
Jiwan Kada Ki Phool Jhamak Ghimire

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The Open Door Motilal Banarsidass Publishes “Startlingly good” stories of Nepali society set against the backdrop of violent Maoist insurgencies (San Francisco Chronicle). From an author like “a Buddhist Chekhov,” The Royal Ghosts features characters trying to reconcile their true desires with the forces at work in Nepali society (San Francisco Chronicle). As political violence rages, these people struggle with their duties to their aging parents, an oppressive caste system, and the complexities of arranged marriage, striving to find peace and connection, and often discovering it in unexpected places. These stories, from the Whiting Award – winning author of Arresting God in Kathmandu and The Guru of Love, brilliantly examine not only Kathmandu during a time of upheaval, crisis, and cultural transformation but also the effects of the city on the individual consciousness.

“Like William Trevor, Samrat Upadhyay compresses into a short story the breadth of vision and human consequence we expect from a novel, and he does so in a prose that seems as

natural as breathing.” —Scott Russell Sanders, author of A Private History of Awe “Takes us straight into the heart of the troubled and enchanting kingdom of Nepal.” —The Washington Post “Upadhyay’s not-so-simple stories are lucid and often luminous.”

—Publishers Weekly
Cleopatra HMH

In a series of excerpts from her previously published books, Helen Keller sets forth her philosophy and the essence of her faith.

Zayn Xlibris Corporation

Since the birth of modern mountaineering, the term Sherpa has been used to refer to Himalayan men working as guides on expeditions in and around the area of Mount Everest. Known mostly for their remarkable mountaineering skills and expertise, Sherpas are much more than mere high-altitude porters. The Sherpas are an extraordinary ethnic people who settled the remote valleys in the Himalayas about 500 years ago and whose culture is steeped in the rich philosophical traditions of Himalayan Buddhism. As distinguished British Himalayan mountaineer Eric Shipton wrote: “. . . the temperament and character of the Sherpas . . . have won them a large place in the hearts of the Western travellers. Their most enduring characteristic is their extraordinary gaiety of spirit.” For three decades, writer and naturalist Frances Klatzel has lived and worked with Sherpas near Mount Everest. During this time, she has gained intimate access and a

profound knowledge of the people, helping to create the Sherpa Cultural Centre at Tengboche, the largest Buddhist monastery in the region. Infused with the author's own reflections and experiences, and complete with colour photos highlighting Sherpa life from the metaphysical to the everyday, *Gaiety of Spirit* will take the reader on a magnificent journey toward a richer level of understanding of Sherpa culture, traditions, symbols, belief and history.

Unlearn Fair Winds Press
Palpasa Café tells the story of an artist, Drishya, during the height of the Nepalese Civil War. The novel is partly a love story of Drishya and the first generation American Nepali, Palpasa, who has returned to the land of her parents after 9/11. It is often called an anti-war novel, and describes the effects of the civil war on the Nepali countryside that Drishya travels to.

Hindi Film Song HMH

The internationally bestselling self-empowerment book from influencer, rapper, and spoken word artist Humble the Poet, now available in a new edition with a new foreword by the author. *Unlearn* offers short, accessible, and counterintuitive lessons for reaching our full potential. Beloved for his sincerity, playfulness, and sage advice, globally famous rapper, spoken word artist, poet, blogger, and influencer Humble the Poet has traditionally shared his message of self-discovery, creativity, and empowerment with his fans through music and written word. That message has now been extended to this empowering book, offering

insights and wisdom that challenge conventional thinking and help you tap into your best, most authentic self. Humble sees life with unique clarity. In *Unlearn*, he opens our eyes to our own lives, helping us to recognize the possibilities that await us and the challenges that prevent us from realizing our dreams. With his characteristic honesty and forthrightness, he helps us shed the problematic lessons we've learned throughout our lives that limit us, from sabotaging habits, to fixed mindsets, to past regrets, and relearn new, unconventional ways of moving through life. Among his 101 lessons are: Fitting In Is a Pointless Activity Don't Trust Everything You Feel Killing Expectations Births Happiness Comparisons are Killer Baby Steps Add Up You Decide Your Worth Profound in its simplicity, *Unlearn* is the perfect invitation to a new beginning and to pursue a life of fulfillment.

I Raise My Eyes to Say Yes
Delacorte Press

Karnali Blues, by Buddhisagar, is the most widely read Nepali novel to have appeared in the last twenty years. As it recounts the evolution of a father-son relationship—a son's search for approval, a father's small acts of kindness and forgiveness, a son's fears for his father's dignity as his fortunes and faculties begin to fail—the reader is deeply drawn into young Brisha Bahadur's world. His father is kind and idealistic; his mother, though she is kind too, is often frustrated and irascible. The characters in this book are some of the most carefully drawn and authentic in all of Nepali literature.

