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A collection of very short and mostly atmospheric stories dealing with urban legends, ghosts, and superstitions all organized around a specific theme (school, visitors, etc.). Some are just two pages long.

???? 1 Details

Date : Published June 24th 2004 by Akita Shoten

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Author : Masaaki Nakayama , ????

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From Reader Review ???? 1 for online ebook

Mendhak says

It's a creepy manga that's done well enough to give you the creeps. It is, however, extremely formulaic.

Person is doing something.

Person notices something nearby.

Distorted ghost face appears.

Repeat ad nauseam.

Salymar says

What are the seeds of anxiety? First of all, anxiety is the displeasing feeling of fear and concern. And the seeds of anxiety (at the time I was reading this) is the horrors brought to you by this manga. (DUN DUN DUN)

This is the first time a manga has seriously given me the chills and made me paranoid to look around dark corners for days (specially at night). Although this manga is very simple like all the chapters practically span a mere of two (2) to three (3) pages only

Another thing about this manga is that it draws from urban legends, superstitions and the like.

So yes. If you're a fan of horror, check this out. It definitely won't be a disappointment.

AN OUT OF THIS WORLD HORROR MANGA. FANTASTIC!

Ekel Adolf says

Yes, the stories in the *Seeds of Anxiety* aka *Fuan No Tane* series are very short, indeed. While the usual horror story or manga has a plot to follow, most of the stories included in this volumes focus merely on the supernatural & paranormal encounters themselves, often cutting off the stories abruptly at the highest point of strangeness, without any real conclusion or explanation for the happenings. Thus, the comics of Masaaki Nakayama have a surreal tone and atmosphere unique in the horror genre.

Emm² says

"Let's play!"

...What business does a book have being this creepy, anyway? Seriously!

Seeds of Anxiety is a series littered with ominous trans-dimensional shadows and ghosts that watch you through the paper they have seeped into. There are subtly disturbing creatures coming out of its (metaphorical) ears.

Maybe they are sinister. Maybe they are just curious. Or worse, maybe they have grown *attached*. Letting you know their intentions is not an otherworld-er's strong point. Either way, what's left is a creeping paranoia that knows no logic nor reasoning. Don't look over your shoulder...

The series uses little-to-no gore, and the art style is even kind of cute. It doesn't seem like it should be scary at all, but it relies on the sinking, increasing distress of feeling *watched* by something you can't see, nor can you understand what it wants.

The stories in this are very short, most are 8 or fewer pages. They feature ordinary people going about their business, usually alone. Some are walking home from school, some are doing office work, just a boring day... but then something from out of the blue arrives... Some unknown creature from the abyss wants to make a friend, some shadow in the character's peripheral vision comes out into the open... Big, soulless black eyes start to watch from out of the corner of the room...

The second and third books suffer a bit from the novelty that makes them interesting - stories that leave you to your own conclusions, with at least one ghoulish surprise squeezed in somewhere - kind of wears. Still awesome, but don't quite live up to the first one.

Highlights are the one about the woman washing her hair, when she catches a pair of eyes watching her from the water, and the Playful Man who wears a bag over his head, which doesn't seem the shape of a normal human head.

The second book also has the infamous maternity ward "baby", with equine teeth and a blood-soaked mask...

Would recommend for those with an interest in creepy urban legends, who like horror but don't like gore or violence, and well, anyone who needs a refill of paranoia-nightmare fuel in their life. Though sadly, as of this review there is no official English printing of this series. There are snippets and artwork from it online if you're curious however, and the Japanese edition is pretty easy to find. The series doesn't have a lot of dialogue so would be good for someone practicing Japanese, if you like traumatic nightmares as a part of your education.

Art - 5/5

Story - 4/5

Scare Factor - 4.5/5

General for the Series - 4.5/5

Content - Fairly mild gore/violence. Would be okay for 14+

This review and more monstrosities at [Blood Red Velvet](#).

Josephine says

I adored every story, every horrible creature and I loved how this made me paranoid when I read it at night! I make sure to tell my friends about this manga if they like scary stuff. I'll also tell them if they don't like scary stuff...

The only thing I feel like pointing out is how most of the (human) characters look alike. I know they are not really that important, but it would still be nice to know them apart from each other.

Shannon says

This had potential, but it was way too short. I wish the author had just picked a couple of ideas and expanded on them. I feel like it's better to have five fleshed out short stories than twenty half-baked ones.

Trine Knudsen says

A series of well executed, chilling short stories that gives the reader an interesting insight to the author's own personal fears. I enjoyed the art style very much. The way Masaaki Nakayama draws scary monsters is both frightening and at times even amusing. By that I mean some of the creatures aren't scary in the traditional sense yet still disturbing despite their goofy expressions. The stories always left me wanting more, and days after I've stopped reading they would still stick with me. Very easy to read, with very light dialog. A good read for some good scares!

