



# MY LIFE IN FULL

## WORK, FAMILY AND OUR FUTURE

Author:  
**Indra Nooyi**

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In her autobiography, Ms. Nooyi takes us through the events that shaped her, from her childhood and early education in 1960s India, to the Yale School of Management, to her rise as a corporate consultant and strategist who soon ascended into the most senior executive ranks.

The book offers an inside look at PepsiCo, and her thinking as she steered the iconic American company toward healthier products and reinvented its environmental profile, despite resistance at every turn.

For the first time and in raw detail, she also lays bare the difficulties that came with managing her demanding job with a growing family, and what she learned along the way. She makes a clear, actionable, urgent call for business and government to prioritize the care ecosystem, paid leave and work flexibility, and a convincing argument for how improving company and community support for young family builders will unleash the economy's full potential. She talks of gender bias, what it really takes to break the glass ceiling, and how she feels blessed to have worked under supportive bosses who recognised her contributions and enabled her to deliver at work. She also shares how her husband and extended family supported her immensely over the years.

For a dozen years as one of the world's most admired CEOs, Indra Nooyi redefined what it means to be an exceptional leader. The first woman of color and immigrant to run a Fortune 50 company — and one of the foremost strategic thinkers of our

time — she transformed PepsiCo with a unique vision, a vigorous pursuit of excellence, and a deep sense of purpose. In this rich memoir she offers a firsthand view of her legendary career and the sacrifices it so often demanded.

Generous, authoritative, and grounded in lived experience, *My Life in Full* is the story of an extraordinary leader's life, a moving tribute to the relationships that created it, and a blueprint for 21st century prosperity. ■

### ABOUT THE AUTHOR:

**Ms. Indra K. Nooyi** served as CEO and Chair of PepsiCo from 2006 to 2019. Her prescient strategic thinking, insight into consumer behavior, and wisdom on managing a vast, global workforce make her one of the world's most sought-after advisors to entrepreneurs, executives, and governments. She is also revered as a role model for women and immigrants, and celebrated for her empowering messages on inclusivity. She has been awarded the Padma Bhushan, India's third-highest civilian honor, and the U.S. State Department's award for Outstanding American by Choice, and has received 15 honorary degrees, including an honorary doctorate of humane letters from Yale University in 2019. She has been consistently ranked in Forbes's 'The World's 100 Most Powerful Women', Fortune's 'Most Powerful Women' and was twice named on TIME magazine's list of the '100 Most Influential People in the World'.