



It started as a single song that our team member said made her walk differently, and filled her with “inexplicable optimism”. That song was HEROES by David Bowie.

And now we have our very own The Bento REWIRE playlist on Spotify. Over 2 hours of songs that:

- change your mindset
- snap you out of negative thoughts
- put a skip in your step
- make you dream big dreams

Songs that change the energy of the room. Follow us on Spotify. Download the playlist. Is there a song that rewires you? Let us know at contact@bentocoach.com

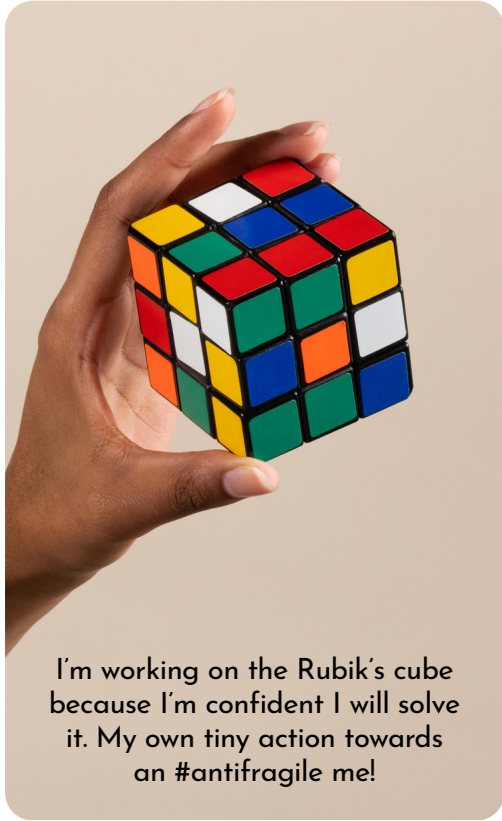
The Bento Coach PLAY-list Summer 2026



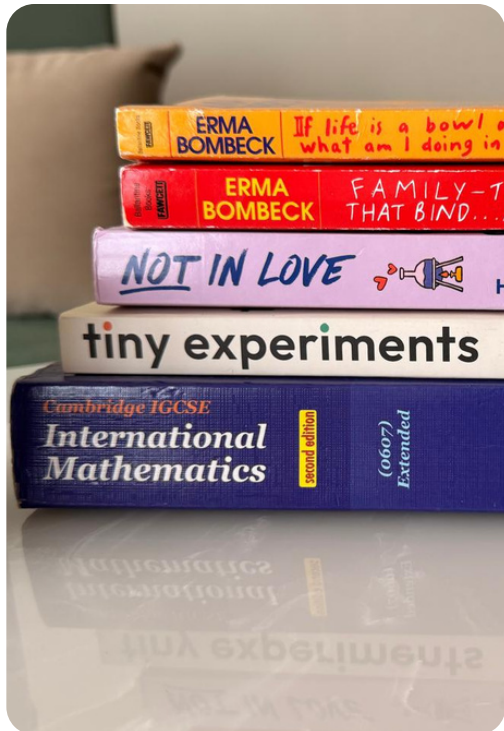
Compiled by:
TEAM BENTO COACH

Anjani Gandhi, Ripudaman Sujlana,
Sabita Prakash, Vikas Mehra
Radhika Bhogaraju

Song contributions from:
A & V Mehra | E & V Bhogaraju



I'm working on the Rubik's cube because I'm confident I will solve it. My own tiny action towards an #antifragile me!



I'm reading:

