‘My longing to live more than a life’

Memoirs of remarkable people teach life lessons that are enriching and humbling, feels the designer

PUNEET NANDA

I have not read many biographies as I feel that any understanding of another’s life would not pertain to my life. Two of the most amazing biographies I read were Irving Stone’s Lust for Life, that traces the life of Dutch artist, Vincent van Gogh; and The Agony and the Ecstasy, where Stone reveals the struggles of Michelangelo.

The only other remarkable biographical book I read was Glimpses of a Golden Childhood about the escapades of Osho when he was young. As he was really smart and naughty, it was a really fun read and was over before you knew it.

The most recent biography I read was Sadhguru: More than a Life by Arundhati Subramaniam. It is fascinating to discern the depth of understanding and the enormity that exists in the life of Sadhguru. The detailed descriptions of his current and past lives makes for an astounding read. I found myself intensely following him into his world of deep enquirey and focus that led to his eventual realisation.

The vast array of experiences that he has gone through are at once relatable and yet untouchable. The focus with which his life moves through all his actions, life and death, undeterred and simply staying steadfast on his path, is the gripping aspect of his life and the book.

The book has left me humbled, in awe of my master and brought alive the involvement with which one can live life. It has intensified my gratitude for a person who has lived his life with such a tremendous level of freedom yet unflinching dedication. Knowing and experiencing his life through the energised words of the book has deepened my own thirst to know, my own longing to live more than a life.

Puneet Nanda is a fashion designer and helms Satya Paul, the fashion brand

As told to NIDHI SETHI