

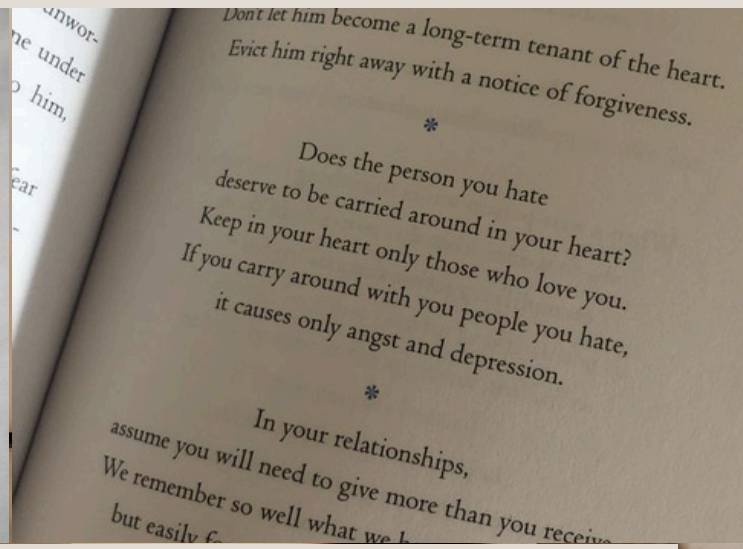
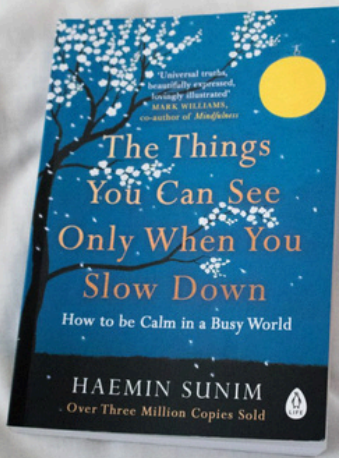


# RTC- LIBRARY E-NEWSLETTER

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





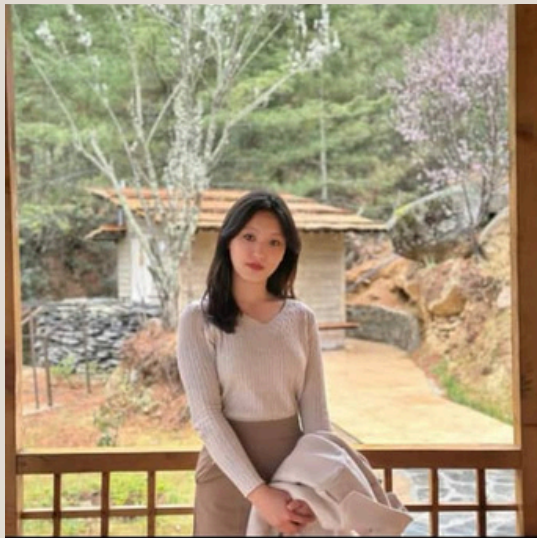


# Things You Can See Only When You Slow Down

by Haemin Sunim



Pindha Rika



"Things You Can See Only When You Slow Down" is a reflective and insightful book by Haemin Sunim, a Buddhist monk and Teacher from Korea. This book is full of short essays and meditation topics followed by illustrations that offer timeless values and advice on finding peace, clarity, and contentment in today's hectic tied up world. This book deeply relates to readers looking for guidance on modern life challenges. The simple and easy language makes his teachings reachable to people from all walks of life, encouraging readers to slow down, reflect, and live purposefully. Through his short and contemplative chapters, he offers valuable lessons on finding joy and contentment amidst life's obstacles. "Things You Can See Only When You Slow Down" is an interesting and inspiring read that reminds us to appreciate the present moment and see the beauty in everyday ordinary moments. Whether you're new to seeking spiritual insights or mindfulness, this book offers values that can help you lead a more balanced and fulfilling life. Highly recommend this book to anyone seeking to develop mindfulness and discover inner peace.



