

## Recent Books from Nepal – July 2020

Mary Martin Booksellers Pte Ltd  
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### Art

**Boudha : Restoring the Great Stupa / (Author & Photos) Mani Lama (Eds) Meryl Dowman & Pamela Ross**  
Kathmandu: Vajra Books, 2019  
xv, 232p.  
9789937733175  
\$ 68.00 / HB  
1480gm.

April 25th 2015 - a massive earthquake shook Nepal, bringing great loss of life and the devotation of many ancient temples and sacred monuments. Among the latter the Great Stupa of Boudanath suffered serious and destabilising harm. The renowned Nepalese photographer, Mani Lama, who has lived his entire life in Boudha, was profoundly affected by the damage done to the much loved site and began taking daily photographs of the Stupa as it was being carefully dismantled and rebuilt over the coming year and half.

Inspired by theses photographs, a group of Mani's friends, all of whom have a long association with Boudanath and the Stupa itself, created this book from them, recording its history, its meaning to Buddhists all over the world and revealing in pictures the skill and reverence with which it was restored once more to its extraordinary architectural perfection.

<http://www.marymartin.com/web?pid=710664>

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### Architecture

**Mustang Building : Tibetan Temples and Vernacular  
Architecture in Nepal Himalaya / John Harrison  
Kathmandu: Saraf Foundation for Himalayan Traditions and  
Culture, 2019  
396p.**

**Includes Index ; Bibliography**

**9789937069427**

**Himalayan Traditions and Culture Series, No. 14**

**\$ 50.00 / PB**

**1480gm.**

**<http://www.marymartin.com/web?pid=710665>**

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**Preserving Harisankara : Lessons in Rebuilding on Patan's  
Royal Square in Nepal, 2015 to 2019 / Niels Gutshow  
Kathmandu: Kathmandu Valley Preservation Trust, 2019  
472p.**

**9789937067256**

**\$ 50.00 / PB**

**1720gm.**

**<http://www.marymartin.com/web?pid=710666>**

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**Biography/Memoirs**

**My Life and Time : An Autobiography / Yog Prasad Upadhyay  
Kathmandu: Sangri-La Books India Ltd., 2020  
344p.**

**9789937734073**

**\$ 30.00 / PB**

**260gm.**

**Mr. Yog Prasad Upadhyay a retired politician and diplomat,  
joined politics through Akhil Bharatiya Nepali Rastriya  
Congress (1946) which later became Nepali Congress. He was  
a member of the Central Executive Committee of Nepali  
Congress in exile (1961-1977) and also actively involved in  
party politics as a member, assistant General Secretary and  
Spokesperson of the Nepali Congress Party (1977-1991).Mr.  
Upadhyay is also known as one of the administrative**

architects of the post-Rana Government in Nepal. He served as a Deputy Secretary in different departments (1950-1959) and as a Secretary in the Ministry of Communications, Works (Roads and Buildings), Power, Irrigation, Aviation and Tourism (1959-1961). After the restoration of democracy in 1990, Mr. Upadhyay became the Minister for Home Affairs and Communications and contributed to drafting the constitution and holding the first parliamentary elections under the new constitution-1990. He became a Member of the Parliament (Upper House) 1999-2001 and Minister for Education in 1999. He served as an Ambassador to the U.S.A., Canada, Mexico, and Panama (1991-1993). He was one of the first Fulbright Scholars from Nepal (1952-53).

<http://www.marymartin.com/web?pid=710667>

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#### Ecology/Environmental Studies

**Birds of Dolpa : Shey-Phoksundo National Park and Adjoining Areas / Naresh Kusi, Geraldine Werhahn & Laxman Prasad Poudyal**

**Kathmandu: Nepalese Ornithological Union, 2018  
152p.**

**Includes Index ; Bibliography**

**9789937037525**

**\$ 50.00 / PB**

**376gm.**

Ornithological Union (NOU) is a membership based non-profit organization that aims to establish itself as a conservation organization specializing in taxonomy and ecological research of birds in Nepal. NOU works closely with the Department of National Parks and Wildlife Conservation and other governmental/non-governmental conservation organizations for the promotion of scientific studies on birds and their habitats in Nepal.

