

Make the Right Choice

J. P. Vaswani

9789386215703

Self Help; Mind, Body & Spirit

Pan | Rs 250 | 148pp | Paperback | B Format

March 10, 2019

Do you realize that you make 600 to 3,000 choices in a day? From the moment you wake up to the time you go back to sleep, you are always making a choice! So you have the choice to choose well for yourself.

Make the Right Choice is one of Reverend Dada J. P. Vaswani's many practical guides to a happy and contented life. It is based on one of his inspiring talks he delivered on his ninety-ninth birthday at the Sadhu Vaswani Mission Centre, which makes this book special. It is also one of the last few books that Dada Vaswani had written before his sudden demise on 12 July 2018.

A modern, practical and insightful read, *Make the Right Choice* is the author's personal guide to managing our choices in life.

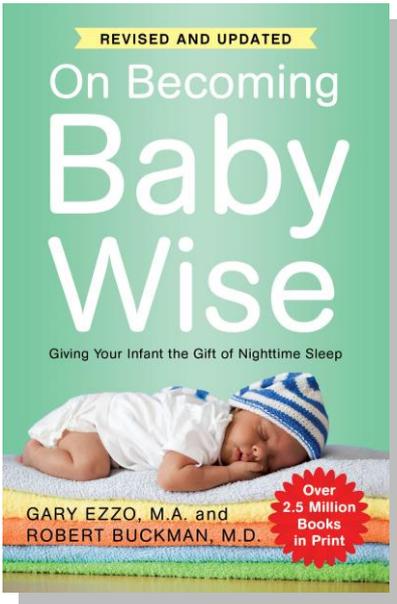
Giving seven positive affirmations to follow, Dada Vaswani inspires us to be intuitive, courageous, kind and forgiving. Once we start showing strong affection towards ourselves, we are then no longer clouded with wrong choices. The path becomes clearer.

'You can choose to be what you wish to be!'

Author Bio

Reverend Dada J. P. Vaswani (2 August 1918–12 July 2018) is the spiritual head of the non-sectarian and internationally renowned Sadhu Vaswani Mission. He ~~is known to have~~ led a life of selfless service and for relentlessly spreading the message of peace, love, brotherhood and reverence all over the world. Under his inspiring leadership the Sadhu Vaswani Mission has built hospitals, schools and colleges and undertaken rehabilitation and relief programmes to uplift the society.

Being a visionary saint Dada J. P. Vaswani's illustrious life helped millions to understand the meaning of life. He has spoken on several global platforms on subjects including vegetarianism, animal rights, forgiveness, women empowerment, new education and many more. He is also widely acclaimed as an author and poet, he has written over 150 self-help and inspirational books, some of which have been translated into seventeen world languages. His timeless wisdom and wit and humour have illumined the lives of many.



On Becoming Babywise: Book-I
Giving Your Infant the Gift of Nighttime Sleep

Gary Ezzo, M. A. and Robert Buckman, M. D.

9789386215895

Family & Relationships > Family & Health

Pan | Rs 350 | 359pp | Paperback | B Format

March 10, 2019

'[T]his is a sigh of welcome relief for sleepless, weary parents' DAVID BLANK, MD, Longmont, CO

'[C]onvinced of its effectiveness' CRAIG LLOYD, MD, Brisbane, Australia

'Babywise provides sound parenting advice and common-sense' DAVID MILLER, MD, Superior, CO

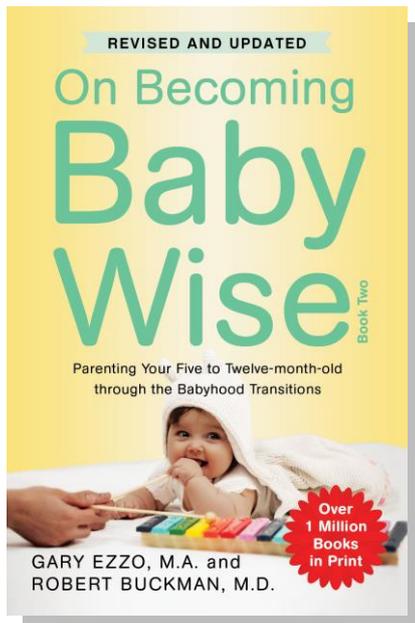
Scientists can put a man on the moon, but they cannot answer the most basic question of early parenting: how to have a happy and contented baby who sleeps continually through the night like the rest of the family and a mother who is not in a perpetual state of exhaustion. Now, moms and dads need look no further than *On Becoming Babywise*.

Babywise is an exciting infant management plan that successfully and naturally helps infants synchronize their feeding, waketime and nighttime sleep cycles. Find out what millions of grateful parents worldwide have already learned. Discover the positive prescription for curing sleepless nights and fussy babies. Recommended by doctors across the country.

