

Day Stopped The Drinking Sudha Murty Milk I

[#Sudha Murty](#) [#stopped drinking milk](#) [#milk cessation story](#) [#personal health journey](#) [#lifestyle changes](#)

Dive into acclaimed author Sudha Murty's poignant personal narrative, recounting the pivotal day she stopped drinking milk. This compelling story explores her motivations, the unexpected lifestyle changes that followed, and her profound reflections on diet and personal well-being. A truly inspiring memoir about conscious choices and self-discovery.

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The Day I Stopped Drinking Milk

Extraordinary stories about ordinary people's lives Over the years, Sudha Murty has come across some fascinating people whose lives make for interesting stories and have astonishing lessons to reveal. Take Vishnu, who achieves every material success but never knows happiness; or Venkat, who talks so much that he has no time to listen. In other stories, a young girl goes on a train journey that changes her life forever; an impoverished village woman provides bathing water to hundreds of people in a drought-stricken area; a do-gooder ghost decides to teach a disconsolate young man Sanskrit; and in the title story, a woman in a flooded village in Odisha teaches the author a life lesson she will never forget. From the bestselling author of *Wise and Otherwise* and *The Old Man and His God*, this is another heart-warming collection of real-life stories that will delight readers of all ages.

The Day I Stopped Drinking Milk

Indians believe that you must serve your guests well, for they come to your house in the form of god. This is the exact mentality Sudha Murty's hosts have when she goes to volunteer in a small village in Odisha. Because of the heavy rain, Murty decides to take shelter in one of the villagers' hut—already low on supplies, what are the hosts ready to give up in order to serve their guest? Murty delves into the great extent hosts are willing to go to in order to please their guests. Read more to see what Sudha learns about the Indian values.

Wise and Otherwise

Fifty Vignettes Showcase The Myriad Shades Of Human Nature A Man Dumps His Aged Father In An Old-Age Home After Declaring Him To Be A Homeless Stranger, A Tribal Chief In The Sahyadri Hills Teaches The Author That There Is Humility In Receiving Too, And A Sick Woman Remembers To Thank Her Benefactor Even From Her Deathbed. These Are Just Some Of The Poignant And Eye-Opening Stories About People From All Over The Country That Sudha Murty Recounts In This Book. From Incredible Examples Of Generosity To The Meanest Acts One Can Expect From Men And Women,

She Records Everything With Wry Humour And A Directness That Touches The Heart. First Published In 2002, Wise And Otherwise Has Sold Over 30,000 Copies In English And Has Been Translated Into All The Major Indian Languages. This Revised New Edition Is Sure To Charm Many More Readers And Encourage Them To Explore Their Inner Selves And The World Around Us With New Eyes. &Nbsp;

House of Cards

House of Cards is the story of Mridula, a bright young woman with enormous enthusiasm for life who hails from a Karnataka village. A chance meeting with Sanjay, a talented but impoverished doctor, leads to love—and the couple marry and settle in Bangalore. The more Mridula sees of the world, the more she realizes how selfish and materialistic people can be. But she does not take the ups and downs of life to heart, and lives each day with positive energy. Trouble brews when Sanjay quits his government job and starts an immensely successful private practice. With affluence comes the neverending ambition for more, and the inevitable slide into corrupt practices. For a long time, Mridula has no idea that Sanjay has sold his soul; when the truth hits her, she has no recourse but to walk out on him. But can she really find a space of her own? This intricately woven novel explores human relationships in telling detail, and holds up a mirror to our society with candour and with conviction.

The Old Man And His God

As she goes about her work with the villagers, slum dwellers and the common men and women of India, Sudha Murty—writer, social worker and teacher—listens to them and records what they have to say. Their accounts of the struggles and hardships which they have at times overcome, and at other times been overwhelmed by, are put together in this book. There are stories about people's generosity—and selfishness—in times of natural disasters like the tsunami; women struggling to speak out in a world that refuses to listen to them; and tales of young professionals trying to find their feet as they climb up the corporate ladder. Told simply and directly from the heart, The Old Man and His God is a collection of snapshots of the varied facets of human nature and a mirror to the souls of the people of India.

Daughter from a Wishing Tree

Did you know that the Trinity often turned to goddesses to defeat the asuras? Did you know that the first clone in the world was created by a woman? The women in Indian mythology might be fewer in number, but their stories of strength and mystery in the pages of ancient texts and epics are many. They slayed demons and protected their devotees fiercely. From Parvati to Ashokasundari and from Bhamati to Mandodari, this collection features enchanting and fearless women who frequently led wars on behalf of the gods, were the backbone of their families and makers of their own destinies. India's much-loved and bestselling author Sudha Murty takes you on an empowering journey -through the yarns forgotten in time-abounding with remarkable women who will remind you of the strong female influences in your life.

