



# RTC- LIBRARY E-NEWSLETTER

## WELCOME TO THE RTC- LIBRARY NEWSLETTER -APRIL 2024





# BEFORE THE COFFEE GETS COLD



What are the things that you can do before the coffee you have made for yourself gets cold? Make a quick call to your mother. Read news articles? Or go to the past or future moments of your life? The book "Before the Coffee Gets Cold" starts with the question If you could go back, who would you want to meet? The book is written by Toshikazu Kawaguchi, a Japanese author, director, and producer. The book falls under the genre of time travel fiction and is a charming and moving examination of regret, time, and the human heart. This novel, which takes place in a small Tokyo café, tells four interrelated storylines that are all focused on the café's special power to let customers travel back in time. Kawaguchi constructs a heartfelt reflection on the nature of decision, consequence, and the search for second chances via these narratives.

Various rules must be strictly adhered to if one wishes to go back in time or the future. The first one is that there is a designated seat at the corner of the café which is the only seat that can take you to the future or past moment of your life. Secondly, to get that seat one must wait until the woman who occupies the chair day and night and through all seasons to visit the washroom. You cannot ask her to get up from the seat or forcefully try to take the seat as it will lead to dreadful consequences like getting possessed. She is a ghost who doesn't indulge herself in conversation with the customer, she is always reading magazines and wearing the same dress irrespective of the cold or hot weather. Thirdly, when you get to sit on that chair and go to the past you should finish drinking the coffee that's poured for you before it gets cold. That is the time frame for you as you can only stay in the past for that period. Fourthly, going back in time and visiting the person you want to meet is only possible if that person has visited the café on the same date and time you choose to go.

The book is divided into 4 counterparts: the lovers, sisters, husband and wife, and mother and child. The first part which is **The Lovers** explores the theme of love between two lovers and it gives us the message of how paramount it is to express one's thoughts and feelings before it gets too late. The second part which is **Sisters** talks about the beauty of a sibling's relationship and the realization of unconditional support and love for each other after Hirai loses her younger sister Kumi in a car accident. The third part, husband and wife, tells the story of Khotake a nurse by profession, and her husband Fusagi who is suffering from dementia and slowly forgetting that she is his wife. It conveys to the reader how the wife tries her best to take care of her husband as a professional nurse despite feeling extremely sad and despair due to her husband's illness. The last part of the book Mother and Child highlights the story of a mother's choice to give birth to her child even when it means she will succumb to death as she has a weak heart and pregnancy is taking a toll on her frail body.

