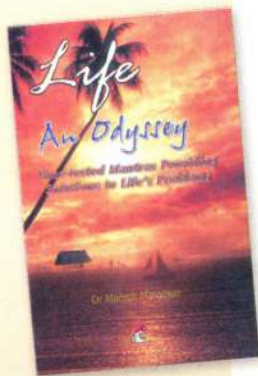

Life: An Odyssey

By Dr Manish Maladkar

Published by Unicorn Books

Pages: 168 • Price: ₹150 • ISBN: 9788178061948



Life is not complicated; it's how we look at it and what we make of it. There are no standard rules that can be set to live life, but there are certain basic principles, which if we follow, enriches our life experience. Forgiveness, selflessness, humility, trust, optimism, faith, purpose, giving, happiness are some of those.

This book by Dr Manish Maladkar is a collection of such principles, which inspires the reader to introspect. He conveys these thoughts with the help of apt quotes. He calls these 'time-tested mantras' that will make you aware of your true calling and guide you to follow that path.

The book contains over 35 delightful and motivational stories, each of which conveys an essential teaching of life. Since the stories are not related to each other, you need not start reading the book from the beginning; stop at a story you like and proceed from there. Presented in a simple manner, the book carries a powerful message to help the reader live an enriching life.

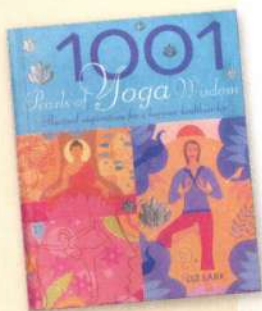
— Ashwini Ranade

1001 Pearls of Yoga Wisdom

By Liz Lark

Published by Duncan Baird Publishers

Pages: 384 • Price: ₹395 • ISBN: 9781844835911



This small but chunky and brightly coloured book is a compilation of Zen sayings, mantras, *asanas*, breathing and meditation tips and yoga wisdom. It is divided into seven interesting sections such as 'In times of trouble', 'Ending your day well' and 'Relating to others'. What I liked about the book is that Liz Lark explains yoga from a perspective that is fresh and insightful, something that only a serious practitioner can do.

However, it's not a book that should/can be read at one go. I suggest that you read a few pages every day. A great way to use this book would be to flip open to a random page and read a couple of thoughts. I do this almost each time before my Yoga practice or sometimes even after I've concluded it.

If you're looking for a book that will only teach you the technique of *asanas* or pranayama then this is not for you. But if you want inspiration and guidance in your yoga practice as well as life, you will find that this book more than lives up to that expectation.

— Grazilia Khatri

Stay Well