

# The latest progress in the publish and translation of Shinrin-yoku and Forest Bathing

Dr. Qing Li (MD, PhD)

Nippon Medical School Hospital

**New Book**



# *Shinrin-Yoku*

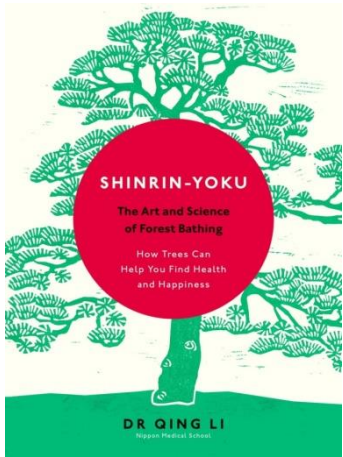
*The Art and Science of Forest Bathing –  
How Trees Can Help You Find Health and  
Happiness*

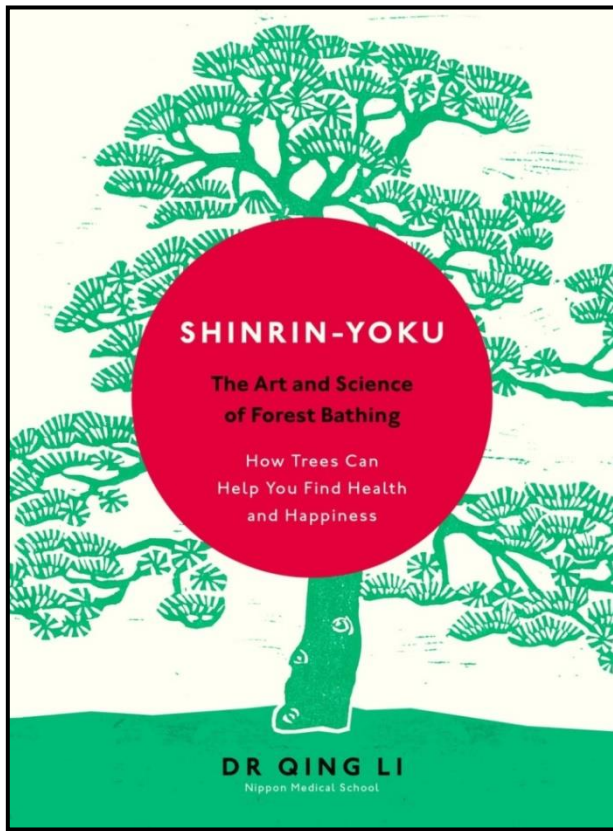
**Dr. Qing Li**

**Nippon Medical School, Tokyo, Japan**

**Published by Penguin Random House UK on  
April 5, 2018**

**Penguin Random House is the largest publisher  
in the world.**





**Penguin Random House UK**

(UK, [Australia](#), [New Zealand](#))

<https://www.penguin.co.uk/books/308285/shinrin-yoku/>

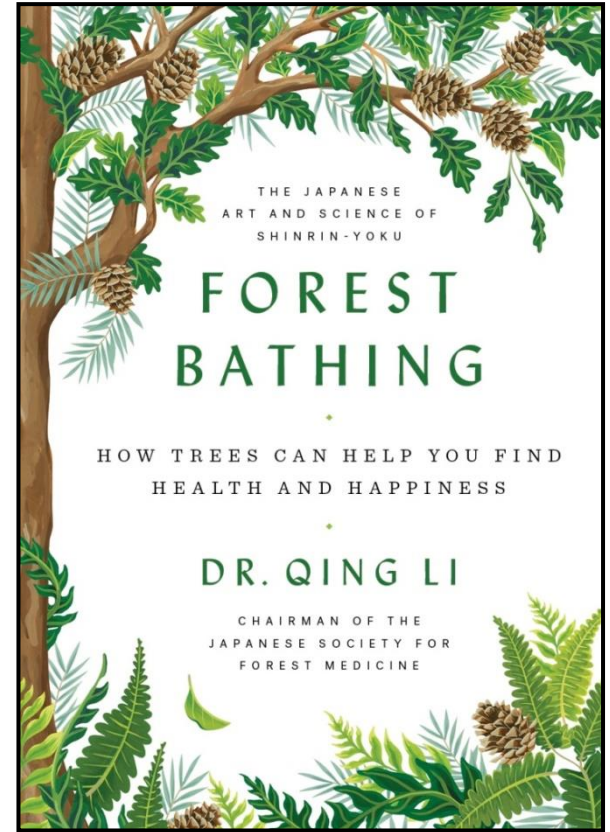
## **Shinrin-Yoku**

Written by Dr. Qing Li,  
published by Penguin  
Random House UK on  
April 5, 2018.

