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## SWEENEY HOGAN

**Conversations with Mani Ratnam** Tara Publishing  
 An account of the aborigines and of part of the early civilization in Sri Lanka.  
**Unfinished Gestures** Hachette UK  
 Ever wondered why your grandmother threw a teabag into the pressure cooker while boiling chickpeas, or why she measured using the knuckle of her index finger? Why does a counter-intuitive pinch of salt make your kheer more intensely flavourful? What is the Maillard reaction and what does it have to do with fenugreek? What does your high-school chemistry knowledge, or what you remember of it, have to do with perfectly

browning your onions? **Masala Lab** by Krish Ashok is a science nerd's exploration of Indian cooking with the ultimate aim of making the reader a better cook and turning the kitchen into a joyful, creative playground for culinary experimentation. Just like memorizing an equation might have helped you pass an exam but not become a chemist, following a recipe without knowing its rationale can be a sub-optimal way of learning how to cook. Exhaustively tested and researched, and with a curious and engaging approach to food, Krish Ashok puts together the one book the Indian kitchen definitely needs, proving along the way that your grandmother was right all along.

**Sunny Side Up** Springer Science & Business Media

As a young girl in Bangalore, Gayathri was surrounded by the fragrance of jasmine

and flickering oil lamps, her family protected by gods and goddesses. But as she grew older, demons came forth from dark corners of her idyllic kingdom—with the scariest creatures lurking within her tortured mind. **Shadows in the Sun** traces Gayathri's courageous battle with debilitating depression that consumed her from adolescence through marriage and a move to the United States. Her inspiring memoir provides a first-of-its-kind cross-cultural view of mental illness—how it is regarded in India and in America, and how she drew on both her rich Hindu heritage and Western medicine to find healing. **The Road to Positive Discipline: A Parent's Guide** Hardie Grant Publishing  
 'A must-read for working women and the men who work with us, love us and support us' Hillary Rodham Clinton  
 'Surprising and compelling' Financial

Times The much-anticipated and inspiring memoir by Indra Nooyi, the trailblazing former CEO of PepsiCo, offering clear-eyed insight and a call to action for how our society can really blend work and family - and advance women - in the twenty-first century For more than a dozen years as one of the world's most admired CEOs, Indra Nooyi redefined what it means to be an exceptional leader. The first woman, person of color, and immigrant to run a Fortune 50 company - and one of the foremost strategic thinkers of our time - Nooyi transformed PepsiCo with a unique vision, a vigorous pursuit of excellence, and a deep sense of purpose. Now, in a rich memoir brimming with grace, grit, and good humor, *My Life in Full* offers a firsthand view of a legendary career and the sacrifices it so often demanded. In her book, Nooyi shares the events that shaped her - from her childhood in 1960s India, to the Yale School of Management, to her rise as a consultant and corporate strategist who soon ascended into the most senior executive ranks. The book offers an intimate look inside PepsiCo, detailing how she steered the iconic American company toward healthier products and reinvented its environmental profile without curbing financial performance - despite resistance at every turn. At the same time, Nooyi built a home with her husband - also a high-powered executive - two daughters, and members of her extended family. *My Life in Full* includes her unvarnished take on the competing pressures on her attention and time, and what she learned along the way. This book, as has her personal journey, will inspire young women everywhere to believe that they, too, can climb to powerful roles without giving up on the desire for a family and children. But, as Nooyi eloquently argues, her story is not a call for women to simply try harder, but is proof of the importance of organised care structures in all of our success. Nooyi makes a clear, actionable, urgent call for business and government to prioritise the care ecosystem, from skilled care networks to zoning policy, to paid leave and flexible and predictable work hours, each so critical to unleashing the economy's full potential and helping families thrive. Generous, authoritative, and grounded in lived experience, *My Life in Full* is both the story of an extraordinary leader's life, and a moving tribute to the relationships that created it.

