



STERLING

*Rights
Catalogue*

2019

Sterling Publishers Pvt. Ltd. is delighted to present its Rights Catalogue 2019.

We have been in the arena of selling rights across the world for more than two decades now. It all started in 1996, when we sold the rights to Educational Publications Department Sri Lanka and since then we have sold our rights for children books, academic books, university level text books and paperbacks in about 41 countries and have also co-published in various parts of the world. This time again, we bring to you a list of our curated titles and hope you will enjoy making your selection.

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Fiction

Year of Publication: 2019

Format: Paperback

Size: 5.5×8.5"

Extent: 272pp

Price: ₹350

ISBN: 978 93 86245 40 3



World Rights Available

The Street: A Novel

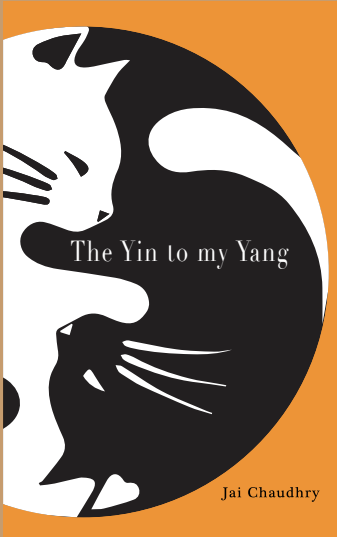
We see them everywhere and yet make them invisible. We don't tell their stories because we can't identify with them. The Street is that untold story about the life of the people, who live and grow on the street. Surrounded with various threats, yet how they make space for the thrills of life is all that you get to experience in the book. It explores the daily struggle for survival of street children and the freedom they cherish and aspire.

About the author



Hrishikes Bhattacharya was a professor at Indian Institute of Management Calcutta. This book is the product of his intensive research spanning over a decade on street children. Besides publishing extensively on economics and management, the author has published several short stories and book of poems.

Fiction



ISBN: 978 93 86245 43 4

Price: ₹190

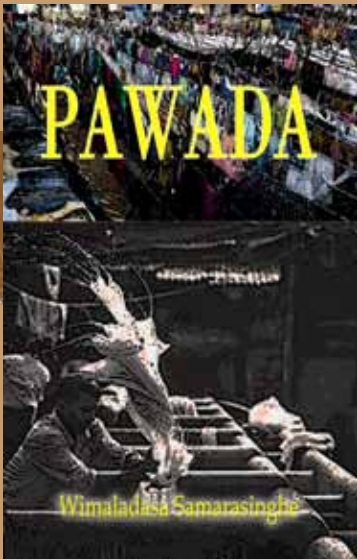
World Rights Available

The Yin to my Yang

This compelling story about twins comes from a young teenager. It is a light, yet a gripping story about fraternal twins, Jaidev and Tara, a brother and a sister, and the inexplicable bond they share. It takes you through the alleys of their childhood memories, their life today, and the ups and downs a brother-sister relation goes through while growing years.

About the author

Jai Chaudhary is a 15-year-old school going boy who loves to listen to music and read fiction. Living up the experience of having a twin sister, the bond he shares with her encouraged him to pen down his feelings and write his debut book.



World Rights Available

Pawada

It is a story of a the hardships and trials of a poor family lived under the tension of caste based agricultural society of Sri Lanka in twentieth century. For survival they washed and cleaned dirty cloths of the other people without any charge, however, were compensated with paddy but only during harvesting period. But one day they decide to fight for their survival and betterment against all odds with a hope that this would open up a new path for them.

About the author

Wimaladasa Samarasinghe is a leading writer in Sri Lanka, who has written more than 60 books, among them there are 12 novels and 30 translations. He has translated many novels of renowned writers. He is one of the few pioneers who introduced Japanese literature in Sri Lanka. On his retirement from the Government Service he was appointed as the Director, Regional Cultural Centre of the SAARC Organization in addition to the Adviser to H.E. The President of Sri Lanka.



Yoga



Other outstanding Yoga book
by Swami Vidyanand

Basic Transformational Yoga
Swami Vidyanand
978 81 207 4776 0 ₹ 100
Illustrated

**World Rights Available
except Hindi and
Bahasa Indonesia**

Year of Publication: 2015

Format: Paperback

Size: 5.5×8.5"