Communication Arts and Creative Media

119725

# THE IKIGAI JOURNEY (A PRACTICAL GUIDE TO FINDING HAPPINESS AND PURPOSE THE JAPANESE WAY)

GENRE: SELF-HELP

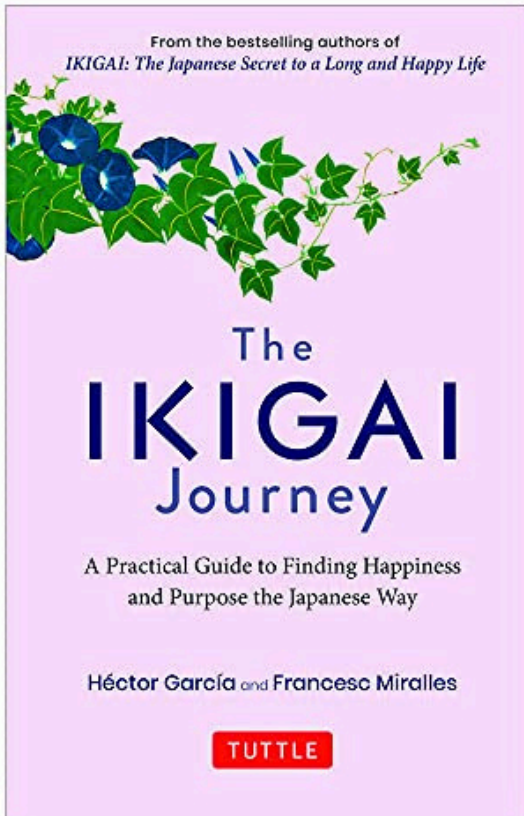
By Hector Garcia & Francesc Miralles

## SYNOPSIS:

IKIGAI (生き甲斐, 'A REASON FOR BEING')

"PATIENCE WITHOUT ACTION LEADS TO A PASSIVE LIFE.

PATIENCE WITH PERSEVERANCE LEADS TO US FULFILLING OUR GOALS"



The *Ikigai Journey: A Practical Guide to Finding Happiness and Purpose the Japanese Way* is the second book created by Héctor García and Francesc Miralles after success with their first book, *Ikigai: The Japanese Secret to a Long and Happy Life*. This book provides a philosophical and practical approach to the concept of *Ikigai*. It has various theories of self-discovery and a variety of methods for us to apply in our lives.

The book contains many inspiring facts and relatable concepts for the readers to be able to deeper understand *Ikigai* such as the perseverance and mechanism of thought of the people who made the first bullet train known as O Series Shinkansen in 1964. The book guides the readers on a journey through the seasons, each season represents a different stage to find *Ikigai*.

The spring season, encourages the readers to focus on their interests and passions. It teaches us how we can change our perceptive and learn to be passionate. The summer season, focuses on growth and development, it provides various ideas, modes and exercises with which a person can grow stronger even if they have to start all over again.

The autumn season, teaches us reflection, It implores the readers to align their skills, passions and activities with the world in such a way that it helps humanity/society. The winter season, is consolidation, one must preserve *ikigai* in their daily lives and maintain purpose. Overall, the book also provides various real-life facts and examples especially of the authors own experiences, which encourage the readers to perform simple exercises to apply the concept of *Ikigai* in their daily lives. The book also provides a deeper understanding of Japan's culture and daily life filled with *ikigai*.

## STRENGTHS:

**Efficient writing** -It is written clearly with the intention to teach complex concepts in a simple manner.

**Efficient Exercises** - It is filled with many practical advices which the readers can follow to gain *ikigai*.

**Diverse Facts** - It provides real life facts about inspiring cultures, events, places and people in history.

## WEAKNESSES:

**Extreme/Difficult**- The overall process and exercises in the book may be excessive and extreme to follow.

**Repetitive**- The overall concepts are frequently repeated throughout the book.

## RECOMMENDATION:

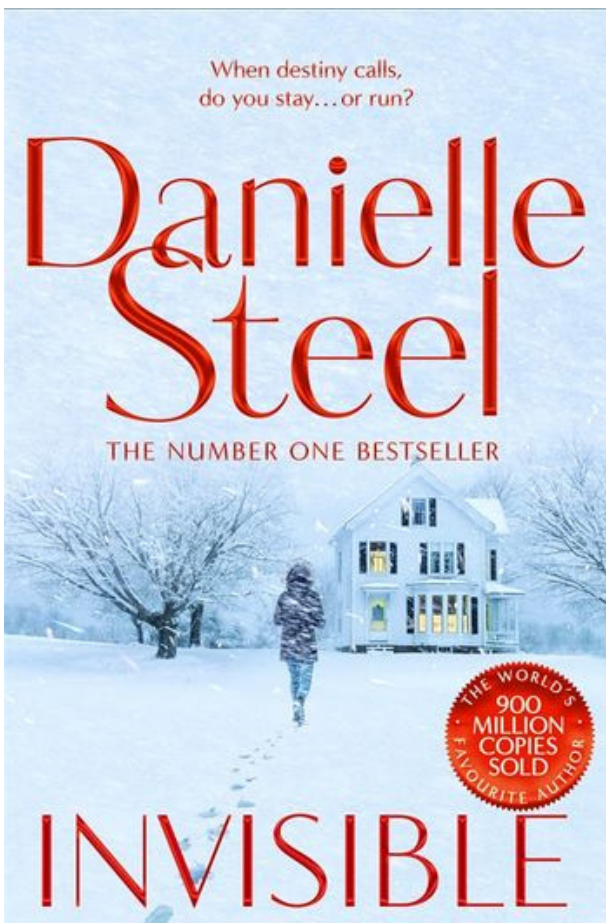
I would recommend this book to anyone who would like to improve themselves. This book is guide to self-help, it will inspire readers to preserve, learn and grow while also providing actual practical exercises which they can do in their daily lives. Although this is the second book in continuation of the first book *Ikigai* of the authors, Hector Garcia & Francesc Miralles, readers can still read this book without reading the first book as it provides a brief overview of the first book while also delving further into the concept of *ikigai* (purpose of self).