Something Happened on the Way to Heaven

Every one of us has a life-affirming story to tell... The inspiring true stories of the interesting people who inhabit the pages of Sudha Murty's books leave an indelible impression on us. But the books are able to chronicle the stories only of the men and women Mrs Murty has come across personally in the course of her social work. There must be so many more wonderful stories that scores of others have to share. Something Happened on the Way to Heaven is a collection of twenty such memorable true-life stories. Handpicked by Sudha Murty from entries submitted in an open competition run by Penguin, they capture the hope, faith, kindness and joy that life is full of even as we make our way through the daily grind. Moving and uplifting, this is an anthology that will engross and delight every reader who believes in the goodness of the human heart.

The Magic of the Lost Temple

City girl Noonni is surprised at the pace of life in her grandparents' village in Karnataka. But she quickly gets used to the gentle routine there and involves herself in a flurry of activities, including papad making, organizing picnics and learning to ride a cycle, with her new-found friends. Things get exciting when Noonni stumbles upon an ancient fabled stepwell right in the middle of a forest. Join the intrepid Noonni on an adventure of a lifetime in this much-awaited book by Sudha Murty that is heart-warming, charming and absolutely unputdownable.

Dollar Bahu

Vinuta marries Girish, and starts living with his family in Bangalore. She adjusts to her new family well, looking after her husband, father in law and mother in law Gouramma. Then Gouramma decides to visit her US based son and daughter in law, and she sees how liberating life is away from the strict norms that governs Indian middle class life.

Here, There and Everywhere

Autobiographical anecdotes on the life of the Kannada writer.

The Bird with the Golden Wings

A poor little girl is rewarded with lovely gifts when she feeds a hungry bird all the rice she has. What happens when the girl's greedy, nosy neighbour hears the story and tries to get better gifts for herself? Why did the once sweet sea water turn salty? How did the learned teacher forget his lessons only to be aided by the school cook? And how did the king hide his horrible donkey ears from the people of his kingdom? For answers to all this and more, delve right into another fabulous collection of stories by Sudha Murty.

Three Thousand Stitches

So often, it's the simplest acts of courage that touch the lives of others. Sudha Murty-through the exceptional work of the Infosys Foundation as well as through her own youth, family life and travels-encounters many such stories . . . and she tells them here in her characteristically clear-eyed, warm-hearted way. She talks candidly about the meaningful impact of her work in the devadasi community, her trials and tribulations as the only female student in her engineering college and the unexpected and inspiring consequences of her father's kindness. From the quiet joy of discovering the reach of Indian cinema and the origins of Indian vegetables to the shallowness of judging others based on appearances, these are everyday struggles and victories, large and small. Unmasking both the beauty and ugliness of human nature, each of the real-life stories in this collection is reflective of a life lived with grace.

Do You Remember?

Extraordinary stories about ordinary people's lives Over the years, Sudha Murty has come across some fascinating people whose lives make for interesting stories and have astonishing lessons to reveal. Take Vishnu, who achieves every material success but never knows happiness; or Venkat, who talks so much that he has no time to listen. In other stories, a young girl goes on a train journey that changes her life forever; an impoverished village woman provides bathing water to hundreds of people in a drought-stricken area; a do-gooder ghost decides to teach a disconsolate young man Sanskrit; and in the title story, a woman in a flooded village in Odisha teaches the author a life lesson she will never forget. From the bestselling author of *Wise and Otherwise* and *The Old Man and His God*, this is another heart-warming collection of real-life stories that will delight readers of all ages.

Life's Secret Lessons

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Mahashweta

Anupama's fairytale marriage to Anand falls apart when she discovers a white patch on her foot and learns that she has leukoderma.

The Mother I Never Knew

What secrets lurk in a family's past—and how important are they in the here and now? Sudha Murty's new book comprises two novellas that explore two quests by two different men—both for mothers they never knew they had. Venkatesh, a bank manager, stumbles upon his lookalike one fine day. When he probes further, he discovers his father's hidden past, which includes an abandoned wife and child. Venkatesh is determined to make amends to his impoverished stepmother—but how can he repay his father's debt? Mukesh, a young man, is shocked to realize after his father's death that he was actually adopted. He sets out to find his biological mother, but the deeper he delves, the more confused he is about where his loyalties should lie: with the mother who gave birth to him, or with the mother who brought him up. *The Mother I Never Knew* is a poignant, dramatic book that reaches deep into the human heart to reveal what we really feel about those closest to us.

