

# My Life I Decide: 19 Thought-provoking Ideas to Change Your Life

Rinku Sawhney is a social impact entrepreneur, personal excellence and mind-shift coach, and a TEDx Speaker. She is the founder of Elevated Minds, a startup committed to motivating people to achieve new heights in life. Her workshops and trainings have helped people gain clarity and identify roadblocks in their path to success. An alumnus of IIM-Bangalore, Rinku started her career in the IT industry and soon after decided to become a life coach. She has devised 'The Success Framework' programme which is aimed at achieving holistic growth and personal excellence of individuals. My Life I Decide is her first book.

#### HARDBACK

978-93-89109-23-8  
224 pages  
202 x 132 x 14 mm  
10 December 2019 190g

Price  
Rs 500

MARKET  
General/trade

#### SUBJECT

SEL027000: SELF-HELP /  
Personal Growth / Success  
SEL021000: SELF-HELP /  
Motivational &  
Inspirational SEL023000:  
SELF-HELP /  
Personal Growth / Self-  
Esteem  
VSC: Advice on careers &  
achieving success  
KJC: Business strategy  
KJP: Business  
communication &  
presentation  
VS Self-help, personal  
development & practical  
advice  
KJ Business & Management

Self-help, motivational book  
Exercises to engage readers  
Tips to lead a motivated life

#### THE SELF-HELP YOU NEED TO MOTIVATE YOURSELF TO FACE LIFE'S CHALLENGES.

Are you someone who cannot be spontaneous? Or someone who is scared to take charge in life and move on to greater things? Or someone who feels awkward when facing an audience? *My Life I Decide* by mind-shift coach, Rinku Sawhney, is a how-to guide that enthralls you to have unflinching courage, be optimistic and self-reliant.

With some refreshingly innovative exercises and life-changing stories, this quick read not only helps you identify your self-sabotaging beliefs and behaviours that become roadblocks in the trajectory of your life but also shares simple and effective techniques which help you engage in a deep self-exploration and create excellence in both your personal and professional lives.

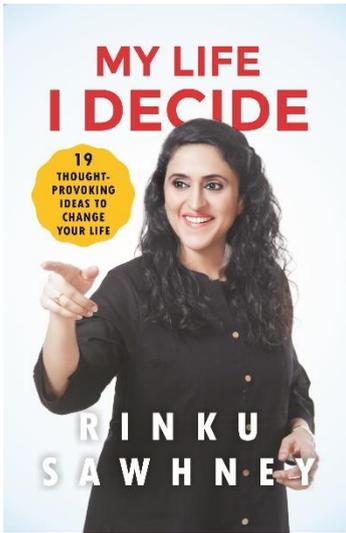
Through nineteen thought-provoking ideas this book empowers you to find your best possible self and live an extraordinary life.

---

To place your order please contact Vijay Sharma on  
[v.sharma@macmillan.co.in](mailto:v.sharma@macmillan.co.in)

---

To place your order please contact Vijay Sharma on  
[v.sharma@macmillan.co.in](mailto:v.sharma@macmillan.co.in)



# My Life I Decide: 19 Thought-provoking Ideas to Change Your Life

Rinku Sawhney is a social impact entrepreneur, personal excellence and mind-shift coach, and a TEDx Speaker. She is the founder of Elevated Minds, a startup committed to motivating people to achieve new heights in life. Her workshops and trainings have helped people gain clarity and identify roadblocks in their path to success. An alumna of IIM-Bangalore, Rinku started her career in the IT industry and soon after decided to become a life coach. She has devised 'The Success Framework' programme which is aimed at achieving holistic growth and personal excellence of individuals. My Life I Decide is her first book.

#### PAPERBACK

978-93-89109-24-5  
224 pages  
198 × 129 × 14 mm  
10 December 2019  
180g

#### Price

Rs 399

#### MARKET

General/trade

#### SUBJECT

SEL027000: SELF-HELP /  
Personal Growth / Success  
SEL021000: SELF-HELP /  
Motivational &  
Inspirational SEL023000:  
SELF-HELP /  
Personal Growth / Self-  
Esteem  
VSC: Advice on careers &  
achieving success  
KJC: Business strategy  
KJP: Business  
communication &  
presentation  
VS Self-help, personal  
development & practical  
advice  
KJ Business & Management

Self-help, motivational book  
Exercises to engage readers  
Tips to lead a motivated life

#### THE SELF-HELP YOU NEED TO MOTIVATE YOURSELF TO FACE LIFE'S CHALLENGES.

Are you someone who cannot be spontaneous? Or someone who is scared to take charge in life and move on to greater things? Or someone who feels awkward when facing an audience? *My Life I Decide* by mind-shift coach, Rinku Sawhney, is a how-to guide that enthralls you to have unflinching courage, be optimistic and self-reliant.