<http://www.marymartin.com/web?pid=710668>

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#### Economics/Development Studies

**Principles and Practices of Food Security : Sustainable, Sufficient, and Safe Food for Healthy Living in Nepal / (Eds) Drona P. Rasali (et al.)**

**USA: Association of Nepalese Agricultural Professionals of America (NAPA), 2020**

xii, 408p.

9780578619958

\$ 40.00/ PB

510gm.

<http://www.marymartin.com/web?pid=710669>

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## Education

**Perspectives On Mother Tongue-Based : Multilingual Education in Nepal / (Ed) Yogendra P. Yadava & Lava Deo Awasthi**

**Kathmandu: Nepal Academy, 2019**

xxii, 414p.

9789937723282

\$ 20.00 / PB

366gm.

<http://www.marymartin.com/web?pid=710670>

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## History

**Nepal's Strengths, Struggles and Strains : Witnessing Five Decades of the Country's Progress and Changes / K.k. Panday**  
**Kathmandu: Vajra Books, 2020**

xxvi, 518p.

9789937733199

\$ 40.00 / PB

620gm.

<http://www.marymartin.com/web?pid=710671>

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**Nepal's Quinquennial Missions to China / Tri Ratna Manandhar & Tirtha Prasad Mishra**  
**Second Edition**

**Kathmandu: Mandala Point Point, 2020**

978994655335

\$ 20.00 / PB

210gm.

The book is designed to analyze different aspects of Nepal's quinquennial missions to china, which are still controversial to writers and historians.

<http://www.marymartin.com/web?pid=710672>

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Studies in Nepali History and Society, Vol. 25, No. 1, 2020 :  
Geographical Scholarship on Nepal : History of Birganj / (Ed)  
Pratyoush Onta (et al.)

Kathmandu: Mandala Book Point, 2020

288p.

ISSN: 1025-5109

\$ 30.00 / PB

334gm.

<http://www.marymartin.com/web?pid=710673>

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An Arduous Path : A Story of Tibetan Refugee's Struggle /  
Shree Bhakta Khanal (Translator) Bibhushana Paudel &  
Karuna Karki

Kathmandu: Sangri-La Pustak P. Ltd., 2020

292p.

9789937734394

\$ 16.00 / PB

232gm.

An arduous path takes the form of travelogue to account the socio-economic aspect of that long-abiding, complicated, and unresolved political issue of the Tibetan refugees living in Nepal.

<http://www.marymartin.com/web?pid=710674>

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Linguistics

Madhyamik Nepali : Secondary Level Textbook to Learn  
Nepali as Foreign Language / Bala Ram Aryal & Parashu Ram  
Poudyal

Nepal: Shisam Prakashan, 2019

Iv.

English , Nepalese Language

9789937071420

\$ 30.00 / PB

562gm.

<http://www.marymartin.com/web?pid=710675>

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## Literature

Old Man in the Mirror : A Lyrical Novel of a Real Time War /  
Anthal Nepal

Kathmandu: Shabdārtha Prakashan, 2019

116p.

9789937720366

\$ 10.00 / PB

116gm.

<http://www.marymartin.com/web?pid=710676>

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## Politics

Cabals And Cartels : An Up Close Look at Nepal's Turbulent  
Transition and Disrupted Development / Rajib Upadhya

Kathmandu : Fine Print, 2020

Iv.

9789937665629

\$ 35.00 / HB

This absorbing tale of Nepal's trials and tribulations in a challenging period is remarkable both for the depth of analysis and the breadth of its coverage. Focused on the country's dysfunctional transitional Governments of Nepal.

