

CATALOGUE 2024



FICTION

DRAMA

SELF DISCOVERY

SHORT STORIES

CHILDREN & YOUNG ADULT

CRIME & MYSTERY

NON-FICTION

MARKETING

HEALTH & WELLNESS

MEMOIR

SOCIAL IMPACT

ART, CULTURE & HISTORY

MANAGEMENT & BUSINESS

SELF HELP

PARENTING





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Turtle House publishes and markets talented upcoming authors in both Fiction and Non-Fiction genres. Its catalogue is inhabited by an exciting range of books by authors from India and abroad. Its publishing covers categories like Thrillers, Children's Fiction, Self Help, Health & Wellness, Relationships, Social Impact, Art, History & Culture and Business.

We are an imprint of Zen Publications, which has been publishing and distributing spiritual books and related content since 1994, with readers spread across the globe. Turtle House was created in 2008 to appeal to a more varied readership and to welcome talented new-generation authors with an Indian lineage.

We hope you will read and enjoy our books.





Branding in the Digital Age

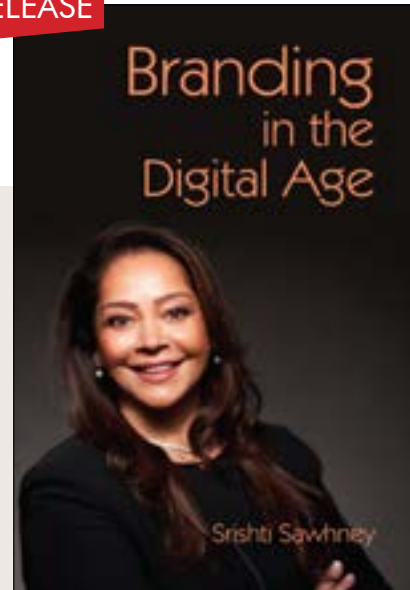
By Srishti Sawhney

This book is a guide to digital branding, covering all aspects of building a strong and effective brand presence in the digital world. From creating a clear brand message to leveraging social media and other digital channels to engage with your audience.

Whether you are a small business owner looking to establish a strong digital brand presence, or a marketing professional seeking to stay up-to-date on the latest digital branding trends and best practices, this book is a valuable resource. It is intended to help you build a digital brand that resonates with your target audience and drives long-term business growth.

This book is written for anyone looking to succeed in the digital age by building a strong and effective digital brand presence.

NEW RELEASE



Softcover

Marketing

Pages 192 • Size W 6" x H 9"

INR 599

ISBN 978-93-93255-16-7





Crossing Over

By Kaushik Mitra

Softcover

Fiction / Drama

Pages 276 • Size W 6" x H 9"

INR 350

ISBN 978-93-85902-67-3



Take three friends from boarding school. Add up their loves, their passions, their careers. And you'll have a peek into their zany, crisscrossing lives. It's their last year in St. John's, a boarding school nestled amongst the misty hills of Darjeeling. Rahul is an introverted kid from a troubled Bengali home. His only hope is his relationship with Piu, a girl he met on his last visit to Kolkata. Ajay is the quintessential handsome Delhi boy aspiring to be a movie star. Sundar comes from an academically illustrious family. He is gunning for six points in his ICSE exam to prove a point to his father. The boys have plans for their final year in school and not all are by the rule book. Life beyond their alma mater is not what they bargained for. A promising career cut short brutally, a costly indiscretion, a bitter rivalry where everything is not what it seems to be. Spanning thirty years and spread across six cities, Crossing Over is a riveting saga of the life of the three boarding school friends. A story of love and rivalry, of hope and despair but above all of loss and forgiveness. "A book that captures the aspirations, emotions, passions of a post-liberalisation middleclass India. A story well told through the journey of three talented individuals and their society."



Hundred Days Of Summer

The Second Book In The 'Crossing Over' Trilogy

By Kaushik Mitra

Five years have passed since the three friends had last connected. Rahul chucks up his cushy corporate job to join Sundar in a desi start-up. The stakes are high. They tie up with Mundu Baba, the face of Nationalism but things take a dangerous turn. Ajay has joined the corridors of power with lofty aspirations but quickly finds himself caught up in a quagmire of deceit and intrigue. Precious lives and his political career are at stake. It will take a miracle for Ajay to come out clean.

Meanwhile in sunny Los Angeles Shruti, Rahul's daughter, and Arjun, Ajay's son, are in their Sophomore year at USC. They are lovers from high school but have split up recently when Arjun got close to a Vietnamese girl Hanh. Shruti seeks comfort in her close friend Emily and slowly their relationship takes on a different hue. Jennifer, a fellow Cinematic Arts student, forms a crush on Arjun which turns into a fatal attraction. In the summer break Arjun decides to accompany Hanh to Vietnam. Shruti travels to India with Emily. What happens over the hundred days of summer which changes their lives forever?

Book Two of the Crossing Over Trilogy takes readers on a roller coaster ride of thrill and emotion. From Los Angeles to Ho Chi Minh City, Hundred Days Of Summer is a story of power and deception, of love and obsession. Above all it's a story of young minds and free spirit and the courage of conviction.



Softcover

Fiction / Drama

Pages 280 • Size W 6" x H 9"

INR 350

ISBN 978-81-95269-30-3



Harnam Sethi's Journey to Self Discovery

By P. S. Wasu

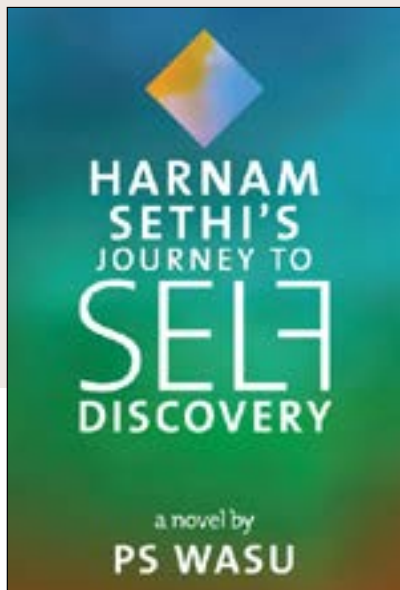
Softcover

Fiction / Self Discovery

Pages 162 • Size W 5.5" x H 8.5"

INR 225

ISBN 978-81-92773-70-4



A failure in life, HARNAM SETHI pursues success in order to find happiness. While he does achieve a semblance of success, happiness eludes him. Tired of success and struck by the angst of existence, he pursues Spirituality in order to find the meaning of life. While he learns a whole lot of preconceived notions about the truth, the truth eludes him. Tired of spirituality, he gets back to experiencing life as it is. Unexpectedly love happens and he enters an unbelievable wonderland in time and space. Will I-Iamam's fragmented life be put together and his spontaneous, joyous, childlike nature be reawakened? Can love do to him what success and spirituality could not? Come discover how a man's search for happiness and the meaning of life culminates in the most tender love story ever told! Incisive, lucid, fast-paced and extremely/ visual. It throws a million questions at you and then manages to answer those questions with elements of truth lurking in every page. The story unravels as your mind blossoms into infinite possibilities.



