Sikh Gurus- Their Lives and Teachings is a unique book which is a wonderful overview of Sikh history. Even if you may know some stories and general history about Sikhism, this book with its capturing stories puts it all into context. It is written in plain English, something that many Sikh historians fail to do. The descriptions of all the Gurus is detailed without being overly dramatic and the end of each chapter has a summary of the values and moral teachings of the Gurus.

Guru Angad was born in a village, with birth name of Lehna, to Hindu parents living in northwestern part of the Indian subcontinent called the Punjab region. He was the son of a small but successful trader named Pheru Mal. His mother's surname, Mansa Devi and Daya Kaur. Like all the Sikh Gurus, Lehna came from Khatri caste. At age 16, Angad married a Khatri girl named Mata Khivi in January 1520. They had two sons (Dasu and Datu) and one or two daughters (Amro and Anokhi), depending on the primary sources. The entire family of his father had left their ancestral village in fear of...