

2017

图书目录



C A T A L O G U E

科教 & 期刊 & 数字出版 & 版权引进

科学
SCIENTIFIC

有益
USEFUL

HL,
CHLIP



为了行业科技与教育发展服务 ▶

地址：中国北京市东城区东长安街6号
邮编：100740
电话：(8610)85113225
电子邮箱：Lynn1971@126.com

Address: No.6 Dong chang' an street,
Dongcheng District, Beijing, China
Post Code: 100740
Telephone: (8610)85113225
E-mail: Lynn1971@126.com

中国轻工业出版社简介

中国轻工业出版社（以下简称“轻工出版社”）成立于1954年10月。63年来，轻工出版社立足本专业，面向大科技，坚持为行业科技服务，为教育发展服务，倡导健康的生活方式，提升生活品质，为我国的出版事业和轻工行业奉献了一大批特色鲜明的图书、期刊、音像制品及网络电子出版物。

轻工出版社多次荣获中宣部“五个一工程奖”、“中国出版政府奖”“中华优秀出版物奖”等奖项，图书获奖近400项，期刊获奖300多项，音像电子奖多项，先进单位和优秀人物奖多项。《胡大一医生浅谈心脏健康》获得“2016中国好书”奖。在第四届中国出版政府奖评选活动中，《中国饮食文化史（十卷本）》获得图书提名奖，北京《瑞丽》杂志社获先进出版单位奖。

轻工出版社被国家新闻出版广电总局评为国家一级出版社、全国百佳图书出版单位，全国首批数字出版转型示范单位。“科学 有益 实用 时尚”的轻工出版风格，深受广大读者喜爱，得到业内普遍认可和好评。轻工出版社连续获得“中央国家机关文明单位标兵”称号。2016年，轻工出版社稳步发展，为进一步增长打下了基础。

在图书出版方面，轻工出版社完成了多项国家重点图书规划项目，包括《聚合物共混改性原理及应用》《中芬合著：造纸及其装备科学技术丛书（8卷）》《中国清真饮食文化》等。《贝雷油脂化学与工艺学（6卷）》《细菌分子遗传学（第三版）》《第二产业与循环经济系列丛书》《酶工程手册》等重点项目获得国家出版基金资助。列入“经典中国国际出版工程”资助项目的《近代汉族民间服饰全集》、《中国清真饮食文化》实现了英文版出版。国家辞书编纂出版规划项目《营养科学词典》正式出版。多项国家级规划教材出版。近几年来，一批生活、科学技术类图书实现了版权输出，在“走出去”方面产生了积极影响。与此同时，培育了“美食生活”“健康生活”“时尚生活”“旅游休闲”“食品科技”“艺术设计”、“轻工科技”“万千教育”和“万千心理”等图书品牌，在读者中产生了深刻的影响。

期刊出版是轻工出版社的又一大特色。《瑞丽》以“设计美丽，设计生活”为传播主旨，深刻影响着当今中国的都市潮流风尚。经过20多年的发展，由《瑞丽》“服饰美容”、《瑞丽伊人风尚》《瑞丽家居设计》《男人风尚》等优势期刊组成了品牌期刊群。在“媒体整合，品牌延伸”的战略指导下，“瑞丽”已成为以高档期刊出版为核心，同时发展网络、图书、无线移动媒体等多种媒体，兼营广告、发行、整合营销、模特经纪等多项业务的立体化企业。轻工出版社的《宠物世界》、“骑行风尚”杂志为特定读者群提供着时尚新理念和生活方式，《国企管理》《创新世界周刊》杂志则开辟了办刊新领域。

作为国家第一批享有网络出版权的50家出版社之一，轻工出版社数字出版、新媒体业务继续快速增长，转型升级步伐加快。产品涉及电子书、手机阅读、IPAD游戏终端、手机动漫和科技数据库开发。多个多媒体互动平台项目得到国家资助。轻工社网、瑞丽网连续多年荣膺全国新闻出版业网站百强。

积极开展对外合作，是轻工出版社多年来始终坚持的发展战略之一，具有一定的品牌效应。为加强对外合作与交流，通过广泛地开展版权贸易，先后与美国、德国、英国、韩国、日本等国家的大型出版集团及台湾地区、香港特别行政区的出版商建立了长期、友好、稳定的合作关系。近几年，在引进的同时注重“走出去”，在国际范围内弘扬了我国优秀传统文化。引进、输出同步增长。

新时期，轻工出版社的总定位是“立足轻工，专注生活”。全体轻工人在“责任 创新 效率 价值”的企业精神引领下，将进一步促进图书、期刊、音像、电子出版物和新媒体协调、有序、可持续融合发展，为中国乃至国际出版事业做出更大的贡献。

About Us

China Light Industry Press (hereinafter referred to as CHLIP) was established on October 1954. In the past 63 years, we have insisted on serving the development of education and light industry, and promoted healthy lifestyles and high quality life. We have provided a great number of distinctive books, periodicals, audio-visual and networked electronic publications for the development of China's publishing industry and light industry.

CHLIP received "the Best Works Award" prize by the Publicity Department of the CPC Central Committee, "The Chinese Government Award for Publishing" and "The Chinese Outstanding Publication Award". In addition, there are nearly 400 awards for books, over 300 awards for periodical and numerous awards for audiovisual products and electronic publications, advanced unit and excellent people. Brief Discussion of Heart Health by Dr Hu Dayi won the "Good Book Award of China" in 2016. History of Chinese Cuisine Culture (Ten Volumes) was the winner of a Nomination for the 4th Chinese Government Award for Publishing and Beijing Rayli Magazine the "Advanced Publishing Unit Award".

CHLIP was named national first class publishing press, the publishing unit of One Hundred Best Books and the model unit of the first national digital publishing transformation. The style of "being scientific, beneficial, practical and fashionable" is popular with readers and receives universal recognition and praise in the industry. CHLIP successively wins the title of civilized-model unit of Chinese central government departments. The year of 2016 has seen the stable development of CHLIP and sound foundations for its further growth.

In book publishing, CHLIP has completed many national key books planning projects, such as Polymer Blending Modified Principle and Application, Papermaking Technology--Papermaking and Equipment Technology Series(8 volumes), Chinese Muslim Diet Culture. Core projects of Bailey's Industrial Oil & Fat Products(6 volumes), Molecular Genetics of Bacteria (Third Edition), The Second Industry and Circular Economy Series and Enzyme Engineering Manual obtained the subsidization of national press foundation. As the funded project of "China Classics International Publishing Project", Complete Works of Folk Costume of Han Nationality in modern China and Chinese Muslim Diet Culture have their English version published. As one of the National Dictionary Publication Planning projects, the Dictionary of Nutrition Sciences was officially published. A number of national planning materials on education were published. In recent years, a number of books on life, science and technology realized the output of copyright and had a positive impact on going out. Furthermore, book brands of "delicious food", "healthy life", "fashion" "tourism and leisure", "food science and technology", "art design", "light chemical industrial technology", "basic education" and "psychology" have made a great influence on readers.

Periodical publishing is another characteristics of CHLIP. Rayli has a profound impact on contemporary Chinese urban fashion for its concepts of "designing life and beauty". With 21 years of development, Rayli Fashion and Beauty, Rayli Beauty Style, Rayli Home Design, Leon and other excellent magazines constituted a branding periodical group. Under the strategic guidance of "media integration and brand extension", Rayli has already become a three-dimensional enterprise which takes high-end periodical publishing as core business and develops network, book publishing, wireless mobile media and other media as well as advertising, publishing, integrated marketing and model agency. Pet World and Innovative World Weekly published by CHLIP have broken the new ground.

CHLIP, as one of the first 50 publishers with the rights of online publication, achieved continuously rapid growth of digital publishing, new media, and accelerated transformation and upgrading. It explored business areas of e-book publishing, mobile reading, IPAD game terminal, mobile phone animation and development of database. Multiple multi-media interactive platform projects are funded by the country. The websites of CHLIP (www.chlip.com.cn) and Rayli (www.rayli.com.cn) have been awarded "Top 100 Website in China's Press and Publishing Industry" for consecutive years.

Actively carrying out exchanges and cooperation with foreign counterparts is one of CHLIP's strategies to achieve brand effect. To strengthen the international cooperation and exchanges, CHLIP develops the copyrights trade widely all over the world and has established long-term, friendly and stable relationships with large publishing groups from USA, Germany, Britain, Japan, and publishers in Taiwan and Hong Kong SAR. In recent years, CHLIP focuses on copyrights export while maintaining introduction, and has carried forward Chinese traditional cultures in the international market.

In new times, CHLIP is light industry and life-oriented. Under the entrepreneurship of responsibility, innovation, efficiency and value, all the staff will further promote the harmonious, orderly and sustainable development of books, periodicals, audio-visual, electronic publications and new media to contribute more to Chinese and international publishing industry.

