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## ELAINE MIDDLETON

*Garbage Beat* Jaico Publishing House

Don't Lose Your Mind, Lose Your Weight, the country's highest-selling diet book, has revolutionized the way Indians think about food and their eating habits. Funny, easy to read and full of great advice, it argues that we should return to our traditional eating roots (yes, ghee is good for you), nutrients are more important than calories (cheese over biscuits) and, most importantly, the only way to lose weight is to keep eating. Rujuta Diwekar is one of the country's best nutritionists, with deep roots in yoga and Ayurveda and a client list which boasts some of Bollywood's biggest names. In the updated edition of this classic, she has added an extensive Q&A section which deals with the questions she gets asked most by her clients.

**Karachi, You're Killing Me!** Penguin Random House India Private Limited

Ace crime journalist Joy Dutta is killed, and his arch rival, Jagruti Verma, is accused of using her alleged connection with the dreaded don Chikna Ramu to commit the murder. Their mentor and ex-boss, Ammar Aney, whose exposés had earned him the respect of his fraternity, and whose enemies had conspired to destroy his personal and professional life, is forced out of retirement to get justice for both Joy and Jagruti. As he delves deeper, Aney realizes that the culprits and their motives are more dangerous than he could have ever imagined.

**Something I'm Waiting to Tell You** Penguin UK

Ever been intrigued by the Indian Fashion Industry—its stereotypes of drugged models, gay designers, and fascinating but unaffordable clothes? Join Shefalee Vasudev, former editor of Marie Claire and an acclaimed fashion journalist, on a deep-sea dive into the gagging depths of Indian fashion. In Powder Room, she offers an insider's view of people who make the industry what it is—from a lower middle class girl who sells global luxury for a living to a designer who fights the inner demons of child sexual abuse yet manages to survive and thrive in the business of fashion, or a Ludhiana housewife on a perpetual fashion high. Besides candid interviews of known names in Indian fashion, Shefalee provides a commentary on new social behaviour, urban culture, generational differences, and the compulsions behind conspicuous consumption in a country splitting at the seams with inequalities of opportunity and wealth. From Nagaland to Patan, Mumbai, Delhi, and Punjab, Powder Room mirrors how and why India 'does' fashion.

**Salman Khan** Simon and Schuster

A wide-ranging account of the Indian film star Madhuri Dixit, one of the most popular actresses of Hindi cinema. Nandana Bose's study traces Dixit's twenty-five year career, exploring her star persona, her indelible impact on Indian popular culture, and her continuing popularity even in middle age. Nandana Bose discusses Dixit's unusual and distinctive career trajectory that upends pre-existing models of female stardom, by marrying at the peak of her career, withdrawing from the limelight for years, and then returning to extend her career into her early fifties by

reinventing herself as a transmedia celebrity for a new generation. However, it is her unique talent as a dancer, and her innovative choreographic styles and repertoire of movements that make her stand out from other Hindi film stars. Surveying Dixit's film-making career, Bose argues that she represents a wholesome and traditional figure of femininity that has resonated across class and cultural hierarchies at a time of great economic and social change in India.

**When Only Love Remains** Legare Street Press

A sharp and funny dissection of different aspects of the Indian character, from our attitude to sex, religion and women to our views on corruption and the English language. Irreverent and full of witty observations, this is a Khushwant Singh classic!

**Dead of Winter** Om Books International

Allama Mohammad Iqbal, whom Sarojini Naidu called the 'Poet laureate of Asia', remains a controversial figure in the history of the Indian subcontinent. On the one hand, he is considered the 'Spiritual Father of Pakistan'. On the other, his message of Eastern revivalism places him in the ranks of the twentieth century's major intellectuals. Iqbal's tragedy was that after his death, he was made the national poet of Pakistan and largely ignored in India. In his time, he was lauded as much as Tagore, but today India celebrates Tagore while Iqbal has been banished from her consciousness. This meticulously researched biography will redress that erasure. This is the story of Iqbal's evolution as a poet, philosopher and politician. While his role in the struggle for India's freedom and the Pakistan movement are well known, not much is known about his personal life. This book highlights some of the least known facets of the poet's life: how did a nationalist poet transform into a poet of Islamic revivalism and global revolution? How did three years in Europe change Iqbal's political and philosophical outlook? Why did he start writing in Persian during his stay in Europe? Why did his first marriage fail and how did his romantic relationships affect him? What exactly was the poet's role in bringing about Partition? Written with the passion of an ardent devotee, Zafar Anjum's Iqbal answers all of these questions—and many more—in this carefully told biography.