With some refreshingly innovative exercises and life-changing stories, this quick read not only helps you identify your self-sabotaging beliefs and behaviours that become roadblocks in the trajectory of your life but also shares simple and effective techniques which help you engage in a deep self-exploration and create excellence in both your personal and professional lives.

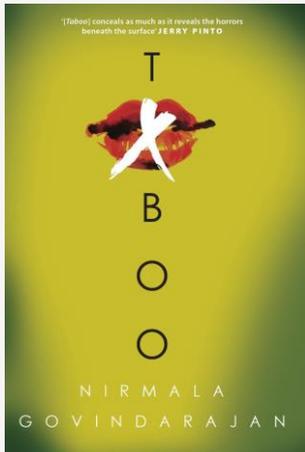
Through nineteen thought-provoking ideas this book empowers you to find your best possible self and live an extraordinary life.

---

To place your order please contact Vijay Sharma on  
[v.sharma@macmillan.co.in](mailto:v.sharma@macmillan.co.in)

---

To place your order please contact Vijay Sharma on  
[v.sharma@macmillan.co.in](mailto:v.sharma@macmillan.co.in)



# Taboo: A Novel

#### PAPERBACK

978-93-89109-28-3

310 pages

198 × 129 × 20 mm

6 December 2019

120g

#### Price

Rs 399

#### EBOOK

978-1-5290-4529-1

310 pages

Kindle

12 December 2019

#### MARKET

General/trade

#### SUBJECT

FIC019000: FICTION /

Literary

FA: Modern & contemporary  
fiction (post c 1945)

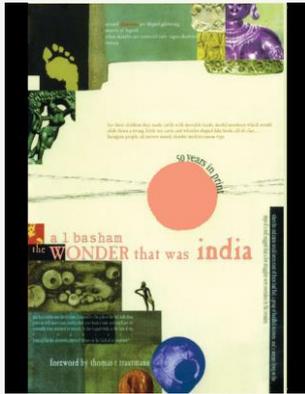
JFFE: Violence in society FB

Fiction: general & literary

Erendira, the protagonist of this heart-rending tale of exploitation and the imagination of freedom, is symbolic of the under-aged trafficking networks and its resilient survivors across India. In *Taboo*, metred into rhythm in her inimitable style, Nirmala Govindarajan plunges into the context of disturbing crime, trafficking and unfreedom. Flying high in the Himalayan ranges, weaving a trail through Coimbatore, Ooty, Chandigarh, Khandala and the shipping town of Alang, diving down to the southern-most tip of India and onwards to Sri Lanka, Erendira, through many languages and cultures unearths the forbidden identity of a sex worker on a footpath. Finally, you emerge questioning the intent of our society and political organizations to stop this and the utter disregard for such questions in our democracy.

---

To place your order please contact Vijay Sharma on  
[v.sharma@macmillan.co.in](mailto:v.sharma@macmillan.co.in)



# The Wonder That Was India Vol. 1

AUTHOR A. L. Basham

## PAPERBACK

978-93-89109-34-4  
624 pages  
234 × 156 × 36 mm  
10 December 2019 200g

Price  
Rs 599

## MARKET

General/trade

## SUBJECT

HIS017000: HISTORY / Asia  
/ India & South Asia  
HBTB: Social & cultural  
history  
NHTB Social & cultural  
history

- complete history of ancient Indian culture
- explores monuments, arts, heritage, philosophy, science of entire India
- unique book which connects political and social history with cultural heritage of India
- beautiful and rare photos

People all around the world are fascinated by Indian history, culture and the way people are still connected with their roots. This book covers comprehensive Indian history that includes culture, religion, governance, social evolution, tradition, languages, philosophy and science. It reveals the glorious past of India from the time of Harappa civilization and settlement to Aryan invasion theory.

Starting from Indus Valley civilization along with detailed information about Harappa and Mohenjo-Daro, the book explores early time periods that throw light on India's rich cultural heritage. It traces various time periods and eras of Indian history with extensive source of text, which is narrative, simple to understand and keeps the reader engaged.

Following massive research and findings, the author has even explained about Aryan invasion theory in the book. Furthermore, the book even talks about evolution of Hindu religion that has been followed from the Harappa times and even at the time when Aryans invaded India.

The book also highlights some common beliefs and influences in Hinduism, Jainism and Buddhism. All regions in India are influenced by each other, but it was Jainism and Buddhism that mainly brought non-violence and vegetarian aspect into Indian religions.