科教类图书



S&T TITLES

书名：重庆小曲白酒生产技术

Title: The production Technology of Chong Qing Xiao Qu

开本：140mm×203mm
ISBN 978-7-5019-8633-0
出版时间：2017.4
作者：刘升华

Book Size: 140mm×203mm
ISBN: 978-7-5019-8633-0
Published date: Apr.2017
Author: Liu Shenghua

· 本书由三部分组成，第一部分介绍了重庆小曲白酒的发展与工艺技术创新历史；第二部分详细介绍了重庆小曲白酒的酿造工艺；第三部分筛选了重庆白酒行业近年来的主要科技研究成果和发明专利，以及重庆白酒专业技术人员在《酿酒》《酿酒科技》等国家核心期刊上发表的重庆小曲酒方面的代表性文章。

· The book consists of three parts. The first part introduces the development of Chong Qing Xiao Qu Liquor and the history of technology innovation of it. The second part expresses the brewing technique of Chong Qing Xiao Qu Liquor details. And the third part selects the main achievements of science and technology studies and patents of invention, as well as the representative articles written by some professionals of Chong Qing Xiao Qu Liquor published in some national core journals like *Wine-making and Liquor-making Technology*.



书名：食品加工过程的微生物控制——原理与实践

Title: Microorganism Control During Food Processing
—Principle and Practice

开本：170mm×240mm
ISBN 978-7-5184-1283-9
出版时间：2017.4

作者：国际食品微生物标准委员会（ICMSF）著，刘秀梅 曹敏 毛雪丹 主译

Book Size: 170mm×240mm
ISBN: 978-7-5184-1283-9
Published date: Apr.2017
Author: ICMSF

· 本书为在食品加工环境、生产线、货架期及对终产品进行适当检验提供了操作指南，以保证供应食品的安全和微生物质量。第一篇，微生物控制中资料的应用原则，概述了HACCP和GHP如何能比微生物检验提供更好的安全保障，以及微生物检验何时更能发挥作用。第二篇，各类食品的应用原则，更新并扩展了“食品微生物丛书”第2卷《微生物检验的采样原则与特殊应用》及第6卷《食品的微生物生态学》中推荐的19类食品的检验和特定标准，评价了其有效的控制作用。

· This book provides operation guide for processing environment, production line, shelf life and proper examination of the final products to ensure the security of the supplied foods and the quality of microorganism. The first chapter introduces the applied principle of the materials in microorganism control and summarizes how HACCP and GHP can provide better security assurance than microorganism examination as well as when microorganism examination can work better.

· The second chapter tells the applied principle of various kinds of foods. It updates and extends the examination and specific standards of nineteen kinds of foods recommended by the second book--The Simple Principle And Special Application of Microorganism Examination and the sixth book--Microbial Ecology of Foods in the food microorganism series and evaluates their effective control action.



书名：中国食品原料及食品添加剂法规与标准解读（2017年版）

Title: The Interpretation of Regulations and Standard for Food Raw Materials and Food Additives in China (2017 Edition)

开本：210mm×285mm
ISBN 978-7-5184-0959-4
出版时间：2017.4
作者：李宏梁 主编
Book Size: 210mm×285mm
ISBN: 978-7-5184-0959-4
Published date: April.2017
Author: Li Hongliang

· 本书就与食品安全相关的原辅料标准法规进行了最新整理和解读，主要包括以下内容：① 普通食品原料应包括的品种；② 2015版（2008年5月26日以来卫生部门批准的）食品新资源名单（共105种）；③ 我国原卫生部公布的药食两用物质名单（共87种）；④ 可用于保健食品的物品名单（共114种，不能在普通食品中使用）；⑤ 保健食品禁用物品名单（共59种）；⑥ 原卫生部发布的食品中可能违法添加的非食用物质名单（共53种）和易滥用的食品添加剂品种名单（共21种食品类别）；⑦ 有关GB 2760—2014的内容包括；⑧ 有关GB 14880—2012的内容包括；⑨ 未列入GB 2760—2014和GB 14880—2012允许使用的品种及其使用范围的、未列入原卫生部或卫计委公告的及其他我国法律法规允许使用物质之外的物质。

· This book makes the latest sorting and interpretation for the standard regulations of raw materials about food security. It mainly includes the following points:

- ① The various of raw materials that common foods should include;
- ② The list of new food resources (a total of 105) in 2015 edition (approved by the health department on May 26, 2008);
- ③ The list of the materials which can be used both as medicine and food (a total of 87) published by Ministry of Health;
- ④ The list of materials which are available to protective foods but can not be used in bread and cheese (a total of 114)
- ⑤ The list of forbidden materials in health foods (a total of 59)
- ⑥ The list of inedible materials released by Ministry of Health that may be added illegally in foods and the food additives which are easy to be abused (total 21)
- ⑦ The contents concluded by GB 2760—2014
- ⑧ The contents concluded by GB 14880—2012
- ⑨ The materials which have not been listed into the varieties and fields allowed to using by GB 2760—2014 and GB 14880—2012, as well as the materials that are forbidden to use by Ministry of Health or National Health and Family Planning Commission of the People and Chinese laws and regulations.



书名：食用油精准适度加工理论与实践

Title: The Theory and Practice of Edible Oil's Precious and Appropriate Process

开本：170mm×240mm
ISBN 978-7-5184-1175-7
出版时间：2017.2
作者：王兴国

Book Size: 170mm×240mm
ISBN: 978-7-5184-1175-7
Published date: February.2017
Author: Wang Xingguo

· 本书从脂肪伴随物与健康的密切关系出发，提出了食用油精准适度加工的基本理论，阐明了油料与油脂加工过程中脂肪伴随物的形成、消长、迁移变化及对油品的影响，同时介绍了大宗植物油精准适度加工关键技术与重大产品的开发、质量评价与标准体系建设等内容，建立了较为完整的食用油加工新技术体系。

· Starting with the intimate relationship between fat accompaniments and health, this book proposes the basic theory of edible oil's precious and appropriate processing and explains fat accompaniments formation, growth and decline, convective change and its effect on the quality of the oil. At the same time, it introduces the contents like the key technique in staple vegetable oil's precious and appropriate processing and the development, quality assessment and standard system construction of major products and constructs a relatively complete new technical system of edible oil's processing.

书名：凤翔木版年画

Title: Feng Xiang's Plank Lunar New Year's Painting

开本：170mm×240mm
ISBN 978-7-5019-8626-2
出版时间：2017.4
作者：窦巍

Book Size: 170mm×240mm
ISBN: 978-7-5019-8626-2
Published date: April.2017
Author: Dou Wei

· 本书从传承脉络、工艺特色、访谈纪实、作品赏析及社会影响等多方面介绍了凤翔木版年画的历史由来、制作流程、风俗奇趣等内容。全书图文并茂、资料详实丰富。同时也对凤翔木版年画的现状进行了系统的梳理和全面、深入的总结。对民间艺术、“非物质文化遗产”的研究具有有益的借鉴。

· This book introduces the historical origins, the production process and the custom interests of Feng xiang's plank lunar New Year's painting from the aspects of inheritance, craft characteristics, interview documentary, works appreciation and social influence. The book has a rich content with lots of texts and pictures. At the same time, it also makes systematical analysis and comprehensive conclusion of the present situation of Feng xiang's plank lunar New Year's painting, which is a useful case for the study of folk art and "intangible cultural heritage".



Source: S&T Titles

Digitized by: Yuan qian psychology

书名：淮阳泥泥狗

Title: Huaiyang NiNiGou

开本：170mm×240mm
ISBN 978-7-5184-1223-5
出版时间：2017.4
作者：孙磊

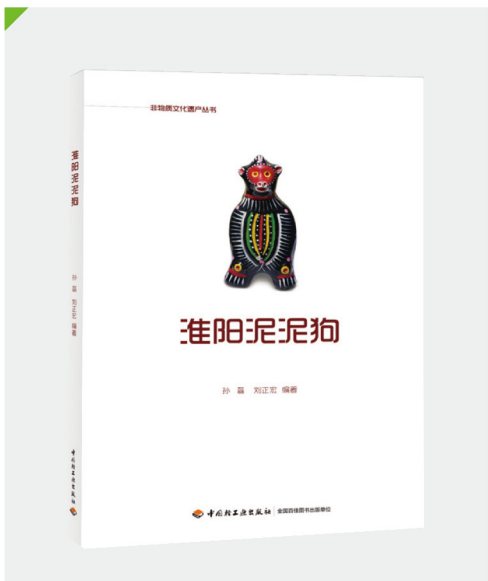
Book Size: 170mm×240mm
ISBN: 978-7-5184-1223-5
Published date: April.2017
Author: Sun Lei

· 泥泥狗中有大量的“人祖猴”泥玩具、也称“人面猴”，它的造型非人似人，非猴似猴，都是母性，描绘着女性生殖图案。泥泥狗记载着中国远古生殖崇拜的文化符号，泥泥狗用黑、白、红、绿、黄等纯色的色彩描绘，符合远古人们的审美。

本书分别从历史由来、工艺流程、泥塑艺人、作品赏析、风俗奇趣、访谈及作品多方面介绍了淮阳泥泥狗的历史溯源、制作流程、艺术风格等。全书图文并茂、资料详实丰富。对民间艺术、“非物质文化遗产”的研究具有有益的借鉴。

· NiNiGou is people's worship of reproduction in the ancient society. There are a large number of mud toys "ancient monkey", which is also known as "monkey with human's face", their shape likes both people and ape. They are all female and drawn with female genitals. We only know that the worship of the Western culture is Venus de Milo and the ancient Venus statues, in fact, NiNiGou carries the ancient Chinese worship of reproduction, it was drawn in black, white, red, green, yellow and other pure colors that satisfy the ancient people's appetite for beauty.

