

## Banana Fish 1

*Ash is held captive and interrogated by the brutal Colonel Foxx who does everything in his power to get information on Golzine's "ace in the hole" against the U.S. government. But a caged animal can be held only so long before it bites back. Chaos erupts and Eiji's life hangs in the balance while Ash's key players are captured and brought to Mannerheim's dreaded complex. -- VIZ Media*

*A New York Times Bestseller Winner of the James Beard Award for General Cooking and the IACP Cookbook of the Year Award "The one book you must have, no matter what you're planning to cook or where your skill level falls."—New York Times Book Review Ever wondered how to pan-fry a steak with a charred crust and an interior that's perfectly medium-rare from edge to edge when you cut into it? How to make homemade mac 'n' cheese that is as satisfyingly gooey and velvety-smooth as the blue box stuff, but far tastier? How to roast a succulent, moist turkey (forget about brining!)—and use a foolproof method that works every time? As Serious Eats's culinary nerd-in-residence, J. Kenji López-Alt has pondered all these questions and more. In *The Food Lab*, Kenji focuses on the science behind beloved American dishes, delving into the interactions between heat, energy, and molecules that create great food. Kenji shows that often, conventional methods don't work that well, and home cooks can achieve far better results using new—but simple—techniques. In hundreds of easy-to-make recipes with over 1,000 full-color images, you will find out how to make foolproof Hollandaise sauce in just two minutes, how to transform one simple tomato sauce into a half dozen dishes, how to make the crispiest, creamiest potato casserole ever conceived, and much more.*

*New York Times Bestseller Stop—and even reverse!—age-related weight gain and muscle loss with the first-ever weight-loss plan specifically designed to shrink your belly, extend your life, and create your healthiest self at midlife and beyond. You don't have to gain weight as you age. That's the simple yet revolutionary promise of *The Whole Body Reset*, which uncovers why standard diet and exercise advice stops working for us as we approach midlife—and reveals how simple changes to the way we eat can halt, and even reverse, age-related weight gain and muscle loss. *The Whole Body Reset* presents stunning new evidence about the power of "protein timing" for people at midlife—research that blows away current government guidelines, refutes the myth of slowing metabolisms and "inevitable" weight gain, and changes the way people in their mid-forties and older should think about food. *The Whole Body Reset* explains in simple, inspiring terms exactly how our bodies change with age, and how eating to accommodate those changes can make us respond to exercise as if we were twenty to thirty years younger. Developed by AARP, tested by a panel of more than 100 AARP employees, and approved by an international board of doctors, nutritionists, and fitness experts, *The Whole Body Reset* doesn't use diet phases, eating windows, calorie restriction, or other trendy gimmicks. Its six simple secrets and scores of recipes are easy to follow, designed for real people living in the real world. A dining guide even shows how to follow this program in popular restaurants from McDonald's to Starbucks to Olive Garden. And best of all: It works!*

*The New York Times bestseller: "A superb, thoughtful biography" of the creator and star of Mister Rogers' Neighborhood (David McCullough). Fred Rogers was an enormously influential figure in the history of television and in the lives of tens of millions of children. Through his long-running television program, he was a champion of compassion, equality, and kindness. Rogers was fiercely devoted to children and to taking their fears, concerns, and questions about the world seriously. *The Good Neighbor*, the first full-length biography of Fred Rogers, tells the story of this utterly unique and enduring American icon. Drawing on original interviews, oral histories, and archival documents, Maxwell King traces Rogers's personal, professional, and artistic life through decades of work. King explores Rogers's surprising decision to walk away from his show to make television for adults, only to return to the neighborhood with increasingly sophisticated episodes, written in collaboration with experts on childhood development. An engaging story, rich in detail, *The Good Neighbor* is the definitive portrait of a beloved figure, cherished by multiple generations.*

*The Skinnytaste Cookbook*

*Stuff You Should Know*

*BANANA FISH #1*

□□□□□□ □□□□ □□

*The Good Neighbor*

大人気アニメの完全ノベライズ第3弾！ひとたび投薬すれば人の心を蝕み、意のままに操ることができるという「バナナフィッシュ」。さきのイラク戦争で兄グリフィンがひょんなことから未完成のこの薬に冒され、死に至った経験をもつアッシュ リンクスは、ついにこの悪魔の薬の真相にたどり着く。親友を亡くしライバルを斃し、自身も重傷を負いながら、アッシュはかつての主であるディノ ゴルツィネと全面对立することに。一方、華僑の名門かつ最大勢力である李家の事実上の当主となった月龍は、同族嫌悪ともいえる感情からアッシュと敵対する立場をとる。また、月龍の下でチャニーズ系ストリートギャングたちを率いる少年シン スウ リンは、先代ボスであるショーターを殺したアッシュに対して、複雑な思いを拭いきれない。やがて「バナナフィッシュ」をめぐる、アンダーグラウンドの巨大な勢力と、アメリカの中枢を担う国家権力が秘密裏につながっていることが明らかになっていく。