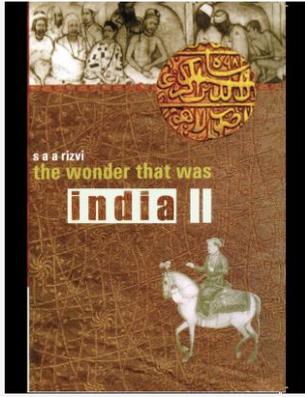
For those who are looking forward to learn some interesting facts about Indian history and culture, the book contains almost everything: from traces of ancient invasions to modern-day evolution for the readers to enjoy and gain knowledge about.

---

To place your order please contact Vijay Sharma on  
[v.sharma@macmillan.co.in](mailto:v.sharma@macmillan.co.in)

**AUTHORDETAILS**

Arthur Llewellyn Basham was an Indologist and a professor at London's School of Oriental and African Studies. He was born in 1914 in Essex. His father had served in the Indian Army and told him a lot of stories about India that sparked an interest in him about the country. The author obtained a degree in Sanskrit from the School of Oriental and African Studies, did a doctorate at the School of Oriental and African studies and later became a Professor at that college. In 1965, Basham left SOAS to join the Australia National University, where he became the Head of the History Department and also Professor of Oriental Civilizations.



# The Wonder That Was India Vol. 2: A survey of the history and culture of the Indian sub- continent from the coming of the Muslims to the British Conquest, 1200-1700

AUTHOR S. A. A. Rizvi

**PAPERBACK**

978-93-89109-35-1

464 pages

234 × 156 × 24 mm

12 December 2019 150g

**Price**

Rs 599

**MARKET**

General/trade

**SUBJECT**

HIS017000: HISTORY / Asia

/ India & South Asia

HBTB: Social & cultural  
history

NHTB Social & cultural  
history

- comprehensive cultural history of medieval India
- illustrations and maps
- unique text describing monuments, arts, culture, literature, philosophy, science of the Sultanate and Mughal India

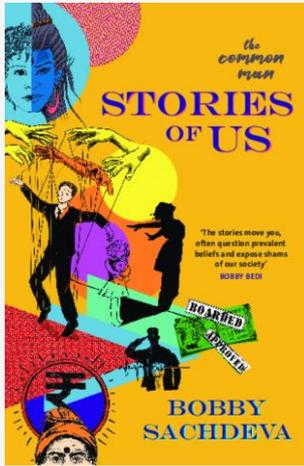
SAA Rizvi's The Wonder that was India–Volume II is a groundbreaking enquiry into the history of India during the period of Islamic political dominance in the subcontinent. Through meticulous research and painstaking study, Rizvi pieces together a comprehensive account of the five hundred years between the thirteenth and eighteenth centuries, detailing the political histories of the Arabs, Turks, Afghans and Mughals. From his exploration of the social and economic conditions, the state, religion and the fine arts, a vibrant picture emerges of a massive and fertile exchange that would influence the destiny of more than billion people. This volume, along with AL Basham's classic The Wonder that was India, offers an extensive and engrossing view of the pre- colonial history of India. It is equally for the serious student and the interested reader.

**AUTHOR DETAILS**

SAA Rizvi who became famous for his book, The Wonder that was India Vol. 2 was a Professor of History at the Jammu and Kashmir University and also at the Department of Asian Civilizations, Australian National University.

---

To place your order please contact Vijay Sharma on  
[v.sharma@macmillan.co.in](mailto:v.sharma@macmillan.co.in)



# Stories of Us: The Common Man

AUTHOR Bobby Sachdeva

#### PAPERBACK

978-93-89109-02-3

240 pages

198 × 129 × 15 mm

6 December 2019

200g

#### Price

Rs 299

#### EBOOK

No ISBN

240 pages

Kindle

6 December 2019

#### MARKET

General/trade

#### SUBJECT

FIC029000: FICTION /

Short Stories (single author)

FA: Modern & contemporary fiction (post c 1945)

Does saving your family's honour trump personal happiness? Will the god be appeased if you overfeed him and not help the needy? Will the law protect the stray dog that tears an eight-year-old into shreds? Is a deceased manual scavenger just another statistic who risks his life for a cleaner future?

In the voice of the everyday person, Bobby Sachdeva questions the commonsensical in the most unorthodox manner in *Stories of Us*. From Rishi to Parth or Lata to Rajnath, their hard-hitting and honest narratives are sure to inspire the common person to rethink the values long etched in our belief system.

#### AUTHOR DETAILS

Bobby Sachdeva is a story teller and a businessman based in Amritsar. While his profession and his circle of interaction marks him out as an outsider in literary circles, his radical views on religion, society and tradition make him stand out as an unconventional writer from among the non-literary common people. Several of his short stories are under consideration by media houses. He is currently producing short films based on these short stories in Punjabi and Hindi. After *The Stories of Us*, Bobby Sachdeva's novel *Once There Was Me* releases in April 2020.

---

To place your order please contact Vijay Sharma on  
[v.sharma@macmillan.co.in](mailto:v.sharma@macmillan.co.in)