If Life is a Bowl of Cherries, What Am I Doing in the Pits? - Erma Bombeck

Family - The Ties That Bind and Gag! - Erma Bombeck

Not In Love - Ali Hazelwood

Tiny Experiments - Anne Laure Le Cunff

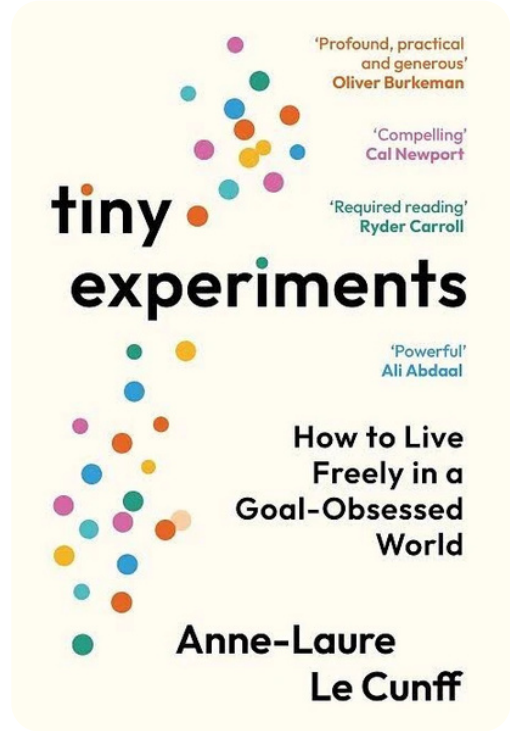
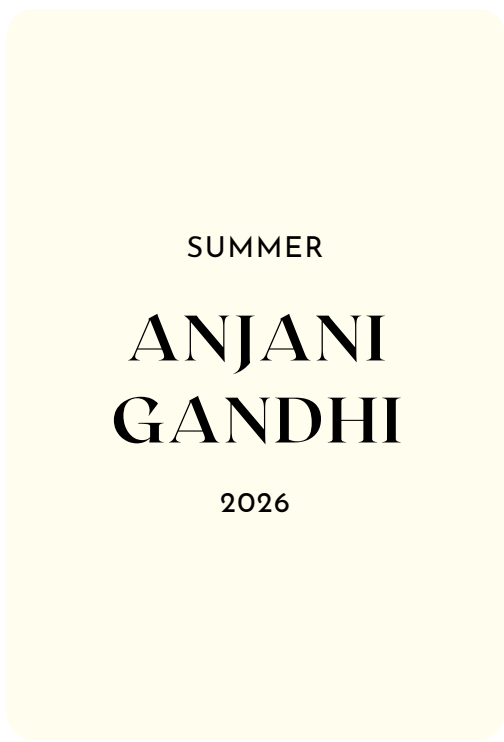
International Mathematics



Mel Robbins sat down with bestselling author Daniel Pink on The Mel Robbins Podcast to discuss his massive World Regret Survey, which analyzed 26,000 regrets from 134 countries.

Their conversation reveals that regret isn't something to avoid; it's an emotion that clarifies your values and acts as a roadmap for living a more intentional life

Episode 398



What if you stopped waiting to have life figured out and just ran small, low stakes tests on it instead?

Anne-Laure Le Cunff basically wrote the operating manual I wish I had at thirty.

The idea that curiosity can be structured, that you can be both rigorous and playful about how you live, is what I tell all my clients.

Time to try it on myself.

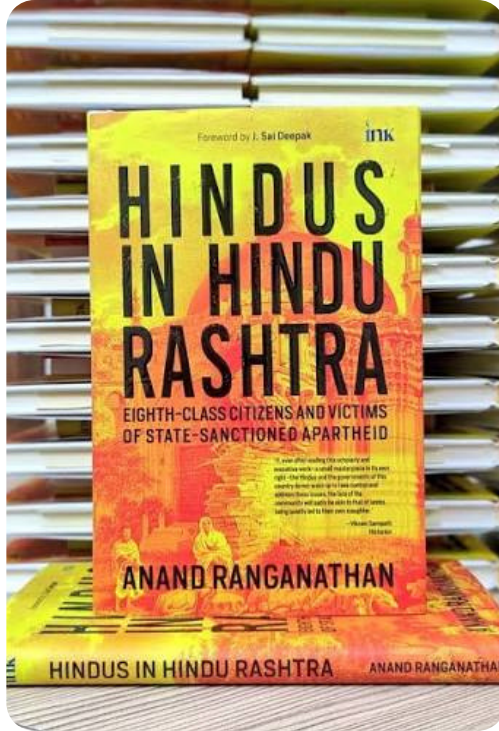


I'm watching:

The power of believing
that you can improve

TED Talk by Carol Dweck

History fascinates me and
Anand Ranganathan has a
unique point of view.