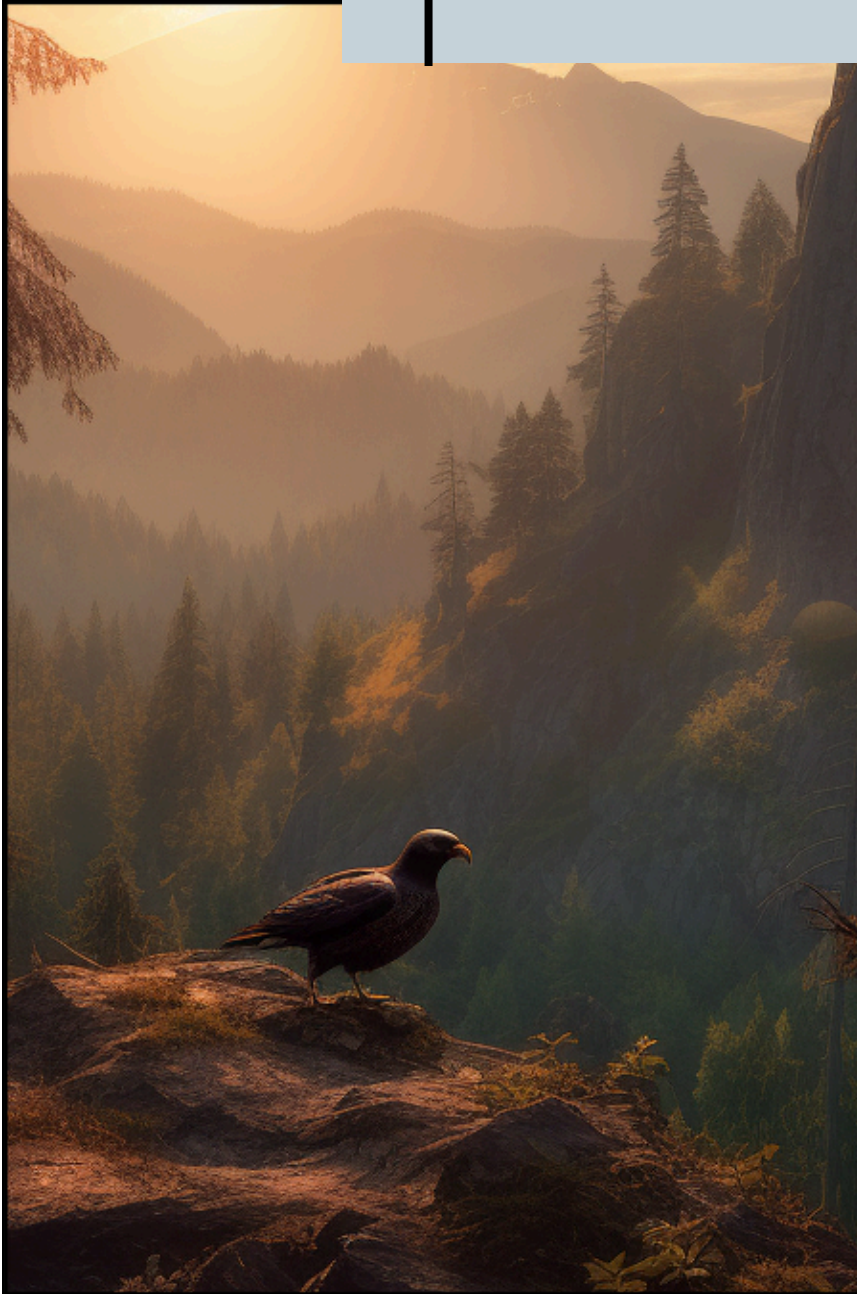
To sum up, "Before the Coffee Gets Cold" is a masterfully written book that skilfully combines romance, philosophy, and fantastical aspects. Readers will find an engrossing reading experience that lasts long and makes them realize the importance of living in the moment, expressing their love before they run out of time, and valuing relationships.



**Priya Rai**  
**Mass Communication**

# DESCRIPTIVE WRITING ON PLACE

## *The Cremation Ground*



Death is a boxer that people can never dodge. One has to die as it is the cycle of life. The dead bodies are cremated on the cremation ground in Hejo, Thimphu. Wangchu flows beside the ground and in spring, the flowers bloom to their fullest and in autumn, it falls signifying the beauty of nature. The families of death do not rest even once, occupying the rituals with tears, mourning, and crooked voices. The monks chant prayers to clear the path of the deceased souls' afterlife. Religion is creative. The cold winds of the Himalayas wipe every tear of the families but the eyes cannot carry the emotions so the tears drop again. The smoke signifies the path towards one fate and fire talks of the impermanence of life. The dead bodies take nothing except prayers. Wealth and power with no values and the word 'strong' loses its meaning. Tears and mourning fill every ear with dark smoke covering the sun.

The dogs lurk in and around the ground in search of food but without the slightest idea of the place. The line that separates humans from animals. The night is filled with dogs barking. Bark at trees, temples, and nothing. The souls finding their ways and the families clearing the path as love is one thing death cannot dissolve. If tears and feelings could be weighed the cremation ground would be the heaviest of all.

**Tenzin Rabyang**  
**BA Anthropology**



# THE MIRACLE MORNING

## THE SIX HABITS THAT WILL TRANSFORM YOUR LIFE BEFORE 8 AM

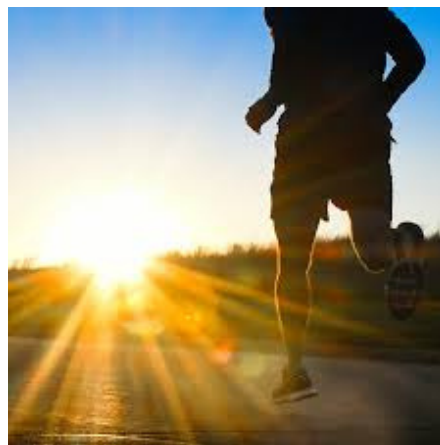
By Hal Elrod

The title of the book itself is catchy and when I decided to read the book, my thoughts were filled with questions as to what the book actually mean miracle. Reading through the book, I came across the story of the author who had a car accident and went through severe health state. Then, he also talks about the state of his mental health during the time of financial distress and debt burden and how he overcame the struggles.