In a backwater district of a country about to undergo radical social, political and cultural change, Brisha's dreams, his games and his mischief, his loves, his hopes and his fears come alive. Translated from the Nepali by Michael Hutt, this highly original piece of work, with the simplicity of its language and its emotional range, holds the power to take your breath away. Its principal themes—the love between a son and his father, the joys and sorrows of childhood, the daily struggle for survival—are universal, and will resonate with readers the world over.

A Flower in the Midst of Thorns
HarperCollins

A New York Times Notable Book: “A ravishingly seductive novel . . . set in contemporary Kathmandu” (Elle).

Ramchandra is a math teacher earning a low wage and living in a small apartment with his wife and two children.

Moonlighting as a tutor, he engages in an illicit affair with one of his tutees, Malati, a beautiful, impoverished teenager, who is also a new mother. She provides for him what his wife, who comes from a privileged background, does not: desire, mystery, and a simpler life. Just as this Nepalese city struggles with the conflicts of change, Ramchandra must also learn to accommodate both tradition and his very modern desires, in this “gripping” novel by the Whiting Award–winning author of *Buddha’s Orphans* (The New York Times Book Review). “Utterly absorbing . . .

Upadhyay’s lucent and tender storytelling gently unveils the strange interplay between self and family, the private and the political, and most mysteriously, the erotic and the spiritual.” —Booklist
“Poignant . . . The Guru of Love effectively weaves together the

complicated dichotomies of man and mistress, love and lust, tradition and modernity.” —USA Today “Reads like a graceful, page-turning mixture of stirring romance and social commentary.”

—Entertainment Weekly

Bride at Ten, Mother at Fifteen HMH

A powerful collection of poems, essays, letters, and interviews written by a diverse group of adults who survived sexual violence as children and adolescents. This anthology is a valuable resource to help teens upend stigma and create a better future.

The Country is Yours University of Illinois Press

A novel of love and political upheaval, in which “Kathmandu is as specific and heartfelt as Joyce’s Dublin” (San Francisco Chronicle). In *Buddha’s Orphans*, Nepal’s political upheavals of the past century serve as a backdrop

to the story of an orphan boy, Raja, and the girl he is fated to love, Nilu, a daughter of privilege. Their love scandalizes both of their families—and the novel takes readers across the globe and through several generations.

This engrossing, unconventional love story explores the ways that events of the past, even those we are ignorant of, inevitably haunt the present. It is also a brilliant depiction of Nepali society from the Whiting

Award–winning author of *Arresting God in Kathmandu*. “[Upadhyay is] a Buddhist Chekhov.” —San Francisco Chronicle “Upadhyay . . . [illuminates] the shadow corners of his characters’ psyches, as well as the complex social and political realities of life in Nepal, with equal grace.” —Elle

“[Upadhyay’s] characters linger. They are captured with such concise, illuminating precision that one begins to feel that they just might be real.”

—The Christian Science Monitor
“ Absorbing . . . Beautifully told. ”
—Publishers Weekly, starred review
Literature and Disability Rocky
Mountain Books Ltd
IF WE SAY THAT NEPAL HAS
PLUNGED INTO DARKNESS,
THEN IT IS OUR DUTY, OUR
RIGHT, AND INDEED, OUR JOY
TO SAVE IT. THE FATE OF THE
COUNTRY IS IN OUR HANDS. In
Paradise in Our Backyard, Karna
Sakya—conservationist,
entrepreneur and patriot—relates
how he set up the now iconic
Kathmandu Guest House in his
family ’ s historic house in Thamel.
The hotel ushered in a new chapter
in tourism in Nepal and was
instrumental in establishing Thamel
as the multicultural hub for tourism
that it is today. He subsequently set
up other hotels and lodges and
played a pioneering role in
introducing eco-tourism and
adventure tourism in Nepal. He
introduced the concept of ‘ niche ’
tourism in Nepal, packaging
subjects of interest for discerning
travellers, and was also one of the
principal architects of the hugely
successful ‘ Visit Nepal Year ’
organized by the Nepali government
in 1998 which boosted tourism and
gave a huge fillip to the economy.
Sakya ’ s account of growing up in a
large Newari joint family in
Kathmandu, his higher education in
the Forest Research Institute,
Dehra Dun, his work with the forest
department and his distinguished
career as entrepreneur and hotelier

makes compelling reading. Karna
Sakya made an immense
contribution to the social sector as
well. In 1987, after losing his wife
and daughter to cancer, he
overcame personal grief to build
Nepal ’ s first cancer hospital by
coming up with the innovative idea
of levying a one-paisa tax on every
cigarette sold in the country.
Paradise in Our Backyard, translated
by the author from the Nepali best-
seller Soch, is a lucid, engaging and
honest account of a remarkable life.
In a nation that is today battling
pessimism and uncertainty, it makes
the inspiring point that one man can
make a difference, that change can
be brought about by hard work and
unflagging determination.