· This book introduces the historical origins, the production process and the custom interests of Feng xiang's plank lunar New Year's painting from the aspects of inheritance, craft characteristics, interview documentary, works appreciation and social influence. The book has a rich content with lots of texts and pictures. At the same time, it also makes systematical analysis and comprehensive conclusion of the present situation of Feng xiang's plank lunar New Year's painting, which is a useful case for the study of folk art and "intangible cultural heritage".



Source: Fashion Publishing

Digitized by: Digital Publishing

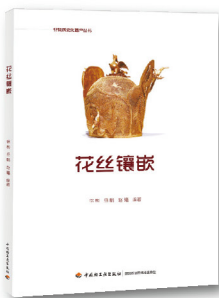
Copyright Buy

书名：花丝镶嵌

Title: Filament Mosaic

开本：170mm×240mm
ISBN 978-7-5184-1182-5
出版时间：2017.4
作者：徐彬

Book Size: 170mm×240mm
ISBN: 978-7-5184-1182-5
Published date: April.2017
Author: Xu Bin



· 本书以花丝镶嵌为主题，从历史背景、技艺承传、工艺特色及其承传的社会文化环境等多方面介绍了其历史由来、制作流程、风俗奇趣等内容。全书图文并茂、资料详实丰富。同时也对花丝镶嵌的现状进行了系统的梳理和全面、深入的总结，对民间艺术、“非物质文化遗产”的研究具有有益的借鉴。

· Taking filament mosaic as an example, this book introduces its historical origins, production processes, customs interests and so on from many other aspects like historical background, skills inheritance, craft characteristics and its inherited sociocultural environment. The book has a rich content with lots of texts and pictures. At the same time, it also makes systematical analysis and comprehensive conclusion of the present situation of filament mosaic, which is a useful case for the study of folk art and "intangible cultural heritage".

书名：浚县泥咕咕

Title: Xunxian Mud Cluck

开本：170mm×240mm
ISBN 978-7-5184-1063-7
出版时间：2017.4
作者：吕悦宁

Title: Xunxian Mud Cluck
Book Size: 170mm×240mm
ISBN: 978-7-5184-1063-7
Published date: April.2017
Author: Lu Yueing



· 本书主要从历史溯源、大师访谈、作品分析与鉴赏、社会影响等多种角度介绍了浚县泥咕咕的历史由来、工艺流程、艺术风格等，旨在为读者呈现浚县泥咕咕这一国家级“非物质文化遗产”的整体面貌，使这一民间美术中的瑰宝为更多人了解和熟悉。

· This book introduces the historical origin, technique processing and art style of Xunxian mud cluck mainly from the perspectives like historical origin, master interview, works analysis and appreciation and social influence. It aims to show the overall appearance of this national intangible cultural heritage- Xunxian mud cluck and make this folk art treasure more well-known to people.

书名：铁画艺术文化

Title: The Artistic Culture of Iron Painting

开本：170mm×240mm
ISBN 978-7-5184-1446-8
出版时间：2017.6
作者：李涛

Book Size: 170mm×240mm
ISBN: 978-7-5184-1446-8
Published date: June.2017
Author: Li Tao

· 《铁画艺术文化》共分四个章节。第一章主要介绍了铁画产生的历史、背景。第二章主要阐述了铁画发展的不同时期、地域、代表人物与故事，包括汤天池、梁应达、储氏家族、洪氏家族。第三章详尽阐述了铁画的制作工艺以及与之相关的艺术表现与传承。第四章介绍人文关照下的铁画艺术衍生，对如何用冰冷的铁来表现人类的主观情感、生活情趣，以及铁画艺术发展至今的衍生艺术品做了较为详尽的研究阐述。

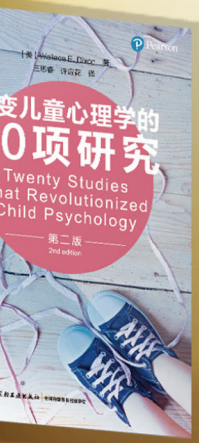
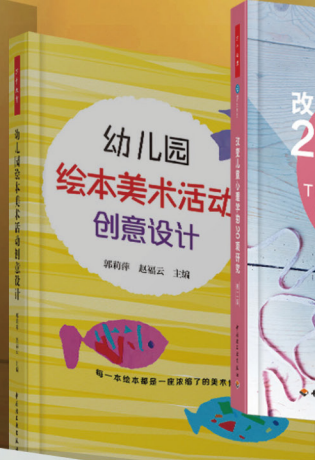
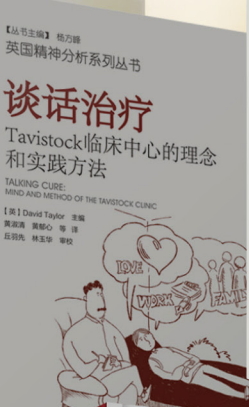
· The book is divided into four chapters. Chapter One mainly introduces the historical background of iron painting. Chapter Two focuses on the development of iron paintings in the different periods, regions, representative individuals and stories which includes Tang Tianchi, Liang Yingda, Chu family and Hong family. Chapter Three elaborates the production process, the related artistic presentation and inheritance. Chapter Four introduces arts derivatives of iron painting which takes on humanism care, and a more detailed explanation of arts derivatives and how to express human emotion and feelings with the cold iron.



万千教育类心理类图书



WAN QIAN EDUCATION
WAN QIAN PSYCHOLOGY





小学班主任与家长沟通之道
——心与心的交流

生理心理
——走进行为神经科学的

脚本
——说什么?

逻辑学基础
Logic: The Essentials

变态心理学
——基金之道

思想：哲学基础导论
Think: A Compelling Introduction to Philosophy

Consider
Philosophy
思考哲学基本问题

MILITARY PSYCHOLOGY
军事心理学
临床与军事行动中的应用

幼儿教育中的
心理效应

经验与教育
Experience and Education

我们如何思维
How We Think

儿童教育心理学
The Education of Children

教育漫话
·
理解能力指导导论

教育学讲授纲要
Outlines of Educational Doctrine

童年的秘密
The Secret of Childhood

心理治疗中的
智慧与慈悲
在临床实践中深化正念

正念教养
Mindful Parenting

三箭
初中语文教学创意

THE MINDFUL WAY WORKBOOK
八周正念之旅
——摆脱抑郁与焦虑压力

SITTING TOGETHER
正念心理治疗师的
必备技能

心理动力学团体分析
——心灵的相聚
GROUP-ANALYTIC PSYCHOTHERAPY

心理统计学
XINLI TONGJIXUE

短程动力取向
心理治疗实践指南
HOW TO PRACTICE
BRIEF PSYCHODYNAMIC PSYCHOTHERAPY

时尚期刊



FASHION PERIODICAL

瑞丽

设计美丽 设计生活

荣获第二届中国出版政府奖
先进出版单位奖
期刊奖提名奖

瑞丽®中国驰名商标
www.rayli.com.cn

强势媒体:《瑞丽服饰美容》《瑞丽伊人风尚》《瑞丽时尚先锋》《瑞丽家居设计》《男人风尚》
拥有中国最大的女性垂直门户网站“瑞丽女性网”
时尚电子杂志《瑞丽·妆》《瑞丽·裳》《瑞丽·家》时尚媒体手机报

瑞丽简介

Rayli

· 瑞丽内容上以“设计美丽，设计生活”为传播主旨，深刻影响着当今中国的都市潮流风尚。经过 21 年的发展历程，在“媒体整合，品牌延伸”的战略指导下，瑞丽已成为以高档期刊出版为核心，同时发展网络、图书、无线移动媒体等多种媒体，兼营广告、发行、整合营销、模特经纪、培训等多项业务的立体化期刊传媒企业。被誉为中国时尚类期刊的民族品牌，两次被评选为全国“百强期刊”、多次被评为“中国最美期刊”。

· 瑞丽在中国成功开创时尚杂志的实用化先河，并将“瑞丽”品牌 DNA“实用的时尚”与国际化视角有机融合，使“瑞丽”品牌成为驰名中国的著名媒体品牌，形成了以《瑞丽》“服饰美容”、《瑞丽伊人风尚》、《瑞丽家居设计》、《男人风尚》知名杂志为代表的期刊群；基于杂志搭建的全媒体平台：ipad/手机杂志、微博/微信、网站、Wap 站、微电影等；打造出用户量、影响度和创新力均大大领先的瑞丽数字媒体：瑞丽网（www.rayli.com.cn）、瑞丽电子杂志、瑞丽无线。成功实现了平面媒体与数字媒体的互动整合，改变了传媒传播的旧格局并集聚多元化创新资源和创新要素，带来了期刊运营新成果和发展的新态势。

· Rayli has a profound influence on urban trend and fashion in China today with its communication idea to “design beauty, design life”. Through 21 years of development, Rayli has become a diversified journal media enterprise that is centered on the publishing of high-grade journals, and engaged in the development of network, books, wireless mobile media and many other media, as well as the operation of advertising, distribution, integrated marketing, model brokerage, training service and so on. It is renowned as a national brand in Chinese fashion journals, and has been selected as China's “Top 100 Journal” for twice and “China's Most Beautiful Journal” for more than once.

