



# IN A NUTSHELL



## Rajesh Vora

### FOOD FOR MIND

- Magazine: *Harvard Business Review/ The Economist*
- Website: *google.com*
- Newspaper: *The Times of India* (Mumbai edition)
- TV channel: whichever is playing comedy

### STRESS BUSTERS

- Music: mostly western but occasionally Bollywood too
- Movie: English romantic comedies, James Bond movies
- TV programme: "Two and a Half Men"
- Hobby: reading, movies, music

### FITNESS MANTRA

- Eat: light, healthy meals every 2 hours
- Drink: plenty of water
- Exercise: regular brisk walks
- Avoid: fatty, sweet, junk food and now alcohol too; also late dinners

### NOTHING MORE THAN FEELINGS

- Fear: false evidence appearing real
- Joy: choose joy, it's a choice you make everyday
- Frustration: sometimes you have to let it out
- Pride: that feeling after a good workout

### A MATTER OF TASTE

- Beverage: nothing like water
- Dish: no favourites here; prefer variety, as long as it is all healthy
- Dessert: anything with chocolate (still a weakness)
- Restaurant: not too fussy—as long as there are family and friends to share the food with

### AS I LIKE IT

- Colour: blue, white
- Season: winter
- Smell: fresh air in the mountains
- City: San Francisco, Las Vegas, Dubai

### YESTERDAY ONCE MORE

#### In childhood:

- I collected: comics
- I played: table tennis
- I watched: *Star Trek*, cricket matches at the Wankhede stadium
- I read: *Tintin, Asterix, Phantom, Archie, Richie Rich, Hardy Boys...*
- I dreamt of: seeing the world!