

## Recent Books from Nepal – Aug 2019

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### **Anthropology**

Studies in Historical Documents from Nepal and India (On behalf of Heidelberg Academy of Sciences and Humanities) / (Eds) Simon Cubelic, Axel Michaels & Astrid Zotter  
Nepal: National Archives , 2018  
xii, 538p.  
9789937049511  
Documenta Nepalica Book Series No. 1  
\$ 60.00 / HB  
852gm.

This volume is the outcome of the conference "Studying Documents in Pre-Modern South Asia and Beyond: Problems and Perspective", held 4-6 October 2015 in Heidelberg. In bringing together experts from different fields--including Indology, Tibetology, History, Anthropology, Religious Studies, and Digital Humanities--it aims at exploring and rethinking issues of diplomatics and typology, the place of documents in relation to other texts and literary genres, methods of archiving and editing documents, as well as their "social life", i.e. the role they play in social, religious and political constellations, the agents and practices of their use, and the norms and institutions they embody and constitute.

<http://www.marymartin.com/web?pid=648846>

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Far Out: Countercultural Seekers and the Tourist Encounter in Nepal /  
Mark Liechty  
Chautari Book Series No. 94  
Kathmandu: Martin Chautari, 2017  
xiv, 390p.  
Includes Index  
9789937594189  
\$ 35.00 / PB  
414gm.

Westerners have long imagined the Himalayas as the world's last untouched place and a repository of redemptive power and wisdom. Beatniks, hippie seekers, spiritual tourists, mountain climbers—diverse groups of people have traveled there over the years, searching for their own personal Shangri-La. In *Far Out*, Mark Liechty traces the Western fantasies that captured the imagination of tourists in the decades after World War II, asking how the idea of Nepal shaped the everyday cross-cultural interactions that it made possible.

<http://www.marymartin.com/web?pid=648848>

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The Meche: A Tarai Ethnography / Santa Lal Meche  
Jhapa: Bodo Rau Ara Thunlai Aphad (The Council of the Meche Language and Literature), 2019  
xiv, 308p.  
9789937058056  
\$ 40.00 / PB  
410gm.

The Book attempts to capture the various significance of the rites of passage and their practices found in the Meche people of Nepal from theoretical and anthropological point of view, it gives first-hand information on certain major rituals, and includes underlying changes it has undergone over the periods and reasons for these changes. The author argues that cultural embeddedness of the Meche society has considerably weakened. The Meche society offers a comprehensive understanding of one of the endangered ethnic groups of Nepal and has to be essential learning for anyone burning with curiosity about these fascinating people's rites of passage, village economy, history, and religious activities that shaped the cross-cultural landscape production of the Jhapa district in Nepal.

<http://www.marymartin.com/web?pid=648849>

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## **Art**

Ancient Bronzes of Nepal: A Catalogue of the Sculpture and Jewelry from the Changu Narayan Temple / Mohan Prasad Khanal

Kathmandu: Vidyarthi Pustak Bhandar, 2018

xiv, 302p.

Includes Index; Bibliography

9789937715300

\$ 80.00 / PB

1010gm.

Ancient Bronzes of Nepal contains a catalog of the sculptors and jewelry from the Changu Narayan Temple, and is by Mohan Prasad Khanal.

<http://www.marymartin.com/web?pid=648851>

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## **Biography**

King Birendra – As I Knew Him / Narendra Raj Panday

Nepal: Nalini Panday, 2019

xiv, 296p.

9789937058155

\$ 30.00 / PB

382gm.

Late Narendra Raj Panday's book King Birendra-As I Knew Him is an honest and credible observation about late King Birendra.

<http://www.marymartin.com/web?pid=648852>

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Red Blood, Blue Blood and the Royal Heart: Real Story from the Closet of  
Nepal's Royal Family / Arati Basnet

New Delhi, India: Kharag Warya's Publishing, 2018

xii, 124p.

9788193715727

\$ 20.00 / PB

158gm.

This book is the story of my life. I was a red blood, a commoner before I met Princess Prekshya Shah of Nepal who turned me into the royal I am now. I am today a healer who does her best to give back to the world more than she takes in but looking back to my days I feel I wouldn't be what I am without every milestone, every person and every hearth. I owe this life, this alluring, elegant and fanciable bevy of experiences to so many I'm humbled before, Princess Prekshya Shah, Master Hiro Kazu Kobayasi, Mouji Baba and a few others you'll meet in the book. So I call out to you reader, come take this journey with me, the journey through a retelling of my life, my short, enviable, dramatic, torpid, tedious and vexed about life. From lessons of learning to bitter ones and some beautiful memories, from struggles of endurance to a much tougher rendition of me, come take a look into a royal heart as never before.