· Rayli has successfully opened up the history of practical fashion magazine in China, and integrated the DNA of Rayli brand “Practical Fashion” and international perspectives in an organic manner, thus making Rayli a renowned media brand in China, and it has formed a journal group represented by renowned magazines like Rayli Fashion & Beauty, Rayli Lady, Rayli Home and Man's Fashion; an all-media platform set up based on magazines: ipad/mobile magazine, Microblog/WeChat, Micro Station, Wap Station, Micro Film, etc., and leading Rayli digital media in its user quantity, influence and innovation power: www.rayli.com.cn, Rayli E-magazine and Rayli Wireless. Rayli has successfully realized the interaction and integration of print media and digital media, and changed the old pattern of media communication and gathered diversified innovation resources and elements, and has brought in new journal operation achievements and new development trend.

瑞丽 服饰美容

2017年6月号 总第552期

Cover Star
宋茜
塞班岛的水蓝色夏天

2017
瑞丽美容大赏特别年
美即正义
分享有理

BOOK IN BOOK
入夏花式甩肉计划

What's new?

T恤，一秒穿出你的态度

周扬青

旅行 style 不要感性要野性

2017 最受瞩目的性感与可爱 ♥
渔网袜和紧身胸衣都给你

康康美妆室

有仙气，三生桃花妆

整容级的整头卷 & 刘海卷
大开脑洞的美甲 2 款

WATER RUN
为了水蓝星球
跑起来!

别致海岛还能怎么玩?

体验式旅行
不光交换房屋，更交换生活

夏天就要“浪”

Summer

sweet



www.rayli.com.cn

国际标准刊号 ISSN 1009-8275 国内统一刊号 CN 11-4597/G0 定价 20.00 元





成就荣誉

Achievement of honor

· 成为驰名中国的时尚类媒体品牌——“瑞丽” 中国发行量领先的时尚类期刊群——《瑞丽服饰美容》《瑞丽伊人风尚》《瑞丽家居设计》《男人风尚》 “网聚世界潮流，设计你的时尚”以实用特色引领消费的时尚生活垂直门户网站——瑞丽网；发行量最大的时尚媒体手机报；下载量超大的时尚电子杂志；品种丰富的系列时尚刊书——瑞丽 BOOK 国内出版企业中建立较早、管理完善的原创内容图片库 国内出版企业中规模庞大、定位精准的时尚女性用户数据库 独具特色的平面模特资源储备库

入选2013、2015中国“百强报刊”；

入选2014、2015“中国最美期刊”；

入选“最受读者欢迎的50种期刊”；

第二届“中国出版政府奖”——先进出版单位奖；

第二届中国出版政府奖期刊奖提名奖；

连续多年，“瑞丽网”因影响力大，传播力强，知名度高。在全国新闻出版业网站被入选“新闻出版业网站百强”。

· Rayli fashion media brand well-known China;

China's leading fashion magazine group--Rayli Fashion & Beauty, Rayli Lady, Rayli Home and Man's Fashion;

The fabric of the world trend, your fashion design, Rayli to practical features of leading consumer lifestyle vertical portal; The largest circulation

of the fashion media reports; Download super large fashion electronic magazine;

Rayli BOOK variety of rich series of Fashion Book;

The establishment of the domestic publishing enterprises earlier, the management of the original content of the original picture library;

Domestic publishing companies in a huge, accurate positioning of the fashion women's user database;

Unique plane model resource reserve;

2013 and 2015 Selected China's top 100 newspapers and periodicals*;

2014 and 2015 China's most beautiful journal*;

Selected the 50 most popular journals*;

Second "China published"

The second China published journal Award nomination;

For many years, "Rayli" with great influence, strong communication, high visibility. At the national press and publication industry website was named "top 100 news publishing industry".

瑞丽模特大赛

Ray model competition

- 中国模特的大型专业评选盛事！
- 瑞丽模特大赛由中国轻工业出版社与北京《瑞丽》杂志社主办，是北京《瑞丽》杂志社的重要品牌宣传活动之一。其主旨是启动中国本土期刊模特的培养工程，推进中国模特队伍的国际化、专业化和职业化进程。2001年，瑞丽模特第一届大赛获得圆满成功，赛事的文化内涵、专业取向、艺术气氛得到业内人士的广泛认可。
- 2016年4月，推出“瑞丽第12届瑞丽模特大赛”。并以“互联网+”全方位赛制模式。比赛中，选手们将发现真我，放胆秀色，展现出不平凡的自己。此次大赛，将继续延续瑞丽模特大赛的主旨，为《瑞丽》和更多媒体发现、选拔更加优秀的媒体视觉模特专业人才。

- Large scale professional selection of Chinese models!
- Rayli model contest by the China Light Industry Press and Beijing Rayli magazine agency sponsored is one of Beijing Rayli magazine brand promotional activities. Its main purpose is to start the training project of Chinese local journal models, and promote the internationalization, specialization and professionalization of Chinese models. In 2001, Rayli model the first contest obtained success, the events of the cultural connotation, professional orientation, artistic atmosphere are widely recognized by the industry.
- In April 2016 twelfth, launched the "Rayli model contest". And with "Internet plus" all-round competition mode. In the game, players will find the real me, boldly beauty, showing extraordinary themselves. The contest, will continue to inherit the gist of Ruili model contest, "Rayli" and more media discovery, selection of more excellent visual media model of professional talent.



定制期刊 / Custom journals

骑行风尚

CYCLING FASHION

- 《骑行风尚》杂志由中国轻工业联合会主管，中国自行车协会、全国自行车工业信息中心、上海市自行车协会主办，经中国轻工业出版社出版发行的时尚户外运动类杂志。

- 本杂志立足时尚生活，以实用为基础，致力于推动自行车骑行文化，倡导绿色的骑行方式，展现自行车的独特魅力，全力打造国内第一本“将骑行作为一种生活方式”的核心杂志。

- Authorized by China Light Industry Association, sponsored by China Bicycle Society, China National Bicycle Industry Information Center and Shanghai Bicycle Society, and issued by China Light Industry Press,
- Cycling Fashion, a magazine with both fashion and daily life as its focus, tries to promote bicycle culture and green life style. It attempts to present the unique charm of cycling and initiate the idea of "cycling as a way of life."



数字出版



DIGITAL PRODUCTS



中国轻工业出版社教材增值服务平台——

食课堂

Press materials value-added service platform of China light industry

· “食课堂”数字教学服务平台是在近年来教育数字化的发展趋势下，中国轻工业出版社凭借几十年来在食品类专业领域（涵盖食品、生物、烹饪等专业），对于优质教学资源、经典教材教辅、产学研成果的积累，在国内食品知名专家团队的指导下，策划开发的适合教师、学生使用的跨平台跨终端的定制化在线学习平台，带给您最新颖的学习体验，实现最佳的学习效果。

· The "Food Classroom" digital teaching service platform is a cross-platform cross-terminal customized online learning platform. Under the digital trend of the development of education in recent years, China light industry press, which has the accumulation of achievements in high quality teaching resources, classical imported textbook, achievements in production and research in the food field (covering food, biological, cooking, etc), plans and develops the platform under the guidance of a well-known expert team in China, which is suitable for teachers and students, to bring you the most innovative learning experience and achieve the best learning effect.

富媒体书籍专区

Rich media books section

· 互联网的浪潮下，传统教材逐渐延伸或转型。轻工业出版社在此大背景下借助数字出版力量，推出不同于纸媒和普通电子书的富媒体书籍形态。富媒体书籍通过页面的动态切换和交互式的体验，为用户呈现出立体书的形式。书籍可以实现多样化的功能：放大缩小图片；左右滑动翻图；播放音频、视频等，最大程度的满足读者纸媒互动的阅读体验。

· With the development of the Internet, traditional textbooks gradually extend or transform. In this context, light industry press has used digital publishing power to introduce rich media books, which are different from print media and ordinary e-books. The rich media book presents a three-dimensional form for users, through the dynamic switching of pages and interactive experiences. Books are diversification: pictures can zoom in and out, Slide the left and right; Play audio, video, etc., that can satisfy the reader's interactive reading experience extently.