Grace At Every Step

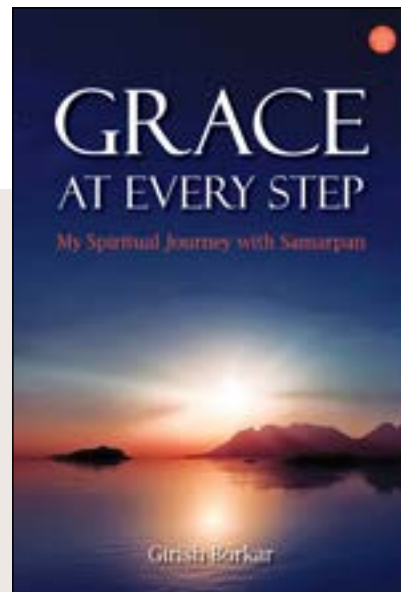
My Spiritual Journey with Samarpan

By Girish Borkar

The author, Girish Borkar, is a Chartered Accountant by profession, and he has been practicing Samarpan Meditation since February 2009. This book is about his continuing spiritual journey as a practitioner of Samarpan Meditation under the subtle guidance of his Himalayan Master – His Holiness Shivkrupanand Swami. This book chronicles his spiritual and related experiences during this remarkable journey.

Some of the experiences appear to be extraordinary and difficult to believe; a person who does not practise meditation seriously may not believe what is written, but those who understand the language of divine energy, universal consciousness and how it works will definitely be able to correlate this narrative with their own personal experiences.

This book has been written with the objective to inspire more practitioners of Samarpan Meditation or any form of meditation to narrate their own stories and inspire more and more people to join this path – with more and more people following the path of self-realisation, one day in the future we may reach the goal of Vasudhaiv Kutumbakam – ‘The World is One Family’.



Softcover

Non Fiction / Self Discovery
Pages 274 • Size W 6" x H 9"
INR 350

ISBN 978-81-95269-33-4



The Sun Does Not Set

And Other Works: Stories and poems from Mauritius

By Shakuntala Hawoldar

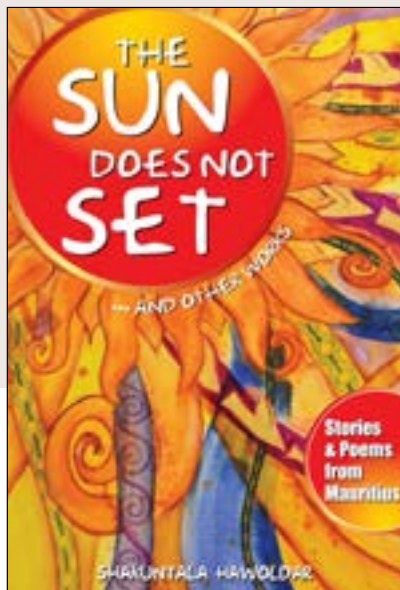
Softcover

Fiction / Short Stories & Poems

Pages 492 • Size W 6" x H 9"

INR 550

ISBN 978-93-82788-80-5



In my opinion Shakuntala Hawoldar is a poet and a great poet. Imbued with a sincerity that rises like a fountain of water and falling into flames. The heart expands. It becomes light and fire. The woman's heart is revealed, totally naked, in her poems. But a heart that wants to transfigure. Hers is the search for the Absolute.

– Malcolm de Chazal, acclaimed Mauritian writer and poet, in Advance newspaper

Work of a rare genius: rare because non-alcoholic and sober, un-subjected to the tragic trickery of life and cheerful... A fascinating and intriguing balance of the Male and the Female. The latter enables clarity of vision and easy and pellucid flow of mysticism.

– Swami Venkatesananda, disciple of Swami Sivananda and founder of the Divine Life Society, Mauritius



Talking Tales

By Bharat Shekhar

What do tales speak about when they talk? Is it of wishing spells, or the way dinosaurs walk? What Falls out when you turn a page? Is it dwarf's wisdom, or a giant's rage? Pick up the book, and hear it speak. Maybe it has answers that you seek.



Softcover

Fiction / Children & Young Adult
Pages 144 • Size W 5" x H 7.75"
INR 200

ISBN 978-93-85902-97-0

**Softcover**

Fiction / Children & Young Adult
Pages 48 • Size W 9.25" x H 10.5"
INR 725

ISBN 978-93-82788-92-8



The Magic Frangipane

And The Shy Coconut

By Charlotte Common

In her dreams, Maya, a lonely and fearful little girl discovers a new world. From the meadows and streams of hilly Germany she travels in her imagination to the shores of Mauritius, a colourful island in the Indian Ocean. Shortly after her arrival, Maya is met by the Daddy of the Universe, the Magic Frangipane.

He guides her on an adventurous journey where her fears are transformed through the power of truth, trust and love.

To Maya's surprise she is asked by the Magic Frangipane to enter into a challenging rescue operation to save the trapped and shy coconut. Will she be brave enough to overcome her fears once again? For Maya and the shy coconut, as for all of us, each day is a mysterious treasure hunt, an invitation to open the shell of our innermost feelings where fear, insecurity and loneliness hide, and which now give way to love and freedom.



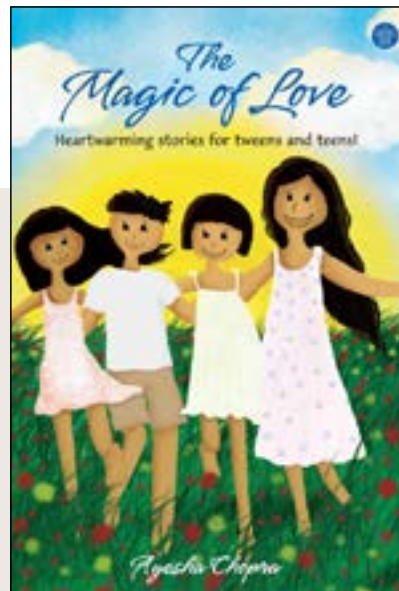
The Magic of Love

Heartwarming Tales for Tweens and Teens!

By Ayesha Chopra

The book, in three parts, describes the experiences of four children between the ages of 11 and 15: Ruhi (12), Ashna (13), Veer (14) and Taarini (15). The adolescent reader may well see a bit of herself/himself in the struggles and conflicts of the four children because these are fairly common experiences that most children in their growing years go through.

