



Penguin
Random House
India

Ebury Publishing & Vintage

OCTOBER TO
DECEMBER 2022



NEW BOOKS



EBURY
PRESS



BUSINESS



PENGUIN
ANANDA

PENGUIN
VEER



Penguin
metro reads

**BLUE
SALT**

VINTAGE

As the publishers of the most successful and celebrated list for popular fiction, non-fiction and business books, Ebury Publishing continues to discover, publish and build the best voices from India and across the world under the imprints of Ebury Press, Metro Reads, Penguin Ananda, Penguin Business, Penguin Veer and the co-publication Blue Salt. In addition to that, the division publishes a specially curated list of select literary fiction and non-fiction titles under Vintage, focused on discovering fresh new literary talent together with established names.

The page features decorative floral elements. In the top left corner, there are dried, pressed leaves in shades of brown and orange. In the bottom right corner, there is a bouquet of fresh flowers, including a large yellow peony, a dark red rose, and several smaller orange and red flowers with green stems and leaves.

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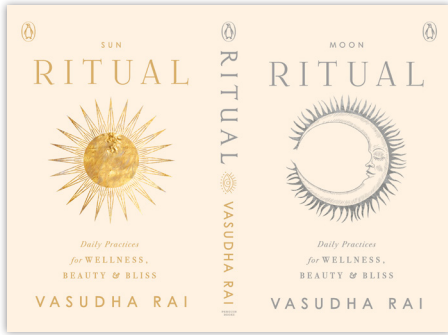
FICTION 16

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Non-fiction





RITUAL

DAILY PRACTICES FOR WELLNESS, BEAUTY AND BLISS

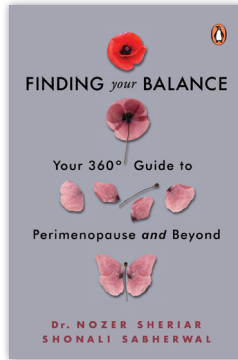
VASUDHA RAI

Imprint: Ebury Press
Format: B/PB
Page Extent: 296
ISBN: 9780143452935
Price: Rs 299
Pub Date: October 2022
Territory: World

A guide to simplifying your daily routine

Based on time-tested and proven traditional sciences like Ayurveda, traditional Chinese medicine, Qi Gong, Tibetan medicine, the Japanese Nishi health system and aromatherapy, *Ritual* presents a system of daily practices—“Sun” for daytime practices and “Moon” for nighttime rituals—that works for modern living.

VASUDHA RAI is the author of the bestselling *Glow* and has worked as the beauty director for *Harper's Bazaar*, *Cosmopolitan* and *Women's Health*.



FINDING YOUR BALANCE

YOUR 360-DEGREE GUIDE TO PERIMENOPAUSE AND BEYOND

DR NOZER SHERIAR AND SHONALI SABHERWAL

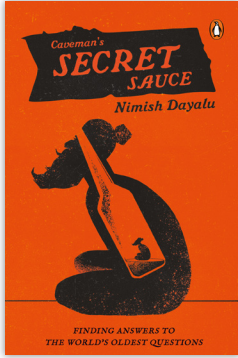
Imprint: Ebury Press
Format: B/PB
Page Extent: 288
ISBN: 9780143441786
Price: Rs 399
Pub Date: October 2022
Territory: World

Your one-stop primer to embracing menopause

In *Finding Your Balance*, gynaecologist Dr Sheriar and macrobiotic nutritionist Shonali Sabherwal combine their expertise into an empowering manual on navigating perimenopause. Mixing personal journeys with professional knowledge, this book distils medical jargon into bite-sized, accessible knowledge that will enable women to make informed decisions about their health.

DR NOZER SHERIAR is a gynaecologist with a long-standing commitment to the promotion of women's health and reproductive rights.

SHONALI SABHERWAL is India's first celebrity macrobiotic nutritionist and a gut health expert.



CAVEMAN'S SECRET SAUCE

FINDING ANSWERS TO THE WORLD'S OLDEST QUESTIONS

NIMISH DAYALU

Imprint: Penguin Ananda

Format: B/PB

Page Extent: 240

ISBN: 9780143459163

Price: Rs 250

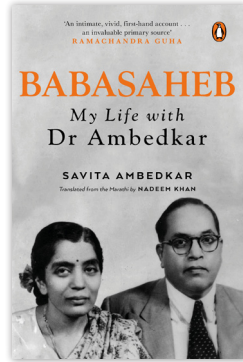
Pub Date: October 2022

Territory: World

A rib-tickling Himalayan adventure in which ancient Indian secrets are revealed

Caveman's Secret Sauce contains adventure, humour and ancient forgotten secrets as its key ingredients. There are myths, folktales and lessons derived from various Indian traditions. The central idea, however, revolves mainly around Advaita philosophy and its derivative yogic teachings. Each chapter in the book captures a particular theme and presents a solution to the problem being highlighted in it.

NIMISH DAYALU, former global head of people development at Moody's, is a certified yoga teacher.