Extent: 78pp

Price: ₹150

ISBN: 978 81 207 9603 4

Illustrated

**World Rights Available
except Hindi**



Self-Transformation Through Transformational Yoga

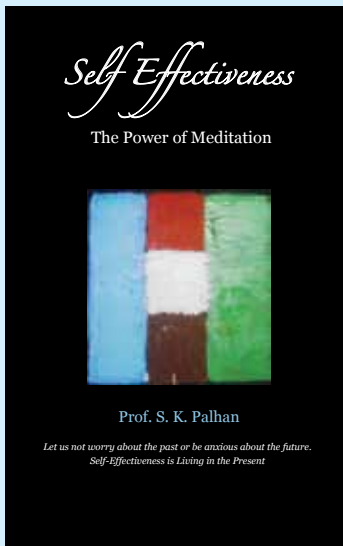
This book focusses on techniques of Hatha, Tantra, Raja, Mantra, Ashtanga and Kundalini Yoga to bring about a rapid and positive transformation in physical health and stamina, emotional balance, higher mental guidance, unconditional love, faith and spiritual bliss consciousness. At a deeper level it purifies and awakens the pure body. If you think Transformational Yoga might not be for you, reconsider. Remember, you are truly healthy when you are not just physically fit but also mentally and emotionally fit.

About the author



Swami Vidyanand is a renowned yoga master and the founder of Transformational Yoga. His signature system is inspired by the Integral Yoga of Sri Aurobindo and the Mother. He is also the spiritual head of SriMa International School of Transformational Yoga and Founder President of Yoga Alliance International (YAI), Yoga Alliance India, Yoga Alliance Europe, Yoga Alliance of the Americas, Yoga Alliance of Africa, and the Grand Master Courses (Hatha Yoga, Kundalini Yoga, Meditation, Transformational Yoga and Yoga Therapy.)

Holistic Living



Year of Publication: 2016

Format: Paperback

Size: 5.5×8.5"

Extent: 168pp

Price: ₹250

ISBN: 978 93 85913 81 5

World Rights Available

Self Effectiveness: The Power of Meditation

This hand book talks about the infinite potential meditation has, to ignite the self-effectiveness by discussing the traits which have made people highly effective in diverse areas. It comes with detailed practical suggestions and examples on how to increase your self-effectiveness by keeping the mind in the present. The book also shares different techniques of meditation; that can improve the quality of life in terms of enhanced effectiveness and reduce stress levels.

About the author



Prof. S. K Palhan is the Founder Director of Great Lakes Institute of Management, Gurgaon. He is an engineering graduate from I.I.T Kharagpur. He did his MBA from Faculty of Management Studies, Delhi University and received Advanced Training in Industrial Management in the Netherlands. He has conducted more than 300 programmes on various aspects of self-effectiveness for corporates, management institutes and judges of Delhi and students of many schools.

Holistic Living

Year of Publication: 2017

Format: Paperback

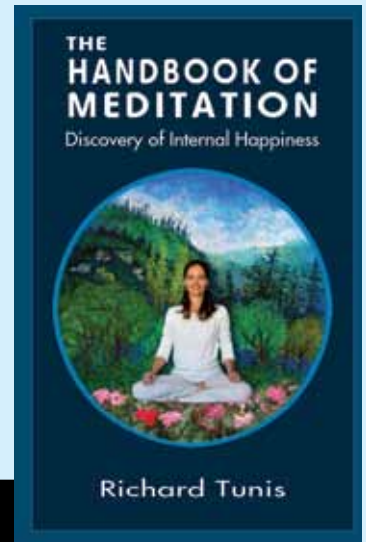
Size: 5.5×8.5"

Extent: 136pp

Price: ₹300

ISBN: 978 81 207 9494 8

World Rights Available



The Handbook of Meditation

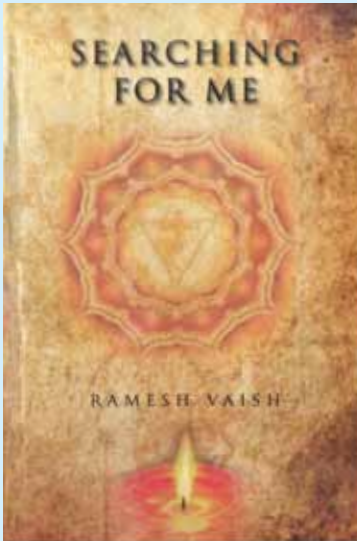
The benefits of meditation are irrefutable and this book is a resource that explains exactly what meditation is. It explores the four traditional techniques of meditations and then shares about its physiological and psychological benefits. It is an ideal book for those wanting to learn meditation or has been meditating and would like clarification and guidance regarding the practice.

About the author

Richard Tunis' Forty years of research and personal experience are eloquently expressed in this comprehensive treatise that demystifies and shed light on meditation. In his quest to fathom the full depth of meditation, the author travelled to India on several occasions. He has taught the science and practice of meditation in Canada, India and Japan.



