Possibly the best and most complete book on Taijiquan!!!

Taijiquan
By Li Deyin

Li Deyin taught Taijiquan and Beijing’s Remnin University for over 40 years. He has been named one of the Top 100 Chinese Martial Arts Masters and is both a qualified judge of martial arts at the international level and renowned at the national level as an educator, teacher, innovator. For example, in 1989, with the Chinese Wushu Association, he created the 42 step Taijiquan competitive routine. He has been very active in promoting Taijiquan as a new, global sport which is gaining international popularity.

The book is divided into 10 Chapters including
- Taijiquan in China Today
- Essentials of Taijiquan
- Taijiquan Training
- 81 Step Yang Style Taijiquan
- 24 Step Taijiquan
- 42 Step Taijiquan
- 42 Step Taiji Sword
- 32 Step Taiji Sword
- Why Study Taiji? A Global Perspective

The volume is available for licensing in any language and has already been sold for Spanish language edition.
It can be published in its entirety, as one large, comprehensive volume, or it can be divided into a multi-volume edition.

Comes with companion DVD!!!
The Authoritative Library on Taijiquan, Wushu, Martial Arts - 5 books!

China is the originator and source of many of the now world-famous arts of exercise.

**Basics of Taiji Quan** (102 pages with over 100 illustrations)
by Li Xingdong
Chapters include: Origin and Development of Taiji Quan; Schools and Characteristics of Taiji Quan; Technical Methods and Postures; Basic Exercises; Simplified Taiji Quan Routines; How to Practice Taiji Quan

**Taiji Quan: 48 Forms** (130 pages with over 100 illustrations)
Compiled by the Chinese Wushu Association
Chapters include: Characteristics; Basic Technical Essentials; Steps for Practice; Illustrated Exercises; Diagrams of Line Movements.
Spanish language rights sold

**Wushu Exercises for Life Enhancement** (88 pages with 100 photos)
by Yu Gongbao
Chapters include: Basic Principles of Wushu; Main Schools of Wushu; Instructions for Beginners; The Basic Wushu Method - Sitting Exercises, Standing Exercises, Sinew-Transforming Exercises; Internal Exercises

**A Guide to Chinese Martial Arts** (180 pages with over 100 illustrations and drawings)
by Li Tianji and Du Xilian
Chapters include: Origins and Development of Chinese Wushu; Styles of Chinese Wushu; An Introduction to Some Wushu Styles - Chang Quan, Taiji Quan, Shaolin Quan.
Spanish language rights sold

**Basics of Long-Style Boxing** (180 pages with over 100 drawings and illustrations)
by Cheng Huikin
Chapters include: General Description and Basic Technical Features; Basic Skills and Basic Movements; Combinations; Basic Routines;
An Introduction into the Ancient and Mysterious Chinese art of Qigong

Qigong
By Zeng Qingnan

For over two thousand years, Chinese people have been using Qigong to treat diseases and to promote proper health. The legacy and practice of Qigong has been practiced and has become part of the legacy of China.

As people around the world are becoming increasingly health conscious and becoming more sceptical about intrusive medicine and the use of drugs, people in many other cultures are becoming aware of Qigong.

But what is Qigong? What diseases can be treated with Qigong? Why does Qigong have therapeutic effects?

At last, a book which provides ready answers to the fundamentals of Qigong and introduces the seven best-known Qigong exercises which can be practiced at any time and under any circumstances.

Chapters include:

Qigong Exercises, such as Eyesight Improving and Eye Movement exercises, Walking Exercises; History of Qigong; Slimming by Qigong; Treating Diseases by Qigong; Promoting Health; the Qigong Way.

Qigong: 14 Exercises for the Transformation of Tendons
By Chang Weizhen

The author is one of the great masters of Qigong exercises. In this volume, readers will be able to understand and also to practice a combination of the energetic style of shaolinquan and the more flexible style of taijiquan. By combining these two styles, one is able to conjoin both the physical and also the mental aspects of traditional Chinese exercise regimes.

130 pages each, and fully illustrated!
Traditional Chinese Medicine
Three Encyclopedic Volumes on Traditional Chinese Medicine!!

The Essentials of Traditional Chinese Herbal Medicine (350 pages)
by Professors Liu Ganzhong, Xu Qiuping, Wang Tai
- The volume is divided into 2 parts: the history and sources of Chinese herbal medicine, processing, pharmacology and rules for clinical practice and the second part provides details on some 200 commonly used Chinese herbs.