BABASAHEB

MY LIFE WITH DR AMBEDKAR

**SAVITA AMBEDKAR
(TRANSLATED BY
NADEEM KHAN)**

Imprint: Vintage

Format: Demy/HB

Page Extent: 599

ISBN: 9780670096695

Price: Rs 599

Pub Date: October 2022

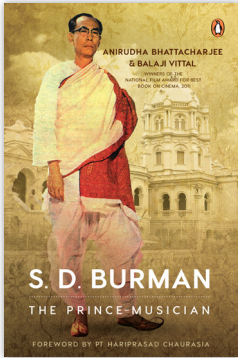
Territory: World

The first English translation of Savita Ambedkar's autobiography and memoir of her time with her husband, Dr B.R. Ambedkar

Dr Sharada Kabir married Dr Bhimrao Ambedkar on 15 April 1948, getting rechristened as Savita Ambedkar. She was Dr Ambedkar's companion until his death, aiding him in some of his greatest achievements, such as drafting the Constitution of India and framing the Hindu Code Bill. Nadeem Khan's English translation of her autobiography unearths a quite valuable and forgotten account.

SAVITA AMBEDKAR was a doctor and the second wife of Dr B.R. Ambedkar.

NADEEM KHAN is a teacher of English and has translated over a dozen books.



S.D. BURMAN

THE PRINCE-MUSICIAN

ANIRUDHA BHATTACHARJEE AND BALAJI VITAL

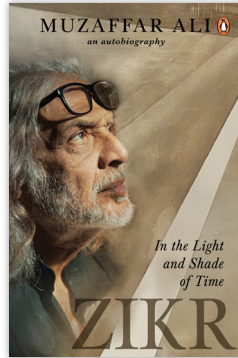
Imprint: Vintage
Format: Royal/PB
Page Extent: 376
ISBN: 9780143458531
Price: Rs 599
Pub Date: October 2022
Territory: World

An authoritative biography of the iconic music director

Sachin Dev Burman, the man who gave Hindi film music its grammar, is perhaps the most enigmatic figure in Indian cine history. This well-researched biography is packed with insights into SD's life, work and his astute understanding of Hindi cinema. An essential addition to every film music aficionado's library.

ANIRUDHA BHATTACHARJEE worked with IBM as a SAP consultant and is an amateur musician.

BALAJI VITAL has worked with Wipro, Standard Chartered Bank and Royal Bank of Scotland, and is an avid follower of Indian cinema.



ZIKR

IN THE LIGHT AND SHADE OF TIME

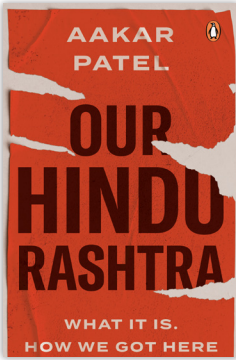
MUZAFFAR ALI

Imprint: Vintage
Format: Royal/HB
Page Extent: 268
ISBN: 9780670096107
Price: Rs 699
Pub Date: October 2022
Territory: World

Muzaffar Ali chronicles a life well-lived

Internationally renowned film-maker Muzaffar Ali has donned many hats in his lifetime. His autobiography is a peek into this wealth of experience—a close look at Ali as prince, poet, philosopher, film-maker, automobile aficionado and artist. *Zikr* is also a rich interior portrait of an artist, as Ali takes us behind the scenes of films like *Anjuman* and *Gaman*.

MUZAFFAR ALI is an Indian film-maker, fashion designer, poet, artist, music lover, revivalist and social worker.



OUR HINDU RASHTRA

WHAT IT IS. HOW WE GOT HERE

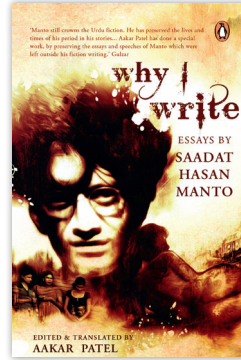
AAKAR PATEL

Imprint: Vintage
Format: Demy/PB
Page Extent: 368
ISBN: 9780143458517
Price: Rs 499
Pub Date: October 2022
Territory: World

How Hindutva took a hold over India

Aakar Patel peels back layer after layer of independent India's history to understand how Hindutva came to gain a hold over the country. He examines what it means for India that its laws and judiciary have been permeated by prejudice and bigotry, and what the all-round institutional collapse signifies for the future of Indians.

AAKAR PATEL is an author, a syndicated columnist and chair of Amnesty International India.



WHY I WRITE

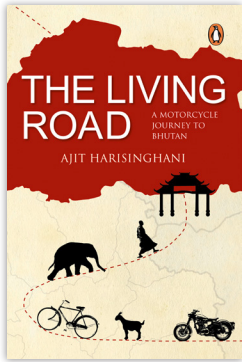
ESSAYS BY SAADAT HASAN MANTO

AAKAR PATEL

Imprint: Vintage
Format: Demy/PB
Page Extent: 196
ISBN: 9780143458524
Price: Rs 399
Pub Date: December 2022
Territory: World

Manto at his best

One of the greatest raconteurs of the twentieth century, Saadat Hasan Manto declared that he was forced to write when his wife routinely demanded that he put bread on the table. This unique collection of non-fiction writing showcases Manto's brilliance while dealing with life's most mundane things: graveyards, bumming cigarettes, a film crew with motley characters from mythology and a sharp dissection of what ails the subcontinent.



