Confucius Institute at the University of Iowa

Resource Library
Confucius Institute Library Content

Video Category One: Culture of China…………………………page 2-7
   V001~V091

Video Category Two: Learning Chinese………………………page 7-10
   V092~V130

Book Category One: Traveling in China………………………page 10-12
   B001~B030

Book Category Two: Chinese Literature………………………page 12-14
   B031~B057

Book Category Three: Culture of China………………………page 14-21
   B058~B121
Video Category One: Culture of China

V-001: Traditional Chinese Medicine & Chinese Wushu
Description: This documentary diachronically introduces the development of traditional Chinese medicine and healthcare culture. Also, This documentary introduces Chinese Kungfu, including its different styles, weapons and the legends of shaolin Kungfu in China.

V-002: Chinese Cuisine & Chinese Tea
Description: 8 major cuisines of completely different tastes and some special snacks and flour food are introduced in this documentary. Particular value of Chinese tea is shown through the origin area of tea, tea shop, tea ceremony and Buddhist conversation over tea.

V-003: Chinese Dances
Description: Introducing two categories of Chinese dance: Classical dance and folk dance, including two specific dance: Chinese Nuo Dance and Yangge Dance.

V-004: Traditional Painting & Peking Opera (3 copies)
Description: An overview of development of Chinese traditional painting by introducing the most famous artists in the history and their painting skills and techniques. Vividly describing Peking opera through the appearance of an actor in humorous and plain language.

V-005: Chinese Folk Music & Folk Songs (2 copies)
Description: Introducing Chinese folk music in depth and some unique instrument such as Xiao, Flute and Sheng, etc. Also Covering a wide range of folk songs in different areas, with various Chinese folk-customs.

V-006: Chinese Paper-cuts & Chinese Kites (2 copies)
Description: Chinese paper-cuts was acknowledged to be World Cultural Heritage in 2002. The paper-cuts show ingenuity, emotion and psychology on the part of Chinese female. Also, this documentary shows historical literary quotation about Chinese kites and variety of kites.

V-007: Chinese Clothes (2 copies)
Description: This documentary introduces Chinese imperial costume, ethnic minority groups costumes and Chinese cheongsams.

V-008: Chinese Acrobatics & Chinese Lion Dance (2 copies)
Description: Chinese embrace their characters in Chinese acrobatics. Lion Dance is a particular art form typical of Chinese culture. Wonderful performances of Acrobatics in Wuqiao and performances of lion dance are shown in this documentary.

V-009: Chinese Pottery and Porcelain & Chinese Figures (3 copies)
Description: Pottery and Porcelain, these are the reasons why China is called "China". This documentary also shows clay figures and the representative of this traditional art, which is Clay Zhang.

V-010: Chinese Sculpture & Chinese Garden (2 copies)
Description: Revealing the profound skills of Chinese Sculpture, which are by no means inferior to its Western counterparts. This documentary also introduces the architectural characters of the typical Chinese gardens which embodies the idea of correspondence of man and universe.

V-011: Chinese Silk & Chinese Embroidery (2 copies)
Description: This documentary demonstrates the development of silk and the Silk Road. It also shows the 4 most famous styles of Chinese embroideries.

V-012: Chinese Puppet & Leather Silhouette Show (2 copies)
Description: This documentary shows the development of Chinese Puppet which was favorite of Chinese emperors and aristocrats. It also records the workmanship of Chinese leather silhouette and the performances of it.

V-013–017: Chinese Scenery
Description: These documentaries show some different wonderful landscapes in different area of China, such as Mount Huang, Lijiang and Jiuzhaigou etc.

V-018: Exploring the Chinese Culture
Description: This is an overview of Chinese Culture, including traditional festivals, customs, arts, culture symbols, tourism highlights, living in China, folk arts and folk sports.

V-019–020: Learning China's Art of Enjoying Tea with Me
Description: An introduction of Chinese tea and tea arts. Including the developing history of tea, customs and variety of tea, etc.

V-021–022: Eternal Emperor
Description: These documentaries introduce two famous emperors in China history: Qin Shihuang, who is the first emperor of China, and Genghis Khan, a generation of hero.

V-023–026: Overwhelming Skills
Description: Taiji Overwhelming skills originate from the boxing frame. This set of disc series expound on 113 skills from the front, side and back movement respectively. Each of these skills is simple and practical, but overwhelming.

V-027–028: Series of Taijiquan for Preventing Diseases Characteristics of Taijquan for Life Enhancement
Description: Taiji for life enhancement focuses on the effect of treatment and the whole cooperation. It forms a system in the aim of curing disease. This lecture will list the practice method of taiji for curing more than twenty kinds of ordinary illnesses.

V-029–030: International Wushu Competition Routines
Description: These documentaries introduce Cudgel play and Spear play of international Wushu competition. They both consist 54 basic movements. These are the most practical and useful coaching material for Wushu lovers.

