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RECOMMENDED PACKAGE

These five items are available as a set for \$95 including shipping, 15% off the retail price (Item EXSRL12). Any additional books ordered will be shipped free of charge.

Ellis, Royston. *Bradt Guide Sri Lanka*. Bradt Publications, 2014. A detailed overview of Sri Lanka, its history, wildlife, culture and major attractions, geared for the independent traveler. (PAPER, 320 Pp., \$24.99, Item SRL17)

Holt, John Clifford (Editor). *The Sri Lanka Reader, History, Culture, Politics*. Duke, 2011. An exhaustive and literate sourcebook of Sri Lanka composed of myriad selections ranging from historical accounts to newspaper articles, essays, poems and modern analysis. Part of the 'World Readers' series. (PAPER, 816 Pp., \$34.95, Item SRL23)

Ondaatje, Michael. *Running in the Family*. Vintage Books, 1993. Award-winning author Ondaatje returns to his native Sri Lanka in this hypnotic travelogue. His lovingly traced family memoirs are interspersed with poetry and ruminations on the island's post-colonial history. (PAPER, 207 Pp., \$15, Item SRL04)

Rahula, Walpola Sri. *What the Buddha Taught*. Grove Press, 1994. A classic account of Theravada Buddhism by a respected monk and scholar from Sri Lanka. Provides translations from original texts with explanations for Western readers. A good foundation for any visitor to Southeast Asia. (PAPER, 151 Pp., \$14.95, Item SEA41)

Nelles. *Sri Lanka Map*. Reise & Verkehrsverlag, 2013. A detailed, colorful map of the island, at a scale of 1:450,000. (MAP, \$13.95, Item SRL08)

MAPS & GUIDEBOOKS

Boyle, Emma. *Culture Smart! Sri Lanka*. Kuperard, 2009. A concise, no-nonsense guide to local customs, etiquette and culture with a short overview of the land and people along with practical travel advice. (PAPER, \$9.95, Item IDA537)

Lonely Planet. *Lonely Planet Sinhala Phrasebook*. Lonely Planet Publications, 2014. A pocket guide and dictionary to the language of Sri Lanka for travelers. (PAPER, 232 Pp., \$9.99, Item SRL12)

HISTORY & CULTURE

- Blank, Jonah. *Arrow of the Blue-Skinned God*. Grove Press, 2000. Blank's entertaining portrait of contemporary India and Sri Lanka mixes reporting, anecdote and myth as he travels, sometimes in the footsteps of India's great hero Rama. (PAPER, 370 Pp., \$18, Item IDA250)
- Gethin, Rupert. *The Foundations of Buddhism*. Oxford University Press, 1998. Perhaps the best-regarded and most widely used introduction to Buddhism. It is especially strong on early and Theravada Buddhist ideas and practices. (PAPER, 352 Pp., \$29.99, Item REL21)
- Gombrich, Richard F. *Theravada Buddhism: A Social History from Ancient Benares to Modern Colombo*. Rutledge Hill, 2006. A readable and authoritative history of Theravada, which contains much material on its place in Sri Lanka, in earlier and more recent times. (PAPER, 234 Pp., \$42.95, Item REL75)
- Hutchins, Bree. *Hidden Kitchens of Sri Lanka*. Independent Publishers Group, 2014. In each of Sri Lanka's geographic regions, acclaimed food writer Hutchins uncovers authentic recipes and reports on the heartwarming stories behind them. (HARD COVER, 272 Pp., \$39.95, Item SRL36)
- Peebles, Patrick. *The History of Sri Lanka*. Greenwood, 2006. A concise history geared toward students and general readers that focuses on recent events, including ethnic conflict and the 2004 tsunami, and includes an appendix with brief biographies of key figures. (HARD COVER, 216 Pp., \$45, Item SRL22)
- Weiss, Gordon. *The Cage, The Fight for Sri Lanka and the Last Days of the Tamil Tigers*. Consortium, 2012. An incisive first account of the formation, history, and bloody dissolution of the rebel Tamil Tigers in Sri Lanka. (PAPER, 342 Pp., \$19.95, Item SRL31)