THE LIVING ROAD

A MOTORCYCLE JOURNEY TO BHUTAN

AJIT HARISINGHANI

Imprint: Vintage

Format: B/PB

Page Extent: 176

ISBN: 9780143458555

Price: Rs 250

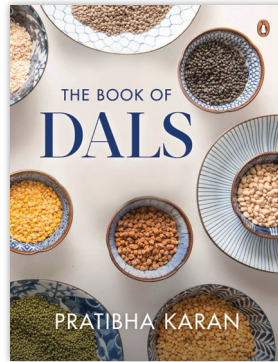
Pub Date: November 2022

Territory: World

A solo road adventure to Bhutan

A solo motorcycle ride across India, and into Bhutan, becomes more than just a test of physical endurance when Ajit Harisinghani decides to set out in pursuit of that most elusive of all human desires—happiness. Along the way, he meets a yogi and his singing goat, sees a schizophrenic bicycle and helps a police inspector overcome his stammering problem.

AJIT HARISINGHANI is a speech therapist by profession and a traveller by passion.



THE BOOK OF DAL'S

PRATIBHA KARAN

Imprint: Ebury Press

Format: Special size (246 x189 mm)

Page Extent: 192

ISBN: 9780670092178

Price: Rs 999

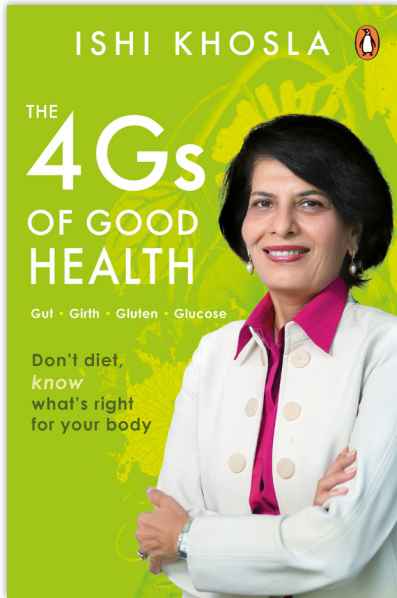
Pub Date: November 2022

Territory: World

The ultimate cookbook on dals by the bestselling author of *Biryani*

Lentils/pulses are an integral part of Indian cuisine. They are found in most homes, every day, as just a simple dish or part of a more elaborate meal. And each region, according to its taste and availability of ingredients, embellishes dals by adding fish, meat, coconut milk, cream, vegetables and a host of aromatic spices. Immaculately researched, full of extraordinary recipes and beautifully designed and photographed, *The Book of Dals* pays homage to the defining dish of Indian cuisine.

PRATIBHA KARAN is the bestselling author of *Biryani*.



THE FOUR G'S OF GOOD HEALTH

ISHI KHOSLA

Imprint: Ebury Press

Format: B/PB

Page Extent: 256

ISBN: 9780143453031

Price: Rs 299

Pub Date: November 2022

Territory: World

Understanding what to eat and what not to eat is not rocket science!

In this book, Ishi Khosla distils decades of experience and knowledge, and combines it with the wisdom of the past to provide an insight into the science of the four Gs—gut, girth, gluten and glucose—and their connection with each other, so that we can modify our eating habits and lifestyle in a permanent manner.

ISHI KHOSLA is a practising clinical nutritionist, consultant, columnist, researcher, writer and an entrepreneur.



BUILD, DON'T TALK

THINGS YOU WISH YOU WERE
TAUGHT IN SCHOOL

RAJ SHAMANI

Imprint: Ebury Press

Format: B/PB

Page Extent: 208

ISBN: 9780143459682

Price: Rs 250

Pub Date: November 2022

Territory: World

A guide to networking, building a personal brand and becoming an entrepreneur, by influencer Raj Shamani

School taught us specific subjects, but we weren't taught:

How to sell

Or how to network

Or how to take care of our mental health

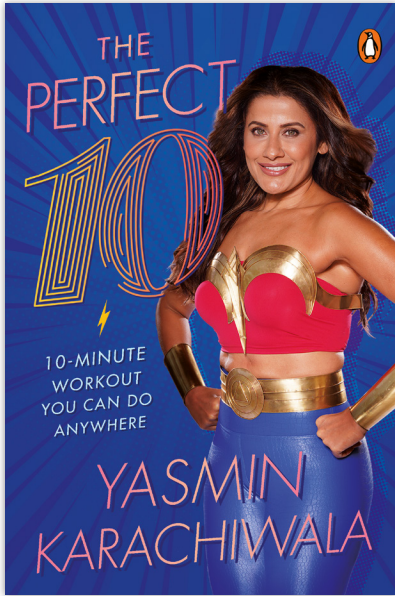
Or how to deal with personal finance

We weren't taught these skills, and this makes all the success stories we hear about seem out of reach.

Your school taught you how to run in the race; it didn't teach you how to win.

And that's what this book is for. Packed with useful advice gleaned from his own journey as an entrepreneur and content creator, this book by Raj Shamani is a must-read.