扫描二维码即可试看

温馨提示：如果您的操作系统是IOS9.0以上版本，请在“设置->通用->描述文件（或设备管理）”中设置对本App的企业级信任！

三大运营商手机阅读

Three carriers mobile reading

· 三大运营商手机阅读是我社直接与中国移动、中国联通以及中国电信运营商合作，以手机（WAP、客户端）和移动电子书为主要形态，基于用户对各类题材内容的阅读需求，整合各类阅读内容，打造全新的图书发行渠道，实现新书抢鲜看和海量书库随时读，让读者可以享受时尚、健康、环保、便捷的随身阅读新体验。

· 自2009年接入中国移动阅读基地，已上架图书1400余册。

· 自2013年接入中国联通和中国电信阅读基地，已上架图书近500余册。

· Three carriers mobile reading is we directly with China mobile, China unicom and China telecom operators, mobile phone (WAP, client) and mobile ebook as the main form, based on user demands for all kinds of subject matter content of reading, integrate all kinds of reading content, create new distribution channels, realize the book rob fresh look and read at any time, vast stacks make readers can enjoy fashion, health, environmental protection, easy to read with new experiences.

· Since 2009 access to China Mobile reading base, has shelves more than 1400 books.

· Since 2013, access to China Unicom and China Telecom reading base, has shelves more than 500 books.

按需印刷

Print on demand

· 图书产品有着明显的长尾效应，图书出版后不管过了多长时间只要内容不过时、有价值都会有需求，但由于传统印刷的开机成本、销售预测等问题，使得图书重印成为一项艰难决策的工程，有时为了规避风险看到利润也只好忍痛放弃。2016年我社与当当网开始合作按需印刷业务，即使您有一本需求，虽然没有库存，我们一样为您“定制”成品。

· Books product clearly has a long tail, no matter how long did it take so long as after publishing content however, the value will be demand, but because of the traditional printing boot problems such as cost, sales forecast, makes books reprinted a difficult decision project, sometimes in order to avoid risk to see profits also tore myself to give up. In 2016, our company started to cooperate with dangdang.com to print the business as needed. Even if you have a requirement, although there is no inventory, we will "customize" the finished products for you.

咪咕阅读 7.0 / NEW

为你蜕变
等你发现
阅读可以如此精彩!



精选 男生 女生 出版 二次元 听书



排行 免费 签到 偷书 书单

瑞丽模特大赛咪咕阅读赛区，百名佳丽等你来投票~

专属推荐

换一换



所有精彩都...
丁立梅



有美一朵, ...
丁立梅



花未央, 人...
丁立梅



等待绽...
丁立梅

重磅推荐

人气热销

更多 >



娇妻撩人：别惹危险总裁

书架

推荐

会员

分类

发现

第三方平台阅读

Third-party platform reading

· B2C业务: 亚马逊, 掌阅, 腾讯, 当当, 京东, 小米, 网易, 豆瓣等。

· 畅销图书1000多个品种, 销售收入逐年递增, 重点图书与平台开展多种形式推广, 《1987, 我们的红楼梦》在腾讯视频开展直播活动, 获得较好的效果。

· B2C business: amazon, palm reading,.tencent, dangdang, jd.com, xiaomi, netease, douban, etc.

· With more than 1000 kinds of books and books, the sales revenue is increasing year by year, and the key books and platforms are rolled out in various forms.

"1987, our dream of red mansions" was broadcast live on tencent video and got a better result.

· B2B业务: 同方知网, 中文在线, 方正apabi, 人天书店、武汉三新、广州购书中心等。

总品种达到3000种以上, 覆盖了国内众多图书馆。

· B2B business: tongzhizhi.com, Chinese online, fang zhengapabi, people's day bookstore, wuhan sanxin, guangzhou purchase book center, etc.

The total variety reaches more than 3000, which covers many libraries in China.



dangdang.com
敢做敢当当



多看阅读
精品阅读时光



apabi 阿帕比
全民数字阅读



听书业务

Listening business

· 2017年3月, 我社与喜马拉雅听书平台启动战略合作, 创建了“中国轻工业出版社”主播账号。达成多个合作意向, 其中王威老师《盖洛威-“跑走跑”跑步训练法》已经全面启动持续更新中, 同时拟启动《协和专家谈营养》等项目。

· 让更多的读者采用“听”的方式了解我们专业的图书内容, 增强了体验与感受, 同时我们也收获了广大听众热烈的评论与反响。

· In March 2017, we launched a strategic partnership with the Himalayan listening platform to create a "China light industry press" anchor account. To reach more than one cooperative intent, wang wei's "galloway" runs the running running training act, which has been launched in a continuous update, and will launch the project of "the expert on nutrition".

· Let more readers adopt the "listen" way to understand our professional book content, enhance the experience and feel, and we also reap the enthusiastic comment and response from the audience.

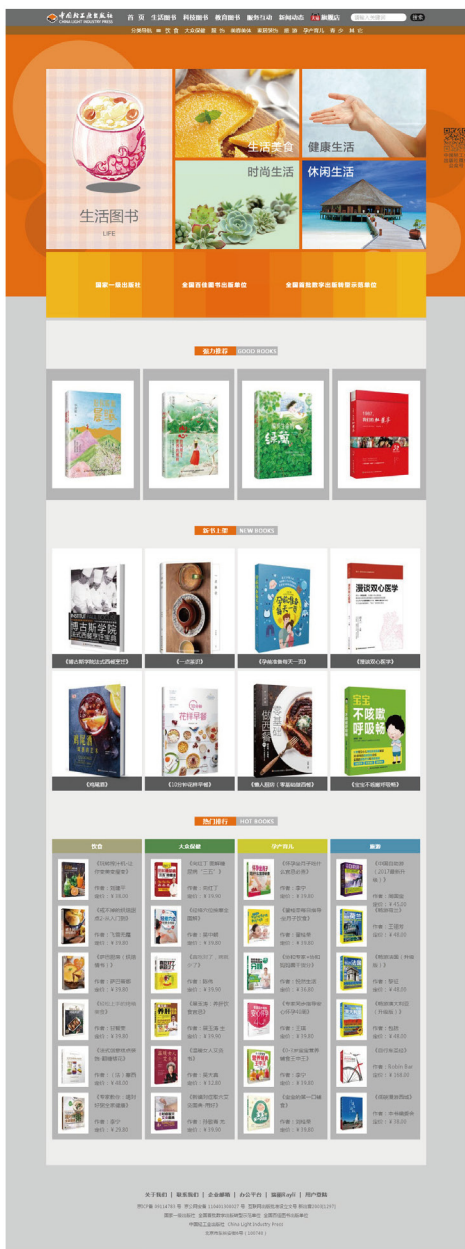


中国轻工业出版社网站

www.chlip.com.cn

· 中国轻工业出版社网站 (www.chlip.com.cn) 是中国轻工业出版社的门户网站。网站秉承“满足立体阅读需求, 发展全媒体出版业务”的数字出版理念, 不断完善网站平台的功能结构与样式设计。其扁平化的设计风格, 去除了冗余、厚重和繁杂的设计效果, 让“信息”本身作为重点被凸显出来, 再加之简洁的层级结构与清晰的分类导航, 使用户快速准确的定位到所需的内容页面。网站的购书功能将用户便捷的链接到常用的电商平台, 从而提高了出版社电商平台购书者的转化率, 促进了图书的销售。网站的信息分享功能将网站的图文信息从PC端快速的分享转发到移动端的微信、微博、QQ空间等平台, 为出版社图书销售信息和企业宣传信息的发布传播提供了更多的途径。

· The website of China light industry press (www.chlip.com.cn) is the portal of China light industry publishing house. The website adheres to the digital publishing concept of "meet the demand of stereoscopic reading and develop the whole media publishing business", and constantly improve the functional structure and style design of the website platform. The flat design style, in addition to the effect of redundancy, massiness and multifarious design, let the "information" itself is highlighted as the key, and the classification of the hierarchy of concise and clear navigation, the user fast accurate positioning to the required content pages. The website's purchasing function will link users' convenience to the common e-commerce platform, thus improving the conversion rate of the publishers' e-commerce platform and promoting the sales of books. Website information sharing will site graphic information quickly from PC share forwarded to the mobile end WeChat, weibo, QQ space, such as platform, to press, book sales information and propaganda enterprise information broadcast offers more ways.



