

**MY FAVOURITE** | **SAMEER NAGPAL**, *MANAGING DIRECTOR AND CEO, SHALIMAR PAINTS*



It has to be *David and Goliath* by Malcolm Gladwell. It is a provocative book, a great read and very relevant to my context today; I am enjoying being the David in our fight for market share in the paints industry.



Integrity is probably one of the greatest values of a leader. *The Wolf of Wall Street* is an excellent film that captures how greed, unscrupulous behaviour and excesses eventually take you down.



I love Europe: it is such a beautiful and vibrant region, steeped in culture and history. While there, I take long walks and cycling trips to explore the flavours of the land and visit lesser-known places.




I love anything that is fresh, green and lean. I like food that doesn't weigh me down and unlike popular opinion, vegetarian food isn't restrictive – it has a wide range of choices and health benefits.



Basketball is my favourite sport – you don't need company to shoot some hoops, it's just as easy to practise on your own. Playing the game with my daughters is a great stress-buster.



Claude Monet's landscapes calm my mind. I have visited the vibrant gardens in France that were the inspiration behind his works. I also love Husain's horses as they signify energy. 



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