RAJ SHAMANI is an entrepreneur, motivational speaker and social media influencer. He has been featured on the 'Top 5 Young Influencers of India' list (*YourStory*), as well as on the 'Top 10 Young Entrepreneurs in India' list (*Asian Age*). His podcast, *Figuring Out*, is the top podcast on entrepreneurship in the country. He has given four TEDx Talks and over 200 keynotes in more than twenty-six countries.



THE PERFECT 10

YASMIN KARACHIWALA

Imprint: Ebury Press

Format: B/PB

Page Extent: 288

ISBN: 9780143457619

Price: Rs 299

Pub Date: December 2022

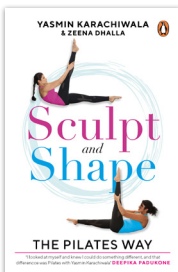
Territory: World

The ultimate fitness bible by India's biggest and best-known celebrity trainer

Fitness *looks* hard. Weight maintenance *looks* difficult. Such half-truths or untruths have been repeated for so long that they have become part of our conditioning.

Normalize this: fitness is *easy*. This book will show you that all it takes is ten minutes a day to start that journey. It is packed with exercise plans, movement ideas and lifestyle changes punctuated by stories of real journeys of real people. Get up. Move with Yasmin Karachiwala. And see how your body and your life change.

YASMIN KARACHIWALA is the founder and director of Body Image, a personal training fitness studio located in Bandra. Her personal training clientele includes Katrina Kaif, Kareena Kapoor, Deepika Padukone, Alia Bhatt and Malaika Arora Khan, among many more.





ALL HE LEFT ME WAS A RECIPE

SHENAZ TREASURY

Imprint: Ebury Press

Format: B/PB

Page Extent: 288

ISBN: 99780143441212

Price: Rs 299

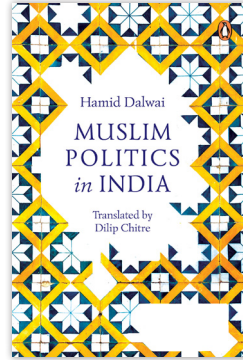
Pub Date: December 2022

Territory: World

Part-fiction, part-reality, this book captures the author's hilarious and, at times, grief-stricken encounters with members of the opposite sex

Ranging from funny to heart-breaking to profound, this is a candid and funny collection of pages out of travel vlogger Shenaz Treasury's (very personal) diary. It gives the readers a peek into her life—from her first kiss to her first break-up and all the awkward moments in between. Each story ends with a recipe and lesson the men left her with.

SHENAZ TREASURY is an Indian actress, TV host, writer and travel vlogger.



MUSLIM POLITICS IN INDIA

HAMID DALWAI (TRANSLATED BY DILIP CHITRE)

Imprint: Vintage

Format: Demy/HB

Page Extent: 256

ISBN: 9780670095957

Price: Rs 599

Pub Date: December 2022

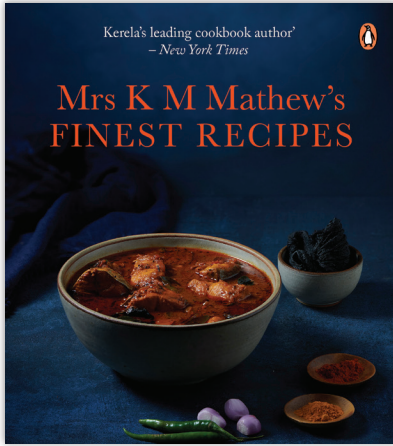
Territory: World

The voice of a 'Muslim modernizer'

Hamid Dalwai relentlessly worked towards promoting reason and justice among Muslims. *Muslim Politics in India* is arguably the most perceptive analysis of Muslim politics to appear in post-Independence India. It retains the same freshness—and relevance—that it had when it was first published three decades ago.

HAMID DALWAI was a journalist, activist and author. He was the founder of the Muslim Satyashodhak Mandal and Indian Secular Society.

DILIP CHITRE was a poet and critic who wrote in English and Marathi. He was also a painter and film-maker.



MRS K.M. MATHEW'S FINEST RECIPES

Mrs K.M. MATHEW

Imprint: Ebury Press

Format: Demy/HB

Page Extent: 240

ISBN: 9780143453123

Price: Rs 999

Pub Date: December 2022

Territory: World

Original and easy-to-follow recipes from Kerala's veteran cookbook author

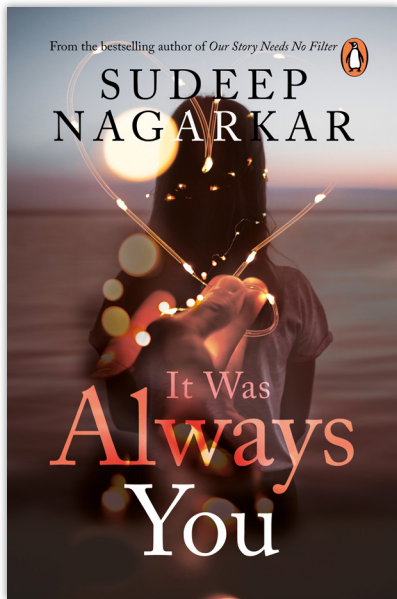
Mrs K.M. Mathew (1922–2003) was a true master of the craft of cooking. She was among the few who ushered in a shift from oral tellings of recipes to written instructions and before long, her cookbooks started being gifted to newly married couples. Published in the year of the author's hundredth birth anniversary, this new book, from the author of the all-time bestseller *Flavours of the Spice Coast* will bring to a new generation of readers a definitive compilation of her all-time top recipes that have been enjoyed around the world.