I'm reading:

Radical Candor - Kim Scott

Kashmir's Untold Story - IC
Malhotra & Mahroof Raza

Empire of Sikhs - Patwant
Singh

Naikan - Greg Krech

Hindus in Hindu Rashtra -
Anand Ranganathan

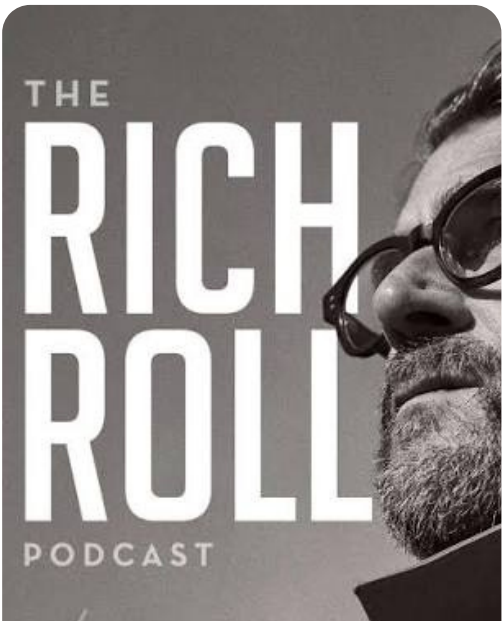
GREGG KRECH



For sale in the Indian Subcontinent only



The Power of Gratitude and Grace in Everyday Life

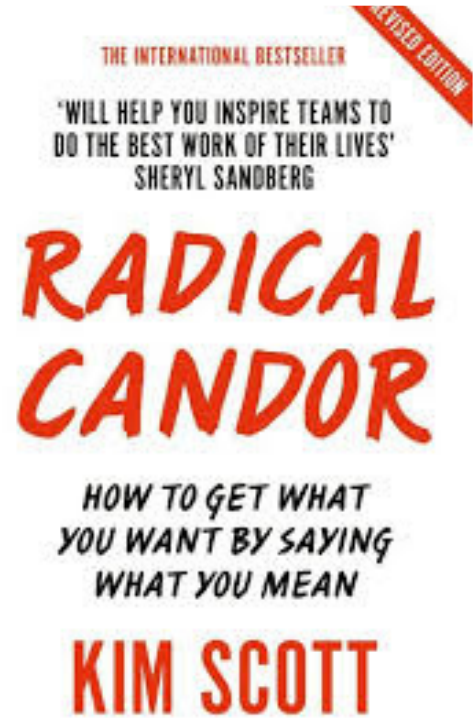


SUMMER
RIPUDAMAN
SUJLANA

2026

I'm listening to:

The Rich Roll Podcast





**"Summertime,
and the living is easy."**

I have put together a reading list to reflect that mood. I would welcome any suggestions or additional ideas.



I'm reading:

Departure(s) - Julian Barnes

Three Daughters of Eve - Elif Shafak

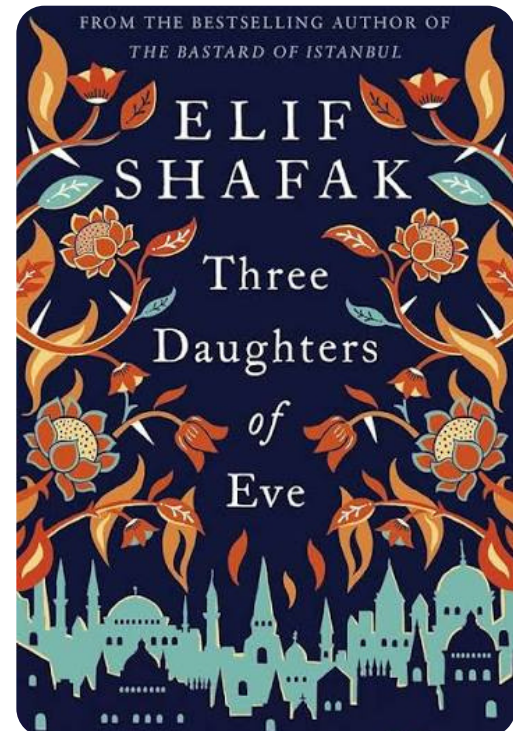
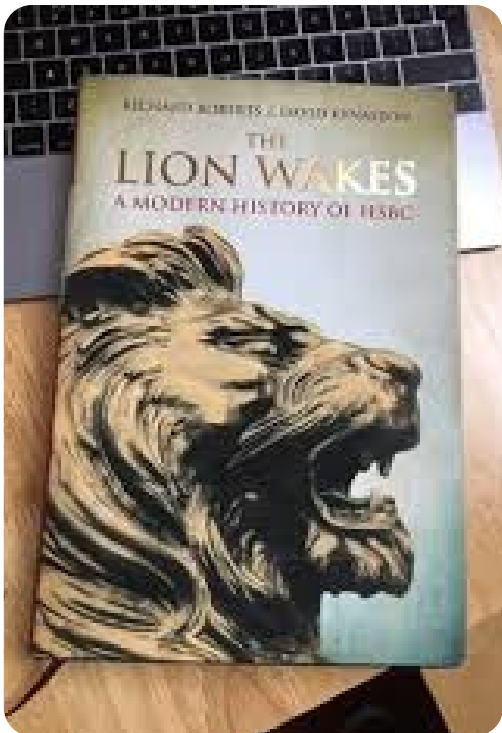
Madam Bovary - Gustave Flaubert