Author Bio

Gary Ezzo, M.A., serves as the executive director of Growing Families International. He and his wife Anne Marie, have spoken to millions of mothers, fathers, educators and medical clinicians through their best-selling books and weekend seminars. Their parenting concepts are now in twenty-five languages. The Ezzos have two daughters, nine grandchildren, and reside in South Carolina.

Robert Bucknam, M.D., F.A.A.P. is the founder and director of Cornerstone Pediatrics in Louisville, Colorado where he resides with his wife, Gayle, and their four sons. He has served thousands of parents in Colorado for the last 28 years. With a targeted interest in preterm and high-risk newborns, Dr. Bucknam's opinions are highly respected within the Pediatric community. His practice has expanded into multiple hospitals in the area where he works close with 37 licensed pediatricians. Dr. Bucknam's development of Parent Directed feeding has been utilized by 6 million parents worldwide.



On Becoming Babywise-Book II

Parenting Your Five to Twelve-month-old through the
Babyhood Transitions

Gary Ezzo, M. A. and Robert Buckman, M. D.

9789386215895

Family & Relationships > Family & Health

Pan | Rs 299 | 179pp | Paperback | B Format

March 10, 2019

‘Finally, a parenting guide that works! As a pediatric professional, I enthusiastically recommend this book as a vital road map for the pretoddler months’

PENN LAIRD, MD, Pediatric Cardiologist, Dallas, Texas

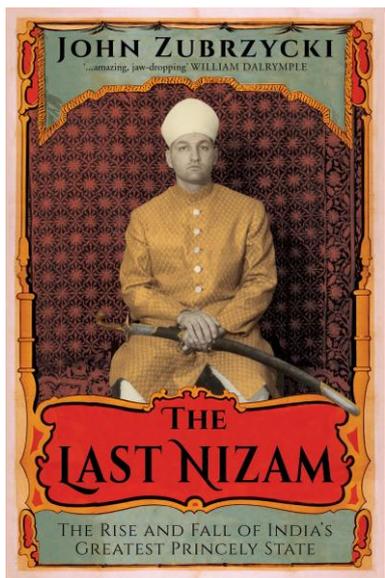
For babies ages five to twelve months, each day is filled to overflowing with sensory stimulation and learning opportunities. Mealtime and waketime are now part of a very complex, conscious interaction between what the child does and what Mom and Dad expect him to do. That’s why feeding time, waketime, and sleeptime provide wonderful opportunities for training.

We designed *Babywise II* to assist parents in establishing the right patterns of learning for their baby in the critical periods of brain formation and adaptation. These patterns form learning structures that assist the child throughout his or her early development. Therefore, the first patterns established need to be right patterns and *Babywise II* will show you the way.

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The Last Nizam **The Rise and Fall of India's Greatest Princely State**

John Zubrzycki

9789386215802

Non-Fiction > History > Biography

Picador India | Rs 499 | 404pp | Paperback | B Format

March 10, 2019

The Last Nizam is the story of an extraordinary dynasty, the Nizams of Hyderabad, and how the heir to India's richest princely state gave up a kingdom and retired to the dusty paddocks of outback Australia. With vivid detail and anecdotes, John Zubrzycki charts the rise of the Nizams to fabulous wealth and prominence in the detritus of the Mughal empire, giving a rich and vibrant portrait of a realm soaked in blood and intrigue. Above all he describes the strange and sometimes tragic life of Mukarram Jah, His Exalted Highness, the last Nizam, the man who left behind the diamonds of Golconda and the palaces of Hyderabad to drive bulldozers in the Australian bush.

Meticulously researched, *The Last Nizam* adds a crucial chapter to the history of India, capturing the conspiracies and machinations that kept the Nizams in the news while simultaneously deepening their legend.

John Zubrzycki has lived and worked in India as a foreign correspondent, diplomat and tour guide. His other books include the best-selling *Jadoowallahs, Jugglers and Jinns: A Magical History of India* and *The Mysterious Mr Jacob: Diamond Merchant, Magician and Spy*.

REVIEWS

'John Zubrzycki has pulled off a remarkable coup: *The Last Nizam* is the sort of amazing, jaw-dropping and almost completely unexplored and unwritten story that writers of non-fiction spend their lives dreaming of'

WILLIAM DALRYMPLE

'A tale told with a novelist's vivacity, a first-class narrator's eye for pace, and a poet's sensibility for language, and is a delightful read' **THOMAS KENEALLY**

'A master storyteller' **OUTLOOK**

'A story of wealth lost and squandered, of the frailty of human vanity' **THE SYDNEY MORNING HERALD**

'[Jah's] life and times is a story worth telling and Zubrzycki tells it exceedingly well' **INDIA TODAY**

'Zubrzycki's book is a great way to step back in time and see what went miserably wrong with a state so wealthy and powerful' **MUMBAI MIRROR**

'...the reader is gripped, as the book goes on, by the strangeness of a world of fairytale and corruption, and by the tale of a man out of place and time, who lost an almost incalculable fortune but had a pride in his identity' **THE AGE**