With help from the 'voices of wisdom' around them the characters in the stories learn how to deal with each conflict successfully and effectively. With tender loving care the children are brought in touch with their own inner strength and ability to solve the various problems they encounter—be they emotional, personal, or inter-personal brought on through their interactions with others. In every story the children are gently guided towards an appropriate solution based on righteous action and basic core values.



Softcover

Fiction / Children & Young Adult
Pages 192 • Size W 5.6" x H 8.1"
INR 200

ISBN 978-93-85902-98-7



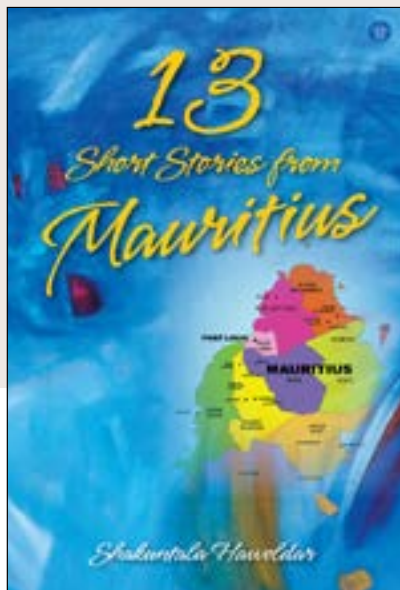
13 Short Stories from Mauritius

By Shakuntala Hawoldar

Softcover

Fiction / Children & Young Adult
Pages 100 • Size W 5.5" x H 8.5"
INR 150

ISBN 978-93-87242-71-5



The 13 short stories show different aspects of life. Some stories are stories of human beings caught in different circumstances in different modes of behaviour.

They pursue their fates and very often find out that the results are not what they expect. Whether it be Kamla, Salma or Sati we see different faces of women as they face life and respond to their traumatic destinies.

They show that there is expectation and hope although much of the trauma exists in the fact that they have to contend with their complicated lives.

Many of the stories give you glimpses of life among couples which is very difficult but men and women have to live the terrors and horrors bravely and with courage.

Life is often a reform school putting us through difficult circumstances and which allows us to emerge victoriously. These stories will give you food for thought and although they are based in Mauritius they belong to anyone who can think and live more fruitfully.



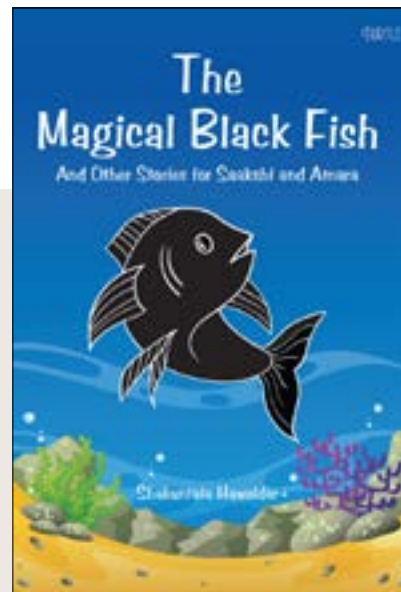
The Magical Black Fish

And Other Stories for Saakshi and Amara

By Shakuntala Hawoldar

These thought-provoking stories give an idea of the intricate map-route to understand the complex human being. How does one understand this mysterious human being? What does truth really mean? There is a deep reality, hidden in the body-mind coverings of every human being. These are related to our various phases of evolution on earth. Our evolution takes us to subtler and brighter futures that await all humans. There are many stories of human beings highlighting the love for truth and the importance of having strength of mind. There are many aspects of these stories which are wonderful and glorious and it inspires us all to be better and better. All the stories in this book concentrate on the unique aspects of the human. They lift us from our humdrum lives to look for more and more treasures within ourselves and around us. The 'Blue Light' and 'The Gift of Truth' really transport us to a new world which could be ours if we accept the truth of who we are. We should also learn to speak the truth of ourselves as we find ourselves genuinely without festoons and decorations. I recommend these stories since they enhance our understanding of who we are and where we want to go.

– Anuradha Rajammal / MBA, Watford, London



Softcover

Fiction / Children / Young Adult
Pages 112 • Size W 5.6" x H 8.1"
INR 200

ISBN 978-93-85902-77-2



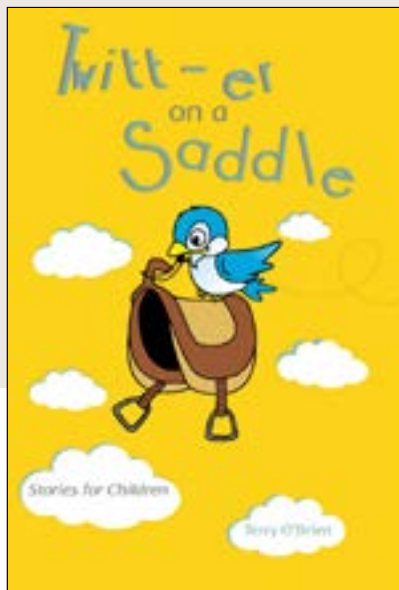
Twitt-er On A Saddle

By Terry O'Brien

Softcover

Fiction / Children & Young Adult
Pages 60 • Size W 5.5" x H 8.5"
INR 99

ISBN 978-93-84238-03-2



Twitt-er, Twitt-er where have you been.... No, I have not been to London to see the queen. I have been busy carrying the burden of all on social media. But now it is holiday time. The computers all around the world have crashed. Now I don't have to deal with things 'said' and 'done' and 'undone'. I have my time. I have to learn my lessons. After all now it's ME. Share the adventures of a world-hopping Twitt-er as he discovers the power of timeless values.

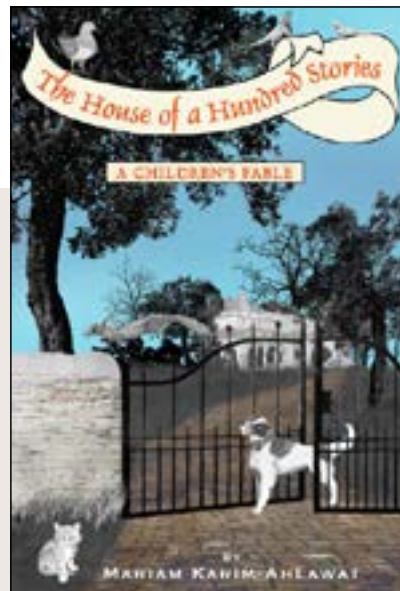


The House of a Hundred Stories

A Children's Fable

By Mariam Karim-Ahlawat

A heart-warming children's fable full of wise and foolish talking animals that reside in the House of a Hundred Stories. A novel that raises many philosophical questions and can be enjoyed by young and old alike.



