

Hi!! ,

Your chances of doing 'FANTASTIC' in this modern world increase multi-fold; if you adopt the '3R' approach.

'3R' is – 'Running, Reading and Relaxing'.

Let me start with the last 'R'. If your mind is not relaxed; I mean, if it is always involved in trivial issues- you will never get a good productivity , out of your day. So, learn to rise above superficial issues in life – as people issues, small stuff etc.

'Running' – leads to an energy reservoir within you. Moreover, the old saying – 'A healthy body leads to a healthy mind'. You need energy for everything in your life. All successful people are / have been energetic. Can you recall the name of even a single successful person who was lazy and less energetic? No..naa !! So, Run and run hard. At least , for half an hour in a day – 7 days a week.

'Reading', builds 1) smartness and 2) perspectives in life. Try doing it – you'll understand, what I wrote. It is a habit. We are nothing, but creatures of our own habits. The better habits we have, the better we become. Reading will give you that notorious confidence to 1) understand and 2) live life better. Our problem is not that we are 'poor' readers; it is that we are 'inefficient readers'. Smart Reading doesn't take much time to do.

I am enlisting the names of a few books below. All are eclectically chosen, keeping 'you' in mind. Almost all the recommendations have been made out of my personal reading experience or from the experiences of some of my very close friends who themselves are very good readers.

The intent is bi-fold: 1) exposing your mind to a variegated genre of reading 2) get you addicted into reading as a habit; which in the long run will make you a better human being.

You'll not only enjoy reading them; but also be able to build your mental muscles.

Be a disparate reader. Be a ravenous reader. More importantly – BE A READER...

My best wishes,

Akash

RECOMMENDED READING BY AKASH

“WE ARE ALL CREATURES OF HABIT – THE BETTER HABITS WE HAVE – THE BETTER WE BECOME”.

~ DO YOU HAVE A GOOD READING HABIT?

BUSINESS / MANAGEMENT BOOKS :-

- Who says Elephants can't Dance : Louis Gerstner
- Who moved my Cheese : Dr. Spencer Johnson
- Make sure you read every week – the case studies of Business World.
- The seven habits of highly effective people : Stephen R Covey
- How to win friends & influence people : Dale Carnegie
- Think & Grow Rich : Napoleon Hill (Must read)
- Winning : Jack Welch
- The Art of War by Sun Tzu
- Six Thinking Hats by Edward de Bono
- Built to Last : Jim Collins
- Influence: The psychology of persuasion by Robert Cialdini
- The Wal-Mart effect : Charles Fishman
- Losing my Virginity : Richard Branson
- The Culting of Brands: Douglas Atkin
- Emotional Design ; Donald A Norman
- The 22 Immutable Laws of Marketing : Al Ries, Jack Trout
- 'I am right , You are Wrong' - Edward de Bono.
- 'The GOAL' – Eliyahu and Goldratt Cox (A must read).
- 'The 80/20 Principle' – Richard Koch.
- 'Small is beautiful' - EF Schumacher
- 'Maverick' - Ricardo semler.
- 'Pepsi to apple' - John Sculley.
- 'Hit and Run' - Nancy Griffin and Kim Masters.
- 'Emotional Intelligence' - Daniel Goleman.

FICTION / LITERATURE /ABSTRUSE READING :-

Level 1 –

- Who moved my cheese
- The Monk who sold his Ferrari
- Any book by Agatha Christie
- Any book by Sidney Sheldon
- Any book by Chetan Bhagat
- Animal Farm (George Orwell) (Must Must Read)
- Twilight (Stephanie Meyer)

Level – 2-

- Any book by Jeffery Archer
- Any book by John Grisham (King of the torts, The Rainmaker etc.) (Legal Fiction)
- Any book by Arthur Hailey (Airport, Hotel) (Service Sector Fiction)
- The White Tiger (Arvind Adiga)
- The Godfather (Mario Puzo)
- 1984 (George Orwell)
- Foundation (Isac Asimov) (Astronomy Fiction)
- Any book by Robert Ludlum
- Any book by Robin Cook (Medical Fiction)

Level – 3

- Any book by Amitav Ghosh (The Hungry Tide, The Calcutta Chromosome, The sea of poppies)
- Any book by Jhumpa Lahiri (The namesake, Interpreter of Maladies)
- Any book by Frederick Forsyth (the Icon, The Afghan etc.)
- The God of small things (Arundhati Roy)
- ‘The Great Expectations’ or ‘ A tale of two cities’ – Charles Dickens.
- Stories by O.Henry.
- ‘A book of English Essays’ – (Penguin classics).
- ‘Black Beauty’ – Anna Sewell.