The Serpent's Revenge

How many names does Arjuna have? Why was Yama cursed? What lesson did a little mongoose teach Yudhishthira? The Kurukshetra war, fought between the Kauravas and the Pandavas and which forced even the gods to take sides, may be well known, but there are innumerable stories set before, after and during the war that lend the Mahabharata its many varied shades and are largely unheard of. Award-winning author Sudha Murty reintroduces the fascinating world of India's greatest epic through the extraordinary tales in this collection, each of which is sure to fill you with a sense of wonder and bewilderment.

Ganga's Ghat

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Grandma's Bag of Stories

Who can resist a good story, especially when it's being told by Grandma? From her bag emerges tales of kings and cheats, monkeys and mice, bears and gods. Here comes the bear who ate some really bad dessert and got very angry; a lazy man who would not put out a fire till it reached his beard; a princess who got turned into an onion; a queen who discovered silk, and many more weird and wonderful people and animals. Grandma tells the stories over long summer days and nights, as seven children enjoy life in her little town. The stories entertain, educate and provide hours of enjoyment to them. So come, why don't you too join in the fun.

The Essential Goa Cookbook

The spicy, succulent seafood of Goa is as famous as the golden beaches and lush landscape of this premier tourist destination of India. Traditionally, the Goan staple was fish curry and rice, but under Portuguese influence there developed a distinctive cuisine that combined the flavours of Indian and European cooking with local ingredients being used to approximate the authentic Portuguese taste. So fish and meat pies were baked with slit green chillies, assado or roast was cooked with cinnamon and peppercorns, pao or bread was fermented with toddy, and the famous baked bol was made with coconut and semolina. This innovated, largely non-vegetarian cuisine, was offset by the traditional and no less sumptuous vegetarian creations from the Konkan coastland, rich with coconut and spice. This cookbook showcases an entire range of Goan food, with special attention to fish, prawn, pork and chicken.

Gently Falls the Bakula

What is more important: a successful career or a happy marriage? In the small town of Hubli, Shrikant discovers that he is attracted to his plain-looking but charming neighbour Shrimati, who always does better than him in the school exams. Shrimati too falls in love with the amiable and handsome Shrikant

and the two get married. Shrikant joins an IT company and starts rapidly climbing the corporate ladder. He works relentlessly and reaches the pinnacle of his industry, while Shrimati abandons her academic aspirations and becomes his uncomplaining shaw, silently fulfilling her duties as a corporate leader's wife. But one day, while talking to an old professor, she starts examining what she has done with her life and realizes it is dismally empty... Gently Falls the Bakula is the story of a marriage that loses its way as ambition and self-interest take their toll. Written nearly three decades ago, Sudha Murty's first novel remains startlingly relevant in its scrutiny of modern values and work ethics.

The Magic Drum and Other Favourite Stories

A princess thinks she was a bird, a coconut that cost a thousand rupees, and a shepherd with a bag of words...Kings and misers, princes and paupers, wise men and foolish boys, the funniest and oddest men and women come alive in this sparkling new collection of stories. The clever princess will only marry the man who can ask her a question she cannot answer; the orphan boy outwits his greedy uncles with a bag of ash; and an old couple in distress is saved by a magic drum. Sudha Murty's grandparents told her some of these stories when she was a child; others she heard from her friends from around the world. These delightful and timeless folktales have been her favourites for years, and she has recounted them many times over to the young people in her life. With this collection, they will be enjoyed by many more readers, of all ages. Age group of target audience is 8+.

How the Onion Got Its Layers

Have you noticed how the onion has so many layers? And have you seen your mother's eyes water when she cuts an onion? Here is a remarkable story to tell you why. India's favourite storyteller brings alive this timeless tale with her inimitable wit and simplicity. Dotted with charming illustrations, this gorgeous chapter book is the ideal introduction for beginners to the world of Sudha Murty.

Slumming

Everybody has two eyes and a nose and a mouth. What makes some people beautiful and some people not? Nikki never imagined that this offhand thought would change the course of her senior year forever. But when she poses the question to her best friends, Alicia and Sam, Alicia is suddenly inspired, and the three unexpectedly find themselves launching a "human experiment." It seems like the perfect way to make a difference in their last few weeks of high school: they will each pick a student who needs a little improving and take that person to the prom. Harmless, right? When Nikki, Alicia, and Sam quickly become entrenched in their projects, each has to face difficult realizations about the people they have chosen -- and themselves. Before long their own close friendship feels fragile. Will they make it to graduation without hurting one another -- or anybody else? Acclaimed author Kristen D. Randle has woven an intriguing, insightful, and suspenseful story about three friends who set out to transform others, with unforeseen consequences.

