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"Everything is thoughts and food."

Paleo, vegan, vegetarian, raw vegan, low carb, gluten free...which diet is THE ONE?

Did you ever consider your thoughts to be equally as important as diet and exercise in the equation of your optimal health? *Loving Yourself to Great Health: Thoughts & Food—the Ultimate Diet* by Louise Hay, Ahlea Khadro, & Heather Dane teaches that our health hinges on our thoughts. I couldn't agree more.
Imagine you have a few billion dollars and want to spend it on the poor. How do you go about it? Billions of government dollars and thousands of charitable organizations and NGOs, are dedicated to helping the world's poor. But much of their work is based on assumptions about the poor and the world that are untested generalizations at best, harmful misperceptions at worst. Abhijit V. Banerjee and Esther Duflo have pioneered the use of randomized control trials (RCTs) in development economics through their award-winning Poverty Action Lab. They argue that by using RCTs and more generally, by paying careful attention to the evidence, it is possible to make accurate and often startling assessments on what really impacts the poor and what doesn't. Revelatory and impassioned, Poor Economics is a pathbreaking book that will help you to understand the real causes of poverty and how to end it
Have you ever come up with an idea for a new product or service but didn't take action because you thought it would be too risky? Or have you had what you thought could be a big idea for your company—perhaps changing the way you develop or distribute a product, provide customer service, or hire and train your employees? If you have, but you haven't known how to take the next step, you need to understand what the authors call the innovator's method—a set of tools emerging from lean start-up, design thinking, and agile software development that are revolutionizing how new ideas are created, refined, and brought to market. To date these tools have helped entrepreneurs, designers, and software developers manage uncertainty—through cheap and rapid experiments that systematically lower failure rates and risk. But many managers and leaders struggle to apply these powerful tools within their organizations, as they often run counter to traditional managerial thinking and practice. Authors Nathan Furr and Jeff Dyer wrote this book to address that very problem. Following the breakout success of "The Innovator's DNA"—which Dyer wrote with Hal Gregersen and bestselling author Clay Christensen to provide a framework for generating ideas—this book shows how to make those ideas actually happen, to commercialize them for success. Based on their research inside corporations and successful start-ups, Furr and Dyer developed the innovator's method, an end-to-end process for creating, refining, and bringing ideas to market. They show when and how to apply the tools of their method, how to adapt them to your business, and how to answer commonly asked questions about the method itself. Whether you're launching a start-up, leading an established one, or simply working to get a new product off the ground in an existing company, this book is for you.

**Pub: Harvard Business Review**

**Call No. 658.4063 F983T**  
**Accession Number: 153222**
Much has changed in the world of south asian history-writing since sumit sarkars renowned classic, modern india (1983) "the passage of thirty years having rendered that work thoroughly dated, the futility of any attempt to revise it became increasingly clear to me, especially as over this period my own historical perspectives took new and unexpected directions", says the author the present work is an entirely fresh view of the same period focusing on three huge areas - economy, environment, and culture - professor sarkar offers his magisterial perspective on these scientific discourses, laws, forest administration, peasants and adivasis, irrigation, and conflicts over land-use are examined, as are agrarian relations, commercialization, indebtedness, and famine trade, finance, and industry are other major focus areas modern urban india is scrutinized via the literature on its big cities sociabilities, caste configurations, and public culture (theatre, cinema, and sports) are discussed, as are literature, dance, music, and painting in conclusion, says professor sarkar, "i have within each chapter incorporated the relevant historiographical developments, changes, and debates separate bibliographical sections will i hope facilitate the work of teachers and students"
In this business classic—now with a new Afterword in which the author draws parallels to the recent financial crisis—Roger Lowenstein captures the gripping roller-coaster ride of Long-Term Capital Management. Drawing on confidential internal memos and interviews with dozens of key players, Lowenstein explains not just how the fund made and lost its money but also how the personalities of Long-Term’s partners, the arrogance of their mathematical certainties, and the culture of Wall Street itself contributed to both their rise and their fall.