V-031: Snapshots of China
Description: China is an ancient country with a history of 5000 continuous years of civilization. This documentary is an 30 minutes overview reading of different segments of Chinese culture.

V-032: Zhejiang Mansions of Book Collection

V-033: the Founding of a Republic
Description: This is a movie for the celebration of 60th birthday of the People's Republic of China. It shows the process how the People's Republic of China was found.

V-034: Military Review (China National Day 60th Anniversary)
Description: China holds a grand military review on Oct 1st, 2009. This documentary is a good chance for people to take a look of the power of Chinese soldiers.

V-035: Local Snacks of Beijing
Description: This documentary introduced several famous local snacks of Beijing, which
you may not even imagine.

**V-036: Crafts of Beijing**

Description: This documentary introduces several famous crafts of Beijing, such as Peking Opera Painted Face Model, Dough Men.

**V-037: Dancers in the Wind**

Description: This is a gift for the 50th Anniversary of Beijing Dance College. It shows the history of Beijing Dance College, also with dance performances.

**V-038: Chinese Earthenware and Porcelain**

Description: China is one of the art which Chinese are proud of. This documentary gives a detailed introduction of earthenware and porcelain of China, including the history, category, workmanship, etc.

**V-039: Chinese Knots**

Description: Chinese knots, also known as a unique folk handicraft woven arts, is full of special oriental charm and everchanging variations. They reflect Chinese ancient cultural beliefs, profound religious connotations, and are often used to express good wishes like truth, kindness and beauty.

**V-040: a Visit to the Museum**

Description: This documentary brings you to the famous museums in the world, full of profound cultural connotations. You can also see some performances of famous artists.

**V-041: Building the Dream of 2008**

Description: This documentary film shows the preparation of 2008 Beijing Olympic Games since 2001. This is the only film that cost 7 years to be finished in Olympic history.

**V-042: Practical Healthcare Self-massage along Meridians and Acapoints**

Description: This video shows several ways of self-massage along meridians and acapoints for face enhancing appearance, strengthening teeth, losing weight, health of the knees, etc.

**V-043: China: Revealed**

Description: This is the story of the most complex country on Earth, of the dreams and challenges driving its people to look forward. While cherishing the past. Can this ancient civilization survive its breakneck journey into the future? And at what price?

**V-044–045: the Magazine of Chinese Geography**

Description: These documentaries introduce some wonderful sceneries of Sanxia and Nanjing. This is also a good view of south of China.

**V-046: Famous Historical Towns of China**

Description: The film introduces representative famous historical towns of China from the whole China thousands upon thousands of towns. It casts back thousands of years history of rise and fall, deducts the glimpse of the moon change and visits famous spot historic monument and cave.

**V-047: Exploration of the Silk Road (2 copies)**

Description: The Silk Road is the connection of ancient eastern and western civilizations. This documentary shows the silk road from several different views, such as sceneries, communication of arts and cultures, national syncretism, etc.

**V-048: the New Silk Road**

Description: This file shows the Silk Road from a absolutely new view. It use computer simulation to recover the paintings, the ancient wars, lost castles and national migrations.
V-049: Approaching the Lakes
Description: The photographers toured all over China, to present before the audience all the famous lakes, to tell the moving and immortal legends, to explore from the natural scenery to the rich humanity and culture, conveying the unique backbone of Chinese culture history.

V-050: Tibet
Description: This documentary presents the mysteriousness of Tibetan Buddhism, the greatness of Tibetan history, the grandeur of its architecture and countless treasure, displaying primitive Tibetan culture and wonderful and magnificent snow platean landscape, full of wonders.

V-051: the Famous Village of China
Description: This documentary shows the famous villages of minor nationalities of China. This is a good view for people to understand precious culture, behaviors, arts of minor nationalities of China.

V-052: China City Card
Description: This video is a good combination of learning Chinese and understanding Chinese city culture, lives and behaviors.

V-053: Wild China
Description: This landmark series gains uprecedented access to the most engimatic of countries and reveals a land of astonishing natural complexity. Breathtaking landscapes, rare and surprising wildlife, and colorful people.

V-054: Beijing Opera in memorial images
Description: This a collection of twenty most precious Beijing Opera shows, with the most famous Beijing Opera artists, no one.

V-055–056: Mei, Lanfang
Description: Mei, lanfang is on of the top 4 artists who make wonderful success of modeling female characters. This is a collection of outstanding performances of him.

V-057–61: Archaeology of China
Description: This documentary is made by CCTV. It's a wonderful documentary about the discoveries of Chinese archaeology. Different introducing measures, such as Computer technologies, scene reconstruction, and product displays, are used in this documentary.

