

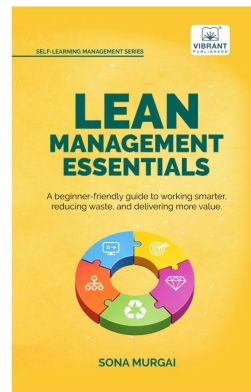
Vibrant's New Title Equips Professionals With Practical Lean Tools for Business Success

Author Sona Murgai combines practical insights and real-world examples to make Lean management easy to understand and apply.

BROOMFIELD, CO, UNITED STATES, August 10, 2026 /EINPresswire.com/ -- Vibrant Publishers announces the release of [Lean Management Essentials](#), a new title in its Self-Learning Management Series. Written by Lean Six Sigma Master Black Belt and process excellence leader [Sona Murgai](#), the book provides a practical introduction to Lean principles, helping readers eliminate waste, improve efficiency, and create greater customer value across industries. The book is now available on www.vibrantpublishers.com and [Amazon](#).

Designed for both beginners and experienced professionals, the book combines clear explanations with practical examples, case studies, discussion questions, quizzes, and hands-on exercises. Readers learn how to identify waste, improve process flow, and apply essential Lean tools such as Value Stream Mapping, Kanban, 5S, Standard Work, and Visual Management to solve real business challenges.

Drawing on more than 15 years of experience leading process excellence initiatives across healthcare, pharmaceuticals, consumer goods, retail lending, and life sciences, Murgai brings a practitioner's perspective to Lean management. "Lean is not just about improving processes—it is about changing how we think about work," says Murgai. Murgai explains that the inspiration



FRONT COVER



BACK COVER

Book Cover of Lean Management Essentials.



SONA MURGAI

Sona Murgai, the author of Lean Management Essentials.

behind the book comes from years of working with diverse teams, learning from both successful projects and challenges, and seeing how small, consistent improvements can transform the way people work.

The book covers Lean thinking, customer value, waste elimination, process mapping, flow, pull systems, workplace organization, and continuous improvement. A recurring case study featuring Gloss & Glow Hair Studio demonstrates how Lean principles can be applied beyond manufacturing, while practical examples show how Lean improves efficiency across business functions and service industries.

Industry professionals have praised the book's practical approach. Vincent Bernas, Senior Operations Manager at KnackRCM, calls it "a clear and practical introduction to Lean that explains the fundamentals well and makes them easy to apply in real work." Anbukumaran Vasanthan, Chief Operations Officer at Vision Infrastructure Group Services Pty Ltd, praises the book for "building competence systematically—from philosophy through tools to culture—without overwhelming newcomers."

Lean Management Essentials is part of Vibrant Publishers' Self-Learning Management Series and is designed to be beginner-friendly and self-paced, making it an ideal resource for managers, operations professionals, entrepreneurs, students, and anyone looking to build a strong foundation in Lean management.

About the Author

Sona Murgai is a Lean Six Sigma Master Black Belt and an industry expert with over 15 years of experience in process optimization, operational transformation, and leadership roles across various sectors, including healthcare, pharmaceuticals, and consumer goods. With her leadership experience at GE and Genpact, she has coached over 200 Green Belt and Black Belt projects globally.

About the Self-Learning Management Series

The Self-Learning Management Series is designed to address every aspect of business and help students, new managers, career switchers, and entrepreneurs learn essential management lessons. Each book contains fundamentals, important concepts, and standard and well-known principles as well as practical ways of application of the subject, in a compact format that is very easy to interpret.

About Vibrant Publishers

Vibrant Publishers is a Colorado-based book publishing house founded in 2001 that focuses on publishing high-quality books for entrepreneurs, IT professionals, management professionals, and graduate students. Vibrant Publishers has redefined the way in which rich content can be made available to today's fast-paced generation. This new generation's need-to-know-now attitude and a highly competitive business environment have triggered this series of books with 'just the essential information'. Vibrant Publishers is committed to publishing books that are

content-rich, concise, and approachable, enabling more people to read and benefit from them.

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