The pages then move to the chapters of the book uncovering the six habits that can transform one's life. They are; silence followed by reading, then self-affirmation. After that, visualization followed by journaling and lastly exercise. In order to practice those habits, one has to wake up in the morning and an important note that made me realize about my waking habit is "Snoozing the alarm." The author emphasizes that when we keep on snoozing the alarm, we are actually resisting our life towards becoming the person we want to. This has greater link towards determining our day by the way we wake up in the morning. The author also provide several tips towards waking up in the morning actively.



The book had provided me with impressive advice and realization. It provided me to change my approach towards my life, thoughts and perception. Therefore, I would like to recommend this book to others because through its advice and strict follow up can change a person's life towards achieving what they wanted in life.



The very beginning page of the book were comments from those who read and practiced the miracle morning and how they were able to change their lives. Therefore, those whoever choose this book can find where they are heading in

their life and how they can change it or improve it. The miracle morning book is a miracle indeed.



**Kinga Lhazom**

Development Economics

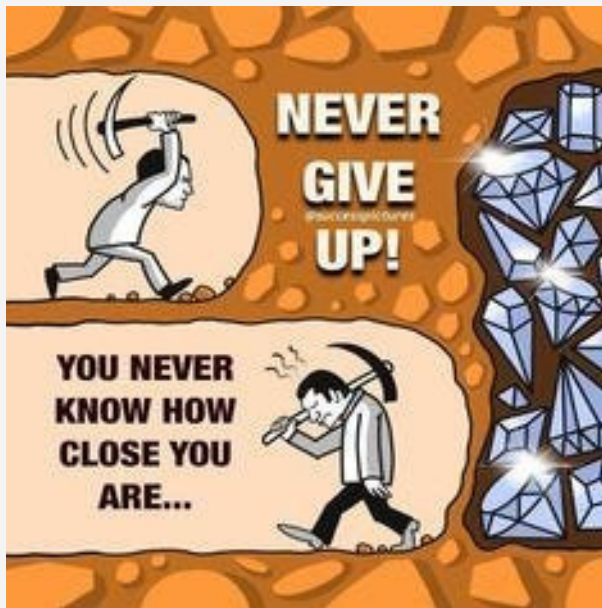
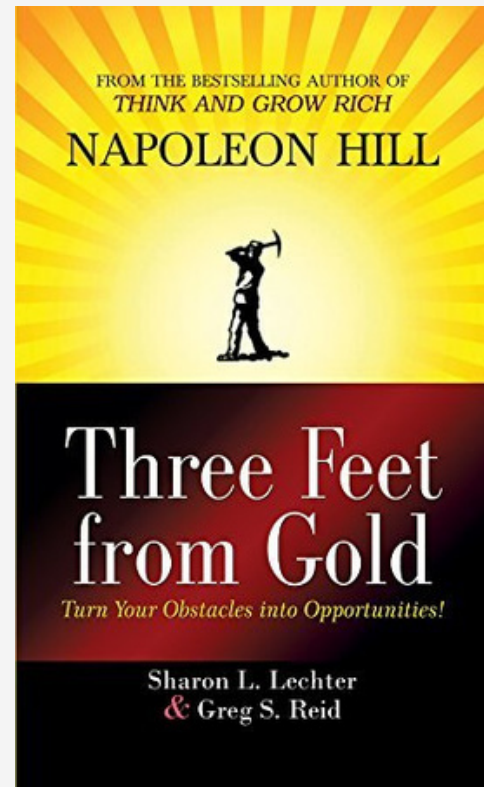
2021 cohort

# THREE FEET FROM GOLD

Sharon Lechter and Greg S. Reid

More than a book, but also a guide that teaches us to be firm when facing difficulties and never to give up until we attain our goals. Sharon Lechter together with Greg S. Reid authored this motivating script after R.U Darby who quit his gold mining business at the point of three feet from gold.

In this thought-provoking masterpiece, the writers interlace Darby's account with useful tips thus enabling readers find themselves again as well as gaining inner strength. They use stories which touch hearts deeply while giving practical counsel on steps or actions one can take towards achievement after failure like viewing them as stepping stones towards success rather than permanent roadblocks for self-improvement and fulfillment in life through never quitting but trying different approaches until desired outcome is reached.