V-62–65: History of China
Description: This documentary introduces several ancient Chinese dynasties. This is a good film to learn famous people, events, places of Chinese history.

V-66–68: Image China
Description: Composed of Politics Volume, Characters Volume and Life Volume. This series of documentaries is a commendable collection, which records those remarkable transforms in China fully and accurately.

V-69: Going Along with 2008 Olympic Games
Description: The documentary mainly focuses on foreigners related to China’s Olympic preparations as well as the Chinese around them. Hailing from different countries and regions and speaking different languages, they exert their talent on the Chinese stage and endeavor to prepare for the 2008 Olympic Games in different ways.
V-70: Pride of the Nation (Chinese Olympic Athletes)

Description: This TV series covers 50 Chinese athletes who have won medals during Olympic Games. Though they appear in the TV shows in their capacity as ordinary people, their daily lives will definitely have public interest. The TV series also covers the routine training of the Chinese athletes who are hopeful to win medals in the 2008 Beijing Olympic Games, their coaches, and also their families, all of which are unknown to the public.

V-71–89

These documentaries are very helpful for understanding Chinese culture. Each of these documentaries focuses on a single piece of shell from the ocean of Chinese culture, and gives exhaustively and deeply descriptions.

V71 Most Precious Treasures of China
V72 Famous Chinese Temples
V73 Chinese Ancient Buildings
V74 Chinese Palaces and Their Legends
V75 Chinese Taoist culture and arts
V76 the Most Valuable treasures of the Chinese Museums
V77 Exploring Chinese Bronze Culture
V78 Inscription of Chinese Characters on Animal Bones or Tortoise
V79 Chinese Ancient Furniture
V80 the Most Classical and Famous Drawings of China
V81 Treasures in Chinese Study
V82 Chinese Folk Arts and Artisans
V83 Chinese Folklores
V84 Cultural Touring of China
V85 Chinese Tea Culture
V86 Wine Culture of China
V87 the Historic Site of China
**V88 the Hoary Pagoda of China**

**V89 Chinese Folk Collection**

**V90: A Bite of China**

Description: This documentary is created by CCTV. It is the best documentary about Chinese food (no one). It shows culture of Chinese food, variety of style, philosophy and art of Chinese food from lots of single stories. This is an exhaustive exploration of Chinese food. Never miss this.

**V91: Great Chinese Archaeological Discovery**

Description: Tracing the arduous footprint of archaeologists, you will go into treasure houses one after another, gradually make mysteries clear, and see the resplendent Chinese history and culture: Dingling Underground Palace, Banpo Site, Yinshan Mountain Grave, etc.

---

**Video Category Two: Learning Chinese**

**V92–93: China Grow Up**

Description: “There lies a sleeping giant. When he wakes he will move the world” ---Napoleon

This documentary shows the waking up process of China from lots of precious historical video records. It shows the development and great improvements of China in politics, economics, science and culture.

**V94–97: Discovering Chinese (2 copies)**

Description: A series of lessons of learning Chinese. Lessons are read in standard Mandarin by native speakers trained for public broadcasting. Easy listening makes practice a joy!

**V98–101: Magical Tour of China (2 copies)**

Description: These 36 animated stories follow three families as they travel to China, practicing their Chinese and learning about the culture. Six children growing up overseas visit Beijing for the first time, learning about festivals, cultural similarities and differences and Chinese etiquette and customs.

**V102: Chinese Festivals (2 copies)**

Description: This exciting new CD-ROM teaches the five most important traditional Chinese festivals: the Spring Festival, the Lantern Festival, and so on. It contains 16 vividly animated stories and an additional children’s song that make it fun and easy to learn about Chinese culture.
V103: Fable Stories
Description: Fable Stories includes 24 tales suitable for intermediate-level Chinese learners. Simple yet engaging, these stories will entertain and instruct students as they learn more about the Chinese language.

V104: Chinese Idioms
Description: This set of CD-ROMs features the stories behind each idiom and its usage. Studying Chinese and learning about Chinese culture is easy and fun with these animated stories.

V105: the Three Kingdoms
Description: This is an easy and enjoyable way for kids to practice the Chinese language and learn about the culture, all while watching exciting cartoon stories! This CD-ROM features 38 timeless animated tales from China’s turbulent Three Kingdoms period.

V106: How I Grow Up
Description: Every famous person was a kid once! These 12 fun bilingual animate stories come from the childhoods of people like Helen Keller and Sima Qian, who inspire kids to follow their dreams.

V107: Power and Magic in Tales from China (2 copies)
Description: This CD-ROM is filled with stories of power and magic in ancient China, and features vividly animated versions of 12 traditional Chinese tales. Children can practice their Chinese and learn about the culture, all while enjoying fun stories of excitement and adventure!

V108: Chinese Stories for Kids
Description: Stories for Kids includes twelve fun tales on various topics. The language is simple and the narrative is repetitive yet entertaining- perfect for young Chinese language learners.