Cabals and Cartels takes us through the early reform years of the 1990s, the insurgency, Gyanendra's reign, the peace process, and finally the new federal system – with Nepal's politico-business nexus as the thread running through it all.

"This absorbing tale of Nepal's trials and tribulations in a challenging period is remarkable both for the depth of analysis and the breadth of its coverage. Focused on the country's dysfunctional transitional politics in relation to development and international aid, the book crafts a lucid story that reaches into critical aspects of Nepal's political economy to highlight a 'dark underbelly that continues to upset the hopes and promises of post-conflict transition."  
- Devendra Raj Pandey, Former Finance Minister and author of Nepal's Failed Development

"A brilliant and courageous analysis of how Nepal's pursuit of reform is ultimately shaped by the realities of the cartels and cabals. It keeps the injustices of daily life of Nepal's citizens firmly in view as it walks us through pivotal moments... For those who care about democracy and development, it provides important insights... For Nepali citizens and policy makers, it provides essential reading and a call to urgent action."

- Clare Lockhart, Director, Institute for State Effectiveness and co-author of Fixing Failed States

"Part memoir, part political-economy analysis, this book is a gripping account of Nepal's struggle for development. Cabals and Cartels doesn't mince words, slays a few sacred cows, and provides an analytical narrative that will help the Nepali people-and those of other poor countries-escape poverty."

- Shantayanan Devarajan, Professor, Practice of International Development, Georgetown University and former Chief Economist of the World Bank's South Asia Region

<http://www.marymartin.com/web?pid=710895>

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Nepal's Quest for Survival in a Challenging Geopolitical Setting : A Compendium of Related Essays, Monographs and Occasional Papers/ M R Josse (Ed) Ananda P. Srestha & Hari Uprety

Kathmandu: Nepal Foundation for Advanced Studies (NEPAS),  
2020  
588p.  
9789937846950  
\$ 45.00 / PB  
600gm.

The book deals with foreign policy challenges of Nepal  
authored by M R Josse

<http://www.marymartin.com/web?pid=711429>

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Nepal and Its Neighbours in the Changing World / (Ed) Hari P.  
Chand, Gao Liang & Injina Panthi  
Nepal: Lex & Juris Publication Pvt. Ltd. & Nepal Institute of  
Foreign Affairs and Prosperity, 2019  
xxiv, 234p.

Includes Index

9789937061667

\$ 20.00 / PB

280gm.

<http://www.marymartin.com/web?pid=711430>

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Best of Abin : Abin's Cartoon Collection, Volume 2 / Abin  
Shrestha

Kathmandu: BookArt Nepal, 2019

220p.

9789937726252

\$ 40.00 / HB

992gm.

Collection of Political Cartoons by Abin.

<http://www.marymartin.com/web?pid=711431>

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Religion – Buddhism



On a Day of a Month of the Fire Bird Year : Festschrift for Peter Schwieger on the Occasion of His 65th Birthday / (Eds) Jeannine Bischoff, Petra Maurer & Charles Ramble  
Kathmandu: Lumbini International Research Institute, 2020  
1018p.  
9789937061100  
\$ 80.00 / PB  
1540gm.

<http://www.marymartin.com/web?pid=711432>

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The Cult and the Practice of Bonpo Deity Walchen Gekhod, Also Known as Zhang-Zhung Meri : The Meditation Deity for the Zhang-Zhung Nyan-Gyud Tradition of Dzogchen from the Ancient Kingdom of Zhang-Zhung in Western Tibet / John Myrdhin Reynolds

Bonpo Translation Project

Kathmandu: Vajra Books, 2020

xviii, 566p.

Includes Index ; Bibliography

9789937733212

\$ 30.00 / PB

690gm.

The Meditation Deity for the Zhang-zhung Nyan-gyud, the Tradition of Dzogchen from the Ancient Kingdom of Zhang-zhung, containing translations of the Sadhana Practice texts for the deity Zhang-zhung Meri from the Me-ri sGrub-skor, together with the Origin Myth of Walchen Gekhod.