Softcover

Fiction / Children & Young Adult
Pages 136 • Size W 5.5" x H 8.5"
INR 195

ISBN 978-93-84238-13-1





Elixir For Zylake

And Other Stories

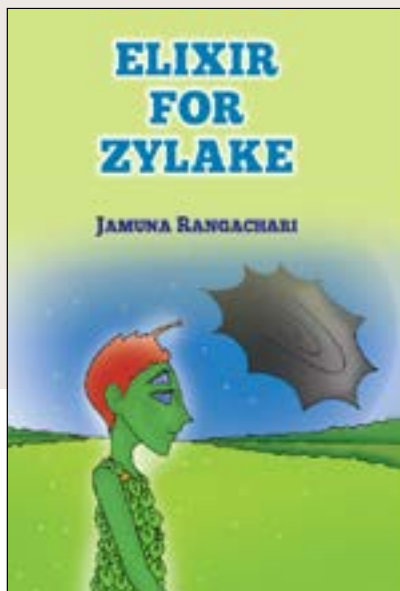
By Jamuna Rangachari

Planet Zylake is in danger. A large toxic cloud sent by neighboring Traxon threatens Zylake's existence. Who can save the planet? It is a child who is the chosen One. Who is he? Can he find the elixir for Zylake to survive?

Softcover

Fiction / Children & Young Adult
Pages 120 • Size W 5.5" x H 8.5"
INR 150

ISBN 978-81-92773-73-5





Just Who Am I!

And Other Stories

By K. Geethanjali Balakrishnan

The universe itself is the greatest fairy tale. Just Who Am I! and Other Stories follows the adventures of various characters on their journey of discovering their true nature as they negotiate the confusing drama of jealousy, fear, anger, and doubt. But aren't these emotions the very things that will help the characters find out who they really are? Get ready to meet Neel, the tiny cat, as his desire to prove that he is more than a tiny black cat takes him on an adventure of a lifetime. Can the beautiful gentle Lily of the valley find eternal spring in the midst of the harsh Himalayan setting? And how can Sparkles ever get the halo she longs for when she is busy giving away all her light? Will Payal ever reach the heights she is destined for if she never ever flaps her wings and attempts to soar? Let's enter a world of angels and nature spirits. The result is sheer magic!



Softcover

Fiction / Children & Young Adult
Pages 80 • Size W 5.5" x H 8.5"
INR 99

ISBN 978-81-92773-78-0



Chandramani

An Ajmer Lalla Mystery

By Kimsuka Narsimhan

Introducing Ajmer Lalla, detective...

Chandramani, the sumptuous home of the fabulously wealthy Kshetras. Manish, the Kshetra heir with everything to live for – fortune beyond imagination, a beautiful wife and little son.

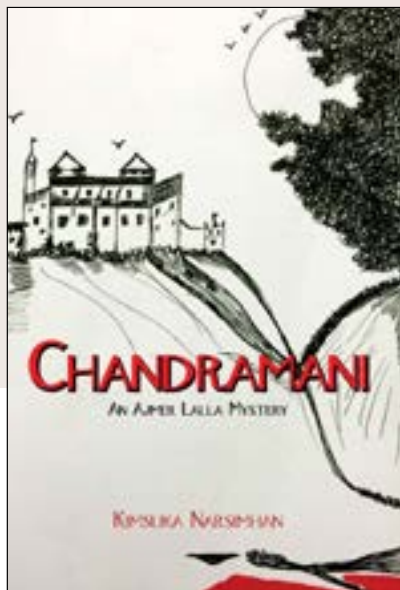
So why did Manish fall from the walls of Chandramani one fateful Diwali and die? Did he fall or was he pushed over the edge? Accident... or murder?

Ajmer Lalla has to wade through a complex cast of characters to answer this. A much hated victim, a doting mother, an estranged wife, a distant sister, a motley group of friends... all come together in this intriguing tale.

Softcover

Fiction / Crime & Mystery
Pages 208 • Size W 5.5" x H 8.5"
INR 300

ISBN 978-93-84363-72-7





Fooding Around

By Reetika Mitra

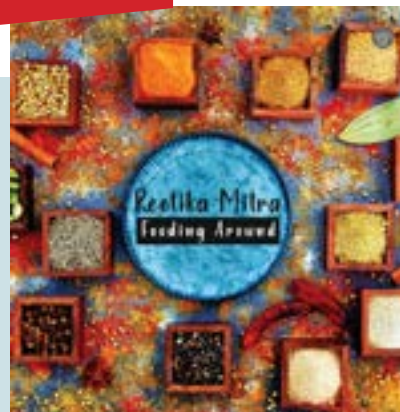
Cooking is a universal language that connects us all, transcending borders, cultures, and backgrounds. It has the power to ignite our senses, to transport us to far-off lands, and to create memories that last a lifetime.

- In this remarkable debut book of hers, Reetika embarks on a culinary journey that spans countries, taking us on a delightful exploration of the rich flavours weaved together. From the vibrant spices of India to the delicate artistry of Vietnamese cuisine, from the comforting warmth of Asian dishes to the fiery intensity of Bengali dishes, this book is a passport to the most extraordinary culinary destinations.
- It is evident that Reetika has poured her heart and soul into every page, meticulously researching, experimenting, and perfecting each dish to create an authentic representation of the world's culinary treasures.
- But beyond the recipes, this book is a testament to the power of the home cook.

It celebrates the unsung heroes who transform humble ingredients in our kitchen into extraordinary meals.

– Chef Ashish Bhasin
Founder and Director, CB Hospitality

NEW RELEASE



Softcover

Non-fiction / Cookery

Pages 128 • Size W 9.25" x H 9.25"

INR 850

ISBN 978-93-93255-02-0



Lifestyle As Medicine

A Practical Guide

By Dr Shveta Sanghani PhD, MPH (USA), HFS (USA)

Lifestyle modifications are an essential medicine to alleviate chronic stress, obesity and lifestyle related diseases.

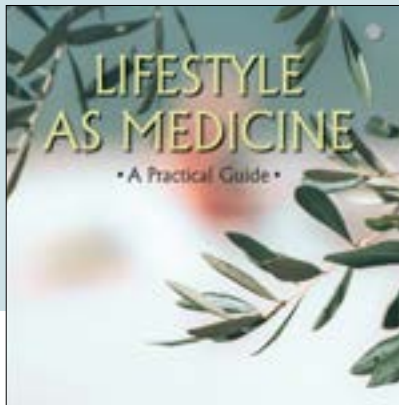
This practical guide elaborates and emphasizes the importance of vegetarian and plant based food, physical activity, respiration techniques, relaxation and positive behavior for athletic fitness, health promotion and disease prevention.