Level – 4

- Any book by Salman Rushdie (Midnight Children, The Enchantress of Florence, Shalimar the clown)
- Any book by Orhan Pamuk (Snow, my name is red, Museum of Innocence etc.)
- Any book by Franz Kafka (The trial, Metamorphosis etc.)
- ‘The secret pilgrim’ - Joseph Heller.
- ‘Beloved’ – Toni Morrison .
- ‘By the sea’ – Abdulrazak Gurnah.
- ‘The eighth commandment’ - Lawrence Sanders.
- ‘The romantic Manifesto’ or ‘The virtue of selfishness’ or ‘Capitalism :the unknown ideal’ or ‘The Fountainhead’ →Ayn Rand.
- ‘The dialogues of Plato’ - (Batnam books) .
- ‘The third wave’ or ‘Future shock’ or ‘Powershift’ - Alvin Toffler.

BOOKS ON LEADERSHIP :-

- The Starfish & the Spider : Brafman & Breckstrom
- Built to Last : Jim Collins
- Leading Change : John Kotter
- The Leadership Dojo : Richard Srozz
- The Tipping Point : Malcolm Gladwell
- Outsmart : Jim Champy
- Love is the killer App : Tim Sanders
- The One minute Manager : Kenneth Blanchard
- True North : Bill George
- First, Break all the Rules : Buckingham & Coffman
- The Compassionate Samurai : Brian Klemmer

OCCULT :-

- The greatness of Saturn – Robert.E.Svoboda
- Chariots of God – Erich Von Daniken
- The prophecies of Nostradamus – Erika Cheetham.

SCIENCE AND BIOLOGY :-

- 'Genius' - James Gleick
- 'E=mc²' - David Thomson
- 'Genetic engineering' – Mae –wan ho
- 'Germs – the ultimate weapon' - Judith miller.
- 'Men – from stone age to clone age' - John Madeley.
- 1) 'The human zoo' and 2) 'The naked ape' – Desmond Morris.
- 1) 'The tao of physics' and 2) 'The turning point' or 3) 'The web of life' – Fritz o' Capra.

HISTORY :-

- Sophie's World : Jostein Gaarder (A must read History + Philosophy book)
- 'Taliban' - Ahmed Rashid .
- 'Long walk to Freedom' - Nelson Mandela.
- 'The autobiography of an unknown Indian' - Nirad C. Chaudhary.
- 'Discovery of India' – Nehru(chacha).
- 'Europe since Napoleon' - David Thomson.
- 'Burma – The curse of independence' - Shelby Tucker .
- 'Memories of Madness: Stories of 1947' – Penguin publishers.
- 'India's struggle for independence' - Bipan Chandra.

ECONOMICS :-

- Freakonomics : Levitt & Dubner
- 'The black economy in India'- Arun Kumar .
- 'The price of onions' – Ashok V. Desai.
- 'Hungry for trade' – John Madeley.(Penguin).

MOTIVATION:-

- Bhagwat Geeta ; Any Commentary
- The Power of Intention : Dr.Wayne Dyer
- My decision to Live : Nader Elguindi
- Stop Whining, Start Living : Dr. Laura Schlessinger
- The Last Lecture : Randy Pausch
- The Power of Positive Thinking : Dr. Norman Vincent Peale
- The Monk who sold his Ferrari : Robin Sharma
- Awaken the Giant within : Athony Robbins
- The Power of Now ; Eckhart Tolle

BIOGRAPHY / AUTOBIOGRAPHY :-

- Autobiography of a Yogi – Parmahansa Yogananda
- 'Hitler' – Ian Kershaw.
- 'Iacocca' – Lee Iacoca.
- 'Business legends' – Gita Piramal.
- 'The diary of a young girl' – Anne Frank

PHILOSOPHY & / or PSYCHOLOGY & / or SOCIOLOGY :-

- 'An unquiet mind' – Kay Redfield.
- 'Creativity'- Mihaly Csikszentmihaly.
- 'Them'- Jon Ronson.
- 'Emotional Alchemy'- Tara Bennet.
- 'Zen and the art of Motorcycle maintenance'.
- Awaken the giant
- Alchemist
- Think and grow rich
- His call to the nature
- Doctors
- The conquest of happiness

- Unlimited power
- The fifth Discipline
- See u at the top
- Who moved my chesse
- One minute manager