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Anma (Japanese: あんま) refers to both a practice of traditional Japanese massage and to practitioners of that art. Modern shiatsu is largely derived from anma

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A dying teenage girl. A reluctant prince in hiding. Can their love cause a miracle? Sakura knows adulthood is not part of her future. In her final year of high school, her body is getting weaker and her eventual death closer. She's accepted her fate, planned for it, cut off the world to leave no mourners behind. Until the charming yokai of her late guardian's fairy tales turns up wounded in her garden. She thought she knew how her life would end, but Kazuki's arrival is throwing all her planning out the window. But is it too late for her to remember how to love, much less be loved again? If you like modern fairy tales, strong female leads, swoon-worthy heroes, and adorable young tengu, you'll love Anma's tale of loss, love, friendship, and family.

Discusses the history, practice and technique, treatments, and theories of acupuncture and acupressure.

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Beginner-level students wishing to read Japanese need to learn hiragana, the most basic of three Japanese scripts, used for writing words of native origin. Kodansha's Hiragana Workbook is an all-new, streamlined workbook designed precisely for such students. It introduces all aspects of the script--reading, writing, and pronunciation--in a fun, accessible format, packed with illustrations and exercises. One page each is devoted to the 46 basic characters. These include instructions for character formation and space to practice writing, as well as a selection of vocabulary for further reading and writing. The vocabulary are all commonly used words that students can put to immediate use in conversation; and their readings--pronounced by a professional voice actor--are available as free downloads from the Net. Frequent review pages allow students to test their understanding of the hiragana at various stages. The appendixes offer additional practice exercises, as well as grids for playing hiragana Battleship and Bingo. There are also 120 pull-out flashcards for playing Memory, Scrabble, and other games.

A boon to the health-conscious individual, this practical volume introduces the completely natural Oriental healing system of Tsubo: vital points along the body where the energy flow of the organs tends to stagnate. With simple text and clear diagrams the author shows how to locate Tsubo, and how to apply acupuncture, massage, shiatsu, and other popular therapies for astonishing relief of such common ailments as fatigue, insomnia, muscular aches, back pain, asthma, nausea, and more... and for skin and beauty enhancement. Comprehensive and informative, Tsubo will enable the layman at home as well as the holistic and general practitioner to promote good health and to reap the benefits of this little-known, remarkable self-healing technique.

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