notes and references of the major ideas presented in each chapter. This book is a milestone in the research of the phenomena that transformed Mohandas into a Mahatma.

Swami Shantachittananda
Associate Editor, Prabuddha Bharata

‘Looking Within’: Life Lessons from Lal Ded
Trans. and Ed. Shonaleeka Kaul

Kashmir weaves a rich tapestry of geographical, cultural, and spiritual heritage. Kashmir Shaivism is the crowning jewel of this spiritual tradition, of which Lal Ded is a brilliant gem, being one of the earliest women gurus of the valley. Shonaleeka Kaul translates 101 teachings of Ded and arranges them in the four chapters of ‘Life of Illusions’, ‘The Search’, ‘The Realization’, and ‘The Way’, mirroring the steps of understanding the illusoriness of this universe, searching for the non-illusory Truth, realising it, and showing the way to other spiritual aspirants. This book is daily spiritual reading.

Swami Narasimhananda
Editor, Prabuddha Bharata

BOOKS RECEIVED

Alphabets of Good Life: A Treasury of Wisdom
J P Vaswani, Ed. Dr Prabha Sampath and Krishna Kumari

100 Love Stories: That Will Touch Your Heart
J P Vaswani, Comp. Dr Prabha Sampath and Krishna Kumari

What Then?
J P Vaswani

A Love: That is Love Indeed
J P Vaswani

Switch On The Light
J P Vaswani

Seven Steps on the Path: And Other Heart to Heart Talks
J P Vaswani

Make the Right Choice
J P Vaswani