<http://www.marymartin.com/web?pid=648853>

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## **Ecology**

Birds of Pokhara Valley / Manshanta Ghimire, Hathan Chaudhary & Hemanta Dhakal

Kaski: Pokhara Bird Society, 2019

152p.

9789937061582

\$ 25.00 / PB

316gm.

"The Pokhara Bird Society (PBS) Established in 2017, Pokhara Bird Society is non-profitable, Non-Governmental Organization legally registered at District Administration Office, Kaski. PBS is the leading organization in Kaski, focusing on the conservation of birds, their habitats and sites. It seeks to promote interest in birds amongst the general public, encourage research on birds, promote livelihood through birdwatching ecotourism and identify major threats to birds' continued survival. We provide scientific data and expertise on birds for the Government of Nepal.

Our work started since 2011 initiating birdwatching programs in and around Pokhara Valley. PBS is a membership-based organization with Founder President, patrons, life members, general members, enthusiastic birders, naturalist, photographers students and several supporters' from the national and international level.

PBS aims to create awareness amongst local stakeholders about the sustainable conservation of birds and their habitat. We also monitor the current status of the birds in the region. Our commitment always targets to show the value of birds and their special relation with the people promoting birdwatching programs weekly every Saturday."

<http://www.marymartin.com/web?pid=648855>

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## **Economics**

Nepal Economic Outlook 2018-19 / (Eds) Sudeep Regmi, Abyaya Neopane & Binisha Nepal

Kathmandu: Institute for Integrated Development Studies (IIDS), 2019

xii, 110p.

ISSN: 2565-4888 ; 9772565488005

\$ 25.00 / PB

294gm.

<http://www.marymartin.com/web?pid=648856>

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Nepal Economic Outlook is an annual flagship publication of Institute for Integrated Development Studies (IIDS). This edition of Nepal Economic Outlook 2018/19 provides a macroeconomic review of FY 2018/19, along with short-term forecasts for FY 2019/20 and 2020/21.

Facts of Gandaki 2018

Nepal: Facts Research & Analytics Pvt. Ltd., 2018

Viii, 46p.

9789937709590

\$ 15.00 / PB

178gm.

<http://www.marymartin.com/web?pid=648857>

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Urban Planning in Nepal: Approaching Sustainability / Jibgar Joshi  
Kathmandu: Lajmina Joshi, 2019  
x, 202p.  
Includes Bibliography  
9789937056816  
\$ 30.00 / PB  
274gm.

It has become clear that urbanization is inevitable. With this, our planning approach has become mostly urban. There is a growing significance of urban development in Nepal. The field of urban planning extended with the growing issues and challenges of urbanization. Human activities take place mostly in urban areas; and affect the environment. Urban planning is concerned with the organization of such activities over the urban space for sustainability. It has generated tools related to making national and regional development sustainable. The lack of a comprehensive approach has created confusions in the application of urban planning in Nepal. There is a need to avoid them in order to sustain its distinct identity; it needs to be well defined. This book is an attempt to present different approaches of urban planning and related experiences in Nepal into a single volume in a comprehensive way. It reflects the evolution of urban planning in Nepal. It contains what needs to be done for transforming urban planning to make it effective and relevant in facing the emerging challenges of sustainable urbanization and urban development in Nepal.

The book deals with the core elements of urban planning; and shows how it should be made strategic in order to fulfill the long-term goals of master planning while underscoring the importance of integrated action planning. It shows different approaches for the sustainable use of the urban land and highlights the significance of common public spaces. It presents infrastructure and services as integral parts of urban development for raising the quality of life in urban areas by meeting the needs of the people. It tries to link them with sustainability.

The book is expected to raise awareness on the relevance of urban planning in approaching sustainability. It works on strategies for making cities inclusive and sustainable; resilient and safe; and smart.

<http://www.marymartin.com/web?pid=648858>

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Inside Out: A Reflection on Development Practices / Lal Shanker Ghimire  
Kathmandu: WeRead, 2019  
236p.  
English & Nepalese Text  
9789937709668  
\$ 20.00 / PB  
192gm.