V109~112: My First Chinese Reader
Description: This CD-ROM contains vividly animated lessons based on My First Chinese Reader. It corresponds directly to the textbook with soundtrack in standard Mandarin Chinese. The exciting animations make learning Chinese interesting and fun!

V113~114: Chinese Home Cooking
Description: "Chinese Home Cooking" has been carefully prepared for foreigners who love Chinese cuisine. We hope you can make delicious Chinese food yourselves by following the chefs’ instructions.

- 9 -
V115–118: China: A Great Country in the East

Description: This is an overview of this ancient country. The documentaries basically focus on 4 parts: Outstanding tourist spots, Chinese treasures, eminent figures in Chinese history and homeland of the dragon.

V119: Understanding Chinese

Description: This course is ideal for all foreign learners of Chinese, old or young. Even people with no previous exposure to Chinese will have fun learning. The disc comes with a User's Guide handbook containing more than 100 commonly used Chinese sentences and more than 700 words and phrase. The handbook may be used as a guide to basic Chinese conversation.

V120: Easy Chinese Speak Out

Description: This course features the practical application of the Chinese language by describing practical situations foreigners in China often come across. The situational dialogs represent day-to-day life with a special focus on the language in modern society.

V121: Crash Learning of Chinese Speaking

Description: Foreigner students will feel Chinese speaking is very easy to learn from this CD-ROM. The students can handle the speaking skills of communication with Chinese.

V122: Advanced Business Chinese

Description: This is a course about Business language of Chinese. This CD-ROM focus on three parts: social gatherings, office work and Day-To-Day operations.

V123–126: China Panoramor

Description: This is an excellent set of Chinese learning video. It include 3 levels lessons and a series of tourism introduction. Learning Chinese while traveling around in China on a screen, it worth the time you spend on it.

V127: My First Chinese Words

Description: This is the only complete curriculum designed to help children learn Chinese as a foreign or second language. Upon completion, students will recognize basic Chinese characters and sentence patterns Compiled by education experts and experienced teachers.

V128: Chinese Classic Movies

Description: This is an excellent collection of several classic and famous Chinese movies between 1978 to 2008. You should not miss these movies if you are interested in Chinese culture.

V129: 5000 Years History of Chinese Characters (2 copies)

Description: This is an excellent documentary about the origin and history of Chinese Characters. It well explain how Chinese character form the core of Chinese culture.
V130: The Potala Palace
Description: This film will provide us with a rare chance to get to know more about Xizang(Tibet) and to reflect upon the important issues-how to re-appreciate our historical and cultural achievements and the relations of the Past, the Present and Future triangle. It is told through the eyes of someone who entered the Potala at the age of 13 and lived there for 60 years, experiencing personally the rise and fall of its fortunes during this long period

Book Category One: Traveling in China

B001–011: Places of Interest of China
Description: This is series of introduction of some places of interest and famous city of China, including fine figures on each pages.
Language: Chinese/English

B012–014: World Heritage of China
Description: Religious sites, cultural sites and nature & culture. Each book contains plenty of fine figures with brief description. Each book can be read over in 30 minutes. Good books for relaxing.
B012: Religious sites
B013: Cultural sites  B014: Nature and culture
Language: English

B015–017: Old City
Description: These books give detailed introduction of some famous old city of China, each with hundreds or thousands years of history. Good chances to know background, history and important events in those cities.
B015: Old Nanjing  B016: Old Xi'an  B017: Old Beijing
Language: English

B018: China Travel Kit Series---Shanghai
Description: This is traveling guide book for Shanghai, the biggest city in China. This book contains lots of information, such as the famous places, restaurants, museums with their address, telephone numbers and open hours. A very useful book if you plan to go to Shanghai.
Language: English

B019: Private Collections in Shanghai
Description: This book introduces to readers over 50 private collections, five trade museums and five antique market in Shanghai.These collections are not as famous as those of national museums, but they are highly specialized and the atmosphere is warm, comfortable and easy.
Language: English

B020: Tibet---Natural Resources and Scenery
Description: Tibet is the world's biggest treasure-house of alpine plants and is also a home to
many plateau-dwelling wild animals. Tibet book divides Tibet into five regions, clearly describing the region's natural resources and unspoilt scenery.

