

## Suggested Reading list for Mustang Region

<b>Book Title</b>	<b>Publication</b>	<b>Writer</b>
FLOWERS OF THE HIMALAYA	(Oxford University press)	
HIMALAYAN ODYSSEY: THE PERILOUS TREK TO WESTERN NEPAL	(Donald I.Fine)	by Antin Parker
JOURNEY TO MUSTANG	Ratna Pustak Bhandar)	by Tucci Giuseppe
TREKKING IN NEPAL: A Traveler's Guide	(Mountaineers Books)	by Stephen Bezruchka
THE SNOW LEOPARD	(Penguin Books)	by Peter Matthiessen
SHOPPING FOR BUDDHAS	(Lonely Planet)	by Jeff Greenwald
NEPALI AAMA: LIFE LESSON OF A HIMALAYANWOMEN	(Anchor Books) by Broughton Coburn	
LOST HORIZON	(Pocket Books)	by James Hilton
ESCAPE FROM KATHMANDU	(Unwin Paperbacks)	
NEPAL HIMALAYAS	(Heian International)	by Shirahata, Shiro
THE ROUGH GUIDE TO NEPAL	(Rough Guide)	by David Reed
FROMMER'S NEPAL	(Macmillan)	by Karl Samson

NEPALI FOR TREKKERS

(The Mountaineers Books)

by Stephen Bezruchka

THE POCKET DOCTOR

by Stephen Bezruchka

MOUNTAIN SICKNESS

by Peter Hackett

POCKET FIRST AID AND WILDERNESS MEDICINE

by Dr Jim Duff & Dr Peter Gormly