Holistic Living



Year of Publication: 2018

Format: Paperback

Size: 5.25x8"

Extent: 216pp

Price: ₹300

ISBN: 978 93 86245 23 6

**World Rights Available
except Hindi**

Searching for Me

Do you ever think about questions such as: Who am I? Why is there so much conflict in my life? How can I be my true self? Where am I going? The book examines these questions and takes you through an insightful journey inward in search of meaningful answers.



978 81 207 7951 8 Price: ₹195

Freedom from Baggage

Who doesn't crave for a stress-free life? - We all do, and how to do so, is what this book answers through a story of a young lawyer and his doctor wife. The book gives us an insight into the problems and stress we all face in our daily lives and helps us find the solution to it.

About the author

Dr. Ramesh Vaish is distinguished economics, Chartered Accountant and lawyer. He obtained his PhD in economics from the University of Florida, U.S.A. Along with his academic contributions; he has 45 years of experience in international finance, taxation and investment. He has lived and worked in India, America, England and Singapore.



Women Empowerment

Year of Publication: 2013

Format: Paperback

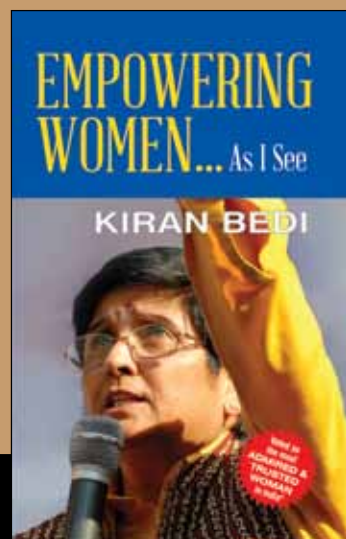
Size: 5.5x8.5"

Extent: 184pp

Price: ₹200

ISBN: 978 81 207 8114 6

**World Rights Available
except Hindi**



Empowering Women...As I See

The empowerment of women and the improvement of their political, social, economic and health status is a highly important end in itself. In this book, the author Kiran Bedi, in her usual bold, candid, and simple style, presents her deep insights about issues that affect women and presents some of her innovative ideas on what needs to be done by the government, the leaders, the society, and the individuals.

About the author



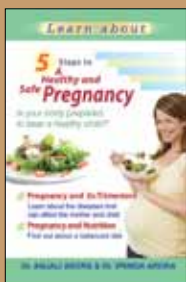
Voted as "India's most admired" and "most trusted woman", **Kiran Bedi** is a super-achiever in many diverse fields. She is Lt. Governor of Puducherry, and has been a recipient of numerous prestigious awards, the most notable being the Ramon Magsaysay Award for Government Service, and the President's Police Medal for Gallantry. She was the first Indian to be appointed as Civilian Police Advisor to the Secretary-General of the United Nations, in the Department of Peacekeeping Operations.

Healthcare & Cure

About the Series

'Health is Wealth' - Here is the complete healthcare and cure series that lets you into the secrets of better health care and give you an insight into the causes of diseases and the ways to cure them.

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Portuguese, Greek, Spanish,
Arabic, Italian**



5 Steps to a Healthy and Safe Pregnancy
978 81 207 4922 1 ₹125



5 Steps to Healthy Nutrition
978 81 207 3248 3 ₹100



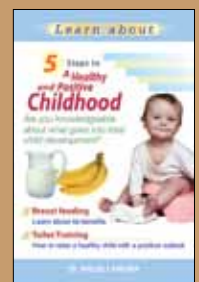
5 Steps to Detect and Manage a Heart Attack
978 81 207 3247 6 ₹100



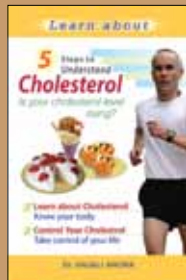
5 Steps to Combat Asthma and Allergies
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5 Steps to Control High Blood Sugar
978 81 207 3243 8 ₹100



5 Steps to a Healthy and Positive Childhood
978 81 207 4921 4 ₹100



5 Steps to Understand Cholesterol
978 81 207 3244 5 ₹100



5 Steps to Control High Blood Pressure
978 81 207 3242 1 ₹100



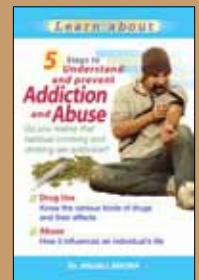
5 Steps Towards Managing Aches and Pains
978 81 207 4919 1 ₹100



5 Steps to Counteract Stress
978 81 207 3245 2 ₹125



5 Steps to Manage Obesity
978 81 207 3249 0 ₹100



5 Steps to Understand and Prevent Addiction and Abuse
978 81 207 7982 2 ₹125

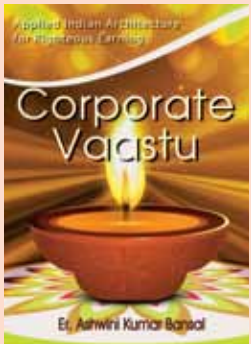
Size of each book : 8.5" X 5.5" Extent : 64-80pp Each Books in Colour

About the author

Dr. Anjali Arora did her MD from Lady Harding Medical; College and S.K hospital, New Delhi. Currently, she is working at Sir Ganga Ram Hospital as a Senior Consultant in the Department of Cardiology. She has a number of International and National papers to her credit.