The book is systematic and user-friendly, encouraging us to make better health related choices and cultivate behavior of gratitude, openness and altruism for disease free living.

Softcover

Non-fiction / Health & Wellness
Pages 132 • Size W 8.25" x H 9.75"
INR 700

ISBN 978-93-87242-81-4





Spinal Acupresure for Total Wellness

By Dr Ketan V. Shah

This gem of a book by Dr Ketan V. Shah, Ph.D., one of India's most trusted acupresure healers and teachers, is an encyclopedia for aligning energies of body, mind, and soul through the spine. The book would be a great help for people suffering from Parkinson's dis-ease and even acute skin problems and spine-related problems. And for those who wish to live a happy healthy life, the book is a visual and soulful treat, illustrating in detail the uses of acupresure and the spinal points from the hand and the feet. This book would definitely be the backbone of all the knowledge you have about energy flow in the body.

Patients suffering from Asthma, Trigeminal Neuralgia, Cerebral Palsy, Physical and Mental Growth Retardation, Attention Deficit Syndrome, Autism, Arthritis, PCOD, Gynaec Problems, Diabetes, Vitiligo etc. would definitely treasure the book.



Softcover

Non-fiction / Health & Wellness
Pages 192 • Size W 8.25" x H 8.25"
INR 300

ISBN 978-93-87242-07-4





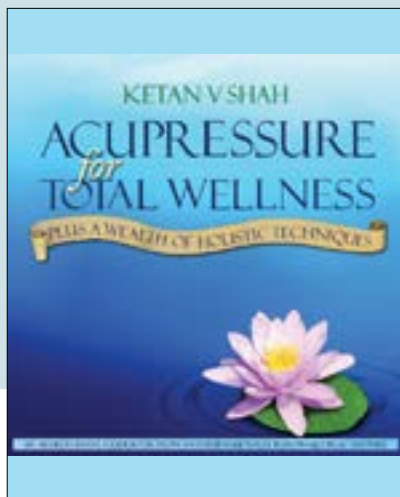
Acupressure for Total Wellness

By Dr Ketan V. Shah

Softcover

Non-fiction / Health & Wellness
Pages 168 • Size W 8.25" x H 8.25"
INR 250

ISBN 978-81-21614-89-4



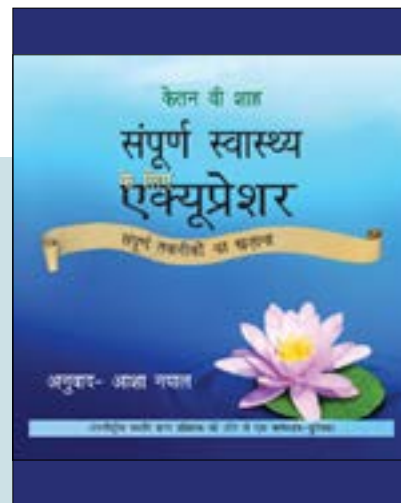
Acupressure for Total Wellness by Dr Ketan V. Shah is a compilation of his knowledge of the subject turned into easy to understand chapters on illnesses and disorders ranging from minor to acute. It is an authoritative guidebook on Acupressure points covering disorders like migraine, sinusitis, thyroid, asthma, diabetes, and so forth. The book comes with case studies, testifying the total wellness acupressure provides. It also enlists various illustrations on acupressure points, covering the whole spectrum of pressure points. It is a holistic technique to get rid of chronic ailments with just some healing touch.



Sampurna Swasthya Ke Liye Accupressure

By Dr Ketan V. Shah

Acupressure for Total Wellness by Dr Ketan V. Shah is a compilation of his knowledge of the subject turned into easy to understand chapters on illnesses and disorders ranging from minor to acute. It is an authoritative guidebook on Acupressure points covering disorders like migraine, sinusitis, thyroid, asthma, diabetes, and so forth. The book comes with case studies, testifying the total wellness acupressure provides. It also enlists various illustrations on acupressure points, covering the whole spectrum of pressure points. It is a holistic technique to get rid of chronic ailments with just some healing touch.



Softcover

Non-fiction / Health & Wellness
Pages 168 • Size W 8.25" x H 8.25"
INR 250

ISBN 978-81-92773-79-7



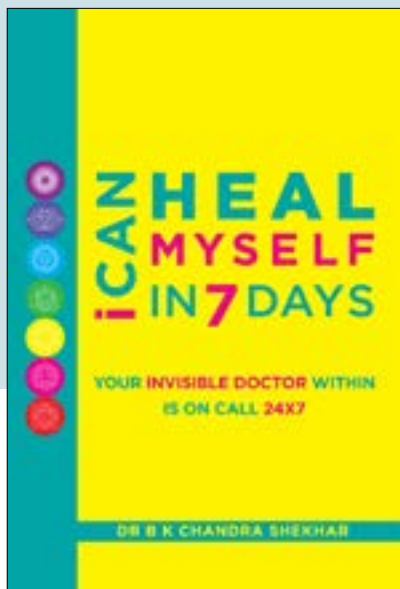
I Can Heal Myself In 7 Days

By Dr B. K. Chandra Shekhar

Softcover

Non-fiction / Health & Wellness
Pages 336 • Size W 5.5" x H 8.5"
INR 295

ISBN 978-81-92773-77-3



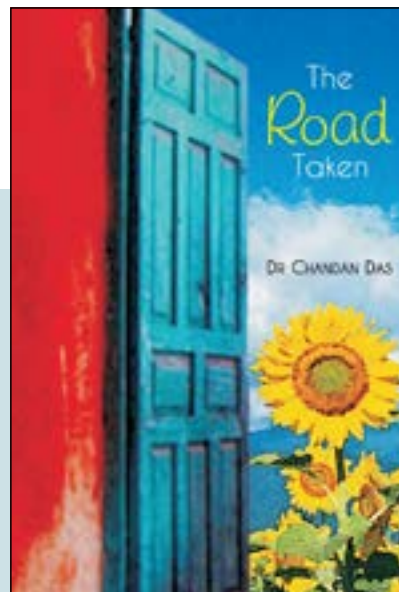
A focused thought is the doctor within each one of us. It is the Invisible Doctor that is born of intense emotion, from a place deep within us that is connected to the source, the divine laws of the universe. Its capacity to heal is nothing short of miraculous. How can we awaken this doctor within? What tools can we utilize to activate its power? How can we manifest the best, healthiest versions of ourselves? I Can Heal Myself in 7 Days is Dr B K Chandra Shekhar's key to unlocking the universal healer, this Invisible Doctor, within us. It is a testimony to his own proven journey from cancer, hepatitis-C, and diabetes to perfect health. It is a simple step-by-step, practical guide in Rajyoga and psycho-neurobics, taking one through thought, chakra, and mudra to a world of vibrant health, even from the most debilitating of diseases. Gift yourself 7 days of complete transformation.