Essentials of Chinese Acupuncture (425 pages)
- compiled by the Beijing University of Chinese Medicine, Shanghai University of Traditional Chinese Medicine, Nanjing University of Traditional Chinese Medicine, The Institute of Acupuncture and Moxibustion of the China Academy of Traditional Chinese Medicine.
- Now established for over 50 years as “the book” on acupuncture, revised and updated in 1993.

China’s Tibetan Medicine (350 pages, 8 X 11 inches)
by Professor Zhen Yan and Cai Jingfeng
- (First Edition 2005)
- The authoritative source for Tibetan medicine, pharmacology, history of Tibetan medicine written by two acknowledges experts on the subject.

These three volumes are indispensible for anybody seeking detailed, authoritative sources on traditional Chinese Medicine and medical practices. Each volume is over 300 pages, lavishly illustrated, with full bibliographic and other sources, fully annotated and written by the leading experts in the fields.

All three volumes are now available in English and are also available for translation.
The art and the science of massage and acupuncture are one of the great traditions of China which has now spread throughout the world.

Now, from Foreign Languages Press, comes a five volume series covering all aspects of this great Chinese art.

Published in English, with many drawings and illustrations, easily understood, step-by-step instructions, written by experts but for popular audiences - worldwide!

**Titles include:**

*Chinese Family Acupoint Massage* by Wang Chuangui  
*The Way to Locate Acupoints* by Yang Jiasan  
*The essentials of Chinese Massotherapy*  
*Self-Massage Along Meridians & Acupoint* by Wang Chuangui  
*Chinese Acupressure Therapy* by Wang Zhaopu

The five volumes are available as individual books, or as a five volume library. They may be adapted and edited for each individual market. They may be acquired on a license/rights basis or they may be purchased as finished books.

For more information, contact Mosaic Press which is handling the international sales of this library.
Qigong acupressure therapy is a very old approach to medical treatment rooted in traditional Chinese medical practice. It incorporates many therapeutic methods, such as acupressure, massage, daoyin which is a physical and breathing exercise and the application of external qi (potential energy).

Qigong acupressure therapy may be used to treat many common illnesses and because its techniques are so easy to learn and to practice, its common and every day use can maintain good health.

The author is an international renowned expert on Qigong acupressure therapy and has visited and lectured in many countries, including the USA, France, Japan, Korea.

Chapters include:
- Qigong Acupressure Therapy Basics
- Qigong Acupressure Therapy Exercises
- Qigong Acupressure Therapy Techniques
- Clinical Practices of Qigong Acupressure Therapy for different parts of the body and for common diseases

Rights already sold to Russia, other rights available.
The Chinese diet, with its emphasis on vegetables and fruits is now increasingly admired and recognized world-wide. And, people world-wide are now increasingly aware that certain foods have direct effects upon certain health-related problems. Yet, for many centuries, Chinese traditional medical practice was based upon the recognition that certain vegetables and fruits had therapeutic effects on specific ailments and diseases.

Here are three books which explore and explain the therapeutic values of many vegetables and fruits, most of which are now readily available in most countries.

**Eating Your Way to Health:**
**Dietotherapy in Traditional Chinese Medicine** (180 pages)
by Cai Jingfeng

An accessible, easy-to-use book which will enhance your appreciation of food and your health!

The author is renowned as one of the most knowledgeable experts on traditional Chinese medicine. He has published over 100 academic papers and over 20 monographs.

Chapters include: History of Dietotherapy; Special foods for Common Medical Problems – Internal Problems, such as bronchitis, influenza, diabetes, headache, etc and External Problems, Female Problems, Childhood Problems, Problems of Eye, Nose, Throat; Common Medicinal Foods – Plants, Roots and Stems, Flowers, Seeds, Gourds, Fruits etc.

A Vegetarian’s Encyclopedia!!!

Traditional Chinese Medicine has long recognized the value of the vegetarian diet. Here are two more books which allow one to appreciate how many common illnesses and diseases can be treated by vegetables and fruits. Each book contains descriptions of the fruit or vegetables, their nutrient value and their therapeutic effects. And, each book is complete with varied recipes, both ancient and modern, for the treatment of illness and disease.

**Diseases Treated with Melons, Fruits and Vegetables** (270 pages)
by Xiu Zongchang

**Curing Diseases the Chinese Way with Ginger, Garlic and Green Onions** (160 pages)
by Wang Fuchun & Duan Yuhua
An easy to follow, practical and very useful ‘massage at home’ book.

Follow the simple, step-by-step procedures detailed in this book every day, or once a week and you will get relief from many ailments and discomforts common to everyday stress and fatigue.