Rebirth

Shortlisted for the 2011 Man Asian Literary Prize.

Hindu Mother, Muslim Son

When a farmer invites another to come live with him and help with his farm, he thought it would be easy. But their wives cannot get along. Kashibai is hard working with a temper, and Fatimabai is lazy with a gentle nature. Through years of irreconcilable strife, a sudden tragedy pulls the life of these women inextricably together. Can a woman really surpass her own unhappiness for the sake of her enemy's child? Sudha Murty gently tells this eternal tale of struggle and redemption through the power of a mother's love.

The Day in Shadow

He loved French cookbooks, invented a new way of making khichdi, was interested in the engineering behind ship-building and the technology that makes ammunition. More than 100 years after his death, do we really know or understand the bewildering, fascinating, complex man Swami Vivekananda was? Vivekananda is one of the most important figures in the modern imagination of India. He is also an utterly modern man, consistently challenging his own views, and embracing diverse, even conflicting arguments. It is his modernity that appeals to us today. He is unlike any monk we have known. He is

confined neither by history nor by ritual, and is constantly questioning everything around him, including himself. It is in Vivekananda's contradictions, his doubts, his fears and his failings that he recognises his profoundly compelling divinity—he teaches us that to try and understand God, first one must truly comprehend one's own self. This book is an argument that it is not just because he is close to God but also because he is so tantalisingly immersed in being human that keeps us returning to Vivekananda and his immortal wisdom.

The Modern Monk

This volume brings together all the novels, except *The Company of Women*, by India's most widely read and celebrated author. Included here are the classic *Train to Pakistan* that describes the tragedy of Partition through the love story of a Sikh dacoit and a Muslim girl; *I Shall Not Hear the Nightingale*, which deals with the conflict in a prosperous Sikh family of Punjab in the 1940s; and the best-selling *Delhi*, a vast, erotic, irreverent magnum opus centred on the Indian capital.

The Collected Novels

A heart-warming tale of courage and conviction from India's biggest-selling woman author Two decades ago, when Sudha Murty approached a group of devadasis for the first time, determined to make a difference to their lives, they threw a chappal at her. Undeterred, she went back, telling herself she must talk to the devadasis about the dangers of AIDS. This time, they threw tomatoes. But she refused to give up. The Infosys Foundation worked hard to make the devadasis self-reliant, to help educate their children, and to rid the label of the social stigma that had become attached to it. Today, there are no temple prostitutes left in the state of Karnataka. This is the powerful, inspirational story of that change initiative that has transformed thousands of lives.

Three Thousand Stitches

Six unforgettable stories of love and bravery, treachery and injustice, from ancient Indian literature Classical Sanskrit and Tamil writing teem with a myriad characters, and here we meet some truly memorable ones. This collection of six plays, poems and epics retold for children includes 'Shakuntala', a heartrending story of the love between the beautiful Shakuntala and King Dushyanta; 'The Little Clay Cart', where the evil designs of the king and his family are foiled by the righteous Charudatta and Vasantasena; 'The Story of an Anklet', about Kannagi, who wreaks a terrible revenge for the wrong done to her; 'Manimekalai', the extraordinary account of a woman's search for her true calling; 'The Last Trial of Sita', in which the playwright gives a whole new ending to the Ramayana, and 'The Broken Thigh', about the final, desperate combat between Duryodhana and Bheema on the battlefield of Kurukshetra. Accompanied by descriptions of the authors' lives and the time when the stories were written, these lively retellings are an ideal introduction to some of the best-known stories from the Indian classics.

Shakuntala and Other Stories from Ancient India

Jackson Opus and his family have been forced into hiding because his identity as a powerful young hypnotist has been leaked out--but his enemy Dr. Mako is still out to find him to use his mesmerizing skills for evil purposes.

Memory Maze

'Gopi, I can't believe a year has passed since I met you. You have brought me so much happiness!' In this second book in the bestselling Gopi Diaries series, Gopi is stronger, bigger, more confident than the little pup he was in the first book, but he is also cheekier and more mischievous! He faces new situations, new challenges, even new dog companions with endless energy and spirit. And then comes the day when he faces the biggest surprise of them all... Written in Sudha Murty's inimitable style, this simple story told from a dog's perspective shows us just why pets are so precious - for their love, devotion and boundless affection. This is a book for Sudha Murty's fans of all ages as Gopi paws himself yet again into the hearts of children and adults alike.