**Mickey7** Penguin UK

100 Iconic Bollywood Costumes is a definitive guide to these colorful silver screen outfits and more Beautifully illustrated and a must-buy for fans and scholars of women's fashion and Bollywood cinema Full of insider know-how from designer legends such as Manish Malhotra 100 Iconic Bollywood Costumes is a celebration of fashion in Indian cinema, studded with beautiful illustrations of India's most enduring glam icons. It pays tribute to the colorful silver screen looks that have not only come to define their films and actresses, but have also shaped the way millions of Indian women view style: Madhubala's classic Anarkali in Mughal-e-Azam (1960), Kajol's tomboy chic in Kuch Kuch Hota Hai (1998), Kareena Kapoor's game-changing Patialas in Jab We Met (2007), and many more. Packed with insider know-how on the creative processes behind these influential costumes - from designer legends such as Manish Malhotra to the stylish performers themselves - 100 Iconic Bollywood Costumes is a must-have for both fans and scholars of women's fashion, Bollywood cinema,

and the quintessential quirks of modern Indian culture.

*Amreekandes* Valkyrie Press

Director, dancer, goodwill advocate for the United Nations:

Aishwaryaa Rajinikanth Dhanush is so much more than the daughter of a legendary actor, or the wife of southern cinema's biggest star. Growing up in Bangalore and then Madras, in a household that resolutely kept out any hint of her father's superstardom, she was a quiet, introverted child whose greatest pleasure was a visit to Marina Beach and an occasional meal out. It was not cinema but law that became a preoccupation when she started thinking about college and career - but fate, and her mother, had other plans for her. Aishwaryaa writes with disarming honesty about life as Rajinikanth's daughter, of falling in love and raising two boys with Dhanush, of fighting her own demons and finding satisfaction in a career of her choice. She reflects on the many roles a woman has to juggle at home and outside - in her case, under the watchful gaze of cameras and celebrity-watchers. Intensely personal, but also inspirational, Aishwaryaa's memoir is an unusually frank insight into growing up in cinema-land. A playful meditation on the joys and difficulties of being a woman in this age, *Standing on an Apple Box* is as much a celebration of individual fulfilment as it is of family.

*The Dark Calling* Vintage Canada

Part narrative, part business book; *Architect + Entrepreneur* is filled with contemporary, relevant, fresh tips and advice, from a seasoned professional architect building a new business. The guide advocates novel strategies and tools that merge entrepreneurship with the practice of architecture and interior design. The Problem: Embarking on a new business venture is intimidating; you have questions. But many of the resources available to help entrepreneur architects and interior designers start their design business lack timeliness and relevance. Most are geared toward building colossal firms like SOM and Gensler using outdated methods and old business models. If you're an individual or small team contemplating starting a design business, this is your field guide; crafted to inspire action. The Solution: Using the lean startup methodology to create a minimum viable product, the handbook encourages successive small wins that support a broader vision enabling one to, "think big, start small, and learn fast." It's a unique take on design practice viewed through the lens of entrepreneurship and is designed to answer the questions all new business owners face, from the rote to the existential. Questions about: - Startup costs - Business models (old and new) - Marriage of business and design - Mindset - Branding & naming (exercises and ideas) - Internet marketing strategies - Passive income ideas - Setting your fee - Taxes - Standard Operating Procedures (SOPs) - Securing the work - Client relations - Software - Billing rates - Contracts Building a business isn't a singular act; it's a series of small steps. Using the outline found in *Architect + Entrepreneur* you can start today. The chapters are organized to guide you from idea to action. Rather than write a business plan you'll be challenged to craft a brand and you'll sell it using new technologies. Follow the guide sequentially and you'll have both the tools and a profitable small business.

*Macleod's Clinical Examination E-Book* Alpha Edition

Akhil Arora, a young, dorky engineer in Delhi, can't wait to get away from home and prove to his folks that he can be on his own. Meanwhile in a small town in Punjab, Jaspreet Singh, aka Jassi, is busy dreaming of a life straight out of American Pie. As fate would have it, they end up as roommates in Florida. But the two boys are poles apart in their perspectives and expectations of America. While Akhil is fiercely patriotic and hopes to come back to India in a few years, Jassi finds his Indian identity an uncomfortable burden and looks forward to finding an American

girl with whom he can live happily ever after. Laced with funny anecdotes and witty insights, *Amreekandes* chronicles the quintessential immigrant experience, highlighting the clash of cultures, the search for identity, and the quest for survival in a foreign land.

*Endless Knight* Bloomsbury Publishing

Forced to leave the comfort of Death's world to save Jack from *The Lovers*, Evie meets her allies on a frozen wasteland to launch an attack that requires Jack and Death to work together. By the best-selling author of the *Immortals After Dark* series.