The Road Taken

By Dr Chandan Das

A child born with thalassemia. A little town by the sea among hills and forests. A neighbouring family. An awakening of wonder at the human world. Poetry, the lords and ladies of Byzantium, wolves and firs and aspens bending in the wind. A search across the world for life-saving treatment for the child. A British Professor of Tropical Paediatrics on a British Aid mission, the august spires of Oxford, a kind and gentle healing... What next? Share a moment with Chandan Das, his struggle of 47 years with beta thalassemia, and see the other side of the moon.



Softcover

Non-fiction / Memoir

Pages 344 • Size W 5.5" x H 8.5"

INR 295

ISBN 978-93-84238-00-1



**Softcover**

Non-fiction / Social Impact
Pages 160 • Size W 5.5" x H 8.5"
INR 250

ISBN 978-81-88071-53-1



Mutawas

Saudi Arabia's Dreaded Religious Police

By Joy C. Raphael

The mutawas, the dreaded religious police of Saudi Arabia, consider themselves the supreme guardians of public morality. They are keepers of their faith... the way they see it. They have the backing of the Kingdom and they are watching you - everywhere, all the time.

And, they are ruthless with anybody who does not conform to their concept of what is right and wrong.

They will come for you if you drink. If you grow your hair long. If you are seen with a female who is not a blood relative. If you are a female and don't wear the abaya or expose your hair or face or legs. If you are a female and drive a car. If you worship your own God in the privacy of your home or carry any symbol at all of your faith. Or if you are a Muslim and miss even one of your ritual prayers.



Slaves of Saudis

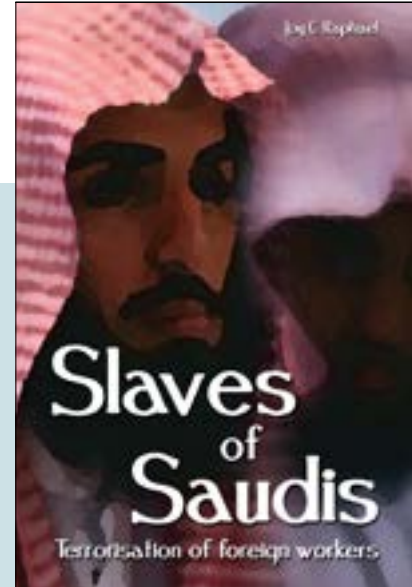
Terrorisation of Foreign Workers

By Joy C. Raphael

When you applied for work in Saudi Arabia, didn't you think you would work for a few years, make a pile, marry off your daughter or sister, build a home, retire to the good life?

When you paid the huge commission to the recruitment agent and a large fee for your visa, did anybody tell you the bad news?

That your contract may be 'renegotiated' once you land in Saudi Arabia. You may not be paid your salary for months. You may have to sleep in chains. You may be falsely charged, perfunctorily tried and jailed. You may be threatened with sacking or your salary may be withheld if you spurn your employer's 'suggestion' to convert to Islam.



Softcover

Non-fiction / Social Impact

Pages 160 • Size W 5.5" x H 8.5"

INR 250

ISBN 978-93-82788-13-3





Arabian Agony

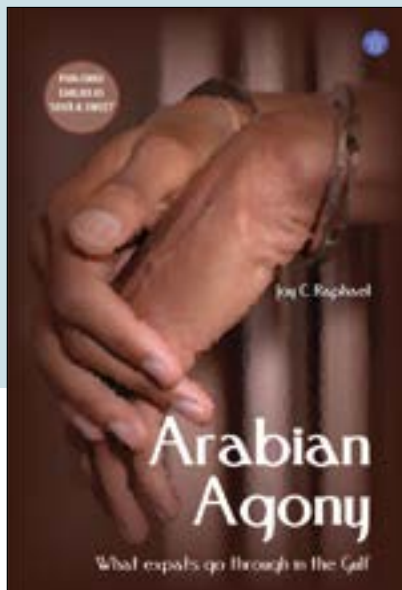
What expats go through in the Gulf

By Joy C. Raphael

Softcover

Non-fiction / Social Impact
Pages 162 • Size W 5.5" x H 8.5"
INR 250

ISBN 978-93-87242-29-6



SAUDI ARABIA. Jejo Das went to work in Riyadh as a driver, believing that would secure his future. No such luck. He had to return dejected to India after suffering extreme humiliation. His colleague Soman was physically tortured by his employer for getting his wife's – instead of his – approval for a driving licence. Soman wants to return to India too but is not being allowed to leave. He is his employer's prisoner. OMAN. Chandra Babu and his family used to live in abject poverty. So Babu left Kuwait from where he returned without a rupee in his pocket. He then went to Oman where he witnessed the pain and struggle of many persecuted Indians and started helping them. One of them was of a housekeeper, Kumari, who unable to bear the brutality of her Omani employers, sought refuge at the Indian embassy. DUBAI. Chandy Verghese, a senior journalist working for a newspaper in Sharjah, went through a harrowing experience at the hands of his new boss, the daughter of the newspaper establishment's chairman, and was forced to return home. These are real-life expat tales from Arabia...



A Royal Palette

By Jai Bhandarkar

Son of renowned Sanskrit scholar and Diwan or Prime Minister of Porbandar state, Rao Bahadur Dr. Shankarrao P. Pandit, Vamanrao (1882-1941) was born with a marked talent for portraiture, later honed by two of the most celebrated artists of Europe, Philip de Laszlo and John Singer Sargent.

Vamanrao has painted the well-known and well-heeled: Sir Dorab Tata, Sudhira Devi (Gayatri Devi's paternal aunt), Sir Cowasji Jehangir, Sir Ibrahim Rahimtoolah, Maharaja Sayajirao Geakwar, Maharaja Tukojirao Holkar and other 40 odd Maharajas such as Ranas, Raos, Maharanas and Rajas from several princely states across India.

After his law education in London, Vamanrao moved to Vienna where Philip de Laszlo was already a recognised portrait artist in Europe. He spent four years with de Laszlo, travelling extensively throughout Europe visiting crowned heads of Europe and the aristocracy. During this time, a friendship evolved between the two. De Laszlo made a suave portrait of the very handsome Vamanrao dressed as an Indian prince which was exhibited in 1907.



