会常务副会长，中国社会科学院特邀研究员，北京大学客座研究员。致力于长城研究与保护，1984-1985年徒步考察明长城，著有《明长城考实》、《长城纵横谈》、《守望长城》等专著10余种

ISBN: 978-7-5345-6708-7

## Synopsis

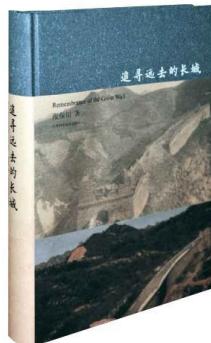
This book describes the Great wall from five aspects: material body and the spirit, the history, the system of defense, the space – time of the architecture and the famous historical site. It's very helpful to those who are interested in the Great wall, one of the world cultural heritage sites, and especially to getting to know the diversity of world culture and researching the evolution of the human civilization.

## 内容简介

本书从长城的物质与精神、历史脉络、防御体系、建筑时空和关口胜迹等五个方面描述了长城，不仅有助于读者对世界文化遗产——长城进行全面了解，而且对认识世界文化的多样性、对研究人类文明的演进具有独特的帮助。

## Inside





### Remembrance of the Great Wall( UK and US rights sold)

Price 50.00

Pages 172

Date 2010.7

Author Zhang Baotian

Biography Member of the Great Wall Research Council, expert on Great Wall geography and Anti-Japanese War, and Great Wall volunteer

### 追寻远去的长城 (版权已售英国、美国)

作 者 张保田

作者简介 中国长城学会理事，中国长城地理专家，抗日战争史学专家，长城志愿者。其长城摄影作品获国际金奖。

ISBN: 978-7-5345-6708-7

### Synopsis

Remembrance of the Great Wall is a glamorous photo album reflecting the historical features of the Great Wall of China in Black and white photos and color photos. This book is a glorious collection of over 200 time-old photos of the Great Wall taken from 1850 to 1949 by renowned photographers and travelers from China and other countries, many of the photos being the only copies extant featuring the whole length of the Great Wall meandering from Shanhaiguan, Hebei to southern Qinghai Province. The historical pictures and GBS-aided modern photos collected in this book will serve as part of the legacy left over by the age-old Great Wall, and will play an everlastingly significant role in recording China's national cultural legacy, exploration and protection of the Great Wall, and in specific regional reconstruction of the Great Wall.

### 内容介绍

《追寻远去的长城》以黑白及彩色照片反映长城历史、形貌的摄影画册。图书收集了迄今为止发现的大部分长城历史影像，收录自1850年至1949年，中外摄影家，旅行家拍摄的长城历史照片200余幅。其中多数照片是孤本，是该地区长城留下的唯一历史影像。涵盖从河北山海关到青海南部。《追寻远去的长城》所收录的长城历史照片和当代定位重拍照片将作为长城遗产的一部分，永久性地在民族文化遗产记录，长城研究，长城保护，长城局部重建中发挥作用。

### Inside



### 36 ways to slimming

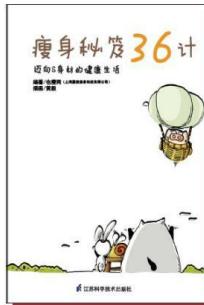
Price 26.80

Pages 200

Date 2011.11

Author www.yesshou.com

Biography The largest community for sharing the experiences about slimming



### 瘦身秘笈36计

作 者 也瘦网

作者简介 中国最大的瘦身经验分享社区

ISBN: 978-7-5345-8508-1

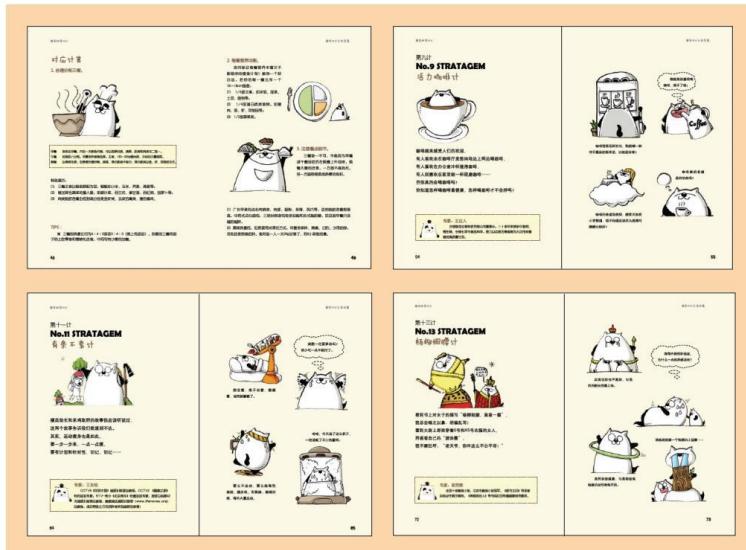
### Synopsis

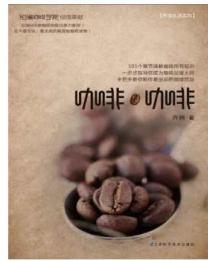
Losing weight is a lifelong assignment for women. We must enjoy good health as well as beautiful appearance when reducing weight. This book talks about the healthy ways to slim down in the form of comics. It totally contains 36 stratagems which are scientific and useful, and they are all explained by experts. The comics are drawn by proficient painters, and the pictures make the book interesting and readable. The quality of both the content and the condition are at high level.