*Don't Lose Your Mind, Lose Your Weight* Lulu Press, Inc

This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

*Mrs Funnybones* Random House India

Rekha's sexual openness raised eyebrows and rattled people. Bollywood wasn't ready for such an irrepressible woman, and tried to suppress her. This book tells the truth about her relationship with the reigning superstar of the time, her many other lovers, and the shocking suicide of her husband

*More Than Bollywood* Juggernaut Books

Want to lose seven kilos in a month? Would you like to get that bikini bod in four weeks flat? Or do you want a ten-day solution to a sexier you? If you believe that weight loss is a race against time and a screeching, gasping sprint to the finish line, it is better you don't read this book. There is no such thing as a 'quick fix' for weight loss. The key to a hotter you is to take it easy, really listen to your body, and make measured and sustainable nutritional and lifestyle changes. The starting point of any weight-loss programme doesn't begin with what's on your plate, it begins with what's in your mind. Nutritionist to the stars Pooja Makhija gives you a combined mind-body holistic solution, a convenient, easy-to-use reference. So you can be in the best shape of your life. Every day from now on.

*100 Iconic Bollywood Costumes* Simon and Schuster

Did Laila really say that? Not in her wildest dreams, not till sometime ago... Laila is on the entertainment beat-a world full of vain heroines, egoistic superstars, spirited item girls, prissy celebs... To top it all, life in the newsroom is a series of deadline-driven bloopers. Adding to the mayhem is sexy Bollywood journal-turned-item girl Latika; Chiki, the reporter who is obsessed with a superstar; award-winning super hack Indumati; and their razor-sharp and hard-to-please editor Bunny. Caught between her ambition to excel, a live-in boyfriend who feels ignored, and a father who is ashamed of her career choice, Laila realizes that the life of an entertainment reporter is not the glamour ride she had expected... because, on the *Garbage Beat*, reporting is a harrowing, ball-crushing, back-breaking affair.

*Rekha* CreateSpace

This is the first book to tackle the diverse styles and multiple histories of popular musics in India. It brings together fourteen of the world's leading scholars on Indian popular music to contribute chapters on a range of topics from the classic songs of Bollywood to contemporary remixes, summarized by a reflective afterword

by popular music scholar Timothy Taylor. The chapters in this volume address the impact of media and technology on contemporary music, the variety of industrial developments and contexts for Indian popular music, and historical trends in popular music development both before and after the Indian Independence in 1947. The book identifies new ways of engaging popular music in India beyond the Bollywood musical canon, and offers several case studies of local and regional styles of music. The contributors address the subcontinent's historical relationships with colonialism, the transnational market economies, local governmental factors, international conventions, and a host of other circumstances to shed light on the development of popular music throughout India. To illustrate each chapter author's points, and to make available music not easily accessible in North America, the book features an Oxford web music companion website of audio and video tracks.

*We Indians* State University of New York Press

'I realised that I had to do something in my life so that people would stop looking at me with pity' National level volleyball player Arunima Sinha had a promising future ahead of her. Then one day she was shoved from a moving train by thieves as she attempted to fight them off. The horrific accident cost the twenty-four-year-old her left leg and sporting career, but it never deterred her. Two years later she had retrained as a mountaineer and become the first female amputee to reach Mount Everest. This is her unforgettable story of hope, courage and resilience.

*Architect and Entrepreneur* Random House India

I've imagined this in my head so many times. I've always thought about what I would say; what I would do, and how it would all turn out to be. And every time I would remove some detail . . . She's a flight attendant—young, bright and living her dream. He's

a heartbroken singer on his way to becoming big. She's an ardent fan of his. He can't imagine why and yet seems to find comfort in her words. It's the first time they are together and in their hearts both are wishing, hoping and praying that the night would never end. That the time they are spending together lasts and lasts... In the world of love, there is always someone perfectly right for you.

*What the Body Remembers* Penguin UK

Salman Khan turns fifty on 27 December 2015. Having made his film debut in 1988, he has found his place in the hearts of millions, with blockbuster movies ranging from *Maine Pyar Kiya* and *Hum Aapke Hain Koun* to the more recent *Dabangg*, *Ek Tha Tiger*, *Kick* and *Bajrangi Bhaijaan* to his credit. He is also well known for his magnanimity, including his work with the non-profit charitable organization, *Being Human*, which he runs. Salman's stint with controversies has been as long as his career. His personal life has often made headlines, as have his involvements in the blackbuck poaching case and the hit-and-run case. He has a reputation for getting hot under the collar and abusive when riled. These attributes have earned him the dubious title of the 'bad boy of Bollywood'. Which is the real Salman Khan? Why is he the way he is? This book delves into Salman's family lineage and his personal history to reveal interesting vignettes and unknown facts about the enigmatic and immensely popular superstar, and will help his many fans understand what 'Being Salman' is all about.

*Someone to Call Home* Penguin UK

This book has been considered by academicians and scholars of great significance and value to literature. This forms a part of the knowledge base for future generations. So that the book is never forgotten we have represented this book in a print format as the same form as it was originally first published. Hence any marks or annotations seen are left intentionally to preserve its true nature.