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Indiana

The Book Of Indian Wonders

By A. R. Sharif

So you think you know all about India...its ancient history, its glorious heritage, its jaw-dropping wonders? Well, think again.

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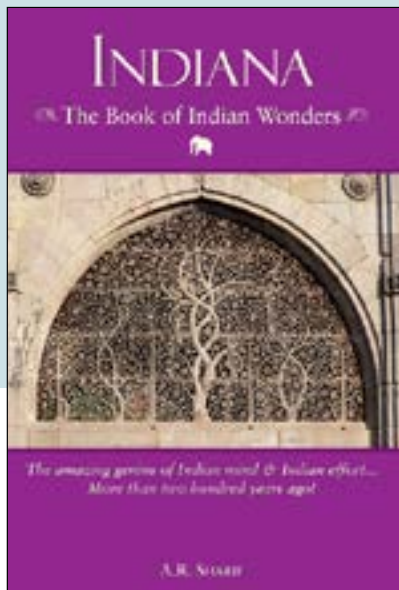
Or take literature. Do you know about the man who told two stories using one text? The oldest grammar book? The world's longest poem? Or, for that matter, of poet Magha's geometrical composition?

In medicine, chances are you haven't heard about incredible ancient surgical instruments. Or about the artificial nose created 2000 years ago. Or the curative sounds of the medicated drum.

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Facing The Media

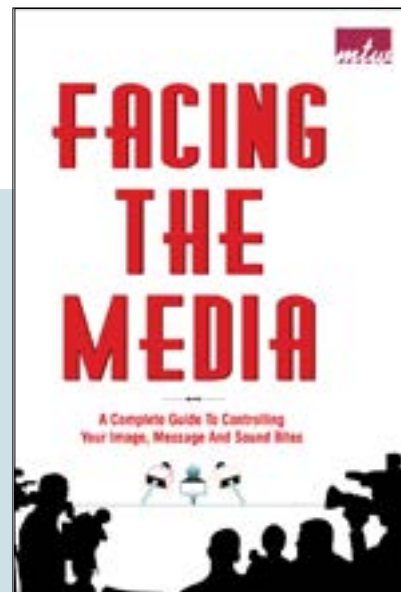
By Ravi Shyam and T. J. Walker

Are you ready to face the media?

When the media wants to talk to you, you can't run and you can't hide. All you can do is prepare. Media interviews can be intimidating. Facing the unknown can be unnerving. The root cause for fear is that you exercise no control.

Remember, you have zero control on what the media asks. But you do have 100% control over what you answer. But for that you need to know how. How will you be perceived? What key messages do you want to convey? What pitfalls must you avoid? How best can you create appropriate sound bites? Most important, how can you say what you want to say and say it effectively – with poise and confidence?

It all distills down to this: what the media wants to know, what you want to convey and how to manage the interface so that, in the tightly edited version that will finally appear, your message gets through loud and clear.



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I Can Defend Myself

By Martial Vout

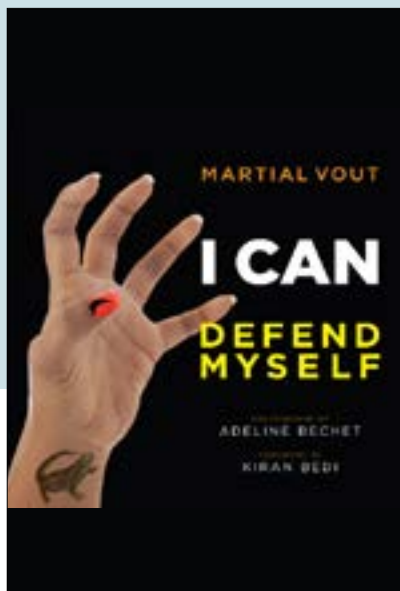
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Martial Vout is a Swiss security advisor and self-defence instructor living between Mumbai and Lausanne. His experience includes the protection of various CEOs, Middle-Eastern VIPs and actors in Switzerland and other European countries. Besides these different assignments, as well as training in full-contact and combat shooting, he developed his own self-defence method – Andar kriechtler – after observing the instinctive and defensive reactions of human beings, other mammals and reptiles. He published his first self-defence book in 2002 in France with the participation of the feminist writer Isabelle Alonso and actress Isabelle Mergault. He trains mainly women and children but also sometimes men in ‘restoring the bridge’ leading to our tremendous instinctive fighting reactions. In India, in association with NGOs like Navjyoti (Delhi), Reality Gives and USDF (Mumbai), he holds classes and workshops for the underprivileged.



Create Your Own Future Through Body Mind Programming Accessing Your Inner Computer

By K. N. Krishnaswamy & Raj Kumar Dham

It doesn't need magic for you to attain a dream career, relationships and health. It is all about accessing and programming your inner computer. Body-Mind Programming (BMP) is a scientific tool for such programming through suggestion, affirmation, meditation, and yoga. It helps you: Develop desired habits and attitudes and overcome undesired ones in order to improve the quality of your life. Find creative solutions to your problems. Learn and develop any skill you need in order to accomplish your mission in life. Overcome disease, pain, and suffering in order to lead a peaceful and happy life. With easy-to-follow step-by-step exercise capsules modeled to suit different situations, BMP is guaranteed to assist you in your journey from where you are to where you want to be and from what you are to what you want to be.



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I Want Healthy Kids

By Alia Almoayed

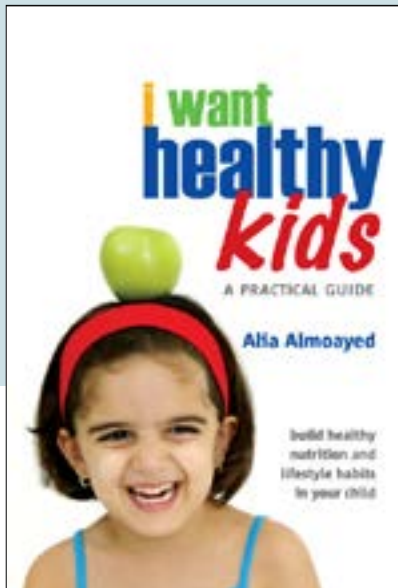
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Kids who eat right, stay bright and healthy. For children, good nutrition, can determine the quality of the rest of their lives. It can boost their learning, immunity, energy levels and every aspect of their day to day lives through childhood and into adulthood. Improving your children's health should not be a complicated process. Start planning your family's way to good health today, and let this book daily guide on how to use food and nutrition to your advantage.



