

## **Book Review**

### **The Best Thing About You Is You!**

Deepti Pathak<sup>1</sup>

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**Author: ANUPAM KHER**

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This motivational book “The Best Thing About You is You!” is written by Anupam Kher, a film actor by profession. In this book the bollywood actor talks about his life’s lessons and

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experiences and the benefits of positive attitude. This book unleashes one's potential and it contains several lessons based on author's personal experiences. There are different self-help books available in the stores, different psychologists talking about the power of positive thoughts, positive attitude and self-awareness in our life. But there are times when we intentionally try to maintain the status-quo and thus remain unhappy in our life. In this book Mr. Kher has identified the roots of underlying discontentment. In his words contentment and discovering your real self is the key to happy and successful life. The book emphasizes that an individual develops daily, not in a day.

The book is divided into fifty chapters covering topics like "Know thyself, Be Thyself", "The Anger Syndrome", "Unfulfilled Relationships", "Unleash the Power within", "discover Yourself", "Early lessons in Life Create Lasting Impressions" and the like. My first addiction was "The Alchemist" by Paulo Coelho, which insisted me to follow my dreams as they do come true when you start chasing them. And now, this is the second book which is bringing me closer to myself. The best part of this book is as you start reading it you will find like if the author is talking only about you, your friends, your job and your family. In the examples quoted you will find everyone i.e. a common man, a business man, an industrialist etc. Unlike the depth of characters the author has played till now, the book moves like an X-Ray machine in your body and creates in-depth understanding of you. Author's word selection is very simple but the relevance of

content is eternal. One can easily link every statement of the book with the happenings in his/her life and learn how to control one's actions for bringing contentment.

The book breaks the ice with the work of the great Russian novelistic Leo Tolstoy in his classic work “ Anna Karenina” that no one is happy. Author has explained it quoting examples of different business tycoons. Author then illustrates the philosophy of Socrates i.e. introspection that helps the people understanding their worth and helps you in self-discovery.

Here I would like to say that a film actor has overshadowed different management gurus through his words of wisdom. In the plethora of changes what we always resist is change in ourselves and our surroundings. Author has mainly focused on introspection, respect for our relations and changes confronting uncertainties.

The underlying concept is “To fight, not to flight”. This book does not promise any miracle but brings one near to oneself and here lies the achievement of the author. Through his book author has explained in very simple words that good feelings lead to positive thoughts i.e. the happy thoughts are directed by our emotions and creates positivity around us. The mantra is, the key to our destiny lies in our emotions. So, by being aware of the feelings we are entertaining and sensing how we are feeling, and tuning our feelings to more blissful frequency, we start to change our thoughts and our destiny.

## **Takeaways from the book**

To be happy in life know yourself and be yourself.

To control anger count backwards and let the rational part of your brain override the irrational and by doing this your focus will move to the numbers.

Opt for positive benchmarking i.e. Benchmark yourself against the underprivileged people to remove your discontentment.

Analyse yourself and do not carried away by your flattered assessment of yourself.

Do not count failures of your counterparts as your success.

Take care of your thoughts because they will become your destiny.

Change yourself and go in the direction that has been shown by the wisdom of the ages.

Unfulfilled relationships act as a trigger to unhappiness. So, one should get over these relationships and the persons, by enveloping them with forgiveness.

Your greatest joy comes from watching others grow and develop.

Forget yesterday's defeats, ignore the problems of tomorrow and live in the present as it can help you change the future.

Never take yourself seriously and destroy the ego.

Learn to laugh, as it increases your face value.

Believe that you are the best in your field and be confident of your talent.

Maintain friends as they make your life better.

Your attitude makes your fears larger than they really are.

Confront your fear to fight it off.

Confront people it will create better understanding of you.

Get out of your comfort zone. Find new challenges and steel yourself for the unexpected.

Never leave hope as it increases your self-efficacy.

Accept change with wisdom and grace.

Failure is not permanent, it's temporary. So, learn from your reverses and rise every time you fall.

Never make excuses and keep your commitments.

The author concludes the book with, “ Life is full of contradictions. When we are young, we think of life, and people, as clear-cut blacks and whites. Later we realize that life is just shades of grey. And the grey becomes what we wish to make out of it.”

### **Final Word**

This book is a collection of ideas and experiences of Anupam Kher. It contains pearls of wisdom in every sentence. It emphasizes that an individual develops daily, not in a day. Learning from the book is “Stop Chasing Happiness”, “Value Yourself”, “Accept Changes with Grace” & last but not least “Know Yourself” as it is mentioned in the book very perfectly that:

**“We Are What We Are Because We Do Not Know  
Who We Are”**