Kim's Convenience Penguin

Prime minister office, receives a mail. Sender claiming to know a secret about the ruling party. Enters, the budding reporter Laxmi Priya, accidentally getting inside the web of conspiracies. Along with

her source, she sets to find the truth with unforeseen alliances. Government tries to find the source, behind the revelations. A kid, raised in United States of America, Educated in India with one last wish. With Media frenzy all over, Will the ruling party decide to impose Emergency..? Laxmi Priya's search taking her through various cities of the country, with someone she is not willing to trust. It's time for her to solve one giant jigsaw.

*Song of the Sun God* Cambridge University Press

Mani Ratnam's *Nayakan* is among Time's '100 Best Movies Ever'; and Roja launched A.R. Rahman. This book, unique to Indian cinema, illuminates the genius of the man behind these and eighteen other masterly films. For the first time ever, Mani Ratnam opens up here, to Baradwaj Rangan, about his art, as well as his life before films. In these freewheeling conversations—candid, witty, pensive, and sometimes combative—many aspects of his films are explored. Ratnam elaborates in a personal vein on his choice of themes, from the knottiness in urban relationships (*Agni Natchatiram*) to the rents in the national fabric (*Bombay*); his directing of children (*Anjali*); his artful use of songs; his innovative use of lighting; as also his making of films in Hindi and other languages. There are fond recollections of collaborations with stalwarts like Balu Mahendra, P.C. Sreeram, Thotta Tharrani and Gulzar, among many others. And delectable behind-the-scenes stories—from the contrasting working styles of the legendary composer Ilaiyaraaja and Rahman to the unexpected dimensions Kamal Haasan brought to the filming of *Nayakan* to what Raavan was like when originally conceived. In short, like Mani Ratnam's films, *Conversations* surprises, entertains and stimulates. With Rangan's personal and impassioned introduction setting the Tamil and national context of the films, and with posters, script pages and numerous stills, this book is a sumptuous treat for serious lovers of cinema as well as the casual moviegoer looking for a peek behind the process.

**Castes and Tribes of Southern India** Emblem Editions

*The Story of My Experiments with Truth* is the autobiography of Mahatma Gandhi, covering his life from early childhood through to 1921. Starting with his birth and parentage, Gandhi has given reminiscences of childhood, child marriage, relation with his wife and parents, experiences at the school, his study tour to London, efforts to be like the English gentleman, experiments in dietetics, his going to South Africa, his

experiences of colour prejudice, his quest for dharma, social work in Africa, return to India, his slow and steady work for political awakening and social activities.

**Ghachar Ghochar** Tulika Books

In this major book Martha Nussbaum, one of the most innovative and influential philosophical voices of our time, proposes a kind of feminism that is genuinely international, argues for an ethical underpinning to all thought about development planning and public policy, and dramatically moves beyond the abstractions of economists and philosophers to embed thought about justice in the concrete reality of the struggles of poor women. Nussbaum argues that international political and economic thought must be sensitive to gender difference as a problem of justice, and that feminist thought must begin to focus on the problems of women in the third world. Taking as her point of departure the predicament of poor women in India, she shows how philosophy should undergird basic constitutional principles that should be respected and implemented by all governments, and used as a comparative measure of quality of life across nations.

*A Malayalam and English Dictionary: The vowels* Harper Collins

'Unfinished Gestures' presents the social and cultural history of courtesans in South India, focusing on their encounters with colonial modernity in the 19th and early 20th centuries.

*She's Unlikeable* M.A. Center

Arguably the oldest form of health care, Ayurveda is often referred to as the "Mother of All Healing." Although there has been considerable scientific research done in this area during the last 50 years, the results of that research have not been adequately disseminated. Meeting the need for an authoritative, evidence-based reference, *Scientific Basis for Ayurvedic Therapies* is the first book to analyze and synthesize current research supporting Ayurvedic medicine. This book reviews the latest scientific information, evaluates the research data, and presents it in an easy to use format. The editor has carefully selected topics based on the availability of scientific studies and the prevalence of a disease. With contributions from experts in their respective fields, topics include Ayurvedic disease management, panchkarma, Ayurvedic bhasmas, the current status of Ayurveda in India, clinical research design, and evaluation of typical clinical trials of certain diseases, to name just a few. While there are many books devoted to Ayurveda, very few have any in-depth basis in scientific studies. This

book provides a critical evaluation of literature, clinical trials, and biochemical and pharmacological studies on major Ayurvedic therapies that demonstrates how they are supported by scientific data. Providing a natural bridge from Ayurveda to Western medicine, *Scientific Basis for Ayurvedic Therapies* facilitates the integration of these therapies by health care providers.