**B021–023: Tibet of China**
Description: This is an overview of Tibet about its culture, geography and so on.
B021: Travel in Tibet  B022: Tibet: Geography  B023: Population
Language: English

**B024: Studying in China**
Description: In the recent years, more and more foreign students come to study in China. Want to know what the life is like for studying in China? This book is the answer.
Language: English

**B025: Tombs of Ming Emperors and Empresses**
Description: The book is illustrated with beautiful photographs to show the style and dimension of these imperial tombs as well as some of the highly valuable artifacts unearthed there. Through out the pages are true and legendary stories about the life of the emperors, empresses and imperial concubines.
Language: English

**B026: the Yarlung Tsangpo Great Canyon**
Description: This book is an introduction of the Yarlung Tsangpo Great Canyon. This canyon is the biggest canyon in the world to be discovered to date. The finding of the canyon is an important late-20th-century geographical discovery. It is also an important contribution by Chinese scientists to man's knowledge of nature.
Language: English

**B027: Beijing Days**
Description: Through the author's photography, he has created a visual journal illustrating the transition and rapid growth of Beijing; its landmarks, traditional or newly added, such as the Forbidden City and the futuristic skyscrapers of the central business district are shown along with a cross section of Beijingers from street market vendors, to China's top contemporary artists in their studios.
Language: English

**B028: In the Realm of the Gods**
Description: The stories of China's ancient capitals, its sacred mountains, rivers, trade routes and caravans, lush gardens, and mysterious grottoes, all serve as the setting for a magical journey through all points on the compass. Here are the stories of kings, ghosts, spirits, warriors, scholars, and magical realms in a landscape potent with history.
Language: English

**B029: Tracing Marco Polo's China Route**
Description: The story of Marco Polo's journey across the vast land of China has entertained and informed generations of people all over the world since it was first published nearly 700 years ago. This book is created by two Chinese exploration enthusiasts, who identify and trace Marco Polo's Route in China. New view for understanding China.
Language: English

B030: Move To China!
Description: In 2006, a young American arrived in China knowing little about the language or the customs of its people. He had no friends and very little money. Within a short time, he found many good jobs and built wide connections. Also, he became fluent in Chinese in just over nine months without spending money on classes. Most importantly, his life has become happier and more fulfilling in China. What's behind this impressive story? Let the author tell you!
Language: English

Book Category Two: Chinese Literature

B031: From Emperor to Citizen
Description: This is the autobiography of Pu Yi, who was the last emperor of China. The book begins with the author's vivid account of the last, decadent days of the Ching Dynasty, and closes with an introspective self-portrait of the last Ching emperor transformed into a retiring scholar and citizen of the People's Republic of China.
Language: English

B032: Mencius
Description: Mencius is a Confucian classic recording the words of Mencius, a thinker and an educator of the mid-Warring States period and an important representative of the Confucian school, and his followers. It was compiled by Mencius and his disciples.
Language: Chinese/English

B033-B38:
Description: This series of books are simple versions of some traditional and classical Chinese literatures, each one with hundreds of years circulation.
Language: Chinese(With Pinyin)
B033 Restructure: History as Mirror
The first annlistic style historiography, recording Chinese history between 403 BC~ 959 AD.
B034 Hundreds of Flowers
This book record stories of the forming of different thought schools in China.
B035 Romance of the Three Kingdoms
This is a historical novel of the Three Kingdoms period in China history, including many amazing romance stories.
B036 Romance of the Sui-Tang Dynasty
This is a historical novel of the ending of Sui Dynasty and beginning of Tang Dynasty, also including many amazing romance stories.
**B037 Shih-Chi (History Record)**
What kind of historiography book can be rewarded the name “History Record”? This is the answer. Recording three thousand year history of China, until 122 BC, through a series of biographies.

**B038 Generals of Yang family**
This is a historical novel of an amazing family with many generals in Song dynasty. They defend their motherland and resist invaders with their lives.

**B39: Wandering**
Description: This is a novel collection of Lu, Xun who is the most famous modern period litterateur of China, including 11 novels. A deep exploration of humanity.
Language: Chinese/English

**B40: Call To Arms**
Description: This is the other novel collection of Lu, Xun who is the most famous modern period litterateur of China, including 14 novels. The first novel written in modern Chinese language is in this collection. A deep exploration of humanity.
Language: Chinese/English

**B41: The Seven Heroes and Five Gallants**
Description: One of the most enduring and popular folk legends of China has been the story of Lord Bao and his seven heroes and five gallants, whose exploits sung of in ballads, operas and songs for over a thousand years. The adventures of the seven heroes and five gallants provide much insight into traditions that have formed the Chinese character through the ages.
Language: English

**B42: The Art of War (4 copies)**
Description: This is the most famous ancient military classic of China. It is also the internationally accepted most philosophical and influential military book.
Language: Chinese/English

**B43: The Analects**
Description: This is the book to record words and deeds of Confucius and his disciples, organized by Confucius’ disciples. One of the four foundation texts of Confucian school.
Language: Chinese/English

**B44: Poetry and Prose of the Tang and Song**
Description: Tang and Song dynasties are the period when poetry and prose are extremely prevalent. This book's author translate some classical products of several famous poets. Personally speaking, this translation version is a nice way to overview the meanings of the poems, but not a good way to enjoy the beauty of poems.
Language: English