With its preventive health care approach, this manual offers alternatives to the all-too-common reliance upon medications and frequent trips to doctors. With this book you will be able to deal with headaches, hypertension, back pain and other ailments. In a non-intrusive manner and achieve wonderful results.

The book is organized so that you can administer and practice self-massage with 44 Steps or massage with another with 71 steps. Each exercise is fully illustrated and fully explained.
Traditional Chinese Medicine for Everybody!

Traditional Chinese Hand and Foot Massage
by Wu Gengwei & Hao Dongfang

Hand and foot massage is an important component of traditional Chinese medical practice. This excellent book provides the readers with the background, theory and practice of massage for the hand and the foot. It includes major chapters on the Treatment of Common Diseases by Hand and Foot Massage, and Hand and Foot Massage for Cosmetic and Health Care.

300 pages with 100 illustrations

Hand Acupuncture Therapy
by Qiao Jinlin

This book describes in detail the principles of hand acupuncture and therapy, the location of the hand acupuncture points, hand observation diagnosis and the clinical application of hand acupuncture therapy for some common diseases. It stresses the practical application of different therapies and their positive results.

150 pages with some illustrations.
Traditional Chinese Medicine for Everybody!

Foot Therapy for Common Diseases
by Ji Qingshan & Li Jie

Practical, simple, easy to understand and arranged with 100 illustrations, this book makes a vital part of traditional Chinese medicine accessible to anybody. The foot, as is now recognized, is closely related to many internal organs. It can reflect pathological changes in the body and can be used to make diagnoses of many diseases and ailments. Foot therapy has become very popular because it is safe, easy and has good therapeutic results.

184 pages with 100 illustrations

Hand Therapy
by Wang Sheng & Wang Weidong

The hand, in traditional Chinese medicine, can be used to diagnose many diseases and ailments. And, in addition, hand therapy, through stimulation, can be used to alleviate pains, achieve many positive therapeutic results and provoke good health. This concise, practical book includes over 50 illustrations.

144 pages with over 50 illustrations
China’s Traditional Way of Health Preservation
   by Zeng Qingnam & Liu Daoqing
   400 pages, fully illustrated, text in English

Chapters include:
   Methods of Purging One’s Mind of Ambitions and Desires, Eating and
   Drinking Moderately, Regular Life, Sports and Leisure, Proper Balance between
   Work and Rest, Health and Sex, Learn to do Exercises, Self-Massage, Ways to
   Improve Health without taking Drugs, Qigong Exercises

Self-Therapies for Common Diseases
   by Li Hesheng
   140 pages, fully illustrated, text in English

Topics include:
   The Cerebral and Cardio Vascular System, Hypertension and Hypotension

The Mystery of Longevity
   by Liu Zhengcai
   200 pages, fully illustrated, explaining the mysteries of Chinese longevity practices, with sensible
   advice on how to live well and longer!

Topics include:
   Longevity in Ancient Chinese Centarians, Chinese Body-building and exercises, Prevention and Self-
   Treatment of common old-age Diseases.

The Way to Locate Acupoints
   by Yang Jiasan
   80 pages, oversize, fully illustrated, text in English

   This is a very helpful, easily accessible book with clear illustrations on how to access the acupoints in
   the human body. It provides you with basic information to understand and begin practicing the art of self-
   massage and acupoint therapy.

Rights available exclusively from Mosaic Press.
Chinese Philosophy
Culture
Art
Chinese Tea Culture (160 pages with 16 colour photographs)
by Wang Ling

Tea is a global commodity but it originated in China. And tea is inextricably linked to Chinese history, culture and the Chinese aesthetic.

This book takes the reader through the entire history of tea, from its origins in China to its spread throughout the world. Chapters include: The Origin of Tea Drinking; Tea Culture and the Tang, Song, Yuan, Ming and Qing Dynasties; The Art of Chinese Tea; Chinese Tea Ceremony; Teahouse Culture; Tea, Literature and Art; Tea and Social Rituals; Folk Tea Art; Tea Customs and Ethnic Groups in China; The Spread of Chinese Tea Culture throughout the World.

Chinese Philosophy on Life (110 pages with illustrations)
by Wang Keping

The author is a university professor, research fellow and visiting fellow at Oxford University. His publications include: The Classic of the Dao: A New Investigation, Paloto’s Poetics in the Republic, Towards a Transcultural Aesthetics.