Oops! A Toolkit For Parents

By Erik R. Robertson

Oops! A Toolkit for Parents equips you for perhaps the most important job you'll ever do in your adult years yet one you're least prepared for. The essence of all the best parenting practices and methods available to modern parents is woven together in an easy-to-apply format for traditional parent-couples, single parents, and non-traditional parents of children from infancy to adolescence. Erik R. Robertson brings almost two decades of experience in parental counselling to help parents negotiate the hazards of modern-day parenting with multiple demands on their time and the many dangers that lurk for children – from easy availability of drugs and porn to consumerism and sexual predators. Oops! A Toolkit for Parents will support every parent in everything you need with loving guidance and practical down-to-earth tools.



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ALIA ALMOAYED

A nutritional therapist from UK College of Nutrition and Health in London, she runs a successful nutrition consultancy in the Kingdom of Bahrain, offering nutrition advice to the Middle East community.



A. R. SHARIF

A keen historian, he was pained by the younger generation's ignorance of Indian heritage. He made it his mission to travel across the country to gather interesting facts that would introduce GenNext to the glory of India.



AYESHA CHOPRA

A freelance writer from New York, she offers one-on-one counseling to people seeking help with personal and interpersonal challenges. Her own strength and inner guidance comes from her practice of Vipassana meditation.



BHARAT SHEKHAR

An author from New Delhi. He says he tries to write when he can, and doodles when he can't.



MEET THE AUTHORS



DR B. K. CHANDRA SHEKHAR

A living example of self-healing, Dr B K Chandra Shekhar survived two major life-threatening diseases – cancer and Hepatitis C – through the practical application of psycho-neurobics and Rajyoga. He has authored over 15 books on mind, memory, and healing power.



DR CHANDAN DAS

Diagnosed with thalassemia major at 11 months, much of his schooling was as a private candidate. Despite his condition he was able to achieve academic and professional success. His book *The Road Taken* narrates his journey.



CHARLOTTE COMMONS

A facilitator, mentor, author and Happiness Designer, she assists the awakening of the soul, sowing seeds on the path to Enlightenment.



ERIK R. ROBERTSON

An author, trainer, media personality, and coach in the fields of parenting, management, leadership, and consciousness, he holds a degree in educational psychology from the University of Amsterdam. He created the acclaimed Love and Law model of parenting.



GIRISH BORKAR

Girish Borkar is a practicing Chartered Accountant and is the Managing Partner of M/s Borkar & Shenoy, Chartered Accountants. He has been in professional practice since 1987.



JAI BHANDARKAR

An ex-director / founder of Lansdowne Gallery for modern and contemporary Indian art, he currently lives and works in Mumbai and New Delhi. He is the grandson of the artist Vamanrao S. Pandit.



JAMUNA RANGACHARI

A software professional and writer, her main interests include positive values, spirituality and holistic living. She has authored two books for children and two collections of teaching stories from various wisdom traditions.



JOY C. RAPHAEL

A senior Indian journalist and author of three books on social issues which impact immigrants in Saudi Arabia and other Gulf countries, based on his 30-year career in that region. He is currently working on his fourth book.



MEET THE AUTHORS



KAUSHIK MITRA

A corporate executive for the past 25 years, he is currently SVP and CFO of PepsiCo India. Crossing Over is his debut novel based on his boarding school experiences. He is now working on his second novel.



DR KETAN V. SHAH

He is one of India's well-known acupressure healers and teachers. His dedication and prowess have come to the rescue of kidney patients, asthma patients, those suffering from Parkinson's disease, and even cancer patients.



KIMSUKA NARSIMHAN

Detective fiction has always fascinated her and the Golden Age crime writers have been her inspiration to kickstart her writing career. Her day job as a senior corporate executive gives her plenty of business mysteries to solve.



K. GEETHANJALI

A disciple of Mahavatar Babaji, K Geethanjali is a woman of many talents: a teacher, writer and healer. Based in Bangalore, she is a regular writer for Life Positive Magazine.



DR K. N. KRISHNASWAMI RAJKUMAR

A former professor of Indian Institute of Science, he has always had a deep interest in Vedanta, Yoga and holistic medicine. He has done pioneering work with People's Trust (NGO) and Institute of Health and Cosmic Harmony.



MARIAM KARIM-AHLAWAT

Mariam Karim-Ahlawat studied at Jawaharlal Nehru University in Delhi and at the Sorbonne in Paris. She writes fiction for children and adults. Her novels and plays have been nominated for Indian and international awards.



MARTIAL VOUT

As a security advisor and self-defence instructor, he provides protection for CEOs and VIPs. He has developed his own self-defence method after observing instinctive and defensive reactions of human beings and animals.



P. S. WASU

A life skills facilitator since 1996, his workshop The Fine Print of Life covers the entire gamut of what it takes to unleash human energy and has won a claim for its ability to spur individuals into transforming themselves.



MEET THE AUTHORS



RAVI SHYAM

A senior strategic communications consultant and media trainer, his wealth of experience covers perception management and brand equity building. He has trained senior executives from global bluechip companies.



SHAKUNTALA HAWOLDAR

A long-standing educationist from Mauritius, a well-known poet and short story writer, Shakuntala has published eleven collections of poems in English which have been translated into several languages.



DR SHVETA SANGHANI

Dr Shveta Sanghani PhD, MPH (USA), HFS (USA), has earned a doctoral degree in medical biochemistry specializing further in public health nutrition, behavior and health promotion, sports nutrition and exercise science.



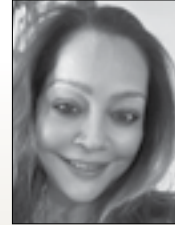
TERRY O'BRIEN

A many of many talents, he is a communications specialist, motivational speaker, trainer, playwright, columnist and prolific author. He is also a political analyst for All India Radio.



REETIKA MITRA

“My tryst with food started early on in Kolkata. Growing up in a joint family, I remember as a little girl, standing in the corner of the kitchen, watching my Grandmother, mother and aunts cook the meals for the family. It was a ritual in those days starting with the menfolk going to the market to buy the fresh daily produce of vegetables, fish and meat. Then we all sat down as family to enjoy the meal, the children first, followed by the elders. There was something magical in that routine. I published my first few recipes in a leading Bengali magazine way back in the early 1990’s and kept at it for a few years before I got married. That’s the first time I realized, that the way to a man’s heart was through his stomach.”



SRISHTI SAWHNEY

Srishti, has three decades of strong Marketing & Brand building expertise in diverse categories, products, industries, and, work cultures. She has proven ability in building, turning around, and, scaling up Brands with a strategic focus on Digital transformation, innovation and a passion for growing Brands into Market Leaders.

As a hands-on orchestrator of rapid growth, her width and depth of experience spans expertise in launching, building and transforming brands across Fashion and Lifestyle, Personal Care, Skin Care, Food, Retail Apparel, Wine and Spirits, FMCG, Airlines and Luxury Automotive.



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