Meri says

These shorts stories have a lot of potential to be creepy and awesome - but the whole thing suffers from some terrible pacing issues. There are too many stories and they are all WAY too short. For some reason there is more appropriate pacing in the beginning of the stories and the important parts feel like I'm just skimming by, because there aren't enough panels to really understand what's happening or let it sink in. I know the author probably means to add to the confusion of the inexplicable paranormal, but every story suffers greatly from this. Many stories were completely lost on me because it went by too fast for me to understand any of it. I tried to pause between panels, but readers should not have to do this. This mangaka should learn something about pacing from the works of Junji Ito. He does similar shorts that are longer and let the story have its impact on the reader.

Lujain says

I wish these were a little longer. They're very... summarized, if that's the correct way to put it.

Amy says

The artworks lends itself to the stories it's telling and it's a nice quick read. I'll be honest, not a lot of the stories really got my heart thumping or anything, but I still enjoyed them. I rather liked the one or two stories which broke up the horror formula and were instead more comedic, such as "The Visit II", as well as "Message" which had a horror element but was more melancholic.

Good recommendation for young teens who are getting into the horror genre as opposed to people already pretty well versed in it.

????????? says

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Matt Gonzalez Kirkland says

Read volumes 1-3 of this, rolling all those reviews into here; relatively PG horror manga which I enjoyed but didn't get a ton out of. I like the focus on an extremely specific form of horror/anxiety/discomfort (shapes in periphery of vision, unwarranted feelings of wrongness/strangeness when wandering alone), but the extremely truncated length of all of the pieces (3-4 pages max) keeps from any sort of real dread buildup, and also makes them all feel a little samey (person walking alone, person sees something in their peripheral vision, turns to see floating head/shapeless figure/person with weirdly distended facial features, end and repeat). The first volume was by far the best for me, with some of the school-based ones (real good freaky floating faces in those) standing out as my favorites.

Nelson says

Very atmospheric indeed. Nice collection of brief short stories.

Sagar says

Seriously short.

From Playful man to Faceless women, from huge floating face to single eyed creature lurking from the window, the illustrations give a sense of creepiness. But as they are very short, the feeling fades away quickly.

Jamie says

★ *Read this review and more like it on The Last Page* ★

Fuan no Tane is a unique entry into the horror genre. The manga is comprised of a series of vignettes featuring regular people coming into contact with the paranormal. All of the stories are extremely short,

some comprising of no more than two pages. The books are divided into small sections with a cluster of stories relating to a central theme. A few examples include invasion, being followed, and shadows spied from the corner of your eye.

It is clear that the stories are based off of urban legends and local folklore and definitely have a very Japanese feel to them. Readers will have to keep this caveat in mind while reading. A person that is unfamiliar with the folklore might find that the collection has less of an impact compared to a person that grew up hearing whispers of these stories throughout their life, which was probably the case for me.

“Sometimes, there is some truth hidden in an urban legend.”

Now that that's out of the way, I'll be direct in saying that this collection, initially, seemed lackluster to me. While many of the concepts are very good it felt like the execution could have been better. As I was reading I kept thinking that this brand of jump scare horror is held back by the medium particularly in the first volume. Many of the stories ended the same way and it got to be incredibly repetitive. I think that the eerie chills presented in this manga would have been better suited to either film or a video game, something that would give it motion.

Nakayama's art style is quite clean, and instead of gore readers are presented with a distortion of what's normal. I wouldn't consider the things in the stories to be scary per say, but it's more just the idea of them, the uncanny valley. Things that take human shapes but clearly don't know what a human looks like, so instead you get a mockery of one. This style of artwork can be extremely hit or miss, with some of the things looking cartoonish and ridiculous, breaking the tension built by the story.

As I read, I felt pretty neutral the entire time. There was the occasional story that had a really great panel that unsettled me, but overall I was pretty meh about things. I didn't realize the effect of the manga until much later, when I found myself standing in my kitchen during the small hours of the night, the unease that settled over me when I was surrounded by the dark. It was then that the intended effect of this manga hit me. For a week I felt just a little more skittish walking alone in the dark, so in a way the manga was successful.

The horror in this series is subtle, and on it's surface it doesn't seem all that scary. It is an atmospheric collection that doesn't leave you feeling shocked or horrified, but instead instills a sense of dread that isn't easy to shake off. Fuan no Tane roughly translates to Seeds of Anxiety and it is a perfect explanation of the stories. Each story is a snippet that comes quickly and leaves you with an ellipsis, planting that small seedling of worry as to what would have happened next. The dreadful feeling of catching the attention of something that you really don't want.

It is also very easy to see the way that Nakayama develops his premise over the course of the three volumes with each volume getting progressively better than the one before. Story pacing improves, more variety between the stories, and sometimes the occasional “after” panel that shows a person's reaction. Some of these were actually funny and helped to ease the tension. It is an exploration into a different kind of horror, one that doesn't rely on extreme gore to incite a visceral reaction from readers. Instead, Fuan no Tane presents an interesting sort of horror that plays on paranoia, on a fear of the dark and the unknown. While this hasn't been a scare fest I can appreciate the way that this manga was crafted.