When it was founded in 1993, Long-Term was hailed as the most impressive hedge fund in history. But after four years in which the firm dazzled Wall Street as a $100 billion moneymaking juggernaut, it suddenly suffered catastrophic losses that jeopardized not only the biggest banks on Wall Street but the stability of the financial system itself. The dramatic story of Long-Term’s fall is now a chilling harbinger of the crisis that would strike all of Wall Street, from Lehman Brothers to AIG, a decade later. In his new Afterword, Lowenstein shows that LTCM’s implosion should be seen not as a one-off drama but as a template for market meltdowns in an age of instability—and as a wake-up call that Wall Street and government alike tragically ignored.
In At Home in India: The Muslim Saga, Congress leader and former Union Minister Salman Khurshid provides rare insights into the community's aspirations and problems. The book, which covers a wide span from the late 19th century to the present and highlights the pivotal roles played by distinguished Indian Muslims, is a comprehensive, definitive and forceful account. Khurshid, who argues that Muslims do feel at home in India, does not shy from hypersensitive issues such as terrorism, communal riots, Uniform Civil Code, present-day Muslim leadership (or lack of) and the place of women in Islam.

But while underscoring the significance of the 'trust deficit' on part of Muslims vis-a-vis the police and government, the author, himself a leading Muslim leader, does not explain why he sulked when he was appointed Minority Affairs minister. Khurshid, who eventually got the high profile portfolio of External Affairs, kept the ministry created to bring welfare to his community, defunct.

In the book, Khurshid says Muslims constitute a crucial vote bank for the Congress party. He even advises his party not to take their support for granted. But who actually deceives the community? Muslim political leaders forget that their party gives them tickets to hold on to the Muslim electorate. But after becoming MPs and ministers, they forget that mandate. This approach leads to a credibility deficit, with the community viewing them as 'show boys' rather than leaders who can guide them towards equal participation in India.

Pub: Hay House India

Call No. 954.00882971 K45A

Accession No. 153201
This book provides a comprehensive assessment of the motivation behind corruption and ill-
governance in countries, such as India. It presents a sound theoretical structure outlining the 
journey through various phases of elitism, counter-elitism, competitive populism and, finally, 
good governance.

The political willingness to bring in good governance, the book argues, depends on the electoral 
importance of the middle classes. Ironically, however, such a middle class emerges out of the 
policies of distributing private goods, including education, facilitated through counter-elite 
capture and competitive populism.

This book emphasises that despite the emergence of the middle class in India as a whole, during 
the last two decades, their percentage and role in many states are currently limited. The 
continuation of high levels of ill-governance and corruption is explained here in terms of the role 
they play in shaping the central government and also many state governments in India.

**Pub: Sage Publications**

**Call No. 364.13230954 S194R**  
**Accession No. 153161**
Military CID investigator John Puller has returned from his latest case to learn that his brother, Robert, once a major in the United States Air Force and an expert in nuclear weaponry and cyber-security, has escaped from the Army's most secure prison. Preliminary investigations show that Robert - convicted of treason - may have had help in his breakout. Now he's on the run and he's the military's number one target. John Puller has a dilemma. Which comes first: loyalty to his country, or to his brother? Blood is thicker than water, but Robert has state secrets which certain people will kill for. John does not know for sure the true nature of Robert's crimes, nor if he's even guilty. It quickly becomes clear, however, that his brother's responsibilities were powerful and far-reaching. With the help of US intelligence officer Veronica Knox, both brothers move closer to the truth from their opposing directions. As the case begins to force John Puller into a place he thought he'd never be - on the other side of the law - even his skills as an investigator and his strength as a warrior, might not be enough to save him. Or his brother.
Sons of Babur have only two places: the graveyard or Pakistan!’ went the bloodcurdling cry of Hindutva fascists, seeking to whip up Hindu hatred against Muslims in the course of their movement to destroy the Babri Masjid two decades ago. For these venom-spewing fanatics, the Indian Muslims simply had no place in India at all. They were, they alleged, the progeny of foreign invaders. They linked them up with one such Muslim invader—but, curiously, not the first, and certainly not the most brutal of them—Zahiruddin Mohammad Babur, the founder of the Mughal dynasty. That their claim was, historically speaking, wide off the mark—the vast majority of Indian Muslims being descendants of local converts—was something that they did not seem to care about in the least.
By the time Henry Kissinger was made secretary of state in 1973, he had become, according to the Gallup Poll, the most admired person in America and one of the most unlikely celebrities ever to capture the world's imagination. Yet Kissinger was also reviled by large segments of the American public, ranging from liberal intellectuals to conservative activists. Kissinger explores the relationship between this complex man's personality and the foreign policy he pursued. Drawing on extensive interviews with Kissinger as well as 150 other sources, including U.S. presidents and his business clients, this first full-length biography makes use of many of Kissinger's private papers and classified memos to tell his uniquely American story. The result is an intimate narrative, filled with surprising revelations, that takes this grandly colorful statesman from his childhood as a persecuted Jew in Nazi Germany, through his tortured relationship with Richard Nixon, to his later years as a globe-trotting business consultant.