*My Life in Full* Penguin Books

"About the book In 2014 Karishma Mehta started *Humans of Bombay* to capture the untold stories of the millions of people living in the maximum city. This book entails a handpicked collection of some of the best stories on the *Humans of Bombay* Facebook blog as well as several unseen stories. Funny insightful quirky and intimate these stories are sure to make your heart melt."--Provided by publisher.

**Shadows in the Sun** Simon and Schuster Find freedom from life's painful recurring patterns in 12 simple steps, with guided practices of self-compassion, mindfulness, and embodiment. Do you ever feel trapped by experiencing challenging feelings over and over again--sometimes without realizing it? Or do you find yourself thinking "Why is this happening to me again?" or "Why do I always feel this way?" You're not alone. With *Heart Medicine*, you can learn to identify your emotional and behavioral patterns through the lens of loving awareness--without self-judgment or blame, learning to hold yourself as you would a dear friend, with space and grace. Radhule Weininger draws on decades of experience as a therapist and meditation teacher to help readers understand the trauma behind their patterns, then offers twelve simple steps to work toward healing. Each chapter includes short practices so readers can begin to put the book's concepts to work for transformation in their own lives. With *Heart Medicine* you can finally be equipped with the tools to break through the patterns that hold you back and begin to live with more freedom, confidence, and peace. And that's good medicine, indeed.

*Women and Human Development* Duke University Press

"Your heart is the real temple. It is there that you must install God. Good thoughts are the flowers to be offered to Him. Good actions are the worship. Good words are the hymns. Love is the divine offering." This Book Is In English. Published By The Disciples Of Mata Amritanandamayi Devi, Affectionately Known As Mother, Or Amma The Hugging Saint.

**Teen Couple Have Fun Outdoors** CRC Press

Aparna Shewakramani of *Indian Matchmaking* fame knows who she is and what she wants—and she is not afraid to ask for it. When Aparna Shewakramani appeared on Netflix's hit series, *Indian Matchmaking*, it soon became clear that Aparna knew what she wanted. But all stories are told through certain lenses—and her story is no exception. Being on a reality show made Aparna feel like a character. Her decisiveness and sense of self-worth led viewers to see her as a very specific archetype: The villain. The woman you love to hate. The unlikeable woman. It turned around, though, with a single message of support: Be Like Aparna. Soon supporters were in the tens of thousands. Women are tired of seeing other women being vilified simply because they have a voice. In this book, you will learn about the real Aparna Shewakramani. She bares it all—the good, the bad, and the it-depends-on-how-you-look-at-it. There is her mother's bravery in leaving her marriage, Aparna's diagnosis of an autoimmune disease, and her confession that she too is susceptible to the deep-rooted need to be pretty and likeable. But it is also the story of her entrepreneurial spirit and her success. It is about lessons learned and the strength to be your own woman. This is a journey to prevent Aparna-the-person from being erased by Aparna-the-character.

**Seasons of the Palm** Legare Street Press A king decrees that all humans be skinned alive. A man runs from words that hound him like a pack of wolves. A legion of white snakes sweeps across a land blighted by drought. A beleaguered soul laments the loss of a homeland. A coward's many virtues are lauded to disturbing effect. By turns passionate, elegiac, angry, tender, nightmarish and courageous, the poems in *Songs of a Coward* weave an exquisite tapestry of rich images and turbulent emotions. Written during a period of immense personal turmoil, these verses are an enduring testament to the resilience of an imagination under siege and the liberating power of words in one's darkest moments.