# INVISIBLE– BY DANIELLE STEEL

Step into the world of Danielle Steel latest masterpiece “ INVISIBLE” kept me captivated from the very first page.

In the heart of Danielle Steel’s latest Novel, “INVISIBLE” lies a profound exploration of human resilience and the power of love to overcome life’s most daunting challenges set against the backdrop of bustling New York City, Steel weaves a captivating narrative that delves into the complexities of identity, family bond & the pursuit of one’s true self.

As the story unfolds, readers are introduced to Antonio, who felt like an intruder in her own house. She was an unwanted guest who had been abandoned by her mother like luggage, and her father had no time for her. She was a painful reminder of a bad marriage to a terrible women. She was a beautiful child and well behaved, but she was a burden nonetheless, and there wasn’t a single day in her life when she didn’t feel it. Her father never had to say it. The only way she would escape feeling like a burden to him was to be “Invisible” because she knows how unwelcome she was & she simply made herself small, tucked herself away somewhere & disappeared. She always felt safe when she did.



Her struggles, her triumphs, resilience, sacrifice and her unwavering and enduring power of love drew me into a world where the line between visibility & invisibility blurs, revealing profound truths about the human condition. As we delve deeper into her narrative, we come to understand that invisibility is not merely a physical state of Antonio; it isa metaphor for the overlooked, the marginalized & the forgotten in society.

As we accompany Antonio on her journey, we are confronted with the harsh realities of life, but also the moments of beauty, grace & redemption that illuminate even the darkest of paths. Her story resonates long after the final page is turned, reminding us that the true strength lies not in how brightly one shines in the SPOTLIGHT, but in the quite courage to navigate the SHADOWS.



## WHY SOME TEAMS PULL TOGETHER AND OTHERS DON'T.

"Leaders Eat Last" explores into the basic principles of competent leadership and the dynamics of organizational culture. Sinek says that effective leadership requires establishing a secure and trusting atmosphere, drawing inspiration from the United States Marine Corps' tradition of commanders prioritizing their subordinates' needs by eating last. The "Circle of Safety" idea enables employees to prioritize collaboration and innovation over self-preservation.



The book explores the biological foundations of leadership, emphasizing the functions of substances called endorphin dopamine, serotonin, and oxytocin in promoting a favorable and efficient work atmosphere. Sinek juxtaposes detrimental, high-pressure work environments with loving, supporting cultures, underscoring the need of empathy and trust in fostering resilient and motivated teams.

### LIKES:

"It is not the genius at the top giving directions that makes people great. It is great people that make the guy at the top look like a genius."

– Simon Sinek

Sinek's book offers engaging storytelling, grounded in biology and psychology, and practical insights for leaders. It uses real-world examples and anecdotes from various industries to make complex ideas relatable. Sinek emphasizes empathy and trust as core components of

effective leadership, particularly in today's work environments where culture and employee well-being are critical. The book provides actionable advice and strategies for leaders to implement in their organizations.

### DISLIKE:

Sinek's idealistic leadership vision may be perceived as idealistic, especially in competitive industries, and certain concepts may be repeated throughout the book, potentially affecting the pacing and feeling of the content for some readers.

### BOOK FEEDBACK:

"Leaders Eat Last" is a profound and perceptive study of the qualities that define an exceptional leader. Sinek's adeptness in combining scientific explanations with real-world situations enhances the depth and trustworthiness of his arguments. The book's emphasis on empathy and trust as fundamental components of leadership is particularly important in contemporary work environments. Nevertheless, the visionary quality of Sinek's vision may appear difficult to execute in some situations, and repetition of certain ideas might be a disadvantage.

### RECOMMENDATION TO OTHERS:

I strongly recommend "Leaders Eat Last" for individuals currently in a leadership role or those aspiring to become leaders. The book provides beneficial viewpoints on establishing a supportive and integrated organizational culture. It is especially beneficial for individuals seeking to enhance collaboration and increase employee engagement. Although the idealistic parts may pose difficulties for certain individuals, the fundamental ideas of empathy, trust, and prioritizing the well-being of employees are equally important and valuable.



KINLEY GYELTSHEN

# 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

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Accessible through the MyRTC  
Library Portal:

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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.