The Lion Wakes: A Modern History of HSBC - Richard Roberts & David Kynaston

Nuts! - Jackie Freiberg & Kevin Freiberg

Mr. China - Tim Clissold

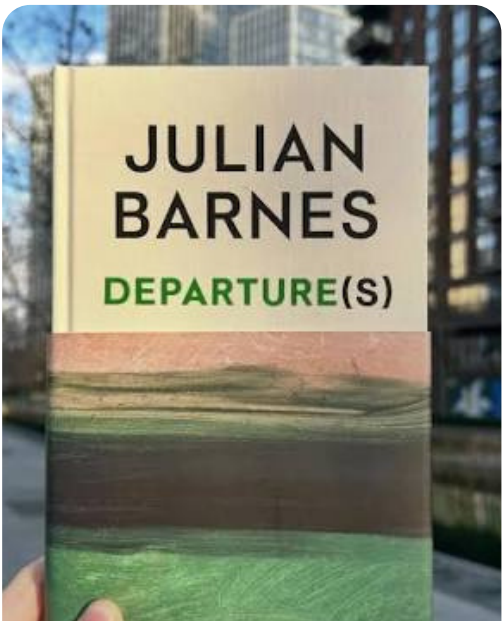
DBS Tides of Transformation



SUMMER

**SABITA
PRAKASH**

2026

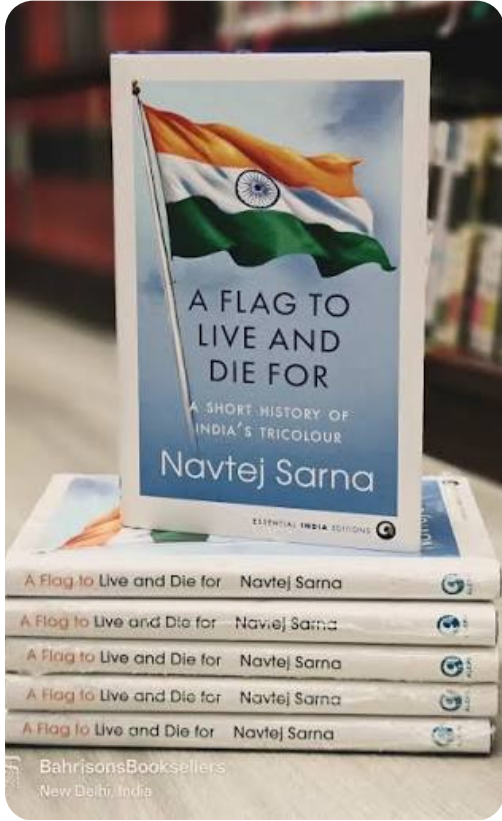


In fiction I'm looking for immersive, transportive reads: books to enjoy on a sofa, in a hammock, or before bed.

Barnes' novel is especially compelling as it is said to be his last, while Shafak's promises a rich exploration of faith and friendship across continents.

A classic that I'm revisiting is Flaubert's Madame Bovary.

I'm also reading institutional memoirs - HSBC, DBS & Southwest - alongside Tim Clissold's Mr. China, which chronicles a foreigner's business experience during China's rapid growth.



Navtej Sarna is a retired diplomat and a learned one at that. I had enjoyed another one of his books - Zafarnama - and so I decided to pick this up. I'm looking forward to reading about the history of our National Flag.