*Humans of Bombay* Penguin UK

In this remarkable debut novel, a boy's bittersweet passage to maturity and sexual awakening is set against escalating political tensions in Sri Lanka, during the seven years leading up to the 1983 riots. Arjie Chelvaratnam is a Tamil boy growing up in an extended family in Colombo. It is through his eyes that the story unfolds and we meet a delightful, sometimes eccentric cast of characters. Arjie's journey from the luminous simplicity of childhood days into the more intricately

shaded world of adults – with its secrets, its injustices, and its capacity for violence – is a memorable one, as time and time again the true longings of the human heart are held against the way things are.

*Funny Boy* Penguin Books

The largest film industry in the world after Hollywood is celebrated in this updated and expanded edition of a now classic work of reference. Covering the full range of Indian film, this new revised edition of the *Encyclopedia of Indian Cinema* includes vastly expanded coverage of mainstream productions from the 1970s to the 1990s and, for the first time, a comprehensive name index. Illustrated throughout, there is no comparable guide to the incredible vitality and diversity of historical and contemporary Indian film.

*Songs of a Coward* Serpent's Tail

Until relatively recently, much of the information on India's research into their medicinal plants has remained within India, mainly published within Indian journals. However, today the field of Ayurveda is expanding, with the integration of herbs and minerals discovered in other countries and the strengthening of academic knowledge networks worldw

*Heart Medicine* A&C Black

In this evocative memoir, an acclaimed Indian poet explores writing, memory, and place in a post-9/11 world. Passionate, fierce, and lyrical, *Fault Lines* follows one woman's evolution as a writer at home—and in exile—across continents and cultures. Meena Alexander was born into a privileged childhood in India and grew into a turbulent adolescence in the Sudan, before moving to England and then New York City. With poetic insight and devastating honesty, Alexander explores how trauma and recovery shaped the entire landscape of her memory: of her family, her writing process, and her very self. This new edition, published on the two-year anniversary of Alexander's passing in 2018, will feature a commemorative afterword celebrating her legacy. "Alexander's writing is imbued with a poetic grace shot through with an inner violence, like a shimmering piece of two-toned silk." —*Ms. Magazine* "Evocative and moving." —*Publishers Weekly* "One of the most important literary voices in South Asian American writing and American letters broadly writ, Meena Alexander's close examination of exile and migration lays bare the heart of a poet." —Rajiv Mohabir, author of *The Cowherd's Son* **Women who Dared** Feminist Press at CUNY #1 NEW YORK TIMES BESTSELLER • Featuring one of John Grisham's most colorful, outrageous, and vividly drawn

characters yet, Rogue Lawyer showcases the master of the legal thriller at his very best. On the right side of the law—sort of—Sebastian Rudd is not your typical street lawyer. His office is a customized bulletproof van, complete with Wi-Fi, a bar, a small fridge, and fine leather chairs. He has no firm, no partners, and only one

employee: his heavily armed driver, who also so happens to be his bodyguard, law clerk, confidant, and golf caddie. Sebastian drinks small-batch bourbon and carries a gun. He defends people other lawyers won't go near: a drug-addled, tattooed kid rumored to be in a satanic cult; a vicious crime lord on death row; a

homeowner arrested for shooting at a SWAT team that mistakenly invaded his house. Why these clients? Because Sebastian believes everyone is entitled to a fair trial—even if he has to bend the law to secure one. Don't miss John Grisham's new book, THE EXCHANGE: AFTER THE FIRM, coming soon!

Best Sellers - Books :

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- [Lessons In Chemistry: A Novel By Bonnie Garmus](#)
- [Guess How Much I Love You](#)
- [The Covenant Of Water \(oprah's Book Club\) By Abraham Verghese](#)
- [The Boy, The Mole, The Fox And The Horse By Charlie Mackesy](#)
- [Lessons In Chemistry: A Novel](#)
- [My First Library : Boxset Of 10 Board Books For Kids](#)
- [Stop Overthinking: 23 Techniques To Relieve Stress, Stop Negative Spirals, Declutter Your Mind, And Focus On The Present \(the Path To Calm\) By Nick Trenton](#)
- [Girl In Pieces](#)
- [The Wonderful Things You Will Be By Emily Winfield Martin](#)