<http://www.marymartin.com/web?pid=711433>

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Lama of Lamas: The Life of the Vajra Master Chogye Trichen Rinpoche (2 Volumes) / David Jackson

Kathmandu : Vajra Books, 2020

2v.

9789937933018

\$ 99.00 (Set)

Lama of Lamas is the inspiring and amazing life story of a modern buddha. Born in Tibet in 1919 into a venerable

family of religious nobility, Chogye Trichen Rinpoche was enthroned as abbot of Nalendra Monastery when he was still just a teenager. After leaving his homeland as a refugee in 1959, he would eventually become in India and Nepal the revered guru of many of the greatest masters of Tibetan Buddhism.

"Kyabje Chogye Trichen Rinpoche was a very great master and important lineage holder in the Sakyas tradition. He was a highly respected teacher, not only for me, but also for tens of thousands of devoted disciples throughout the world. His influence extended far beyond the Sakyas tradition.

Recognizing his excellent good qualities, the greatest masters of our time from every tradition of Tibetan Buddhism, including His Holiness the Dalai Lama himself, requested Chogye Trichen Rinpoche to bestow empowerments and teachings upon them. He is one of the most important root gurus, as I received the entire Collections of Tantras empowerments, teachings and transmissions from him. He is still revered and supplicated even after his parinirvana in 2007.

Khyabje Chogye Trichen Rinpoche was a pure holder of the Vinaya, a true bodhisattva and a great Vajrayana master. He developed these qualities to a high degree of realization through years of retreat. To preserve the Dharma and create opportunities for others to practice, he also established several monasteries and retreat centers.

<http://www.marymartin.com/web?pid=711434>

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## Travel Guidebooks

**BHUME : A Pictorial Journey / Surendra Rana**

Kathmandu: Himalayan Map House, 2019

128p.

English, Nepali

9789937918497

\$ 40.00 / PB

650gm.

<http://www.marymartin.com/web?pid=711435>

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**Kathmandu Valley Heritage Walks : Your In-Depth Guide to Discovery / David Ways**

**Himalayan Travel Guides Series**

**Nepal: Himalayan Map House, 2019**

**x, 374p.**

**Includes Index ; Bibliography**

**9789937918275**

**\$ 30.00 / PB**

**356gm.**

Explore Kathmandu Valley's Heritage like never before with fully comprehensive easy to follow guidebook. Over 28 original heritage walks have been created for this book and for you to walk them easily. Using detailed maps and diagrams you can now navigate the old Newari cities of the valley better than anyone else. Hidden heritage is finally revealed exclusively to you with insider knowledge into the places no guides or guidebooks have ever gone before.

<http://www.marymartin.com/web?pid=711436>

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**Nepal : The Most Complete Travel Guide to Nepal / David Ways**

**Second Edition**

**Nepal: Himalayan Map House, 2019**

**x, 566p.**

**Includes Index**

**9789937918268**

**Himalayan Travel Guides Series**

**\$ 30.00 / PB**

**514gm.**

Nepal is an epic country filled with unique cultures, exhilarating adventures, the world's best trekking routes and some of the friendliest people on earth. This comprehensive second edition guide to Nepal will take you through independent step-by-step cultural heritage walks around mystical valleys, up into worldfamous Himalayan mountain

trails, all the way into dense steamy wildlife filled jungles to the south and out into the rarely explored far eastern part of the country.

For over a decade [www.thelongestwayhome.com](http://www.thelongestwayhome.com) has been the world's most trusted and popular online guide to Nepal with original content not found anywhere else. Now this innovative, in-depth second-edition book brings you the very best Nepal has to offer in a factual, honest and practical way like no other guidebook before. Go beyond, travel to discover the real Nepal and make the most of your trip of a lifetime with this groundbreaking guidebook.

<http://www.marymartin.com/web?pid=711437>

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