“Three feet from Gold” is essentially about human beings’ refusal to surrender even when life poses insurmountable challenges before them. It does not only acknowledge such persons but also appreciates their decision to fight against all odds no matter what happens next because authors know too well that realization of dreams doesn’t mark an end point rather it represents beginning filled with barriers which can either break or make individuals.

The book taught me a big lesson: see hard times not as end points, but as chances to get better. Like R. U. Darby, who stopped digging for gold when he was so close to it, I've faced tough spots in my own path. But "Three Feet from Gold" showed me to see these tough spots not as fails, but as steps toward winning. It made me see that every bump in the road is a chance to learn, change, and keep going.

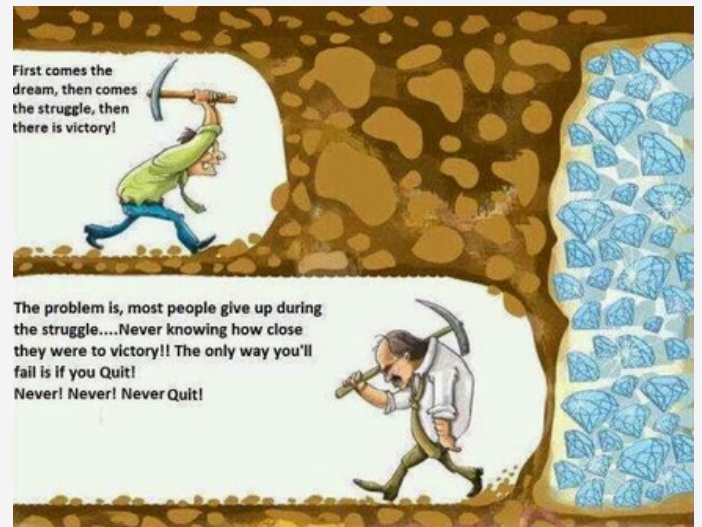


The book also showed how key it is to keep going when things get hard. It told stories about people who didn't give up, even when things were tough. These stories gave me hope, making me see that winning isn't just for a lucky few, but for anyone who sticks with it and doesn't stop trying.

"Three Feet from Gold" has been more than a book to me; it's been like a guide, a friend, and a big source of hope. Its lessons have given me the tools I need to face life's hard and good times with courage and will. Thanks to what I've learned from this book, I'm sure I'll never give up on anything in my life.

This book stands out because it's easy to get. Lechter and Reid talk about tough ideas in a way that's simple and kind, so anyone can understand. It doesn't matter if you're just starting out, have lots of experience, or just want a boost of hope, there's something in here for you.

Also, "Three Feet from Gold" isn't only about making money. It's about thinking big and seeing lots of chances everywhere. The writers tell us it's key to stay upbeat, make plans, and keep moving forward to make our dreams come true.



In conclusion, "Three Feet from Gold" is a must-have for anyone who dreams big. It reminds us that we're often closer to success than we think. With stories that lift you up and advice that really works, it'll push readers to keep going, even when things get tough.



**Kinley Yangzom**

# The Virtual Library



Digital Resources  
Passwords

## Research4Life

username: BHU523  
password: 13313

## Sage Knowledge

Log into Research4Life  
Copy & paste URL in separate  
window

## ScienceDirect

### Scopus

Log into Research4Life  
Access through Institution:  
Research4Life

## The Economist

username: library@rtc.bt  
password: bhutan2022

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library@rtc.bt

*Need help searching the  
databases? Book an appointment*

RTC DATABASES, EJOURNALS &  
DIGITAL RESOURCES

Accessible through the MyRTC  
Library Portal:

A-Z RTC Digital Resources &  
Databases

Research4Life (direct link)

Need help in searching the  
databases? Just 'Ask A Librarian'

## KOHA ACCOUNT

If you are interested in having access to your koha account, please visit the library front desk to get your username and password or send us an email at [library@rtc.bt](mailto:library@rtc.bt)

## RENEWAL OF LIBRARY BOOKS - CAN BE DONE THROUGH EMAIL

Step 1: You will receive an automated email from the library when the due is near.

Step 2: If you would like to renew, Please reply to the same email.

Step 3: Library staff will renew your book and send you the new due date.