Gopi Diaries

From inspiring real-life encounters as a teacher to timeless stories woven from the memories of her own grandparents' bedtime tales, Sudha Murty has delighted generations of readers with her words and wisdom. The Sudha Murty Children's Treasury, in a dazzling hardback edition, is a compilation of

the immensely adored short stories of India's favourite storyteller. It's just waiting for its rightful place on every bookshelf.

The Sudha Murty Children's Treasury

Fifty vignettes showcase the myriad shades of human nature. A man dumps his aged father in an old-age home after declaring him to be a homeless stranger, a tribal chief in the Sahyadri hills teaches the author that there is humility in receiving too, and a sick woman remembers to thank her benefactor even from her deathbed. These are just some of the poignant and eye-opening stories about people from all over the country that Sudha Murty recounts in this book. From incredible examples of generosity to the meanest acts one can expect from men and women, she records everything with wry humour and a directness that touches the heart. First published in 2002, *Wise and Otherwise* has sold over 30,000 copies in English and has been translated into all the major Indian languages. This revised new edition is sure to charm many more readers and encourage them to explore their inner selves and the world around us with new eyes.

Wise & Otherwise

New York City, 2118. A glittering vision of the future, where anything is possible – if you want it enough. The dazzling sequel to *The Thousandth Floor*.

The Dazzling Heights (*The Thousandth Floor*, Book 2)

Shraddha is a ritual where once a year, three generations of elders who have passed away are venerated by their loved ones. When Sudha Murthy went to perform the shraddha for her father, she was turned away, because she was a woman. "No woman has ever performed this ritual," the pandit said. Sudha Murty questions the importance of meaningless ritual while still being devoted to tradition - what does it mean to be a religious woman in the 21st century? A searching and powerful piece on reaching a balance between old and the new as a woman.

A Woman's Ritual

"Waclawiak's novel reinvents the immigration story. *How to Get Into the Twin Palms* movingly portrays a protagonist intent on both creating and destroying herself, on burning brightly even as she goes up in smoke." -New York Times Book Review Editors' Choice "The novel is beautifully written and so suffused with loneliness it makes you ache. Not only is *How to Get into the Twin Palms* about the overwhelming state that is displacement, it's about what happens when loneliness becomes unbearable. Waclawiak writes through these tensions so elegantly, so tenderly, that *How to Get Into the Twin Palms* is, by far, one of my favorite books this year." -The Rumpus "Masked by scenes of schmancy nightlife is a story about an immigrant wanting to belong. Barely getting by in LA on bingo-calling, Anya reinvents herself. With hair dye and a push-up bra, she tries to gain entry into the Twin Palms nightclub." -Marie Claire "A taut debut... [that] strikes with the creeping suddenness of a brush fire." -Publishers Weekly (*starred*) *How to Get Into the Twin Palms* is the story of Anya, a young woman living alone in a Russian neighborhood in Los Angeles, who struggles to retain her parents' Polish culture while trying to assimilate into her newly adopted community. Anya stalks the nearby Twin Palms nightclub, the pinnacle of exclusivity in the Russian community. Desperate not only to gain entrance into the club but to belong there, Anya begins a perilous pursuit for Lev, a Russian gangster who frequents the seemingly impenetrable world of the Twin Palms. Karolina Waclawiak received her MFA in Fiction from Columbia University. She is Deputy Editor of *The Believer* and lives and writes in Brooklyn.

How To Get Into the Twin Palms

Savitri is known to be a major gossipmonger among the teachers in her college. Once her colleagues recognize her nature, they begin avoiding her, leaving Savitri alone and desperate to find people to gossip with. When Sudha Murty somehow manages to become a victim of Savitri's stories, she learns how Savitri twists words and creates news out of nothing. Murty is against everything Savitri stands for. So what happens when people who are so different collide? Read on.

Foot in the Mouth

These are just some of the questions you will find answered in this delightful collection of stories recounting real-life incidents from the life of Sudha Murty-teacher, social worker and bestselling writer.

There is the engaging story about one of her students who frequently played truant from school. The account of how her mother's advice to save money came in handy when she wanted to help her husband start a software company, and the heart-warming tale of the promise she made-and fulfilled to her grandfather, to ensure that her little village library would always be well supplied with books. Funny, spirited and inspiring, each of these stories teaches a valuable lesson about the importance of doing what you believe is right and having the courage to realize your dreams.

How I Taught My Grandmother to Read and other Stories