New Age



ISBN: 978 93 86245 24 3 Price: ₹500

Corporate Vaastu

Vaastu, the science of architecture is different for a residential building and is different for a commercial building. The book here gives you an elaborate view of how to introduce the principles of business Vaastu — including office, shopping malls, factories, educational and religious premises.

Year of Publication: 2016

Format: Paperback

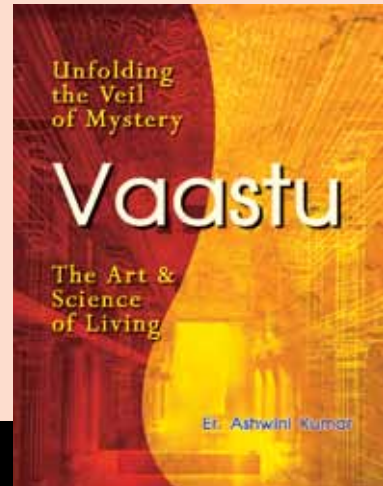
Size: 6.75×9.5"

Extent: 366pp

Price: ₹500

ISBN: 978 81 207 2569 0

World Rights Available



Unfolding the veil of Mystery, Vaastu

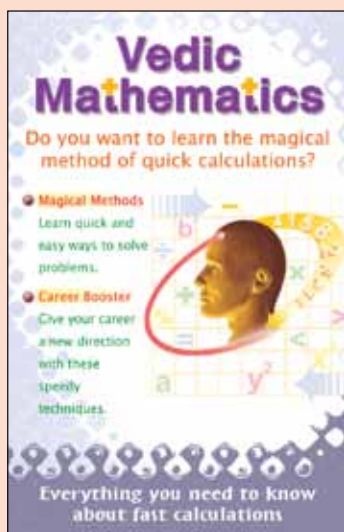
Vaastu Shastra is the art and science of living a happy and contented life. In the modern day world of high-speed technology, many diseases are arising out of faulty lifestyles. The book is an intelligent amalgamation of the ancient practice of Vaastu living and modern technologies of house building and architecture. It offers an introduction to Vaastu Shastra, systematising and standardising its techniques and methodologies.

About the author



Er. Ashwini Kumar Bansal MA (Philosophy), MIE (Civil Engg), LLB was awarded a Gold Medal of Jyotish Acharya in 1997 from Bhartiya Vidya Bhawan, New Delhi. Presently, the author is honorary guide and professor of Vaastu Shastra and Palmistry at the Centre of Indology.

New Age



Year of Publication: 2016

Format: Paperback

Size: 5.5×8.5"

Extent: 120pp

Price: ₹75

ISBN: 978 1 84557 220 4

**World Rights Available
except Japanese,
Chinese, Korean and
Arabic**



978 1 932705 08 2

Price: ₹75

Vedic Mathematics for Intelligent Guessing

The book is a key to success for cutting edge crucial examinations. It explores the smart and essential tips on how to guess intelligently and calculate fast with a detailed explanation of various interesting ways of solving the problems.

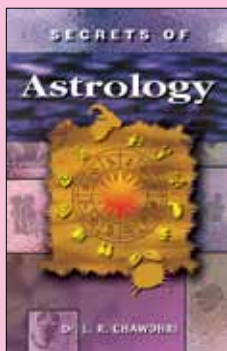
Vedic Mathematics

The book gives you magical methods of fast calculations. Based on the Ancient Indian principles, these unique calculation methods book is of great help for students, as it will help them to increase their speed of working with numbers without using any electronic machines.

About the author

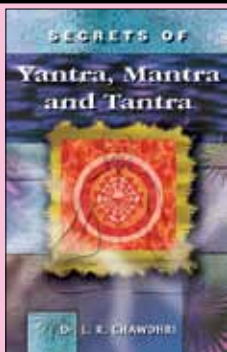
Pradeep Kumar has rich experience in teaching students appearing for various competitive exams. The author was often asked about the usefulness of magical methods of Vedic mathematics, so he decided to pen down the books to highlight its usefulness and explain the various methods.