- 14 -
**B45: The Stories Behind 100 Chinese Idioms**
Description: To liven up your spoken Chinese, this book presents a selection of everyday idioms. They have been chosen for their frequency of use, practical value and expressiveness.
Language: Chinese/English

**B46: 100 Pearls of Chinese Wisdom**
Description: To liven up your spoken Chinese, this book presents a selection of everyday idioms. They have been chosen for their frequency of use, practical value and expressiveness.
Language: Chinese/English

**B47: L'orage (2 copies, 2 volumes each)**
Description: A very famous Chinese drama, showing very complex family conflicts, fornication in a Chinese family.
Language: Chinese/English

**B48: The White Pony**
Description: It is an excellent collection, representative of the best works in a vast field of poetry...Through an appreciative introduction and informative pages on each poet, the anthology has further value as brief history and interpretation for the three thousand years of poetry in China.
Language: English

**B49: The Chinese Nail Murders**
Description: Imperial China, Tang dynasty, seventh century A.D.---Home of Judge Dee, imperial magistrate and detective. Judge Dee distinguished himself as tribunal magistrate, inquisitor and public avenger. This book is one of a series of Judge Dee detective novels written in the 1950.
Language: English

**B50–57 Monkey Series**
The Monkey series are picture books based on the ancient Chinese fantasy novel Journey to the West, a story rich in tales about demons and monsters who try to stop the Tang Priest Xuanzhang from reaching the Thunder Monastery in India to fetch Buddhist scriptures. The real hero of this novel, loved for four hundred years by Chinese readers, is the resourceful, brave and humorous Monkey.
Language: English

* B50 Monkey Makes Havoc in Heaven (2 copies)
* B51 The Comping of Pig (3 copies)
* B52 Lotus-Flower Cave (2 copies)
* B53 Catching the Red Boy (2 copies)
* B54 Borrowing the Plantain Fan (3 copies)
* B55 True and False Monkey (3 copies)
* B56 Stealing the Golden Bells
* B57 Monkey Sves 1111 Babies (3 copies)

**Book Category Three: Culture of China**
- 15 -
B58: Chinese Acupuncture and Moxibustion
Description: The science of acupuncture and moxibustion is an important part of traditional Chinese medicine. For thousands of years the Chinese people have appreciated it for its nonpharmaceutical treatment, simple application, wide range of use, good curative effect, and low cost. This book is a good teacher and helpful friend to students and practitioners of acupuncture and moxibustion in the world.
Language: English

B59: Chinese Qigong Acupressure Therapy (3 copies)
Description: Qigong acupressure therapy is a healing technology rooted in the Chinese medical tradition. The book contains six chapters which cover the basic knowledge and methods of qigong along with reports describing the clinical practice of qigong acupressure therapy. In addition, useful prescriptions of acupoints for qigong acupressure therapy and supplemental qigong exercise are presented.
Language: English

B60: The Illustrated Yellow Emperor's Canon of Medicine
Description: The Illustrated Yellow Emperor's Canon of Medicine is an amazing book in the history of Chinese medicine. This book is a simple translation version of the classic
Language: Chinese/English

B61: Taijiquan
Description: The author is one of China's most prominent teachers of Taijiquan, Li Deyin has achieved an international following rooted in his family's commitment, stretching over 100 years, to popularizing Chinese martial arts. The five Taijiquan forms chosen by Li Deyin in his first major publication in English are accompanied by photographs of four generations of his family performing Taijiquan at the highest levels.
Language: English

B62: China's Traditional Way of Health Preservation
Description: China's traditional way of health preservation has developed through the accumulated wisdom and experience of thousands of years. The reader should be able to find whatever he or she needs to fit his or her own daily health needs. The 339 illustrations will help the reader to master the techniques.
Language: English

B63: Self-Therapies for Common Diseases
Description: This is an introduction to the methods of natural therapy. The therapies suggested in this book are simple and easy to learn and their curative effects, without the help of medical treatment and drugs, are distinct.
Language: English

B64: One Needle & One treatment
Description: This illustrated manual explains how to treat 30 common ailments with the help of
one needle only. A must for professionals in search of some secret acupuncture techniques ancient and modern.
Language: English

**B65-B68: Chinese Health Qigong**

**Description:** B65 : Ba Duan Ji
As a traditional Chinese health and fitness Qigong exercise routine, Ba Duan Jin, or Eight-section Exercises, dates back to the Song Dynasty. With easy movements and impressive effects on the health, it is a gem in China’s health and fitness culture.

**B66: Liu Zi Jue**
Liu Zi Jue, or Six Sounds Approach to Breathing Exercises, is a traditional health and fitness practice focused on control of the breath. It is part of the New Health Qigong Exercise Series compiled by the Chinese Health Qigong Association.

