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My Life in Safety : Lessons in Performance Improvement / Krishna M Bala
Gerakbudaya Enterprise, Petaling Jaya, Malaysia 2021

xii, 112p.;
9789670311753
\$ 25.00 / null
202 gm.

In the journey to improve performance in the field of safety, it is a sobering reality that input does not always equal output. That is the unique and ever-present challenge faced by leaders, managers and safety professionals in any industry that has a significant element of operational risk – industries where workers' lives are at stake. In a novel approach to addressing this dilemma, My Life in Safety treats this as a change management project, requiring synergy between people, plant and process to deliver the desired outcomes. What it offers is a tried and tested mental model that enables a systematic approach to the attainment of the ultimate objective of achieving "Zero". The Flow consists of a framework of tools, synthesising the author's four decades in operational, transformational and safety roles. It is a short and light read in a chatty personal style with concepts supported by the author's experiences and insights.

Krishna Bala's My Life in Safety provides readers with a highly accessible and practical tool – "The Flow." The Flow offers a data-driven approach to understanding injury causation and developing sustainable improvement strategies. Anyone in a position to help their organization get to, and stay at, Zero will benefit from it. Kristen Bell – Partner, Krause Bell Group. Co-author of 7 Insights Into Safety Leadership

<https://www.marymartin.com/web?pid=778639>

Wabi sabi : the wisdom in imperfection / Nobuo Suzukitranslated from Spanish by
Russell Andrew Calvert

Tokyo : Tuttle publishing 2021
160 p ; 20 cm
9784805316313
\$ 14.99 / null

Art--Japan Aesthetics--Japan

<https://www.marymartin.com/web?pid=778256>

= The Case of the Cottingley Fairies : / ,

Tokyo : Seikyusha 2021
194p ; 21cm
9784787274397
\$ 56.00 / null
Psychic Research

<https://www.marymartin.com/web?pid=778255>

The Humanist : A Drama on Human Solidarity Against Sorrows and Sufferings! /
B.K.S. Ray

B R Publishing Corporation, Delhi 2021

227p.; 22cm.

9789388789745

\$ 8.50 / null

450 gm.

In his drama, "The Humanist", B.K.S. Ray has come out with his narratives in defence of humanity and humanism. The drama is a strong reflection of humanitarian feelings against a scenario of sorrows, sufferings, pains and despair. The sunshine spirit of the drama centres around Kishore, a research scholar at the Jawaharlal Nehru University, New Delhi who takes pride in his humanitarian feelings.

<https://www.marymartin.com/web?pid=775607>

Everyday Yoga : an illustrated guide to Healing / Yogeswar

Penguin Random House, Haryana

xiii, 464p.; 23cm

9780143029656

\$ 12.50 / null

450 gm.

'He who masters the asanas conquers the world' Trisikhibrahmanopanishad (Mantrabhaga) In the past few years, the popularity of yoga as the ultimate key to fitness, both physical and mental, has resulted in a plethora of books, videos and audio tapes designed to guide a learner through the various asanas prescribed by the Yogasutra. Everyday Yoga goes one step further by telling you not merely how to practice an asana the right way to maximum effect, but also how best to share your knowledge and teach others the theory and practice of yoga. It is like a text book in its approach: lesson by lesson, you are introduced first to the basics and then to the more advanced levels of practice.

<https://www.marymartin.com/web?pid=774465>

Voices from the Lost Horizon : Stories and Songs of the Great Andamanese /
Anvita Abbi

Niyogi Books, New Delhi. 2021

176p.; ill.; 25cm

9789391125066

\$ 25.00 / HB

600 gm.