Occult Sciences



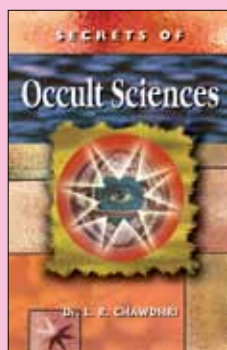
Secrets Of Astrology
Dr L R Chawdhri
978 81 207 6880 2 ₹ 150

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**Secrets Of Yantra, Mantra And
Tantra**
Dr L R Chawdhri
978 81 207 6881 9 ₹ 250

World Rights Available



Secrets Of Occult Sciences
Dr L R Chawdhri
978 1 84557 023 1 ₹ 150

**World Rights Available
except Russian**

Year of Publication: 1996

Format: Paperback

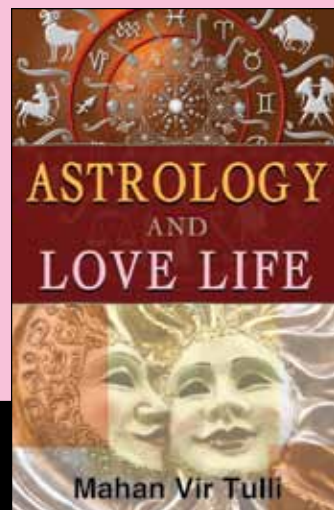
Size: 5.5x8.5"

Extent: 142pp

Price: ₹125

ISBN: 978 81 207 4440 0

**World Rights Available
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Astrology And Love Life

Ever wondered if the stars and planetary movements actually governed our relationships or the matters of the heart? Well, if it is a yes, then this book will be your best companion and guide. The book is an attempt to decipher the intricacies of the compatibility of zodiac signs, the attraction between people of diverse temperaments and what leads to romantic alliances and conjugal ties.

About the author

Mahan Vir Tuli is a former diplomat, who has traversed over 100 countries during his tenure in the Indian Foreign Service and lectured on Astro-sciences in several languages. He has met world celebrities from all walks of life and predicted about them with great precision. He has received various awards in this field and has penned plethora of other titles. Presently, he's running an Astro Research Centre in East Delhi.

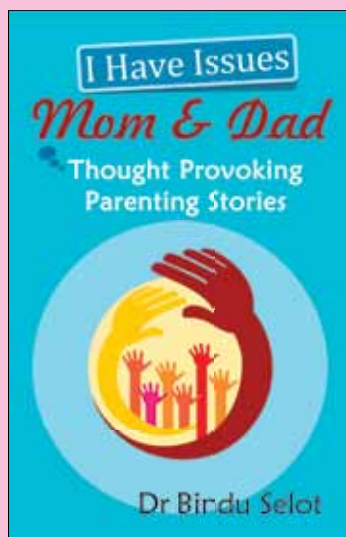


About the author

The late **Dr. L.R Chawdhri** had a life experience in the fields of astrology, palmistry and numerology. He specialized in remedial measures developed through these sciences and wrote 17 widely-acclaimed books on occult sciences.



Parenting



Year of Publication: 2015

Format: Paperback

Size: 5.5x8.5"

Extent: 114pp

Price: ₹250

ISBN: 978 81 207 9655 3

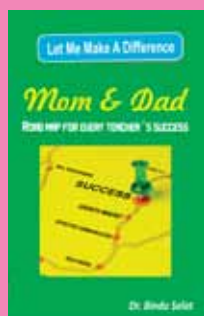
World Rights Available

I Have Issues Mom and Dad

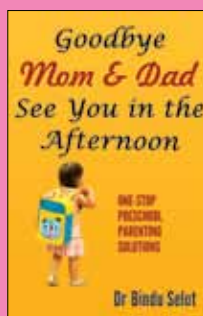
As the famous saying goes – 'Parenting... who said it would be easy?' - Here is a set of thought-provoking stories of real parenting challenges, experiences and learning. The readers get insight and a different perspective of the various situations which are common in nature with growing kids. After each story, the concerns are explored from different angles, with a problem-solving approach

About the author

Dr. Bindu Selot is a professional Parent Counsellor. She has interacted with over 20,000 parents through her individual counselling sessions and workshops. She is currently associated with Amion Amity's Caring Preschool as a Parent and Training (ACERT).



Let Me Make A Difference
Mom & Dad: Road Map For
Every Teacher's Success
978 93 85913 99 0 ₹ 300



Goodbye Mom & Dad See
You In The Afternoon
978 81 207 8765 0 ₹ 250

Motivational

Year of Publication: 2012

Format: Paperback

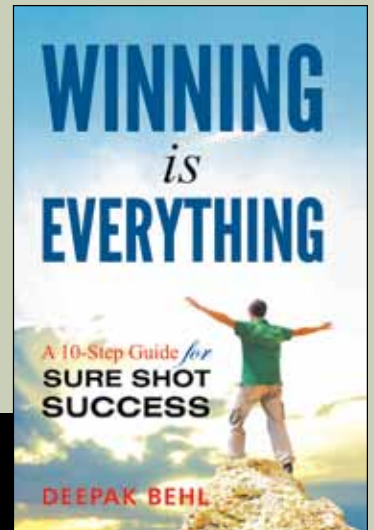
Size: 5.5x8.5"