INNER EXPLORATION

- Aldous, Susi Hatley. *Anatomy and Asana, Preventing Yoga Injuries*. Eastland, 2006. A yoga teacher and kinesiologist uses anatomy to support her common sense approach to practicing yoga safely. (PAPER, 89 Pp., \$29.95, Item GNL41)
- Gunaratana, Bhante Henepola. *Mindfulness in Plain English*. Wisdom, 2011. Perhaps the most accessible and useful introduction to mindfulness meditation, by a Sri Lankan Buddhist monk. (PAPER, 224 Pp., \$16.95, Item GNL40)
- Hanna, Thomas. *Somatics, Reawakening the Mind's Control of Movement, Flexibility, and Health*. Da Capo, 2004. Hanna presents the rationale and practical instructions for using Hanna Somatic Exercises for greater ease, flexibility, and strength in one's body. (PAPER, 162 Pp., \$17.95, Item GNL39)
- Peterson, Martha. *Move Without Pain*. Sterling, 2012. A Certified Hanna Somatic Educator explains in a user-friendly format how to employ Hanna Somatics to release and relax chronically contracted muscles. (PAPER, 150 Pp., \$19.95, Item GNL38)

TRAVEL, BIOGRAPHY & MEMOIR

- Barker, Adele. *Not Quite Paradise, An American Sojourn in Sri Lanka*. Beacon Press, 2010. A deft, nuanced account of an American's year-and-a-half teaching stint. Baker weaves information about the history, traditions and daily life of Sri Lanka with reports on the 30-year war between the government and the Tamils, as well as the devastating 2004 tsunami. (HARD COVER, 320 Pp., \$18, Item SRL20)

Briggs, Cherry. *The Teardrop Island, Following Victorian Footsteps Across Sri Lanka*. Aa Balkema, 2015. In this engaging travelogue, a young biology teacher retraces the footsteps of a British nobleman who was a government official in Sri Lanka. Along the way, she compares the country's colonial past against its contemporary realities. (PAPER, 320 Pp., \$13.95, Item SRL34)

LITERATURE

Gunasekera, Romesh. *Noontide Toll, Stories*. New Press, 2014. Named a master storyteller by the *New York Times*, Gunasekera writes affectingly about living in post-civil war Sri Lanka. His perceptive stories, narrated by a minibus driver and centering around his diverse passengers, paint a fine portrait of the ghosts and scars of war and what Sri Lanka's future might hold. (HARD COVER, 256 Pp., \$24.95, Item SRL37)

Gunasekera, Romesh. *Reef*. Riverhead Books, 1996. This slim novel tells the story of modern Sri Lanka through the eyes of a servant and his oblivious master. Haunting and atmospheric. (PAPER, 190 Pp., \$14, Item SRL05)

Munaweera, Nayomi. *Island of a Thousand Mirrors*. St. Martin's Press, 2014. A passionate portrait of place, Munaweera's debut novel follows the lives of two ordinary Sri Lankans as they are shaped by a brutal civil war. Winner of the Commonwealth Book Prize for Asia. (HARD COVER, 256 Pp., \$24.99, Item SRL35)

Ondaatje, Michael. *Anil's Ghost*. Vintage Books, 2001. Ondaatje's novel follows the exploits of a forensic anthropologist, born in Sri Lanka but educated in America, who returns to her homeland to help uncover the truth behind a series of organized murders. (PAPER, 320 Pp., \$15.95, Item SRL10)

Sivanandan, Ambalavaner. *When Memory Dies*. Arcadia, 2013. A sweeping, complex novel that traces the degeneration of Tamil-Sinhala relations from before independence until the outbreak of the civil war. (PAPER, 412 Pp., \$19.95, Item SRL28)

Woolf, Leonard. *A Tale Told by Moonlight*. Trafalgar Square, 2007. Based on Woolf's experiences in Ceylon (now Sri Lanka), these stories are a brilliant depiction of colonial life. (PAPER, 112 Pp., \$16.95, Item SRL19)

NATURAL HISTORY & FIELD GUIDES

Harrison, John. *A Field Guide to the Birds of Sri Lanka*. Oxford University Press, 2011. The fully revised second edition of this compact, comprehensive field guide features 49 stunning color plates by Tim Worfolk covering all 426 species in Sri Lanka. (PAPER, 208 Pp., \$60, Item SRL24)

Wijeyeratne, Gehan de Silva. *Sri Lankan Wildlife*. Bradt Publications, 2007. A concise, illustrated field guide to the plants, animals and habitats of Sri Lanka in the popular British series. (PAPER, 144 Pp., \$23.95, Item SRL18)

Wijeyeratne, Gehan de Silva. *Wild Sri Lanka*. John Beaufoy Publishing, 2014. This in-depth primer to Sri Lanka's most sought-after wildlife includes stories, descriptions of the parks and reserves by habitat type, a wildlife watching calendar and a handy guide to specific habitats for blue whales, sperm whales, leopards, Asian elephants and sloth bears. (HARD COVER, 208 Pp., \$49.95, Item SRL32)

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