MRS K.M. MATHEW pioneered cooking and authored twenty-seven cookbooks, introducing an entire generation to the culinary culture of Kerala. This new book will bring to a new generation of readers a definitive compilation of her top recipes that have been enjoyed around the world.



Fiction





IT WAS ALWAYS YOU

SUDEEP NAGARKAR

Imprint: Ebury Press

Format: B/PB

Page Extent: 200

ISBN: 9789385990038

Price: Rs 199

Pub Date: October 2022

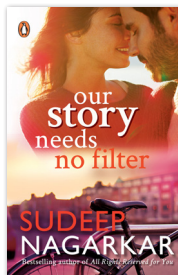
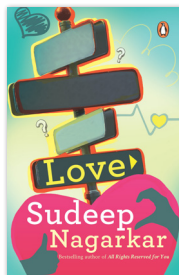
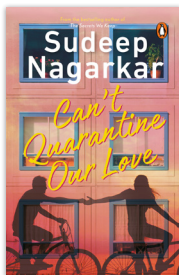
Territory: World

*A new romance novel from the bestselling author of **She Swiped Right into My Heart** and **Our Story Needs No Filter***

Have you ever regretted a lost love?

Karan and Shruti are happily married, until, one day, Karan's ex resurfaces into his life. Soon, Karan finds himself getting nostalgic over matters of the heart and thinking fondly of his first romance. Will he put his steady and seemingly perfect marriage at stake for his ex-girlfriend? Meanwhile, his best friend, Aditya, finds his own relationship with his wife, Jasmine, going through an emotional turmoil. Will both friends work towards keeping their marriage afloat or make a decision they will later regret?

SUDEEP NAGARKAR is the author of eighteen bestselling novels. He is the recipient of the Youth Achievers' Award and has been featured on the *Forbes India* longlist of the most influential celebrities for three consecutive years.





ALL THE RIGHT PEOPLE

PRIYANKA KHANNA

Imprint: Ebury Press

Format: B/PB

Page Extent: 272

ISBN: 9780143453017

Price: Rs 299

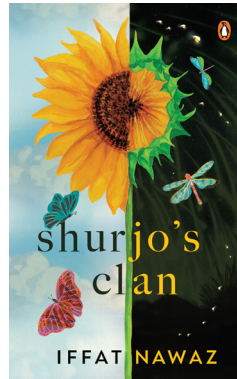
Pub Date: November 2022

Territory: World

A sizzling story of friendship, love, family and what goes into balancing the three

Money, looks and intelligence—Tara, Shaan and Aria have it all. Or at least they seem to. When their carefully charted lives take unexpected twists, friendship, love, family and personal convictions are put to the test. Priyanka Khanna's *All the Right People* is an unceasingly sharp and unputdownable peek into the life of India's super-wealthy.

PRIYANKA KHANNA is a multimedia writer and editor with decades-long experience in exploring trends in fashion, parenting, books and culture.



SHURJO'S CLAN

IFFAT NAWAZ

Imprint: Vintage

Format: Demy/HB

Page Extent: 288

ISBN: 9780670096985

Price: Rs 599

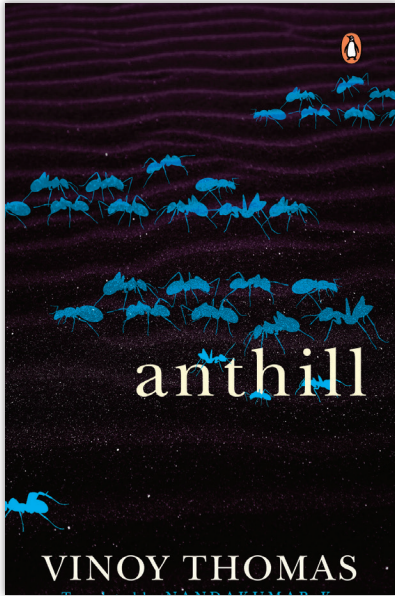
Pub Date: November 2022

Territory: Indian Subcontinent

A coming-of-age novel set in the newly formed Bangladesh

During the day, young Shurjomukhi's family is like any other in Dhaka. But every night, they switch over to the unknown world and are joined for dinner by Shurjo's uncles, who were martyred at the start of the 1971 Bangladesh liberation war, and her grandmother, who killed herself in the aftermath of 1947. *Shurjo's Clan* merges magical realism with a vivid historicity to paint a portrait of how grief is inherited, and how the traumas and memories of our ancestors continue to shape those who come long after.

IFFAT NAWAZ was born in Dhaka, Bangladesh, and worked for over a decade in humanitarian and development projects in the US, Asia and Africa.