This book is about the Nepal's Development Practices from 1990s till date. This book describes on issues and challenges faced while using the Foreign Aid in Nepal. Author Mr. Lal Shankar Ghimire, currently is Secretary (Revenue) at Ministry of Finance. He as served at Government institution at different level as National Planning Commission Secretariat, Ministry of Finance, as Joint Secretary at Office of the Prime Minister and Council of Ministers, Advisor to the Board of Directors of Asian Development Bank, and many more.

<http://www.marymartin.com/web?pid=648860>

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### **Health & Medicine**

Singing Bowl – Sound Healing: The Swoyambhu Method of Aman Shahi /  
Salil Subedi  
Chiang Mai, Thailand: Singing Bowl Centre, 2019  
106p.  
9789937062855  
\$ 45.00 / HB  
476gm.

Many methods of playing the bowls have developed in Nepal. The book focuses on the Swoyambhu method, which uses three bells and shamanic beating of the bowl. It was named after Shreekrishna Shahi, who lives in Swoyambhu, and is now popularised by his nephew Aman Shahi in Thailand.

“I use this method for many kinds of sound healing,” says Shahi.

“Immersion in this sound has been known to cure ailments like insomnia, migraine, etc.”

<http://www.marymartin.com/web?pid=648882>

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## **History**

Nepal-China Relation Lumbini: Zonghua Buddhist Monastery, Lumbini /  
Gitu Giri

Lumbini: Nepal-China Friendship Society, 2017

x, 562p.

9789937032049

\$ 25.00 / PB

580gm.

<http://www.marymartin.com/web?pid=648883>

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China-Nepal-India Triangle: The Dark Side of Indo-Nepal Relations,  
Volume I / Shiva Hari Dahal

Kathmandu/India: Sangri-La Pustak P. Ltd/Sangri-la Books India Ltd.,  
2018

xiv, 424p.

Includes Index ; Bibliography

9789937734004

\$ 30.00 / PB

404gm.

This is a well-written book. It presents all of the outlines of historical perspective in relation to India, China in a beautiful, lucid and sequential manner. The book should be an eye opener for the policy-making elites in Nepal, India and China.

<http://www.marymartin.com/web?pid=648885>

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Role of Shreepali Basnyat in the Unification of Nepal / Dr. Niranjana Man  
Singh Basnyat

Nepal: Mrs. Renu Basnyat, 2019

xii, 224p.

9789937016667

\$ 22.00 / PB

208gm.

Role Of Shreepali Basnyat In The Unification Of Nepal from the period  
from 1800 BS to 1868 BS.

<http://www.marymartin.com/web?pid=648886>

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My Greater Nepal / (Ed) Rajan Karki  
Kathmandu: Ratna Sagar Prakashan Pvt. Ltd., 2019  
184p.  
9789937050852  
\$ 20.00 / PB  
306gm.

Before Sugauli treaty Nepal's Area was 204917 square kilo meter. After Sugauli and subsequent treaties, it was decreased to 147181 Sq.km. Even in this, 370 Sq.km area of Lipu Lake and Limpua Dhura is lost while 60 thousand hectare has been encroached by India. This book has been published for making Nepalese people to make aware and get knowledge about, what situation Nepal is undergoing. This book advocates for Nepal's independence, no one should interfere to Nepal. Nepal has been always sovereign, it is so, should remain always so. This is the voice of Nepal's land. Every Nepalese should listen to this voice. Every Nepalese should gird their loin and stand strong to save Nepal's land and Nepaleseness. Nepal is to be saved by Nepalese themselves. Nepalese must take back encroached Nepal's land. We can, if Nepalese stand strong girding loin, we can take back Nepal's land. All patriots should stand strong being the incarnation of Bira Balabhadra. Amarsing, Bhimsen Thapa.

<http://www.marymartin.com/web?pid=648892>

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## **Law**

Politics, Law and Justice in Nepal / Mihir Thakur

Lalitpur: VIDEH Foundation, 2019

132p.

9789937056588

\$ 15.00 / PB

144gm.

Born on September 29, 1958 at Rajbiraj, Mihir Thakur holds Master of Comparative Law (MCL) from University of Delhi and had spent more than two decades teaching law in Tribhuvan University, Faculty of Law. He was also associated with Pro Public as PIL Lawyer and Sr. Anti-Corruption Coordinator at USAID funded Nepal Rule of Law Project from 2004 to 2007. He was also the founder president of the Videh Foundation. He was appointed Additional Judge of Court of Appeal in 2009 and served at Janakpur and Tulsipur Courts for almost four years. He also wrote a book on Nepali Constitutions and Politics in 1995 and conducted number of researches on the similar theme. Later, he penned several remarkable articles in English and Nepali as well. Some of the articles in English are selected here for this publication.