[An Introduction to Nepal](#) Sourcebooks,
Inc.

Since its publication in the late 1950s,
Mountains Painted with Turmeric has
struck a chord in the hearts of hundreds
of thousands of Nepali readers. Set in the
hills of far eastern Nepal, the novel offers
readers a window into the lives of the
people by depicting in subtle detail the
stark realities of village life. Carefully
translated from the original text,
Mountains Painted with Turmeric tells the
story of a peasant farmer named Dhan é
(which means, ironically, "wealthy one")
who is struggling to provide for his wife
and son and arrange the marriage of his
beautiful younger sister. Unable to keep
up with the financial demands of the "big
men" who control his village, Dhan é and
his family suffer one calamity after
another, and a series of quarrels with
fellow villagers forces them into exile. In
haunting prose, Lil Bahadur Chettri
portrays the dukha, or suffering and
sorrow, endured by ordinary peasants;
the exploitation of the poor by the rich

and powerful; and the social conservatism that twists a community into punishing a woman for being the victim of a crime. Chettri describes the impoverishment, dispossession, and banishment of Dhan é's family to expose profound divisions between those who prosper and those who are slowly stripped of their meager possessions. Yet he also conveys the warmth and intimacy of village society, from which Dhan é and his family are ultimately excluded.

Attention Management Zest Books
TM

Science fiction-roman.

A Good Wife Routledge

She faced years of abuse after arriving in Canada as a teenage bride in a hastily arranged marriage, but nothing could stop Samra Zafar from pursuing her dreams At 15, Samra Zafar had big dreams for herself. She was going to go to university, and forge her own path. Then with almost no warning, those dreams were pulled away from her when she was suddenly married to a stranger at 17 and had to leave behind her family in Pakistan to move to Canada. Her new husband and his family promised that the marriage and the move would be a fulfillment of her dream, not a betrayal of it. But as the walls of their home slowly became a prison, Samra realized the promises were empty ones. In the years that followed she suffered her husband's emotional and physical abuse that left her feeling isolated, humiliated and assaulted. Desperate to get out, and refusing to give up, she hatched an escape plan for herself and her two daughters. Somehow she found the strength to not only build a new future, but to walk away from her past, ignoring the pleas of her family and risking cultural isolation by divorcing

her husband. But that end was only the beginning for Samra. Through her academic and career achievements, she has gone on to become a mentor and public speaker, connecting with people around the world from isolated women in situations similar to her own, to young schoolgirls in Kenya who never allowed themselves to dream to men making the decisions to save for their daughters' educations instead of their dowries. A Good Wife tell her harrowing and inspiring story, following her from a young girl with big dreams, through finding strength in the face of oppression and then finally battling through to empowerment. Palpasa Caf é Bibliophile South Asia What's Your Enneatype? An Essential Guide to the Enneagram describes the nine Enneagram types, how to identify your own type and the types of those close to you, and how to use this knowledge to better yourself, your relationships, and your greater goals.

Women and Disability HMH

The must-have Christmas gift for all 1D fans, don't miss the year's only official book from the world's favourite band...

Gaiety of Spirit Publication

Nepalaya

Drawing on data from work, family, and religious domains, addresses the relationship between gender and Hindu caste hierarchy in western Nepal.

Rollback HarperCollins

Himalayan Voices provides admirers of Nepal and lovers of literature with their first glimpse of the vibrant literary scene in Nepal today. An introduction to the two most developed genres of modern Nepali literature-poetry and the short story-this work profiles

eleven of Nepal's most distinguished poets and offers translations of more than eighty poems written from 1916 to 1986. Twenty of the most interesting and best-known examples of the Nepali short story are translated into English for the first time by Michael Hutt. All provide vivid descriptions of Life in twentieth-century Nepal. This book should appeal not only to admirers of Nepal, but to all readers with an interest in non-Western literatures.

Buddha's Orphans Penguin

Focusing on Faulkner, Morrison and Coetzee as authors, critics and Nobel Prize-winning intellectuals, this book explores shifting representations of disability in 20th and 21st century literature and proposes new ways of reading their works in relation to one another, whilst highlighting the ethical, aesthetic and imaginative challenges they pose.

Karnali Blues Columbia University

Press

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Red Dirt Heart 4 Penguin Books

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