**B67-B68 Wu Qin Xi(3 copies)**
Wu Qin Xi or Five-Animal Exercises imitating the movements of animals and birds, is a group of physical and breathing exercises for health care with a uniquely Chinese national flavor
Language: English

**B69: China’s Geography**

Description: Knowing China’s geography is a must for those who desire to know China. This pamphlet about China’s geography is designed to introduce all the geographical sections of China and their respective geographical facts to those who are willing to know China. When finish reading this book, you will get fresh, all-sided knowledge about China, the country in the “remote East”
Language: English

**B70: China’s History**

Description: China is one of the earliest ancient civilizations in the world. Chinese civilization is the only ancient civilization in human history without any interruption. This book outlines the development trajectory of Chinese history, represents the demeanor and characteristics of Chinese civilization and interprets the secrecy of the continuity and rejuvenation of the densely populated ancient civilization after several thousand years of vicissitudes.
Language: English

**B71-B76: Cultural China Series**

Description: This is a series of introductory books about Chinese culture, each focus on a specific area.

B71 Chinese Clothing
B72 Chinese Folk Arts
B73 Chinese Tea
B74,75 Chinese Cultural Relics
B76 Chinese Festivals
Language: English
B77: Chinese Festivals
Description: China has a long history of agriculture, so in the earliest stages its festivals were intimately tied up with farming. Today, the Chinese continue to celebrate these festivals, bringing them even closer to their ancestors, creators of a splendid culture.
Language: English

B78: Chinese Folk Tales
Description: This book introduces 6 popular Chinese folk tales, related to the origin of several Chinese cultures.
Language: English/Chinese

B79: A History of Chinese Painting
Description: This book takes the reader through the wondrous world of traditional Chinese paintings. The book contains a wealth of data of both academic value and common interest. There are 190 illustrations throughout the text of the book. It is a book for the connoisseur as well as the beginner, for people with refined or popular tastes.
Language: English

B80: Hutong Alleys
Description: Beijing is a place of great antiquity and mystery, with worldwide-famous imperial palaces and gardens, as well as unique hutong alleys of cultural interest. Many celebrities have lived in Beijing’s hutong, which have a unique architectural style, have witnessed many historical events, are surrounded by folklore, and are now inhabited by modern Beijing people.
Language: English

B81: Oolong Tea (2 copies)
Description: This is a good introduction of oolong tea, a popular type of Chinese tea.
Language: English

B82: Tea and Tea Set
Description: This is an general introduction of Chinese tea and tea set.
Language: English

B83: Pu-erh Tea
Description: This is a good introduction of oolong tea, a popular type of Chinese tea.
Language: English

B84: Clocks and Watches of the Qing Dynasty
Description: The Beijing Palace Museum, on the grounds of former Forbidden City, has in its collection some of the most valuable clocks and watches manufactured during the 18th and 19th centuries, which are not only timepieces but also objects of superb craftsmanship. This book describes the design, structure and special characteristics of the objects.
Language: English
B85: The Legend of Mawangdui
Description: In the backside of tombs, corpses and those buried with dead, it is splendid civilization emerging. The book contacts ancients from the nearest distance, reveals the secrets buried in the past by digging layers of dust. With abundant precious cultural relics, unusual historical documents and the help of authoritative archaeologists, the book tells not only adventures of archaeological excavation but also splendid historical stories.
Language: English

B86: Beijing Legends
Description: The folktales in this collection, with a genuine Chinese flavor, carry readers back to the building of Beijing as the Ming-dynasty capital 1421. Dealing with the city's layout, some of its chief monuments, place names and different legends, they give readers fascinating glimpses of the life of rulers as well as ordinary people.
Language: English

B87: Chinese Kite
Description: Kite-flying is an age-old tradition in China. Its history can be traced back to the Spring and Autumn Period and the Warring States Period when Mozi and Lu Ban, according to historical records, made a wooden kite respectively. This book introduces many different kinds of Chinese Kites to the readers.
Language: English

B88: Shop Signs of Imperial China
Description: As symbols of shops and trades, signboards and flags have their own peculiar Chinese flavor and are part of a long-standing and well-established tradition. This description in the book will gives readers a glimpse of the emergence and evolution of Chinese signboards and the folk culture imbued in them, as well as the personages, events and business conditions in those earlier days.
Language: English

B89: Chinese Characters in Pictures
Description: About 200 commonly used Chinese characters are introduced and explained in terms of their structure and the way it symbolizes their meaning. To assist readers, the stroke order used to write characters, radicals by which characters are arranged in Chinese dictionaries, and everyday words and phrases formed with the characters are included in the book.
Language: English/Chinese

B90: The Illustrated Book of Rites
Description: Guided by the idea that “main is an integral part of nature,” the forefathers of the Chinese people created the rite of ancient China by following the rules governing heaven and earth. “Rite” has become the symbol of Chinese culture ever since.
Language: English/Chinese