This is a book to introduce readers to the fundamentals of Chinese thought and philosophy in an accessible, comprehensible manner. The book is based on articles the author wrote for China Today. The Chapters include: The Interplay between fortune and misfortune; The Soup Allegory of Harmony; The Delightful Pursuit of Human Love; The Great and the Small; Paradise in Sudden Enlightenment; Loving People and Treasuring Things; Be Spring to all Things; Practical Wisdom in Horse Racing; The Sage Wisdom of Reversion; The Heavenly Way and the Human Way; The Hierarchical Realm of Being; The Attitude towards Life and Death.

A History of Chinese Painting (240 pages with over 100 colour plates)
by Zhang Anzhi

An authoritative history of the last five thousand years of Chinese painting, fully illustrated and eruditely explained. The author is recognized as one of the world experts in his field and he has taught at City College in New York, Columbia, Stanford, Berkeley, USC in the US and in the UK at Oxford, Sheffield, Cambridge, Derby and Belfast. Other volumes in this series include a volume on Chinese Pottery and Porcelains and other Chinese arts.
At last, popular, literary biographies of the founders of the great schools of classical Chinese thought!

Written by knowledgeable, Chinese experts in the field and available in English, these popular biographies provide us with the basics of the great schools of Chinese philosophy, the details of the lives of these extraordinary thinkers and the historical contexts in which they lived.

*The Story of Confucius* chronicles the life of Confucius who was born in 551 BC and died in 479. We learn about his poverty in his youth, his participation in politics, his devotion to his teaching, his training of a group of talented students who created the legacy of Confucianism.

*The Story of Mencius*, great thinker, statesman and educator lived in the period of Chinese history known as the Warring States period, 475-221 BC. He was an important popularizer of Confucianism. He preached that men are born good and rulers should practice a policy of benevolence. In addition, Mencius taught the value of democratic thought arguing that rulers should respect, value and love their subjects.

*The Story of Sun Zi* includes the main content of the 13 chapters of Sun Zi’s classical book *Art of War*. Great strategist and military theoretician, Sun Zi was the genius who provided the earliest classic on military science in the world! His influence extended way beyond war and was felt in the spheres of politics, diplomacy, culture and economics.

*The Story of Lao Zi* details the life, times and teachings of the founder of Taoism. He lived during the Spring and Autumn Period, 770-476 BC and his great work, *Dao De Jing* has had a profound impact on all subsequent Chinese thinking.

Each volume is now available in English, approximately 60,000 words. Published by Foreign Language Press and foreign rights are available exclusively from Mosaic Press.
The Classic of the Dao
A New Investigation

By Wang Keping

_A Dao De Jing_ (The Book of Lao Zi) is widely read and celebrated as a Daoist classic. It is full of aphorisms that display the originality of Lao Zi’s wisdom. The original text of 81 chapters, however, tends to be obscure and difficult for the contemporary reader.

_The Classic of the Dao_ makes this great ancient text much more accessible to us. It rearranges the 81 chapters thematically and adds elaborate annotations and relevant commentary.

The book is divided into Four Parts:

• The Dao as the Origin of All
• De as the Manifestation of Dao
• The Human Condition in Perspective
• The Daoist Path to Personal Cultivation

Among the many topics are – On the Beautiful and the Ugly, On Modesty and Retreat, On Knowledge and Wisdom, On Life and Death, On the Possibilities of Achievement, On the Art of Leadership, On the Ideal Society, etc.

This book is based on extensive new philological studies of the Dao De Jing by Chinese scholars since the discovery in 1973 of the Mawangdui versions on silk.

Professor Wang Keping received his MA in Australia and furthered his studies at the University of Lausanne. He has written numerous books and is considered one of the leading contemporary scholars of China.

_English text available now. Annotated with commentary._
_New World Press, available exclusively from Mosaic Press._
This book of wisdom was written during the Ming Dynasty some 400 years ago. While this book of classical sayings and aphorisms was known in China, it did not have a wide circulation nor an international reputation.

But things have changed recently! During the 1980s, *Tending the Roots of Wisdom* became almost a cult book among Japanese corporations. A number of major Japanese corporations, impressed with the philosophical approach of the work, adopted it as a component part of their management concepts.

The book is so well-known in Japan that it has been stated that “there are thousands of books on management, but most of them cannot compare with *Tending the Roots of Wisdom*.”

Hong Yingming was able to fuse the Confucian virtue of spending one’s life in the process of self-improvement, with the Buddhist concept of enlightenment, together with the Taoist and Buddhist doctrines of “returning to simplicity and the unadorned truth.”

The text’s everlasting genius is that it brings together into a seamless unity the three major treads of classical Chinese thought – Taoism, Confucianism and Buddhism.