陈鹤秋设计
S&T TITLES

冯十敏设计
Yuan qian education
Yuan qian psychology

志和堂设计
Fashion Paraficial

数字出版
Digital Publishing

设计印刷
Copyright Buy

版权引进



Copyright Buy

书名：法国蓝带烘焙宝典（上下册）

Title: The French Blue Ribbon Baking Bible (Volume Two)

开本：210mm×260mm

ISBN 978-7-5184-1114-6 978-7-5184-1119-1

出版时间：2017.5

作者：丛龙岩 译

Book Size: 210mm×260mm

ISBN 978-7-5184-1114-6/ISBN 978-7-5184-1119-1

Published date: May, 2017

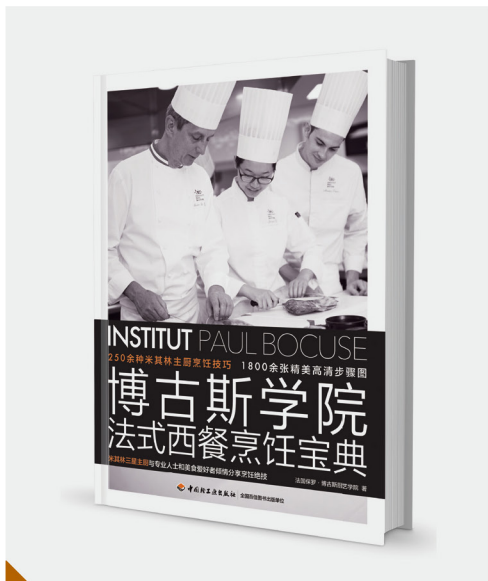
Author: Cong Longyan (Translator)

· 本书提供了具有视觉冲击效果的、按照制作步骤精心排序的照片，展示了绝大部分糕点制作中的基本技能。141款耳熟能详的标准配方贯穿于法式糕点制作的历史长河中，并且是传统制作工艺的最好例证。法式糕点已经成为国际烹饪艺术中的一种表现形式，除此之外，还有源于其他饮食文化的众所周知的甜点，例如牛角面包或者是巧克力闪电泡芙等糕点和面包配方。

· 本书将分为香甜美味饼干和小蛋糕类、塔类、蛋糕类、甜点类、甜品类、面包类、冰淇淋和沙冰类、地方特色食谱类、其他风味甜品类、糖果类、巧克力类、外国风味糕点类，列举了百余款经典糕点的配方及制作方法，分享每款糕点的历史故事，传承文化经典，带领你开启法式糕点之旅。

· This book provides photos carefully sorted according to the cooking steps with a visual impact, showing the basic skills of the cooking of most cakes. There are 141 kinds of familiar standard formulas running through the long history of French pastry making, and they are the best examples for traditional craft. French pastry has become a form of international cuisine. In addition, it includes well-known desserts originated from other diet culture, such as the pastry and bread recipe of croissants or lightning chocolate puff.

· The book introduces various kinds of pastry: sweet and delicious biscuits, small cakes, towers, cakes, sweets, desserts, bread, ice cream and smoothies, local feature recipes and other flavor sweets, candy, chocolate, foreign flavor pastry. It enumerates hundreds of recipes and making methods of classic pastry, and shares historical stories of each pastry to inherit the cultural classics and show you a trip of French pastry.



书名：博古斯学院法式西餐烹饪宝典

Title: The cooking book of INSTITUT PAUL BOCUSE on French-style Western cuisine

开本：185mm×260mm

ISBN 978-7-5184-1431-4

出版时间：2017.7

作者：保罗·博古斯厨艺学院

Book Size: 18.5mm×260mm

ISBN: 978-7-5184-1431-4

Published date: July, 2017

Author: Paul INSTITUT PAUL BOCUSE

· 本书是被誉为培养“法国名厨和餐饮业优秀管理者摇篮”的著名厨艺学院——法国博古斯厨艺学院的培训课程教材。这本书将传授给你制作法国美食的基本知识与技巧，包括250多种烹饪不同食材的技法，按照难度分类，分步讲解，一步一图，70道原创食谱以及餐酒搭配知识、餐桌艺术知识等，可谓一部“美食盛典”。食谱之后还附有餐酒搭配须知，摆桌技巧等系统性西餐知识，既可作为专业人士学习之用，也可作为美食爱好者的伙伴。

· This book is known as a training course material of INSTITUT PAUL BOCUSE, the cradle of French famous chefs and restaurants excellent catering managers. It will teach you the basic knowledge and techniques for making French food, including over 250 techniques for cooking different dishes. Classified by difficulty level, the book illustrates the step with picture, 70 original recipes and knowledge of food and wine pairing and banqueting. It can be called a Gourmet Festival. The systematic knowledge of western cuisine is useful for professionals and foodies.



书名：完美牛肉

Title: Perfect Beef

开本：170mm × 240mm
ISBN 978-7-5184-1128-3
出版日期：2017.1
作者：王永贤 著

Book Size: 170mm×240mm
ISBN: 978-7-5184-1128-3
Published date: January, 2017
Author: Wang Yongxian

- 本牛肉不仅是家常食材，更是中餐厅、西餐厅必备食材。
- 本书配合大量实物图片，详细地介绍了各个部位牛肉的味道、口感特征及烹饪方法，将牛肉的烹饪过程多元化呈现，让你更加充分地了解牛肉。57道活色生香的精致菜肴，不仅强调原汁原味和融合创新，更是包括食材选择、烹饪方式介绍、烹饪技巧等相关实用信息的介绍。当地、当季食材互相搭配，用精细诠释极致。
- 享受百变牛肉烹饪技巧。只要愿意尝试，每道菜都可以成为桌上佳肴。

- Beef is not only a home-style food, but also a necessary ingredient in Chinese and western restaurants.

- The book, attached with a large number of physical pictures, introduces in details the flavor of different parts of beef, taste and cooking methods. The diversified presentation of cooking beef make you fully understand of beef. Fifty-seven delicious dishes in the book are a combination of natural flavor and innovation. It also describes some practical information of the selection of materials, cooking methods and technique, the match of seasonal food and etc.

- As long as you try to practice the technique of beef cooking, every dish can serve as a meal on the table.



书名：实用咖啡宝典

Title: COFFEE OBSESSION

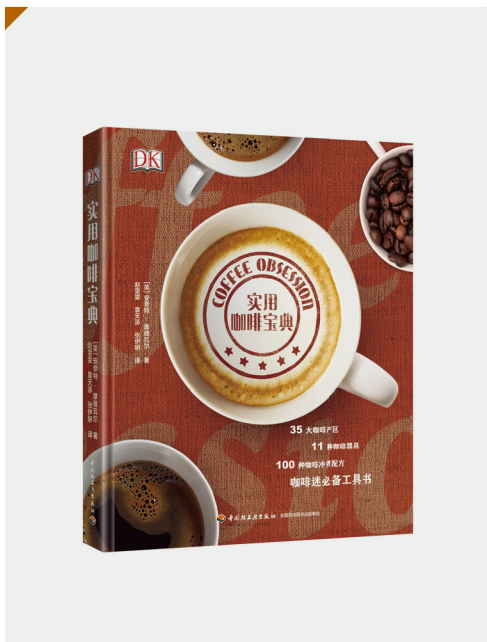
开本：195mm × 235mm
ISBN 978-7-5184-0887-0
出版时间：2017.1

作者：[英]安奈特·摩德瓦耳（Anette Moldvaer）著；赵雯雯，袁天添，张伊妍 译

Book Size: 195mm×235mm
ISBN: 978-7-5184-0887-0
Published date: January, 2017
Author: [Britain] Anette Moldvaer [Translator] Zhao Wenwen Yuan Tianyi & Zhang Yifan

- 本书由Anette Moldvaer，国际咖啡比赛资深评委编著而成，讲述咖啡品种、产地、烘焙、研磨、冲泡技巧等经典内容。本书主要分为四大部分，分别介绍了咖啡的基本知识、世界各地的咖啡、咖啡器具，以及100种咖啡配方。中间穿插介绍了咖啡文化、家庭烘焙咖啡豆、咖啡风味搭配、糖浆和调味品等。

- The author Anette Moldvaer, a senior judge of international coffee competition, introduces the varieties of coffee, original producers, baking, grinding, brewing techniques. It is divided into four parts: the basic knowledge of coffee, coffee around the world, coffee equipment and 100 species of coffee recipes, interspersed with introduction of coffee culture, home baking coffee beans, coffee flavor mix, syrup, condiment and etc.



书名：看懂体检数值，预防常见慢性病

Title: Understanding the Value of Physical Examination Helps Prevent from Common Chronic Diseases



开本：145mm×210mm
ISBN 978-7-5184-1240-2
出版时间：2017.4

作者：(日)阿久泽雅子,(日)小池弘人 编著

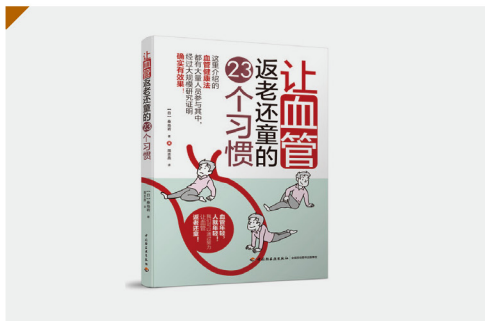
Book Size: 145mmx210mm
ISBN: 978-7-5184-1240-2
Published date: April.2017
Author: Akuzawa Masako, Koike Hiroto

·《看懂体检数值，预防常见慢性病》是一本能帮你读懂体检数值和体检报告的体检导读。告诉你体检数值存在哪些陷阱，高血压、糖尿病、贫血、痛风等常见慢性病的检查报告如何科学解读、理解，如何正确做出反馈和处理，以便让这些疾病的“预备军”合理制定健康计划，保持健康状态。

· Understanding the Value of Physical Examination Helps Prevent from Common Chronic Diseases is a book that can help you understand the value of your physical examination and the introduction of medical examination report. The book tells you what kinds of traps in the value of physical examination, how to scientifically interpret and understand the medical examination report of hypertension, diabetes, anemia, gout and other common chronic diseases, and how to give right feedback and deal with it to let the "reserve army" of these diseases make appropriate health plans and help people stay healthy.