ANTHILL

**VINOY THOMAS (TRANSLATED
BY NANDAKUMAR K.)**

Imprint: Vintage

Format: Demy/HB

Page Extent: 352

ISBN: 9780143458654

Price: Rs 599

Pub Date: December 2022

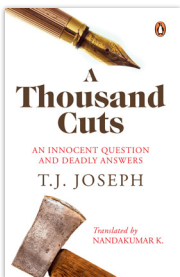
Territory: World

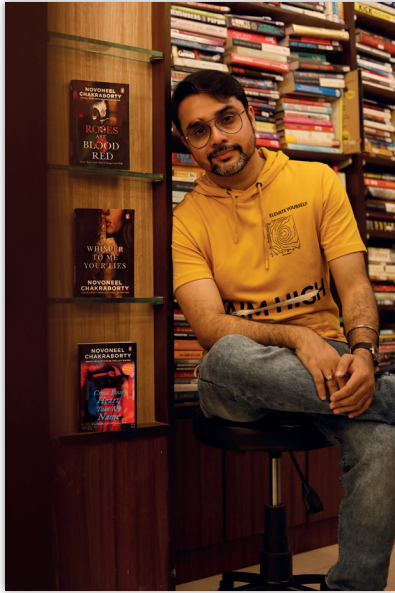
What happens when sinners gather to form a community

Bounded by dense forests and rivers, Perumbadi, at the border between Kerala and Karnataka, has hidden itself from the world. The first settler of this land was fleeing the opprobrium of getting his own daughter pregnant. Those who followed him had similar shameful secrets. In *Anthill*, Vinoy Thomas deploys dark humour to question the moral codes that bind society.

VINOY THOMAS is a Kerala Sahitya Akademi Award-winning short-story writer, novelist and screenplay writer in Malayalam.

NANDAKUMAR K. received the JCB Prize for Literature for co-translating M. Mukundan's *Delhi: A Soliloquy*.





HEART ON THE EDGE

NOVONEEL CHAKRABORTY

Imprint: Metro Reads

Format: B/PB

Page Extent: 256

ISBN: 9780670096985

Price: Rs 199

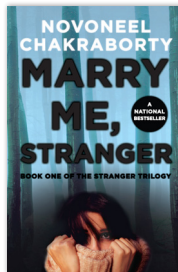
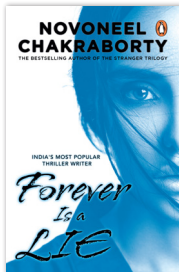
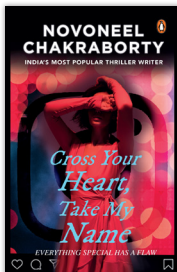
Pub Date: December 2022

Territory: World

An edgy new thriller from Novoneel

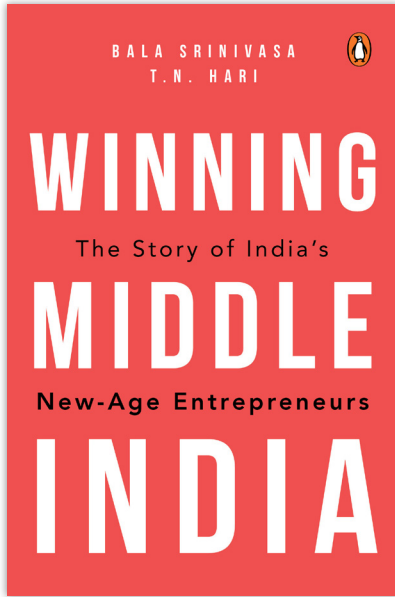
Naishee Kamaraj has a special bond with her younger brother, Shraavan. One day when he suddenly goes missing, everyone tells her that perhaps he went of his own volition, but Naishee knew her brother better than most. She fears there has been foul play. And her fears come true when she receives a random phone with a video of her brother in captivity. She needs to pull off some sadistic activities to save her brother. As time ticks by, Naishee knows she will come out as a totally different being by the end of it all.

NOVONEEL CHAKRABORTY is the bestselling author of fifteen thriller novels.



Business





WINNING MIDDLE INDIA

THE STORY OF INDIA'S NEW-AGE ENTREPRENEURS

BALA SRINIVASA AND T.N. HARI

Imprint: Penguin Business

Format: Demy/HB

Page Extent: 304

ISBN: 9780670096800

Price: Rs 599

Pub Date: October 2022

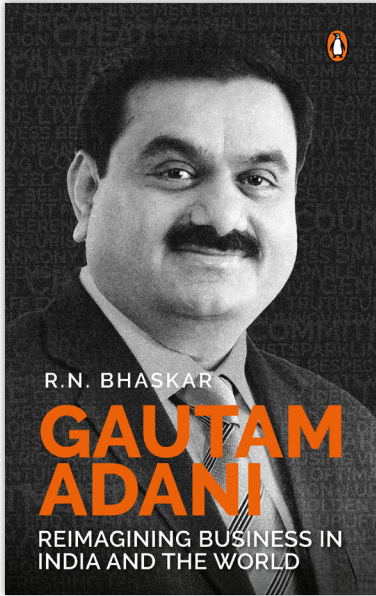
Territory: World

New-age entrepreneurs—the fundamental new catalyst solving the problems of Middle India

This book is about a new generation of start-up founders who are leveraging technology platforms, smartphone access and rapid digitization of the Indian consumer to significantly enhance access, affordability and quality of products and services to hundreds of millions of Indians.