The contemporary relevance of the text is also based upon the fact that Hong Yingming lived during the time when the first buds of capitalism began to sprout in China and when a new environment pervaded by rampant materialism took shape. This makes *Tending the Roots of Wisdom* even more relevant today.

*Text now available in English. Complete with annotations. New World Press, available exclusively from Mosaic Press*
Chinese dance companies are now touring the world and are having a major impact on contemporary dance. Finally, a book which looks back over a century of contemporary Chinese dance, its beginnings, its developments, its problems and its character.

In this unique, one-of-a-kind book, you will meet the pioneers, the innovators, the performers of Chinese contemporary dance and learn about their legacy.

**Chapters include:**
A Brief Introduction to Ancient Chinese Dance; The New Era; Post 1949; Three Main Forms of Chinese Dance: Chinese Dance Drama; Two Famous Chinese Ballet Works; Other Ballet Works of the Time; New Experiments in Chinese Dance Dramas; Dance Developments in Hong Kong, Macao and Taiwan.

The author, Jiang Dong is a Chinese dance critic, dance historian and dance researcher. He is the author of five previous books and is the main researcher at the Dance Research Institute of the China Arts Academy.

250 pages with over 150 photos

Published in 2007 by New Star Press, Beijing and foreign rights Mosaic Press
“Chinese cinema is now big – everywhere. At last, the book on the subject!” Just published in 2007!

China in the Movies (1978-2006)
by Zhong Dafeng, Li Ershi

Chinese cinema is now attracting a global audience. And, as Regis Bergeron, the noted French film critic, said, “What most impresses the West about Chinese cinema is its contemporary realism.”

Finally, we have a book that explores and details the nature of contemporary Chinese cinema written by one of the most renowned and accomplished Chinese film critics, professor of cinema at the Beijing Film Academy and cinema historian.

A very important contribution to the appreciation and understanding of contemporary Chinese cinema.
The book is focused on aspects of contemporary Chinese life and society and includes chapters such as:

The Chinese Dream
The Chinese Family
Chinese-style Western Movies
New Perspectives on Rural China after Reform
Perspectives on Urban Life
Children and Education
Youth
Let’s Talk about Love
The Feminist Voice
The Many Faces of Chinese Men
Senior Citizens in Chinese Movies
and more!

Lavishly illustrated with photos from a wide range of Chinese cinema.
The book also includes a full Index.
250 pages, full colour, over 200 photos

Published in 2007 by New Star Press, Beijing and foreign rights Mosaic Press
The story of “Old Beijing” in photos and text ...the Beijing that has all but disappeared!

Old Beijing: People, Houses and Lifestyles
by Xu Chengbei

This is a very important book. It is the story of a city, Beijing, as it was and is no longer. The Beijing that we now know and see is a radical departure from the city that was. That unique city, with its unique architecture and special ways of life is now disappearing totally, gone forever, supplanted by a megalopolis.

In this book you will discover the Beijing that was. You will discover the people that lived in that ‘old’ urban environment, their ways of life, their culture and character...now gone!

Chapters include:
Alleys and Lanes
The Hutong
The Quadrangle House
Signs and Signboards
Funerals and Weddings
Festivals and Rituals
Spring Festival
Imperial Beijing
Anecdotes
People and Places
Faces and Costumes.

An extremely timely book for anybody concerned about the confrontation between tradition and modernity, between the old and the new.
222 pages with over 200 photographs from the best archives of China

Published in English by Foreign Language Press and foreign rights Mosaic Press
The latest and absolutely the best and authoritative guide to Beijing!
A perfect guide for all tourists and visitors!

Streetwise Guide: Beijing
by Xu Chengbei

This book was prepared by local ‘Beijingers’ with the advice and collaboration of tourists and foreign experts. It includes:

- all place/street names and addresses in both English and Chinese
- easy-to-use color coded nine sections for each sector of the City
- full color content with over 50 maps, including sights, restaurants, hotels, bars, shopping tips for each of the 9 areas
- picture menus that provide names, introductions and pictures of the most popular and authentic dishes ordered in restaurants
- “scams to avoid” and cartooned “good manners and bad luck”
- a special 2008 Olympics chapter that covers venues, games and maps
- special sections on ‘how to use’ and ‘how to do’
- a detailed and full set of maps on local transportation

This latest and most comprehensive guide to Beijing is surely destined to become ‘the’ authoritative text on the city. Sightseeing, shopping, accommodation, hotels, restaurants and more...but all elaborated and related to the different nine sectors of this enormous city.
400 pages, full colour, over 50 maps.

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