书名：让血管返老还童的23个习惯

Title: Twenty-three Habits to rejuvenate blood vessel (imported copyright)



开本：145mm×210mm
ISBN 978-7-5184-1328-7
出版时间：2017.6

作者：(日)桑岛岩 著 周志燕 译

Book Size: 145mmx210mm
ISBN: 978-7-5184-1328-7
Published date: June.2017
Author: (Japan) Sandoyen (translator)
Zhou Zhiyan

·作为心血管专业教授，作者提出了“人是否年轻通常表现在血管年龄上”的观点。全书深入浅出、全方位介绍了让变得又硬又脆的血管恢复弹性的23个生活习惯，科学、生动、有趣地讲解了血管为什么会变老，如何让血管“返老还童”，是一本必备的家庭健康手册。

· As a professor of cardiovascular discipline, the author puts forward the idea that whether a person is young depends on the age of his blood vessel. It explains profound theories in simple language, and introduces in all directions of twenty-three daily habits to restore elasticity of vessels. In a scientific, vivid and interesting way, it explains the reason why the blood vessels grow old and how to rejuvenate the blood vessels. In all, it's a necessary family health handbook.

书名：人人适用的经络拍打法

Title: Meridian Flapping for Everyone (imported copyright)

开本：170mm×240mm
ISBN 978-7-5184-1326-3
出版时间：2017.5

作者：凡夫

Book Size: 170mmx240mm
ISBN: 978-7-5184-1326-3
Published date: May.2017
Author: Fan Fu

·拍打是一项人人可做的自我保健方法，通过自己的双手强迫身体自我疗愈，把身体内存存排不出去的毒素一点点扫除干净。施力大小、拍打部位、自我感受及体验因人而异，可以说是最纯粹、最直接的个人保健法。

·作者总结了人人适用的“五八拍打法”——拍打人体的8个重要关节部位，每个部位每个回合至少拍打60下。作者给出了日常小毛病及一些慢性病的轻量拍打法，拍对地方就有明显的效果。



· Flapping with your hands is a method of self-care that everyone can do to eliminate accumulated toxin in the body. The strength, flapped position, self- feelings and experience vary from person to person. It can be said to be the purest and most direct way of personal healthcare.

· The authors summarizes the method of fifty beats on each eight critical joints and presents light beat method for certain daily minor illness and chronic diseases. Flap the right joints, and the effect manifests itself.

书名：70秒拯救你的颈椎

Title: Saving Your Cervical Vertebra in Seventy Seconds

开本：170mm×240mm
ISBN 978-7-5019-8192-2
出版时间：2017.4
作者：黄雅玲 著

Book Size: 170mm×240mm
ISBN: 978-7-5019-8192-2
Published date: April.2017
Author: Huang Yaling

· 一本介绍颈椎病康复的书。作者引导读者在生活中通过做颈椎操来运动矫正颈椎病患，以病症为主轴，系统性分析各种酸痛的主因并给出解决办法：只要躺在床上就能做，每天70秒，易坚持！整套操安全温和，可修复身体，能自我产生平衡点，让颈椎自然矫正回标准的弧度。

· This is a book which introduces the rehabilitation of cervical spondylosis. The author leads readers to adjust their cervical vertebra by doing cervical exercise in our daily life. Basing on the symptoms, the author systematically analysis the main reasons for various ache and gives out the solution: doing cervical exercise. It can be done in bed and seventy minutes is enough in a day, so it is easy to stick. This exercise is safe and gentle. It can help repair our bodies and form a balance point by ourselves to make our cervical vertebra correct to standard radian.



书名：自行车圣经

Title: Bible of Bicycle

开本：190mm×250mm
ISBN 978-7-5184-1173-3
出版时间：2017.1
作者：Robin Barton

Book Size: 190mm×250mm
ISBN: 978-7-5184-1173-3
Published date: January.2017
Author: Robin Barton

· 《自行车圣经》涵盖从入门级如何购买适合自己的自行车，以及为参加第一场比赛做什么准备的丰富内容。不仅包括细致的教程分步解析必要的骑行技巧，而且还有来自专家的关于骑行安全和保持健身效果的指导。此外，《自行车圣经》还介绍了基础的自行车设定与维修，并演示了如何快速修理自行车的内容。自行车旅行部分则推荐了世界各地最有趣的一些骑行地，既包括适合家庭和友好出行的大众骑行路线和著名的自行车赛事路线，也包括惊险刺激的风光骑行探险路线和顶级山地自行车骑行圣地。

· This book "Bible of Bicycle" encompasses detailed contents concerning how to purchase a suitable bicycle and what should be prepared for the very debut competition. It not only concludes the step-to-step guide to the skills and tricks of cycling, but also experts' guidance of cycling security and keeping body-building effect.

· Besides, it also introduces the basic settings and maintenance of bicycle, and demonstrates how to repair bicycles quickly.

· In the part of cycling travel, it recommends several most interesting places for cycling all over the world, including the ordinary routes suitable for family and friends, the renowned race routes, breath-taking adventure routes, and the Meccas for mountain cycling.

书名：无器械瘦身塑形： 打造完美曲线的4周运 动方案

Title: Body Shaping without
Apparatus:
Four-weeks' Exercise Program
for Perfect Curve

开本：185mm×260mm
ISBN 978-7-5184-1020-0
出版时间：2017.1
作者：崔诚祚

Book Size: 185mmx260mm
ISBN: 978-7-5184-1020-0
Published date: January,2017
Author: Cui Chengzuo

·这是一本教你在家就能用掉脂肪、美体塑形的女子健身书。全书围绕瘦身塑形设置了每天10分钟4周健身计划。根据自身能力和运动目标，每天可以从1~4阶段运动中选择适合自己的类别。书的最后还特别设置了分部位健身板块，可以根据自己的需要集中打造某一部位的线条。

· This is a book about bodybuilding for women that teaches you to get rid of fats and shape your body just at home. The whole book sets up a scheme of exercising ten minutes a day for four weeks around body shaping. According to your own physical ability and exercising goals, you can choose the one fit you from the first to fourth exercising stage. At the end of the book, it particularly sets up specialized exercising sections for different parts of body, so you can focus on building the curve of a certain part of your body based on your own needs.

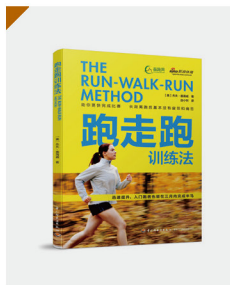


书名：跑走跑训练法

Title: THE RUN-WALK-RUN

开本：170mm×240mm
ISBN 978-7-5184-1298-3
出版日期：2017.06
作者：[美]杰夫·盖洛威 著 赵

Book Size: 170mmx240mm
ISBN: 978-7-5184-1298-3
Published date: June,2017
Author: [America] Jeff Galloway
translator Zhao Xiaozhao



·本书是美国的“跑步教父”杰夫·盖洛威撰写的一本关于跑步的图书。书中介绍的跑-走-跑训练法是盖洛威跑步的核心技法之一，即先跑步，再健走，再跑步，再健走，这样穿插进行，可以有效避免伤病，并也也能达到较好的燃脂、健身、康复、提升耐力，甚至提高成绩的效果。在本书中，盖洛威先生亲自示范了这一训练法，并给出了合理的时间配比、饮食方案，无论是对刚入门的跑者，还是资深跑友，本书的训练方法都会有所助益。

· The book is about running written by America's running godfather Jeff Galloway. It introduces his core training method of the RUN-WALK-RUN, i.e. first running, then walking, running, and walking again. Alternate between running and walking can effectively avoid injury, and is good for fat burning, health-keeping, rehabilitation, endurance improvement, and even performance enhancement. In this book, Mr. Galloway personally demonstrates this training method, and gives reasonable schedule and diet. The method is helpful both for beginners and veteran runners.

书名：女子跑步与燃脂塑形

Title: RUNNING AND FAT BURNING FOR WOMEN

开本：170mm×240mm
ISBN 978-7-5184-1339-3
出版日期：2017.06
作者：[美]杰夫&芭芭拉·盖洛威，南希·克拉克 著

Book Size: 170mmx240mm
ISBN: 978-7-5184-1339-3
Published date: June,2017
Author: [America] Jeff & Barbara Galloway Nancy Clark



·杰夫·盖洛威是北美畅销的跑步书籍作者，研究跑步已有数十年，被誉为“跑步教父”。她的妻子芭芭拉·盖洛威也是骨灰级的跑者，夫妻二人堪称“跑步夫妻档”。本书是芭芭拉根据自己的瘦身经验总结而成。书中解释了脂肪沉积和燃烧的过程，而控制它的方法就是：减少摄入，增加消耗。摄入方面引入了营养师南希·克拉克的营养建议，科学规划饮食，不以节食来瘦身。消耗方面则运用行之有效的盖洛威“跑一走一跑”核心训练法，温和运动，避免伤病。无论你是刚刚离开沙发开始锻炼，还是已经锻炼了多年，都能通过本书的方法来达到瘦身塑形的效果。

· Jeff Galloway, the godfather of running, is a North America best-selling running author with decades of research on running. His wife Barbara Galloway is a hardcore runner. The couple is called Running Husband and Wife. This book summarizes Barbara's experience of losing weight and describes the process of the fat accumulation and burning and the corresponding method of reducing absorption and increasing consumption. In terms of absorption, it takes the suggestion of scientific planning of diet rather than unhealthy die to lose weight from dietician Nancy Clark. In the aspect of consumption, it adopts the effective way of Galloway's core training method of Run-Walk-Run witch is moderate without injury. Whether you just start exercising or have exercised for years, you can adopt the approaches in the book to shape your body.