BALA SRINIVASA is managing director, Arkam Ventures. In 2015, he worked for Kalari as a partner.

T.N. HARI is an angel investor, adviser and sounding board to numerous young entrepreneurs as well as start-ups.



GAUTAM ADANI

REIMAGINING BUSINESS IN
INDIA AND THE WORLD

R.N. BHASKAR

Imprint: Penguin Business

Format: Demy/HB

Page Extent: 272

ISBN: 9780670097326

Price: Rs 699

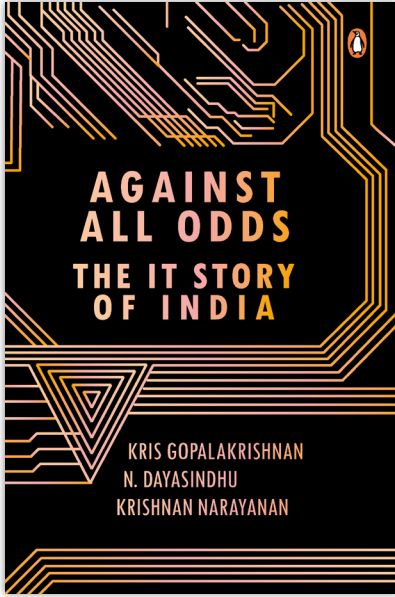
Pub Date: October 2022

Territory: World

The definitive and only biography on the elusive billionaire Gautam Adani

This book sheds light on all that we have never known, but should know, about Gautam Adani. It delves deep, detailing a range of fascinating anecdotes from Gautam Adani's life, illuminating his early childhood, his initiation into business, and the learnings and opportunities he exploited. But beyond biography, this book is committed to analysing those business strategies of Gautam Adani that have intrigued all. For instance, the fact that Gautam Adani has managed to meet short-term objectives even while focusing on the long-term; or that—unlike most industrialists—he refuses to raise money from the public until such time that he has made a project generate cashflow.

R.N. BHASKAR is an educationist, teacher and journalist, with decades of experience in each of these sectors. He is also consulting editor with the *Free Press Journal*. His first book is *Game India: Seven Strategies that Could Steer India to Wealth*, published by Penguin Random House India.



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**KRIS GOPALAKRISHNAN,
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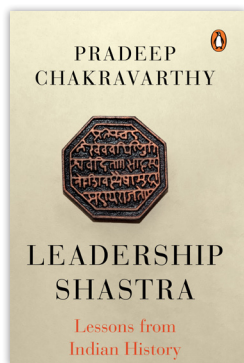
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KRIS GOPALAKRISHNAN is a globally recognized business thought leader and philanthropist. He co-founded Infosys.

N. DAYASINDHU is the co-founder and CEO of itihaasa Research and Digital.

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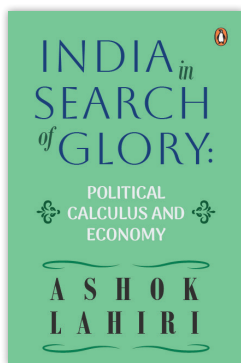
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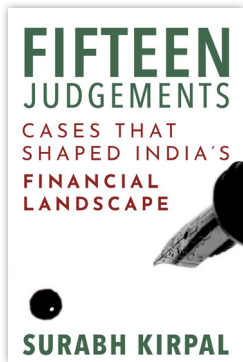
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ASHOK LAHIRI is a distinguished Indian economist and a member of the West Bengal Legislative Assembly from Balurghat.



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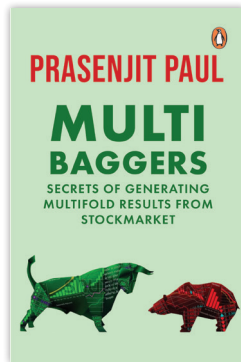
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SAURABH KIRPAL is a senior advocate.



