

## Salarpuria Sattva MD feels reading changes one's perspective, prefers paper books over e-versions

### SECTIONS

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By

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Last Updated: Nov 19, 2020, 06:29 PM IST

Synopsis

**Bijay Agarwal prefers motivational books that give him an insight into the lives of great people**



Agencies

Agarwal says that while he enjoys reading a lot, he is not able to devote as much time as he would like to due to his very busy schedule.

Bijay Agarwal, MD of **Salarpuria Sattva** really enjoys reading **autobiographies** of business tycoons as well as motivational books.

"It gives me great insights into the minds of successful businessmen who have built great empires. Their trials, tribulations and what motivated them to succeed is great source of inspiration for me. Most recently, I read **Rajat Gupta's 'Mind without Fear'** and **Rhonda Byrne's 'The Secret'**," he told ET Panache.

#### **Book ways**

'The Secret' is a book that has influenced Agarwal a lot. He explained, "It has taught me how to have a positive outlook towards life and how the law of attraction works. Good begets good. It has also taught me gratitude, which I believe is the path to true happiness. It preaches the art of asking, believing and getting what you want in life through a three-step process. Negativity needs to be nipped in the bud and this book has enabled me to do that and be more positive."

Rajat Gupta's book is a testimony to the fact that persistence is the key to success feels Agarwal.

#### **Inspiration**

"It is a compelling and poignant tale of the struggle and celebration of an orphan who against all odds became an IIT graduate and then the head of McKinsey and Company. Truly a great inspiration," he added.

Though Agarwal enjoys reading a lot, due to his very busy schedule, he is not able to devote as much time as he should.

"Most of the times, I like to keep myself updated with industry news through online articles and this is the form of reading that I am mostly into these days. However, on the weekends I do devote sometime to this hobby," he said.

#### **New way**

When you read, it changes your perspective, gives you a world view and also helps you think more laterally according to Agarwal.

"I find it very empowering and for a few hours, I'm transported into the mind of the author and I find this intriguing. There is no real comparison I feel. Holding a book has a charm of its own and also gives us the much needed digital detox. I feel print will always hold its own. It certainly has my vote," he said.