The book also was  
published in USA  
under the title of

## **Forest Bathing**

on April 17, 2018 by  
Viking Books.



**Penguin Random House USA**

<https://www.penguinrandomhouse.com/books/579709/forest-bathing-by-dr-qing-li/9780525559856/>

**The book has been decided to translated into 23 languages**

The book has been decided to translate into 1.French, 2.Spanish, 3.Dutch, 4.German, 5.Italian, 6.Russian, 7.Portuguese, 8.Hungarian, 9.Czech, 10.Slovak, 11.Polish, 12.Bulgarian, 13.Finnish, 14.Chinese Complex, 15.Danish, 16.Swedish, 17.Estonian, 18.Thai, 19.Romania, 20.Simplified Chinese, 21.Korean, 22. Slovenia, 23.Lithuania

Translations in Japanese, Greece, Arabic and other languages are under negotiation.

# Over 100 reports

<http://infom.org/news/>

## BBC world news

<http://www.bbc.com/news/av/health-43867400/forest-bathing-how-a-walk-in-the-woods-could-do-you-good>



[The Art and Science of Forest Bathing with Dr Qing Li - YouTube](https://www.youtube.com/watch?v=12CCjoixpKA)  
<https://www.youtube.com/watch?v=12CCjoixpKA>



## French radio

[https://www.francetvinfo.fr/replay-radio/mise-a-jour/dr-qing-li-plus-il-y-a-darbres-et-plus-ils-sont-grands-plus-vous-aurez-deffets\\_2685216.html](https://www.francetvinfo.fr/replay-radio/mise-a-jour/dr-qing-li-plus-il-y-a-darbres-et-plus-ils-sont-grands-plus-vous-aurez-deffets_2685216.html)



## Journals

<http://www.elle.fr/Minceur/Bien-etre-relaxation/Sylvotherapie-3658973>

<http://madame.lefigaro.fr/bien-etre/la-sylvotherapie-des-bains-de-foret-pour-lutter-contre-le-stress-shinrin-yoku-160418-148260>

# Bestseller list in USA

**PNBA**  
PACIFIC NORTHWEST BOOKSELLERS ASSOCIATION

Pacific Northwest Independent Bestseller List - April 29, 2018

**INDIE BOUND**

### Hardcover Non-Fiction

- 1. A Higher Loyalty**  
James B. Comey, Flatiron, \$29.99, 9781250192455
- 2. Fascism: A Warning**  
Madeleine Albright, Harper, \$27.99, 9780062802187
- 3. Educated**  
Tara Westover, Random House, \$28, 9780399590504
- 4. I'll Be Gone in the Dark**  
Michelle McNamara, Harper, \$27.99, 9780062319784
- 5. The Subtle Art of Not Giving A F\*ck**  
Mark Manson, Harper, \$24.99, 9780062457714
- 6. Astrophysics for People in a Hurry**  
Neil deGrasse Tyson, Norton, \$18.95, 9780393609394
- 7. Natural Causes**  
Barbara Ehrenreich, Twelve, \$27, 9781455535910
- \*8. In Praise of Difficult Women: Life Lessons from 29 Heroines Who Dared to Break the Rules**  
Karen Karbo, National Geographic Society, \$26, 9781426217746
- \*9. Born a Crime**  
Trevor Noah, Spiegel & Grau, \$28, 9780399588174
- \*10. BirdNote: Chirps, Quirks, and Stories of 100 Birds from the Popular Public Radio Show**  
BirdNote, Emily Poole (Illus.), Sasquatch Books, \$22.95, 9781622171606
- 11. Forest Bathing: How Trees Can Help You Find Health and Happiness**  
Qing Li, Viking, \$20, 9780525559856
- 12. 12 Rules for Life**  
Jordan B. Peterson, Random House, \$25.95, 9780345816023
- \*13. The Gentle Art of Swedish Death Cleaning**  
Margareta Magnusson, Scribner, \$18.99, 9781501173240
- \*14. So You Want to Talk about Race**  
Ijeoma Oluo, Seal Press, \$27, 9781580056779
- \*15. Braving the Wilderness**  
Brene Brown, Random House, \$28, 9780812995848