そんな中、アッシュの心の支えである奥村英二の命が狙われた。英二だけは自分の命にかえても守りたいアッシュだが.....。果たしてアッシュは英二を、そして英二はアッシュを救うことができるのか。大人気シリーズついに完結！

Thanks to Uichi Rogi's lies, his sugar daddy is dead and the object of his affection, yakuza head Akitora Oyamoto, is bleeding out. Needing to lie low, Uichi and Akitora seek refuge in a gang safe house, where pain and pleasure quickly collide. But nothing in Uichi's life is simple, and he soon finds himself naked and face-to-face with Akitora's wife and infant son! -- VIZ Media

Ash has finally escaped from the mental institution where he was held captive and has brought with him crucial evidence of the proof and power of the drug known as Banana Fish. Golzine has hired Blanca, the man responsible for Ash's training in the fighting arts, to bring Ash "home" at any cost!! -- VIZ Media

Eiji Okamura, a young photographer from Japan, has made Ash's acquaintance; just in time to fall with him into this bloody whirlpool. Now the Chinese Lee syndicate has delivered Ash, Max Lobo, Ib é and Dr. Alexis Dawson to Papa Dino. Banana Fish has been used to brainwash Shorter Wong and manipulate him into mutilating Eiji right before Ash's very eyes! -- VIZ Media

Banana Fish, Vol. 15



Budget Bytes

Banana Fish, Vol. 2

Banana Fish, Vol. 1

*Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, Skinnytaste. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, Skinnytaste is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The Skinnytaste Cookbook features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started "skinny-fying" her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, The Skinnytaste Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.*

*VICE CITY: NEW YORK IN THE 80s... The idea that Ash Lynx would be more controllable in jail has worked out for nobody, because in between gang rape and random assaults, Ash has not only managed to get Eiji to carry out info to his allies in Chinatown, but he's met cellmate Max Lobo, another survivor of his brother's unit in Vietnam. That means as soon as Ash makes bail, he's only headed for bigger trouble. But what's more dangerous for him, confronting Papa Dino or his real father...? -- VIZ Media*

*Kako begins living together with Yui in order to protect her. At first, all the two girls do is fight, but with the help of a little advice from Kota, they gradually start to grow closer. At Yui's birthday party, organized by the whole gang, Kako is happy to see that Yui looks like she's having a little fun... But just as she's starting to enjoy the quiet life, Yui's criminal father makes contact with her?! The Yui vs. Kako saga reaches its fateful, tearjerking conclusion!*

*VICE CITY: NEW YORK IN THE 80s... Ash has only one hand of cards--a loyal posse of street thugs, an investigative reporter, and a sympathetic cop, as he plays his one draw with tricks, trumps, and the hand jive from a .357 Magnum... -- VIZ Media*

*Banana Fish, Vol. 17*

*The Oxford English Dictionary*

*My Boy in Blue 13*

*Banana Fish, Vol. 4*

*The Life and Work of Fred Rogers*

*Today's top could be tomorrow's bottom when playing the caste game! School is hard enough as it is, but when students are forced to play a cutthroat game to determine their social ranks--and subsequent treatment--all bets are off. Ever since Karino betrayed him by dragging him off his kingly throne, dropping him to target, Azusa has sworn revenge. But as he's planning his next move, he's approached by shy geek Inugai, who's taken a rather sudden--if odd--interest in photography. What are Inugai's true motives? And is revenge really what Azusa seeks?*

*The epic battle between Ash and Arthur reaches its gruesome conclusion. Ash is left hospitalized, but not out of reach from the sinister hands of Papa Dino. Unbeknownst to Ash's crew, Dino has arranged Ash's transfer to a medical facility with a very special purpose in mind. Yut-Lung has finally begun to unveil his plans, but mystery still surrounds him. Epic in scope, and one of the best-selling shôjo titles of all time in Japan, Akimi Yoshida put an electric shock into the genre and gained a huge crossover audience through Banana Fish's stripped-down, non-stop style. -- VIZ Media*

*In a desperate attempt to save Eiji, Ash accepts the role of Papa Dino's right-hand man. He then threatens Max at gunpoint to give him the magazine story on Banana Fish before it hits the press. Grooming Ash to become his successor, Dino sets in motion a chain of events that will truly make him part of the "Family." -- VIZ Media*

*The final volume of Banana Fish contains the same dichotomy of darkness and light that characterizes both Ash and Eiji. Harsh reality and soft dreamlike memories find themselves hand-in-hand with heartbreak and hope, sentiment and cynicism, love and murder. -- VIZ Media*

*Light on Calories, Big on Flavor*

Vol. 1-

The Latin American Cookbook

My Boy in Blue, Volume 12



***strewn back alleys and abandoned buildings, Yau-Si is still obsessed with the notion of killing Eiji... -- VIZ Media***