The Andaman Islands—Great Andaman, Little Andaman, and North Sentinel Islands have been home for milleniums to four tribes: the Great Andamanese, Onge, Jarawa, and Sentinelese. Their languages are known by the same name as that of the tribes. 'Great Andamanese' is a generic term representing ten languages among a family of languages that were once spoken by ten different tribes living in the north, south, and middle of the Great Andaman Islands. These languages were mutually intelligible like a link in a chain. However, today, Great Andamanese is a moribund language of the only-surviving pre-Neolithic tribe, breathing its last breath. When a language is on the verge of extinction, its history, culture, ecological base, knowledge of the biodiversity, ethno-linguistic practices, and the identity of its community—everything is endangered. This is what prompted Prof. Anvita Abbi to conduct a research study to give life to the lost oral heritage of the vanishing world of the Great Andamanese. Voices from the Lost Horizon is a collection of a number of folk tales and songs of the Great Andamanese. These stories and songs represent the first-ever collection rendered to the Prof. Abbi and her team by the Great Andamanese people in local settings. The compilation comes with audio and video recordings of the stories and songs to retain the originality and orality of the narratives.

<https://www.marymartin.com/web?pid=774450>

Everyday Yoga : an illustrated guide to Healing / Yogeswar

Penguin Random House, Haryana

xiii, 464p.; 23cm

9780143029656

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<https://www.marymartin.com/web?pid=774465>

All You Who Sleep Tonight / Vikram Seth

Penguin Random House, Gurugram 2012

73p.; 20cm

9780143418139

\$ 5.00 / null

210 gm.

All You Who Sleep Tonight In his third collection of poems, Vikram Seth's marvellous facility with language and craft is once again displayed to full effect. Here are witty, cynical quatrains, love poems of tender yearning and sombre, deeply moving verse that move across time and place. About the Author: Vikram Seth Vikram Seth is the acclaimed author of three novels including The Golden Gate and A Suitable Boy, one of the most beloved and widely read books of recent times. He has also written five books of poetry, an opera libretto, a book of other libretti and two highly regarded works of non-fiction. He currently divides his time between the UK and India.

<https://www.marymartin.com/web?pid=775262>

The Book of Shiva / Namita Gokhale

Penguin Random House, Haryana, India 2012

130p.; 18cm.

Includes Bibliography

9780143419891

\$ 0.00 / null

210 gm.

Shiva: Destroyer and Protector, Supreme Ascetic and Lord of the Universe. He is Ardhanarishwara, half-man and half-woman; he is Neelakantha, who drank poison to save the three worlds and yet, when crazed with grief at the death of Sati, set about destroying them. Shiva holds within him the answers to some of the greatest dilemmas that have perplexed mankind. Who is Shiva? Namita Gokhale examines this question and many others that lie within the myriad of stories about Shiva. Even as she unravels his complexities, she finds a philosophy and worldview that is terrifying and yet life affirming-an outlook that is to many the essence of Indian thought.

<https://www.marymartin.com/web?pid=775899>

My Dateless Diary: An American Journey / R.K. Narayan

Penguin Random House, Haryana, India 1964 (Reprint 1988)

187p.; 20cm.

9780140109412

\$ 0.00 / null

250 gm.

An unusual and witty travel book about the United States of America. At the age of fifty, when most people have settled for the safety of routine, R. K. Narayan left India for the first time to travel through America. In this account of his journey, the writer's pen unerringly captures the clamour and energy of New York city, the friendliness of the West Coast, the wealth and insularity of the Mid-West, the magnificence of the Grand Canyon...Threading their way through the narrative are a host of delightful characters from celebrities like Greta Garbo, Aldous Huxley, Martha Graham, Cartier Bresson, Milton Singer, Edward G. Robinson and Ravi Shankar to the anonymous business tycoon on the train who dismissed the writer when he discovered Narayan had nothing to do with India's steel industry. As a bonus, there are wry snapshots of those small but essential aspects of American life muggers, fast food restaurants, instant gurus, subway commuters, TV advertisements, and American football. An entrancing and compelling travelogue about an endlessly fascinating land

<https://www.marymartin.com/web?pid=775904>

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