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The study of Chinese, Mandarin Chinese, is a long-term project. It will bring you in touch with the language and the culture of well over 20% of humanity and a major influence on world history. For this reason, I always recommend learning Chinese characters if you are going to learn the language. I graduated from 20 Lectures on Chinese Culture to Intermediate Reader in Modern Chinese out of Cornell University. This was a reader with authentic texts from modern Chinese politics and history. Chinese Studies at Leiden University is an accredited degree programme. After successful completion of this programme, you will receive a master's degree in Asian Studies and the title Master of Arts (MA). Contact. Do you have questions about studying Asian Studies at Leiden University? Contact our study advisor! Guita Winkel Coordinator of Studies MA Asian Studies. stucomaas@hum.leidenuniv.nl. The China study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health is a book by T. Colin Campbell and his son, Thomas M. Campbell II. It was first published in the United States in January 2005 and had sold over one million copies as of October 2013, making it one of America's best-selling books about nutrition.