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Book Review

Life – An Odyssey: Time Tested Mantras Providing Solutions to Life's Problems

by Dr Manish Maladkar

Dr Manish Maladkar, M.D. from Grant Medical College and JJ Hospital, Mumbai, and M.C.C.P. (USA) currently holds a senior position in a leading Indian pharmaceutical company. His major contribution is just not limited to the scientific community but he is actively engaged in adding valuable inputs to Inspirational and Motivational literature.

In his book, titled **Life – An Odyssey: Time Tested Mantras Providing Solutions to Life's Problems**, he has compiled selective 35 musings, each of which convey the essential teachings of life in an inspirational and motivating manner. Each page of this book doles out some pearls of wisdom. This book is an ideal wisdom bank to search one's soul which the human may lose in the pursuit of worldly desires.

The author says: each day is a chance to invest in life. Each day is a chance to work miracles in the lives of others. Each day is a chance to renew yourself. To shed yesterday's skin. To shed yesterday's hurt. Be glad of life each day as it gives you chance to work, love and play. It gives you chance to look at

the sun and the stars. And then when the sun sets, don't cry as the tears of your eyes will make you miss the beauty of the stars.

The above thought by the author means that the treasure what we have in our lives is the present and that we should put it to the best of use. Past sorrows should be forgotten as it serves no purpose to our present or to build our future.

Life-An Odyssey: Time-tested Mantras Providing Solutions to Life's Problems is a mind-opener for all. Therefore this book is highly recommend to all.

Author: Dr Manish Maladkar

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