B91: The Illustrated Book of Changes
Description: In *The Book of Changes*, the ancient Chinese used the River Map and Luo Writing to record the natural pedigree in function, constituting a general grasp of time and space of the universe, and forming the “simplest form of macro and micro power models” as is described in the language of mathematics. It has formed its own system in logic, and built up an explanation and deduction system for the whole of traditional Chinese culture.
Language: English/Chinese

**B92: Chinese Regular Script Calligraphy for Beginners**
Description: This specially prepared manual is designed for Western students of Chinese regular script calligraphy. The various methods of producing strokes and building balanced structures are introduced step by step. An introduction is included in enlighten readers about the aesthetics of Chinese calligraphy and how to cultivate a refined artistic taste.
Language: English/Chinese

**B93: Chinese Running Script Calligraphy for Beginners**
Description: Running script can be executed quickly and at the same time is easily recognizable. It is the most practical calligraphy style for daily communication. Learners of Chinese language who have some command of the regular scripts calligraphy will find it rewarding to learn running script. Once a student of both the Chinese language and calligraphy masters this style, he or she will write a beautiful hand at a fairly quick speed.
Language: English/Chinese

**B94: Chinese Red**
Description: Irrespective of generation or gender, the Chinese are particularly fond of red. This feeling will last forever, given that people’s love for what is good, beautiful and joyous is something everlasting.
Language: English

**B95: Chinese seals**
Description: Emperors used seals to proclaim their decrees to their people, officials used seals to exercise their power, merchants used seals to demonstrate their credibility. Gradually, seals became the representative and evidence of personal identity, and even today we are still using seals.
Language: English

**B96~B106: Folk Craft Heritage of China**
Description: This is a series of book about folk craft art of China. Each book focuses on a specific type. With a lot of fancy pictures.

*B96 Folk Papercuts*  
*B97 Folk Shadow Play*  
*B98 Folk New Year Pictures*  
*B99 Folk Stone Carving*  
*B100 Folk Textile Arts*  
*B101 Folk Toys*
B102 Folk Woodcaring  
B103 Folk Brick Carving  
B104 Folk Silver Accessories  
B105 Folk Embroidery  
B106 Folk Cloth Articles  
Language: English

B107-B112: Learn to Cook Chinese Dishes  
Description: This is a series of book about learning to cook Chinese dishes. Each book focuses on a specific type of dishes.  
B107 Cold Dishes  
B108 Family Banquet  
B109 Bean Products  
B110 Rice and Flour Food  
B111 Soup  
B112 Meat  
Language: English

B113: Chinese Home-style Cooking  
Description: A excellent cooking book with instruction of 181 Chinese dishes, including pork dishes, beef and mutton dishes, poultry and egg dishes, fish and seafood dishes, vegetable and bean curd dishes, sweet dishes, soups, rice, noodles and dumplings.  
Language: English

B114: Health Tonics  
Description: This book is published in bilingual format. Foreign friends who are interested in Chinese cuisine may be confident that they too can become skilled chefs in the tradition of Chinese cuisine.  
Language: English/ Chinese

B115: Everyday Dishes  
Description: Want to learn some simple but delicious Chinese dishes? This is the right book.  
Language: English/ Chinese

B116: The Yixing Effect: Echoes of the Chinese Scholar  
Description: With this insightful and beautiful book, Marvin Sweet reveals how the Yixing teapot has captured the imagination of contemporary ceramic artists and why it has become a compelling source of inspiration.  
Language: English

B117: The Realm of Tibetan Buddhism  
Description: This book outlines the origin, development, canonical texts, meditative practices and the works of art related to Tibetan Esoteric Buddhism. With its scholarly introduction and precious pictures, this book will be of enormous value to artists, students and scholars of Buddhism in
general and of Tibetan Buddhism in particular.
Language: English

**B118: 100 Celebrated Chinese Women**
Description: This book captures the spirit of some of China’s most influential and famous women. Spanning over two thousand years of China’s history, the characters in this collection reflect the many and varied roles which women have played throughout the ages. Popular culture has made of them warriors and weaklings, sages and fools, chaste maidens and sirens. Their lives and experiences have spawned everything from idioms and old wives’ tales to religious cults.
Language: English

**B119: Calligraphy of Ming Literatis in Correspondence**
Description: If you already have deep understanding of Chinese calligraphy, this book will become very valuable to you.
Language: Chinese

**B120: Zhong Guo**
Description: This is a general introduction book of China. With fancy pictures and few words, this book can be read in 20 minutes. A good book for relax.
Language: Chinese

**B121: An Army Reborn**
Description: This documentary show the secret of one of the strongest army in Chinese, even the world history---the army of Qin.
Language: English/ Chinese