### 内容介绍

瘦身是女人的终身事业，既要享受健康又要享受美丽，本书将以漫画的形式来讲解健康瘦身方法，瘦身秘笈一共有36计，内容科学、实用，均由瘦身专家来讲解，专业的绘图师绘制插画，幽默、风趣。整本书内容品质好，品佳相。

### Inside





## Coffee Coffee

Price 48.80

Pages 220

Date 2012.08

Author www.yesshou.com

A famous coffee-making training specialist, writer and consultant for coffee making

## 咖啡咖啡

作者 齐鸣

作者简介 著名咖啡培训专家、咖啡作家和咖啡馆咨询师

ISBN: 978-7-5345-9748-0

## Synopsis

This book is illustrated from the origin of coffee to the human stories. It also contains the characteristics of different coffee types, and the ways of planting and harvest. Moreover, the roasting of beans, grinding and brewing, as well as the way of tasting and equipment needed, are all included in this book. It almost covers every aspect of coffee making. It can be said that this book takes in the origin and development of coffee and its delicate quality, in addition to the details of coffee making techniques and its greatness.

## 内容介绍

本书图文并茂,从咖啡的历史起源,到人文故事,从品种特性,到种植采收,从加工烘焙,到研磨冲泡,从品鉴方法,到设备器具,从成品制作,再到创意研发……几乎无所不包,无所不讲。可以说,咖啡的前世今生,灵秀气质,技术细节和恢弘伟大,尽在本书之中。

## Inside



## Beauty Magic

Price 49.80

Pages 216

Date 2012.06

Author Nic

Biography The most eminent opinion leader of Beauty and Cosmetics

## 素颜肌密

作者 尼可

作者简介 中国最著名的美容意见领袖

ISBN: 978-7-5345-9501-1

## Synopsis

Nick makes specific and intensive statement about 14 facial skin problems. He explains the root causes of skin problems and the way to solve them. Besides, he provides some effective skin care plans to teach us to solve the facial problems completely such as pores, blackheads, dark eye circles, eye bags and wrinkles. His suggestions will lead our faces to be shiny and resilient. Moreover, Nick also offers some methods of figure shaping, which adds our beauty apart from the face.

## 内容介绍

尼可在本书针对14个肌肤问题进行了具体透彻的阐述,从问题肌肤产生的根源到解决之道进行逐一破解,并提供行之有效的保养方案,教会我们彻底解决毛孔、黑头、黑眼圈、眼袋、皱纹等面部肌肤问题,让我们的肌肤光彩照人,健康有弹性!此外,尼可还奉上塑造身材曲线的方法,让我们的美不仅仅是脸部。

## Inside





### Moxibustion: take away women's troubles

Price 39.80

Pages 256

Date 2013.3

Author Deng Yong Li Chaobin

Biography Deng Yong, a moxibustion maniac, has been obsessed with the traditional Chinese culture since his childhood. He is skillful at traditional Chinese medicine, especially for the moxibustion; Li Chaobin, a doctor of traditional Chinese medicine

### 艾灸:女人烦恼一扫光

作者 邓勇 李朝彬

作者简介 邓勇,“艾灸狂人”,自幼痴迷中国传统文化,精于传统中医外治之术,尤以艾灸之术为最;李朝彬,中医师

ISBN: 978-7-5537-0902-4

### Synopsis

This book is full-illustrated, substantial in content, refined and practical. The book is divided into seven chapters, and it primarily introduces over 50 real cases which are typical of the female troubles. They are presented in the form of stories. The writer help the readers analyze the pathogenesis, which makes them interesting, readable and easy to understand. Meanwhile, according to different symptoms, it provides the details of the moxibustion point chart, as well as the techniques of acupoint selection, and key points and precautions that are related. This kind of description is scientific, practical and effective with the help of vivid pictures. It is feasible for you to find the relevant content and do moxibustion by yourself in accordance with the book.

### 内容介绍

本书图文并茂,内容翔实,精炼实用。全书共7大章节,重点介绍了50多个典型女性烦恼的真实案例,以故事的方式呈现,并一一帮助读者分析病因,容易理解,趣味性、可读性强。同时,分别针对不同病症,图文结合,详细介绍了艾灸穴位图、取穴技巧、各种艾灸方法的操作步骤,以及相关要领和注意事项等,科学性、实操性、功能性强,您完全可以在家里翻阅,找到需要的相关内容,照着本书进行自我灸疗,轻松解决烦恼。

### Inside

40



41