I'm reading:

A Flag to Live and Die For - Navtej Sarna

Henry Steiner's Hong Kong

Neon is Not Dead: The Future of a Hong Kong Icon

The First Spring - Abraham Eraly

Shattered Lands - Sam Dalrymple

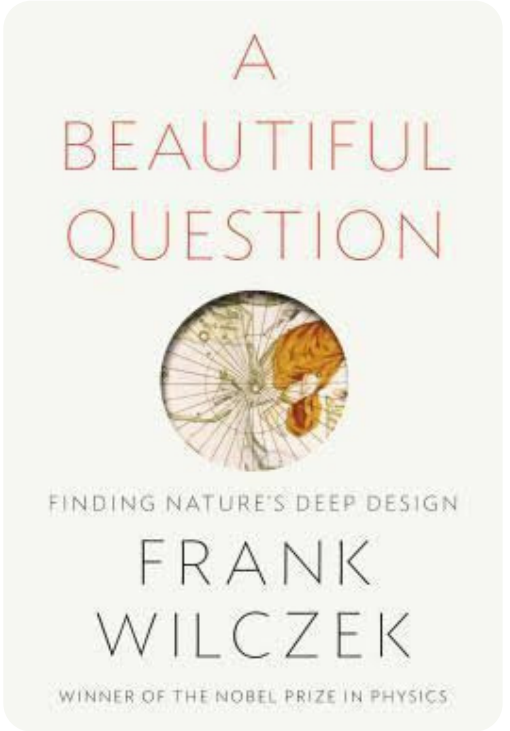
A Beautiful Question - Frank Wilczek



SUMMER

VIKAS MEHRA

2026



Mr. Wilczek is a Nobel laureate and explores the beautiful question: is the world a work of art?

In this exploration, he shares the evolving history of physics - from the thoughts of Pythagoras and Plato, to Newton, Maxwell and beyond, into the enthralling world of quantum physics.



Henry Steiner arrived in Hong Kong in the 1960s as a graphic designer for a magazine and he never left! Now in his 90s, this book is a celebration of his work.

As seen on BTS's hit reality TV show, *Bon Voyage*!

I Decided to Live as Me



THE
MILLION-COPY
INTERNATIONAL
BESTSELLER

How to Stop Comparing Yourself to
Others So You Can Learn to Love Yourself

KIM SUHYUN

Translated from Korean by Anton Hur

So many of my book choices start as books that I'm buying for someone else and then I get engrossed in them. I bought this one as a birthday gift for my daughter. A manifesto for self love, confidence and boundaries disguised as a 6-part checklist for life.

I'm reading:

I Decided to Live As Me - Kim Suhyun

The Power of Habit - Charles Duhigg

All In - Jennifer Lynn Barnes

Bad Blood - Jennifer Lynn Barnes

Think Again - Adam Grant

Rewild Newsletter from Fenwick



"A must-read." —Bill and Melinda Gates
The Power of Knowing What You Don't Know

THINK AGAIN



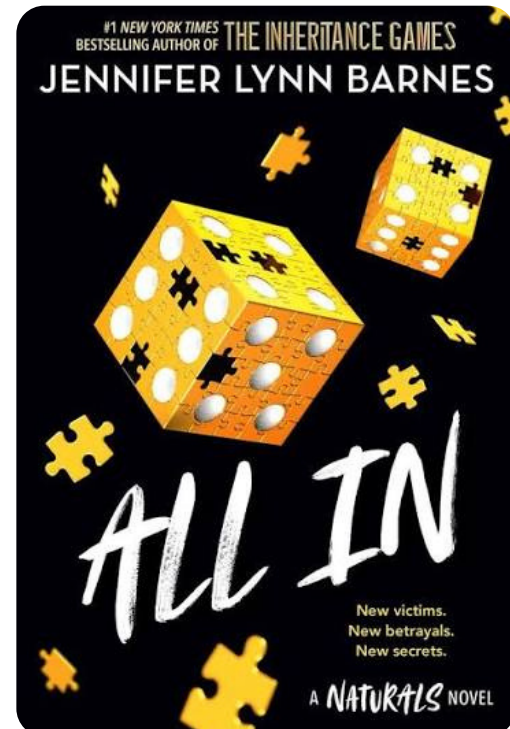
ADAM
GRANT

#1 New York Times bestselling author of
ORIGINALS

SUMMER

RADHIKA
BHOGARAJU

2026



I'm catching up on:

Against the Rules
Podcast by Michael Lewis

People I Mostly Admire
Podcast by Steve Levitt

The Deep Sea
Playlist by TED-Ed

I grew up in India where summer meant mangos in all shapes and sizes. Now I'm lucky to live in a part of the world where peaches and nectarines are abundant, and we eat them throughout summer.