Extent: 240pp

Price: ₹225

ISBN: 978 81 207 7358 5

**World Rights Available
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Winning is everything

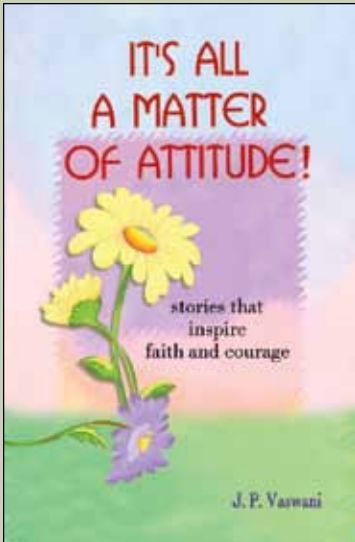
This ultimate guide on how to achieve sure shot success has been a winner of the Best Business book award at Sharjah International book Fair 2012. The book is not only useful for those who wish to 'Win' in corporate or personal life but also for management students trying to make their careers in the corporate world and managers or executives willing to climb the ladder of hierarchy to be effective senior managers.

About the author



Deepak Behl is a certified Negotiator and Counselor from the Wharton Business School and is a licensed practitioner and certified NLP Trainer by Dr. Richard Bandler (USA). He has been recognised as Indian hospitality's emerging talent and honoured with several awards like Young Achiever, 2008, Rajiv Gandhi National Unity Award for CSR, 2008, International Achievers' Award for Corporate Leadership, 2009.

Motivational



Year of Publication: 2006

Format: Paperback

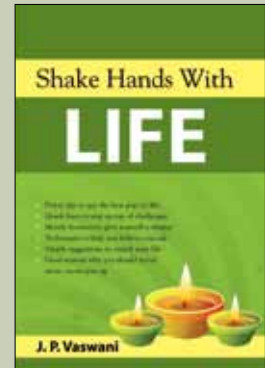
Size: 5.5x8.5"

Extent: 272pp

Price: ₹100

ISBN: 978 81 207 3150 9

**World Rights Available
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Indonesia and Spanish**



**World Rights Available
except Spanish**

978 81 207 5343 3 Price: ₹125

It's All A Matter Of Attitude!

Fear, worry, anxiety, depression and all those negative emotions can be swept away when you approach life with the right attitude. This book comes with a heartwarming collection of stories that reinforce positive thinking and the right attitude.

Shake Hands With Life

If you are looking to change your life for the better, this book is for you. The powerful and inspiring volume is meant for the youth and is the best one for personal transformation and self-help. This book will surely bring you closer to meeting your goals and bringing your world a little closer to the one you dreamed of making.

About the author

Late Dada J.P. Vaswani was a spiritual leader who promoted vegetarianism and animal rights. He was the spiritual head of Sadhu Vaswani Mission. The author has a plethora of books to his credit that promote promotes self-discipline and positivity as the foundation of sustainable life.



Motivational

Year of Publication: 2016

Format: Paperback

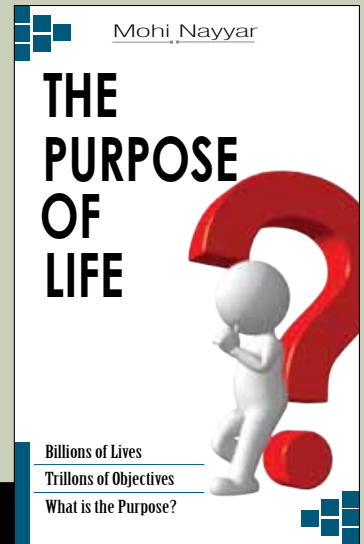
Size: 5.5×8.5"

Extent: 504pp

Price: ₹500

ISBN: 978 81 207 9497 9

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The Purpose of Life

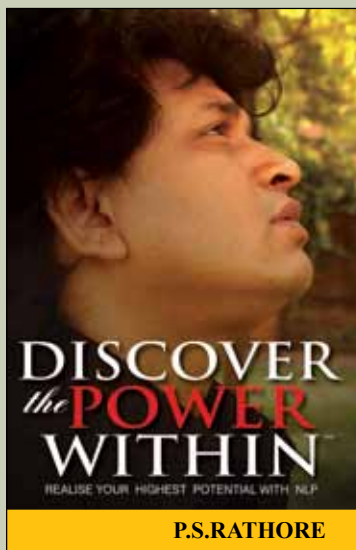
This book enlightens us to understand who we are, how we are and why we are. It offers practical suggestions and accessible anecdotes to answers the questions arising in the mind of the modern generation lost in the luxuries, struggling to survive, striving to thrive, going through drills to enjoy the thrills, fearing fears, facing failures, weaving worries, stressed and distressed, and suffering the strain of pain.