**So you want to talk about race**

**Forest Bathing**

**In Praise of Difficult Women**

**BirdNote**

**THE GENTLE ART OF SWEDISH DEATH CLEANING**

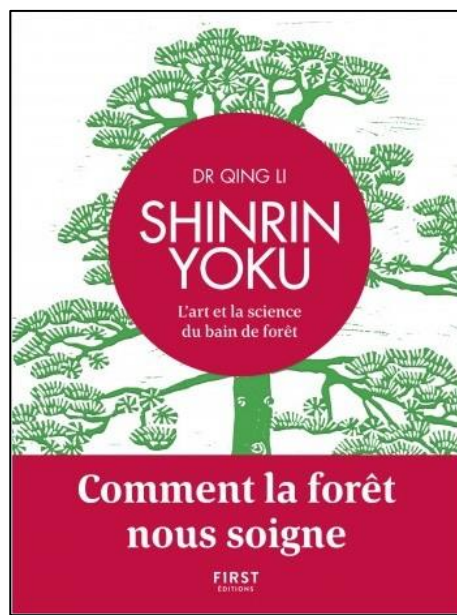
**BRENE BROWN**

**BRAVING THE WILDERNESS**

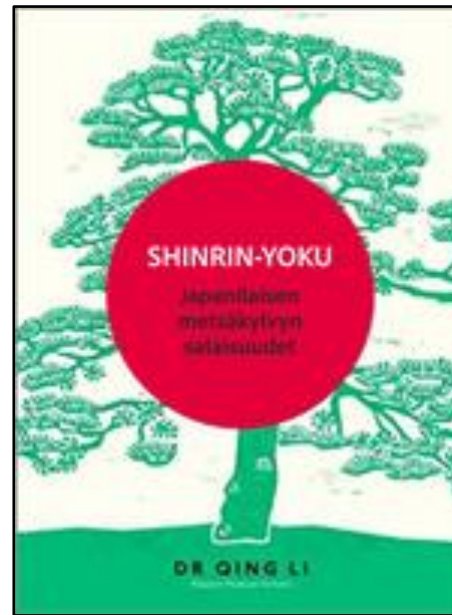
Titles marked with an asterisk (\*) are Northwest bestsellers that are not on the national IndieBound bestseller list.



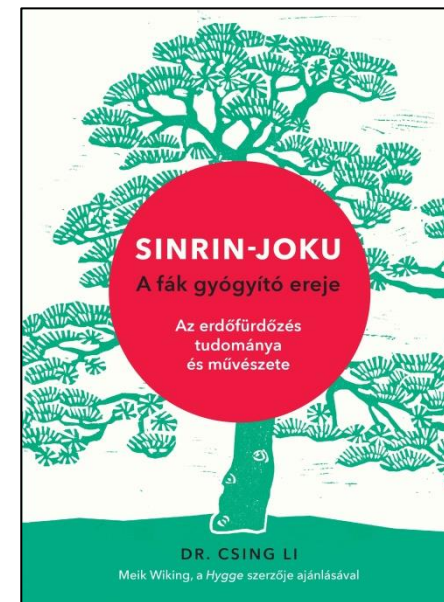
Dutch edition  
(March 6, 2018)



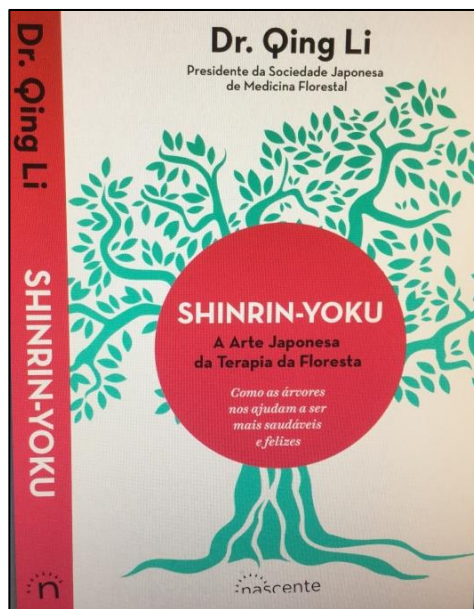
French edition  
(March 15, 2018)



