The Difficulty of Being Good examines the epic Mahabharata, dwelling on the goal of dharma-moral well being. It addresses the central problem of how to live our lives in an examined way, forcing us to confront the many ways in which we deceive ourselves and others. What emerges is a doctrine of dharma that we can apply to our business decisions, political strategies and interpersonal relationships—in effect, to life itself.

Das comments, “This human proclivity to paint people in black and white is all wrong. Reading Mahabharata is a humbling realisation because it teaches us not to judge people on the surface. There are no easy answers.”

A former CEO of Proctor & Gamble India, Gurcharan Das writes a regular column for six Indian newspapers, including the Times of India, and occasionally for Newsweek, the New York Times, the Wall Street Journal and Foreign Affairs.