

Confessions Serial Dieter Kalli Purie

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Smitha Verma On The Never-ending Demand For Diet Books | Published 15.01.12, 12:00 AM Kalli Purie tried 43 diets before she shed almost half her weight. Yaana Gupta was plagued by an eating disorder ...

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SECOND EDITION, REVISED AND UPDATED In Put More Time on Your Side: How to Manage Your Life in a Digital World, sociologist, business, and relationship expert Dr. Jan Yager helps you to become more efficient in a work world that is more demanding and 24/7 than ever before. In this concise and provocative book, you will learn: The #1 factor you can control to revolutionize your time management. How to deal with distractions and fragmentation. Coping with time wasters like over-scheduling, inadequate pacing, poor planning, procrastination, or perfection. How to master office relationships and politics to save time. Cultural considerations And lots more.

An unusual perspective on India's first war of independence Most discussions on the sepoy mutiny of 1857 have centred on the roles played in it by the Mughal emperor Bahadur Shah Zafar, Nawab Wajid Ali Shah, Begum Hazrat Mahal and other sundry members of mostly urban nobility. What remained missing was a comprehensive ground-zero account of how people in the countryside experienced this unorganized rebellion and reacted to it. In 1957, a hundred years after the mutiny, eminent Hindi writer Amritlal Nagar set out to correct this. He travelled to villages and towns that witnessed the uprising and painstakingly gathered reminiscences and popular ballads about the revolt, its celebrated and unsung heroes, its survivors and martyrs, and also engrossing episodes about where and how various battles were fought. Ageing courtesans, bedridden octogenarians, nameless singers poured their heart out to him. The slim volume Nagar finally put together, Ghadar Ke Phool, was testimony to the fact that nothing can stop the spread of a revolution whose time has come. Translated from Hindi for the first time, Gathering The Ashes is a stirring look back at an extraordinary time in Indian history, peppered with tales of outstanding acts of heroism and of shameful cowardice, of cunning alliances and heart-warming collaborations beyond religious divides. Importantly, it remains a topical book for a country that speaks anew of revolutions through dharnas, protest marches and candlelight vigils.

Covie's the baddest of the baddies. Trained by evil masterminds at The Germ Academy, he won't stop causing havoc until he's the World's Best Infection and nothing's coming in his way! ...or so he thinks. Enter The Soap Squad. This bottled brigade takes pride in keeping the planet squeaky clean, even if it means squashing a few hopes and dreams along the way. What happens when their two worlds collide? Come find out in this very timely story that's a little bit creepy, a little bit bubbly, and a whole lot of fun!

From the creator of Bulletproof Coffee and author of the bestselling The Bulletproof Diet comes a revolutionary plan to upgrade your brainpower—in two weeks or less. For the last decade, Silicon Valley entrepreneur Dave Asprey has worked with world-renowned doctors and scientists to uncover the latest, most innovative methods for making humans perform better—a process known as "biohacking." In his first book, The Bulletproof Diet, he shared his biohacking tips for taking control of your own biology. Now, in Head Strong, Asprey shows readers how to biohack their way to a sharper, smarter, faster, more resilient brain. Imagine feeling like your mind is operating at its clearest and sharpest, and being able—possibly for the first time in your life—to do more in less time? What if suddenly became easier to do the very hardest things you do? Or if you could feel 100% confident about your intellect, and never again fear being the person in the room who just isn't smart enough, or can't remember something important? How would you treat people if the mood swings, short temper, and food cravings that disrupt your day could simply disappear? In Head Strong, Asprey shows us that all of this is possible—and more. Using his simple lifestyle modifications (or "hacks") to take advantage of how the structure of your brain works, readers will learn how to take their mental performance to the next level. Combining the latest findings in neuroscience and neurobiology with a hacker-inspired "get it done now" perspective, Asprey offers a program structured around key areas of brain performance that will help you: Power the brain with exactly what it needs to perform at its best all day long Eliminate the sources of "kryptonite," both nutritional and environmental, that make the brain slower. Supercharge the cellular powerhouses of our brains, the mitochondria, to eliminate cravings and turn up mental focus. Reverse inflammation to perform better right now, then stay sharp and energized well into your golden years. Promote neuron growth to enhance processing speed and reinforce new learning—hotwiring your brain for success. Asprey's easy to follow, two-week program offers a detailed plan to supercharge brain performance, including: which foods to eat and which ones to avoid, how to incorporate the right kinds of physical activity into your day, a detox protocol for your home and body, meditation and breathing for performance, recommended brain-boosting supplements, and how to adjust the lighting in your home and work space to give your brain the quality light it thrives on. A better brain—and a happier, easier, more productive life—is within reach. You just need to get Head Strong.

A former militant is unable to reconcile his tranquil domesticity with his brutal past. A mother walks an emotional tightrope, for her two sons—a police officer and an underground rebel—fight on opposite sides of the Assam insurgency. A deaf and mute child who sells locally brewed alcohol ventures into dangerous territory through his interaction with members of the local militant outfit. How to Tell the Story of an Insurgency is an unflinching account of a war India has been fighting in the margins. Written originally in Assamese, Bodo and English, the fifteen stories in this book attempt to humanize the longstanding, bloody conflict that the rest of India knows of only through facts and figures or reports in newspapers and on television channels.

Discusses the South Asian community in America including the history of political activism, an analysis of the shifting ideas of culture, and examines the wave of violence the community experienced right after September 11.

Aimed at visitors to Delhi as well as those who call it home, this is a series of four slim, low-priced volumes. Visually attractive, with great photographs that compliment the succinct text, the titles in this set will acquaint you with:

A little matchstick girl seeks a companion An otter lies in wait for fish in the sea and wonders about humans and their way of life A merchant and a gnome set out on an extraordinary adventure to deal with an impending war An island wakes up to a hovering storm and an untold danger With The Island of the Day Before, Zuni Chopra takes the readers on an extraordinary and consistently unpredictable voyage. Boldly experimental in terms of themes and forms, these whimsical tales - prose, poetry, flash fiction - of the everyday and the extraordinary, the fantastical and the mundane, will keep haunting you long after you have read them.This is a work of exceptional imagination from a young, prodigious talent - a rising star in the literary firmament.

A young man returns home to Delhi after several years abroad and resumes his place among the city's cosmopolitan elite - a world of fashion designers, media moguls and the idle rich. But everything around him has changed - new roads, new restaurants, new money, new crime - everything, that is, except for the people, who are the same, only maybe slightly worse. Then he meets Aakash, a charismatic and unpredictable young man on the make, who introduces him to the squalid underside of this sprawling city. Together they get drunk and work out, visit temples and a prostitute, and our narrator finds himself disturbingly attracted to Aakash's world. But when Aakash is arrested for murder, the two of them are suddenly swept up in a politically sensitive investigation that exposes the true corruption at the heart of this new and ruthless society. In a voice that is both cruel and tender, The Temple-goers brings to life the dazzling story of a city quietly burning with rage.

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