About the author



Mohi Nayyar is the pen name of an internationally recognized engineer Mohinder L. Nayyar, who is also the author of two engineering reference books that are used by engineers worldwide and is a recipient of several awards and honours. The author's quest for the meaning of life has led him to write this book.

Motivational



Year of Publication: 2017

Format: Paperback

Size: 5.5×8.5"

Extent: 168pp

Price: ₹250

ISBN: 978 81 207 7484 1

**World Rights Available
except Hindi and
reprint in Nigeria**

Discover The Power Within

Wish to feel the amplification of the dynamic force within you? Then, this book is for you. As the famous saying goes, 'It is all in the mind' the book here explores the virtue of the power within us. The book is an amalgam of many schools of thought and practices focused on uplifting every individual to his or her highest potential.

About the author

Professor PS Rathore is a Leadership and Life coach and is a qualified ICAI, Distinguished fellow of cost and management accountants of India and a graduate from the University of Calcutta. He has imparted motivational training for almost 6 million participants across the globe which includes Bureaucrats, IAS, IPS, Ministers, Politicians and CEO of many national and multinational companies. In 2008, Internet survey declared Prof Rathore as the best professor of strategy.



Cookery

Year of Publication: 2015

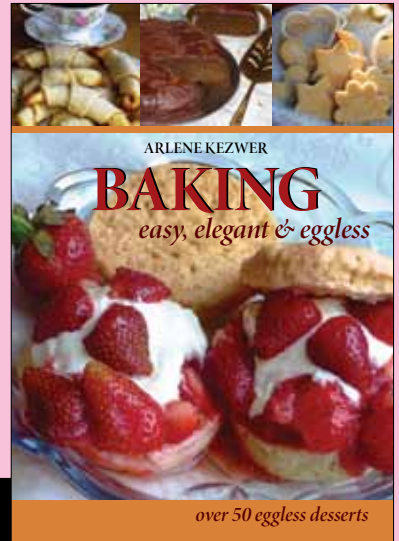
Format: Paperback

Size: 6.75x9.5"

Extent: 118pp

Price: ₹350

ISBN: 978 81 207 9652 2



World Rights Available

Baking: Easy, Elegant & Eggless

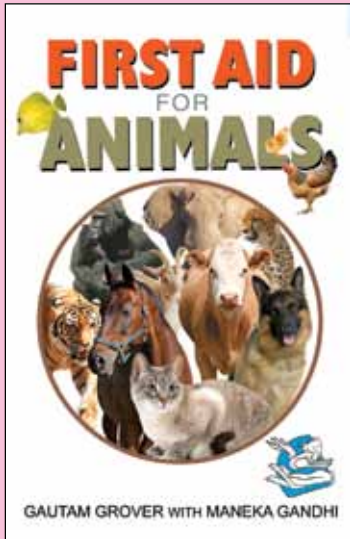
Baking is an art and this book is a handy manual to master the art of baking and, stir up quick and easy baking recipes. The recipes in this book deliver the promise of taste, texture, and total dessert satisfaction while keeping an eye on ingredients with a view towards healthy eating. If you think that baking a cake without eggs means it won't rise high or be light in texture, you will be surprised and delighted by these recipes. This unique book offers a wide variety of baked goods—all wonderful and all made without eggs, the book is sure to inspire bakers both new and experienced.

About the author



Arlene Kezwer (Prayma) is a home cook who has catered vegetarian food for many years. Her speciality is baked desserts and she has evolved a repertoire of recipes that are all made without eggs. During her many visits to India, she has recreated her recipes to include *desi* ingredients in international favourites.

Animal Care



Year of Publication: 2009

Format: Paperback

Size: 5.5×8.5"

Extent: 144pp

Price: ₹100

ISBN: 978 81 207 4661 9

World Rights Available

First Aid for Animals

We all know a few First aid emergency procedures for humans, but what about the first aid for an animal. The procedures that we need to follow for animals in case of emergency are way too different in nature and practice. So here is the book that gets you all that you need to know, that can help you save your dearest pet or the animal at the time of emergency.

About the author



Gautam Grover is an animal rights activist who has been taking in and treating stray and injured animals since the age of ten. He is presently the managing trustee of Animal Saviour.

Maneka Gandhi is among the world's best respected exponents of animal care. Founder chairperson of India's largest animal welfare organisation, People For Animals, she is the font of all animal activism in the country. Currently she is the Indian Union Cabinet Minister for Women and Child Development.