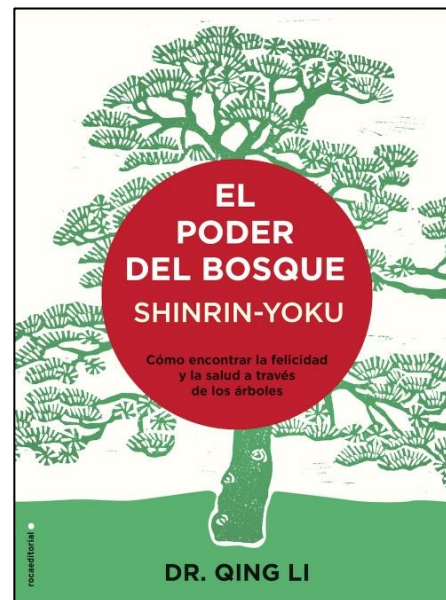
Finnish edition  
(April 10, 2018)



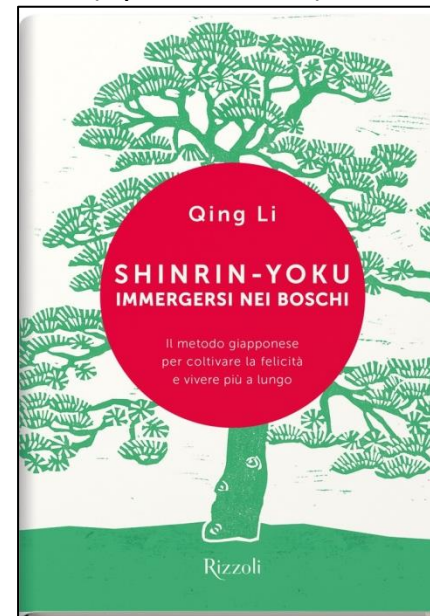
Hungarian  
(April 8, 2018)



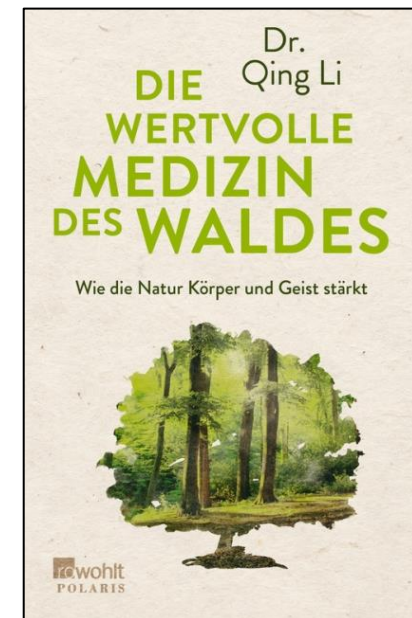
Portuguese edition  
(April 10, 2018)



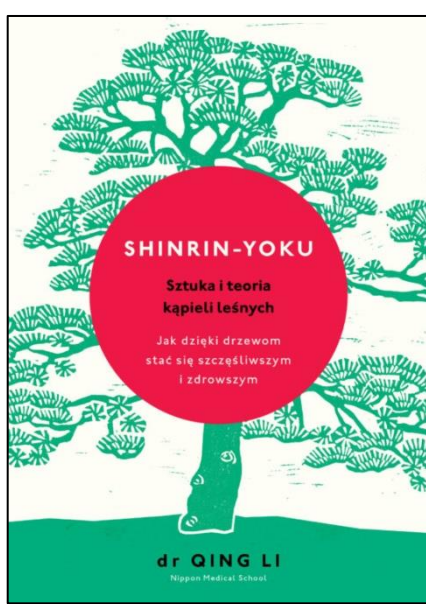
Spanish edition  
(April 26, 2018)



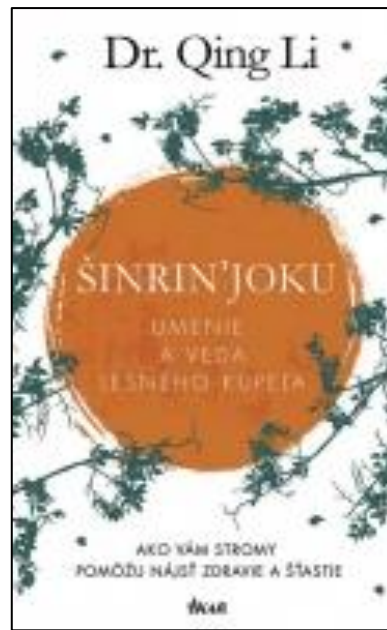
Italian edition  
(April 10, 2018)