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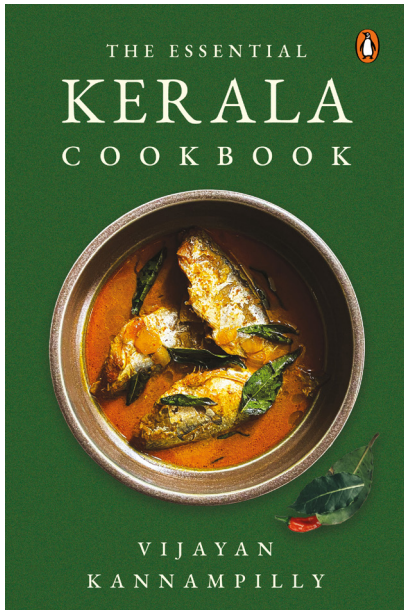
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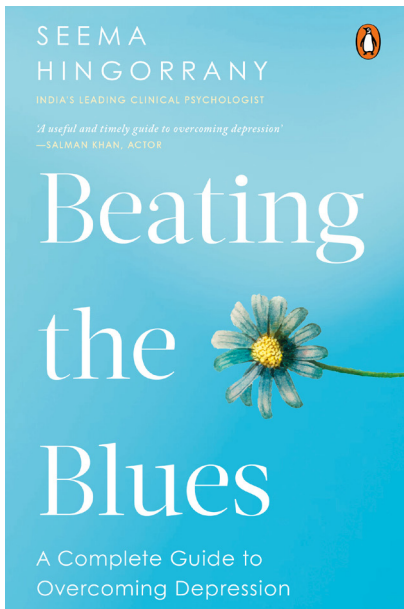
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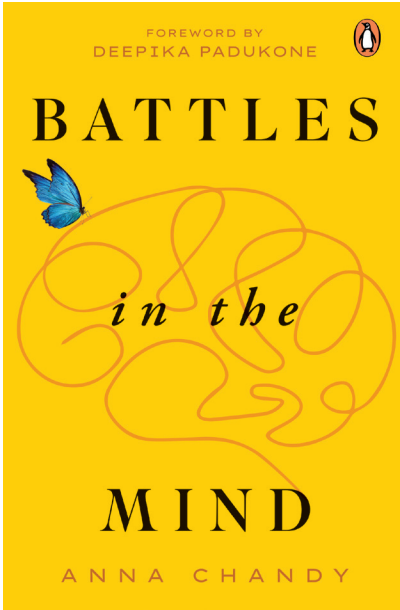
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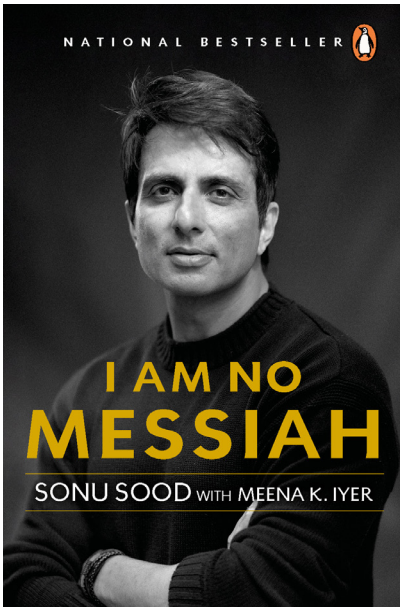
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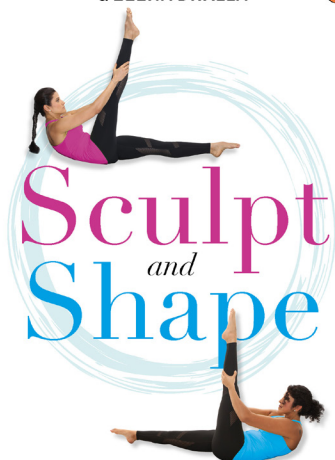
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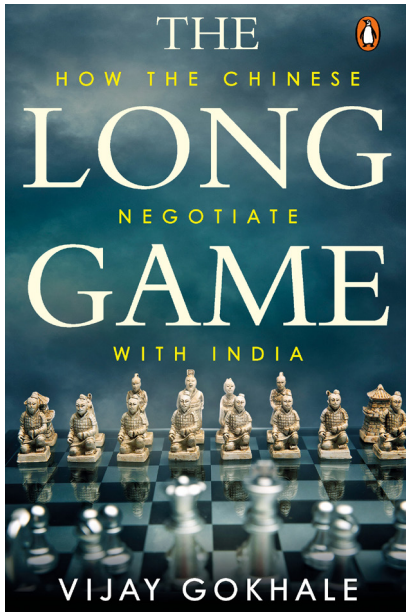
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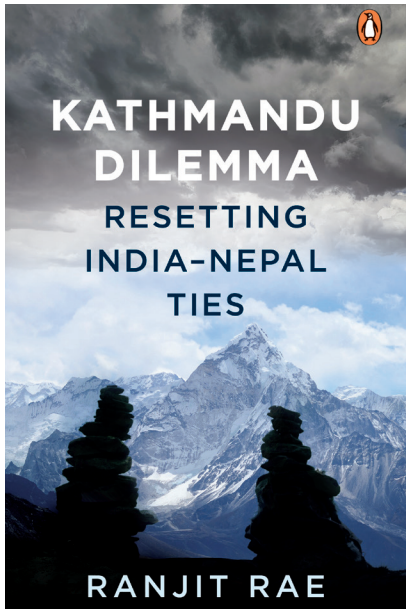
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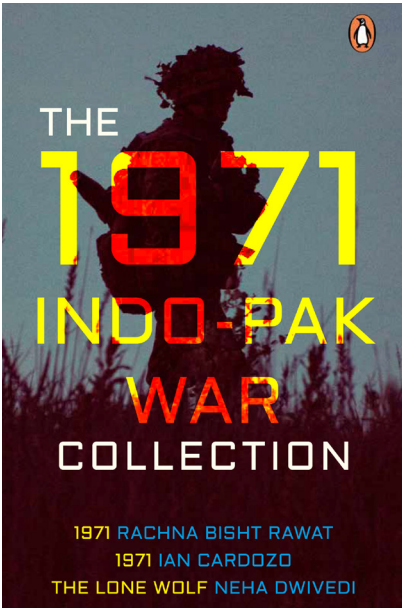
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COVER DESIGN: SANCHITA MUKHERJEE
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