书名：干燥花创意设计：自然永恒美

Title: Creative Designs of Dried Flowers: Nature Is Eternal Beauty

开本：170mm×240mm
ISBN 978-7-5184-1307-2
出版时间：2017.4
作者：曾品臻

Book Size: 170mm×240mm
ISBN: 978-7-5184-1307-2
Published date: April, 2017
Author: Zeng Pinzhen

· 《干燥花创意设计》不仅是一本如何将干花设计的更有美感、更有创意，还很自然的书。作者用细腻的文字娓娓道来，分享容易被人视而不见的自然美，传达对大自然珍惜的态度与心意。

· 全书从叶、花、果、苔、枝、蕨几个方面重点展示了干花的自然之美。全书突出了作者独具匠心的创意，让人看后眼前为之一亮，怦然心动，马上就想着尝试。书中除了展示多款富有创意的干花造型，还有“基础技法”让读者可以轻松学到干花制作的诀窍，原来干花制作可以如此简单又有趣。

· This is a book about how to design dried flowers in a beautiful, creative and natural way. The author shares the beauty of nature, which is easily to be turned a blind eye to and transmit the attitude and goodwill of cherishing nature by delicate language.

· The book mainly shows the natural beauty of dried flowers in the aspects of leaf, flower, fruit, flower bolt, branch and fern. The author's creativity highlighted by the book is so ingenious that readers will be palpitating with excitement and eager to have a try at once. Excepting a variety of innovative moldings of dried flowers, the book also shows 'the basic skills' to help readers get the knack of making dried flowers easily and let them know that flower drying is very simple and interesting.



书名：创意小盆栽

Title: Creative Small Potting

开本：170mm×240mm
ISBN 978-7-5184-1176-4
出版时间：2017.1
作者：〔日〕松井孝著 松井の孝行
〔日〕关野正指导 関野正 指導します

Book Size: 170mm×240mm
ISBN: 978-7-5184-1176-4
Published date: January, 2017
Author: 松井の孝行

· 《创意小盆栽》主要介绍了小盆栽的制作、培育和管理。为了让初学者不犯错，作者用浅显易懂的语言告诉大家在盆栽日常管理工作中如何正确浇水、移植、剪枝、缠金属丝，以及不同树形的制作方式。你可以尽情享受制作小盆栽的乐趣！

· "Creative Small Potting" mainly introduces the making, cultivation, and management of a small potting. In order to prevent the beginners from making mistakes, the writer tells every reader how to correctly water, transplant, prune, wind around the metal wires, and making methods of different shapes of trees in familiar and understandable tone. You can abandon yourself to the pleasure of making a small potting.



书名：苔玉制作与欣赏

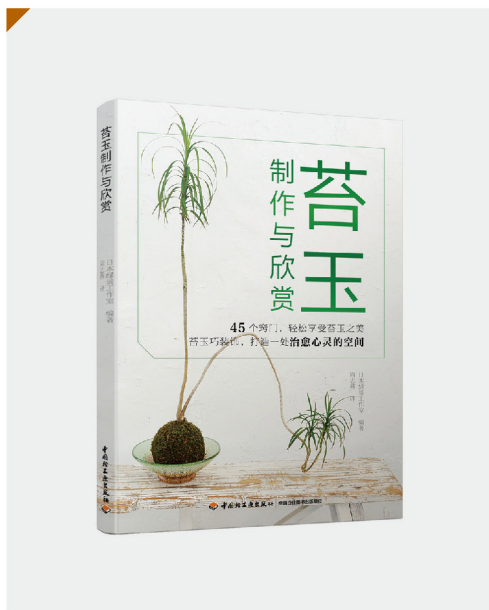
Title: The Making Appreciation of Moss Jade

开本：170mm×240mm
ISBN 978-7-5184-1299-0
出版时间：2017.4
作者：日本绿景工作室

Book Size: 170mm×240mm
ISBN: 978-7-5184-1299-0
Published date: 4.2017
Author: Studio

· 苔玉，既是一种植物，又是一种种植方法。《苔玉制作与欣赏》主要介绍了什么是苔玉，并详细讲解了苔玉的制作、培育和管理，包括分别用观叶植物和园艺植物制作不同的苔玉。在本书中，作者用浅显易懂的语言告诉大家如何根据居家环境的不同和季节变化选择合适的苔玉装饰空间，以及挑选恰当的器皿更好地衬托苔玉之美。请尽情享受制作苔玉的乐趣吧！

· Moss jade is not only a kind of plants, but also a method of planting. "The Making and Appreciation of Moss Jade" mainly introduces what is moss jade, and comprehensively elucidates the making, cultivation, and management of moss jade, including respectively using foliage plants and horticultural plants to fashion different moss jades. In this book, the writer tells every reader how to select the suitable moss jade to decorate spaces and how to select the suitable containers to serve as a foil to moss jades according to the difference of dwelling environments and the changes of seasons in familiar and understandable tone. Please enjoy making moss jades!



陈鹤秋图书
S&T TITLES

日本教育心理学
Wan qian education/
Wan qian psychology

时尚设计
Fashion/Petrical

书名：法式花艺设计与制作

Title: Design and Making of French Floristry

开本：170mm×240mm
ISBN 978-7-5184-1432-1
出版时间：2017.7
作者：李玉云 著

Book Size: 170mm×240mm
ISBN: 978-7-5184-1432-1
Published date: July.2017
Author: Li Yuyun

· 本书介绍了在生活周遭各个角落都能享受到的与鲜花共处的美好生活提案。当你想装饰家里时，想送上祝福与心意时、想感受鲜花带来的幸福时刻时，都能在书中找到完美的法式花艺呈现。作者还根据季节的变换搭配不同的花材，进而在不断的练习中变化出自己的风格，更能自在地完成作品。

· This book introduces the ways of coexisting with flowers at anytime and anywhere in your life. You can find the perfect French floristry in the book when you want to decorate home, send blessings and feel the happy moments that flowers brings. Based on season change, the author also changes flower materials to form his or her own style in constant practice and be more freely at the work.



设计出版
Digital Publishing

版权保护
Copyright Buy

书名：0~5岁宝宝游戏大全

Title: Games for Children from 0 - 5 Years Old

开本：190mm×210mm

ISBN 978-7-5184-1357-7

出版时间：2017.7

作者：(日)增田香 监修 周志燕 译

Book Size: 190mm×210mm

ISBN: 978-7-5184-1357-7

Published date: July, 2017

Author: [supervisor] Masuda Kaori [Translator] Zhou Zhiyan

- 《0~5岁宝宝游戏大全》主要介绍0~5岁儿童的游戏方法，不同的年龄段通过不同的游戏方式和方法来锻炼孩子的各项能力。书中还介绍了不同季节适宜儿童的游戏项目及保育方法。
- 《0~5岁宝宝游戏大全》无论是对幼儿园的老师还是孩子家长都能带来很多指导意义，既能丰富幼儿园小朋友们的课堂生活，也能给家长们带来很多有益孩子成长又有趣的亲子时光。

- The book mainly introduces games for children from 0 to 5 years old and game projects and conservative approach for children in different seasons to train children abilities of all aspect.
- The book is of directive significance to teachers in the parents. It can not only enrich class life, but also bring a lot of happy and enjoying family time.



书名：宝石名鉴：珍藏修订版

Title: Gemstone Evaluation (Collective and revised edition)

开本：145mm×210mm

ISBN 978-7-5184-1387-4

出版日期：2017.7

作者：朱锴滨著

Book Size: 145mm×210mm

ISBN: 978-7-5184-1387-4

Published date: July, 2017

Author: Zhu Xingyi

- 本书从宝石的定义和历史说起，进而说明它们的基本物理化学特性、车工镶嵌与美丽传说，更特别奉献选购小秘诀，教你如何不用专业工具，就能以最简单的方式辨别真伪、评选等级。
- 书中选购宝石实用资讯，使读者不但能轻松游历光彩夺目的宝石世界，还能借此挑选适合自己的宝石来佩戴收藏。

- Starting from the definition and history of gemstone, this book further explains the basic physical and chemical properties, turner mosaic and beautiful legends of gemstone and provides tips of how to rate and distinguish the authenticity in the simplest way without professional tools.
- Practical information of gemstone selection in the book can not only invite readers to the glittering world of gemstone, but also help them choose suitable gemstone to wear and collect.