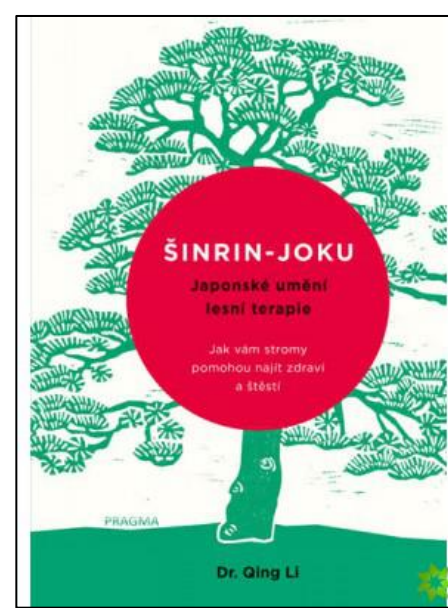
German edition  
(July 24, 2018)



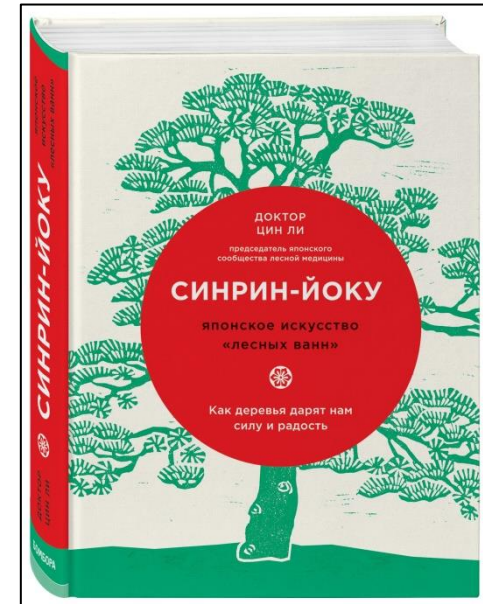
Polish edition  
(April 18, 2018)



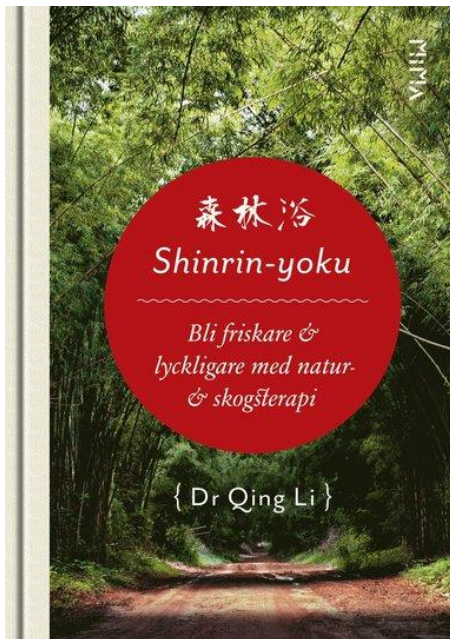
Slovak edition  
(May 1, 2018)



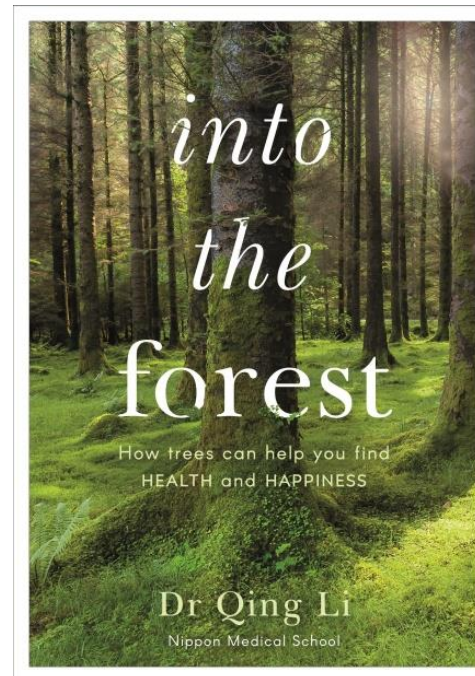
Czech edition  
(May 23, 2018)



Russian edition  
(October 10, 2018)



Swedish edition  
(Sept 19, 2018)



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