Spirituality

Year of Publication: 2017

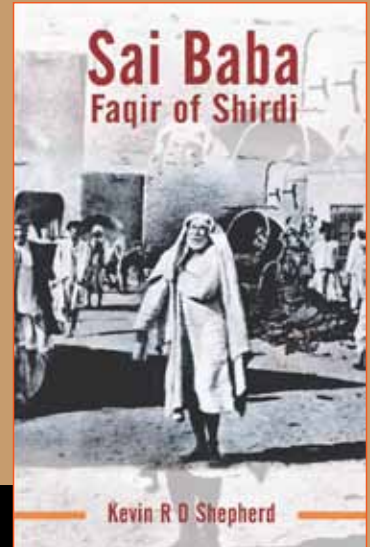
Format: Paperback

Size: 5.5×8.5"

Extent: 280pp

Price: ₹350

ISBN: 978 93 86245 06 9



World Rights Available

Sai Baba: Faqir of Shirdi

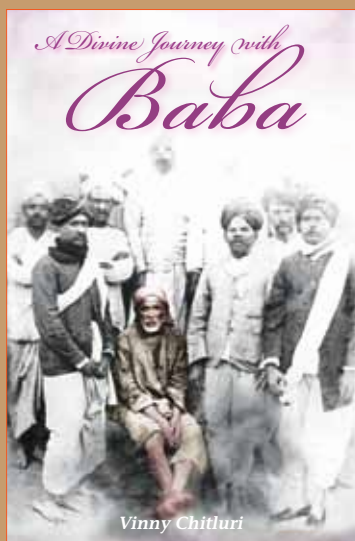
The book outlines the identity of Sai baba as an independent faqir. It emphasizes on the inter-religious dimensions of Sai baba and many other aspects of his life are probed in the book. The book also holds details about his begging rounds, his avoidance of initiation, his complex temperament that is often misrepresented and his affinity with bhakti.

About the author



Kevin R.D. Shepherd is a British Author, born in 1950. His early interest in Indian Religion developed into studies of Hazrat Babajan, Shirdi Sai Baba, Meher Baba, and other Indian Saints. In 1981, he commenced a twelve-year phase of private research at Cambridge University Library, relating to the history of religions and philosophy. He is the Author 14 books, maintains six websites and the blog feature commentaries.

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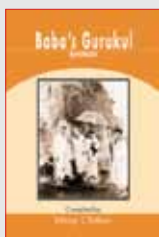
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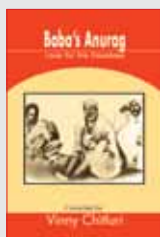
About the author

Vinny Chitluri was born in Arvankadu (Nilgaris) and was educated in Jabalpur, Madhya Pradesh. She did her post-graduation in paediatrics from Delhi and then went to U.S. Her father worshipped Baba and she too was following him for years. She called her relationship with Baba was of a 'Best Friend' who loved her unconditionally. After she retired from the medical profession at the age of 50, she went to shirdi and settled there and started her journey of knowing more about Baba.

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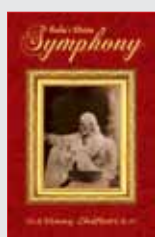
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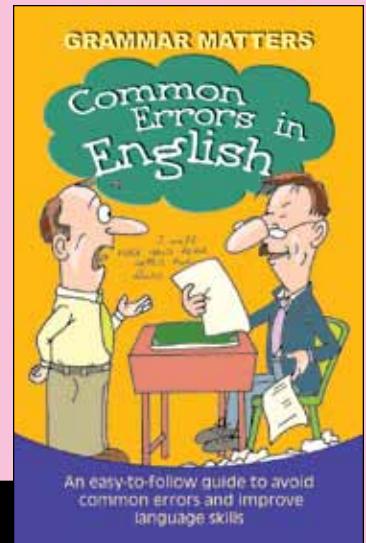
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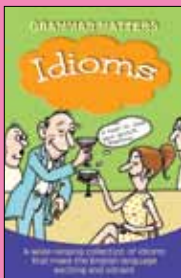
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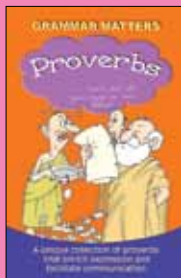
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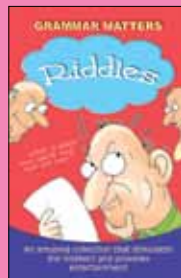
Gratian Vas has a Master of Arts degree in English Literature and has been in the field of education for many years. He has a number of books to his credit.



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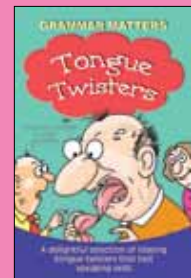
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