<http://www.marymartin.com/web?pid=648893>

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## **Literature**

Mr Revolutionary From Dharahara to 9/11 Twin Towers / Daniel Karki  
New Delhi, India: Hill Queen, 2019

352p.

9789353618223

\$ 20.00 / HB

548gm.

In order to revolutionise the entire society, he carried a gun for insurrection. Numerous attacks were carried out by him during the revolution. His mother, Sumina was confined at the brothel. He was convicted from the court because of war era cases. Dharahara collapsed during the earthquake and he got wounded physically. Afterwards, He shared out his living room with a lady who had lost all family members in Gorkha earthquake. He became an absconding murder convict and spent the underground life. During the course of his struggle, he became a TPS holder in U.S.A. With the same destiny, the victimised people of 9/11 twin towers were having conversation with him and sharing their grievances as well. His course of life was deviating from the main goal. Ultimately, his TPS was terminated and remained taciturn.

<http://www.marymartin.com/web?pid=648894>

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Silver Cascades: Timeless Stories from Nepal / (Translator) Mahesh Paudyal

Kathmandu: Book-Hill Publication, 2019

248p.

9789937935104

\$ 18.00 / PB

194gm.

Silver Cascades anthologizes twenty short stories by Nepali writers, who laid the foundation of the modern short story in Nepali literature. Starting with Guru Prasad Mainali, the pioneer of the genre in Nepali literature, the collection runs up to Maya Thakuri, who is, at present, a living author. These stories showcase different turns and movements, from social realism to psychological realism, surrealism, fantasy, absurdity, feminism and children's concerns.

This anthology will introduce the best of Nepali short stories to the international readers, and inform them of the nascent worldviews and philosophies that underscore Nepali imaginations.

<http://www.marymartin.com/web?pid=648895>

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Folktales From Nepal Himalaya: Namsani – Kesami Myth and Other Folktales / Ramesh Kumar Limbu, Tek Bahadur Karki & Rishiram Adhikari

Kathmandu: Sangri-La Pustak P. Ltd., 2019

172p.

9789937708661

\$ 12.00 / PB

208gm.

This collection brings together a wide variety of Nepali myths and folk tales rooted in various cultures, regions and oral traditions of Nepal. The authors have done an excellent job of collecting and presenting the tales in simple and succinct manner. The tales represent the worldview and beliefs, as well as rhythms of everyday living, of various Nepali communities. I think lovers and researchers of folk tales will find a rich fund of original material in this collection.

<http://www.marymartin.com/web?pid=648897>

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### **Travel Guidebooks**

The Great Himalaya Trail: A Pictorial Guide, Second Edition / Robin Boustead

Kathmandu: Himalayan Map House, 2019

178p.

9789937918299

\$ 70.00 / PB

936gm.

This stunning book will show you places you never dreamed still existed. Nepal is the most mountainous country on earth and hides many secrets in a maze of remote valleys where small communities have lived unchanged for hundreds of years. Folklore and superstition are woven into everyday life to create some of the most mysterious and magical places on the planet. The GHT crosses every one of Nepal's mighty mountain ranges through forests, jungles, over passes and glaciers, and across windswept plateaus.

Delight in photos from the first expedition to trek and map the Great Himalaya Trail in Nepal: the majesty of Mount Everest, the barren villages of upper Dolpo, lush rhododendron forests in Kanchenjunga and Makalu, ancient Buddhist gompas in Mustang, and village festivals throughout the country.

<http://www.marymartin.com/web?pid=648898>

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## **Journal**

Studies in Nepali History and Society, Vol. 23, No. 2, December 2018 /  
(Ed) Pratyoush Onta (et al.)

Kathmandu: Mandala Book Point, 2018

ISSN: 1025-5109

\$ 30.00 / PB

298gm.

- Peacebuilding and Nonviolent Resistance in the Tarai
- A Memoir of Encounters with Anthropologist
- 2017 Local Elections in Eastern Madhesh

<http://www.marymartin.com/web?pid=648900>

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Studies in Nepali History and Society, Vol. 24, No. 1, June 2019 / (Ed)  
Pratyoush Onta (et al.)

Kathmandu: Mandala Book Point, 2019

ISSN: 1025-5109

\$ 30.00 / PB

298gm.

- Nepal in the Long 1950s
- Foreign Medical Encounters
- Republic Memorial

<http://www.marymartin.com/web?pid=648901>

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