

RTC LIBRARY E-NEWSLETTER

AUGUST 2022

Welcome to the August 2022 issue of RTC LIBRARY E-NEWSLETTER

In this issue: Recommended Reads [I'm Not Your Perfect Mexican Daughter](#), [Dance Dance Dance](#) and [Man Know thyself](#)

Recommended Reads from the RTC community

Title: *I'm Not Your Perfect Mexican Daughter*

Author: *Erika Sánchez*

Genre: *Domestic Fiction*

"How do we tie our shoes, brush our hair, drink coffee, wash the dishes, and go to sleep, pretending everything is fine? How do we laugh and feel happiness despite the buried things growing inside? How can we do that day after day?"



The story revolves around 15-year-old Julia Reyes, whose life goes downhill after the death of her sister. After her elder sister died, she is burdened with the expectation to live up to her sister's accomplishments and image of being a pure, perfect, and dutiful daughter. Julia isn't similar to her sister and as the title states, she neither meets these standard nor does she attempt to confine herself to such ideals. The constant pressure of living in her sister's shadow, the anger she feels towards her sister, and her annoyance towards her parents' poverty push her to fantasize about moving away from home. The novel deals with how Julia navigates the trials and tribulations she faces in terms of mental

health, romantic relationships, family, and friendships.

While reading the novel, I related a lot to the main character, especially the expectation women feel that they have to live up especially in a conservative society. The novel will keep one entertained and on one's toes since we come across many plot twists. This novel also sheds light on issues such as fat-shaming, suicide, racism, and many other things which we go through in our everyday life. Furthermore, the delivery of the novel is so raw that it will instantly draw you in and arouse different emotions.

Thus, I highly recommend this book to everyone because I think it will resonate with each one of us in some ways, plus, if you're looking for a book that depicts reality as it is, then this one is just the right one for you.

Thank You
Sangay Dolma
BA English Studies
Cohort 2020.

Title: *Dance Dance Dance*

Author: *Haruki Murakami*.

"I love 'Norwegian Wood' so much," I hear people exclaim when I mention the name of Haruki Murakami, a famous Japanese author whose readership is steadily growing, and I agree with them because that book is a masterpiece. It includes all of Murakami's magical elements such as surreal experiences, constant thought rooted in death and the mundanity of human lives while also exploring the inner psyches of his inhumanely humane characters.

However, one Murakami book that is relatively unknown and has prequels and sequels that span his entire career is "Dance Dance Dance".

I found the book first clamped with other books by him at RTC library in my second year and immediately fell in love with the characters with epitaphs instead of names. From a schoolgirl who had to become independent as quickly as possible to a friend named Rat, the book comprises a motley variety of characters who are all stuck in a world where the old traditional Japanese values were dissipating into the vapors of urbanization and globalization. At the heart of the book, there is a hotel named "Dolphin Hotel" and the sheep which appeared in Murakami's "The Strange Library" lives in the hotel as a sign of eroding old values in the land of the setting sun.



A lesser-known fact about the book is that it's the final part of a tetralogy that began with Murakami's first novelette "Hear the Wind Sing" written in 1979 which was followed by "Pinball" and "A Wild Sheep Chase" with "Dance Dance Dance" being the final book completing the so-called "The Rat Tetralogy".

The first two books are poignant and nag the reader with a deep sense of longing for the past and a nostalgia for the period when Japan was on the steady rise and was nurturing the old values. The narrator is a student who is slowly understanding these ways of life. Even in the first two books, the mature themes that later became a staple of Murakami books can be seen through small appearances of suicides, alienated characters, and deeply frustrating narratives of the dehumanized narrator. The last two books witness the final stage of maturity that Murakami's works underwent because not only are the books longer and filled with his famous surreally real events but also deal with the characters and their stories with a sense of absurdity and sympathy that resonates with the readers as does the gradually changing times and the constant search for meaning .

"Dance Dance Dance" is about finally embracing the absurdities of human lives and simply following the rhythm of life and living it to the fullest with jazz music and culture and relationship as three main important aspects of one's life in these tumultuous times.

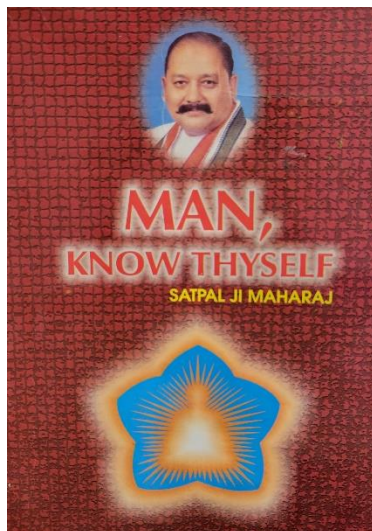
Location of the book in the library: FIC 895.6 MUR

**Thank You
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Man Know, Thyself - Satpal Ji Maharaj - compiled by Helen Clapham

This book is one part of a collection (there are four parts) of holy discourses by Shri Satpal Ji Maharaj. It explains about spirituality in terms of science particularly in order to understand scriptures easily. It emphasizes on the importance of humans realizing their true self. This book talks about the questions that humans have frequently asked “Who am I? Why have I come here? Where shall I go after death? What should I be doing here and now? What should be the aim of my life?” (Clapham, n.d., p. 3).

This book helps in understanding the mystery of human life and questions about spirituality. Moreover, it helps one to understand the “spiritual science” in totality and make one’s life successful. The essence of spirituality, is explained, which the author claims springs from the same basic experience in all the different religions in the world. This makes the readers realize that spirituality is just like a string that holds all the different flowers together in a garland through the different teachings of great teachers like Moses, Jesus, Krishna, Buddha and Mohammad. This book explains about how we need to balance between materialism and spiritualism, just like a person walking on a tight rope. If you lose your balance you fall. How can this balance be achieved? In order to balance your life perfectly, you need to know how to control your mind through the technique of spiritual knowledge. Most importantly, your life is complete only when you can make materialistic progression along with spiritual progression.



doctor who is no more?

s who will reveal the spiritual knowledge, just like when a student wants to learn Maths, they need to go to a Maths teacher; when a sick patient needs to be cured they need to visit a doctor who is alive. In the same way human beings need to “search for an enlightened soul, serve him, and when he is pleased with you, he will reveal the *Knowledge of the Truth* to you” (Clapham, n.d., p. 54). You need to search *now* when you are still alive and search for a Guru who is alive in this time and period. This is beautifully explained with the example that if you are sick, will you be cured if you pray and ask for help from a picture of a famous skilled

I personally recommend everyone to read this book because it clearly shows how spirituality helps to control one's mind which science cannot do. Lastly, it also helps us to know who we truly are through mystical experiences. It encourages us to not just worship Buddha, but to try to achieve the same thing that Buddha did, i.e. *Bodhisattva*, now when you are still young and alive.

Thank You
Ruma Tamang
Lecturer
Humanities.

Wanted! Book reviews from Faculty, Staff, and Students

If you have read a good book and would like to contribute a review to the Library Newsletter, we would love to receive one from you. Tell us a little about the book and why you liked it in 250-500 words. If interested, send your review to gyanupradhan@rtc.bt or come by the library and see the library staff.

Thanks!!

YOU MUST TELL YOURSELF, "NO MATTER HOW HARD IT IS, OR HOW HARD IT GETS, I AM GOING TO MAKE IT..."-Les Brown.