

# 'Life I Refuse To Give Up' Tells Readers To Stay Focused To Succeed In Life

Debut Poetry Collection By Kashmiri Writer

*Life I Refuse To Give Up*, By Sunny Joshi., White Falcon Publishing, India.

What do you write about a book that drips with goodness, that tells you that you will succeed in your life if you can say "Yes, I Can" and you have the inner strength to believe in oneself?

This is what journalist/broadcaster and multi-faceted media personality of Toronto Sunny Joshi eloquently exhorts his readers to follow: Belief is the passion with which a fighter lives. ...

He has picked up examples from his own life, showing how he turned it around despite a string of failures. He came to the US with just \$500 in his pocket and 'today, after all my gains and losses, I am way ahead of where I started.'

He ran a sandwich shop, owned a pizza outlet, worked in several places before getting up and surging ahead in life.

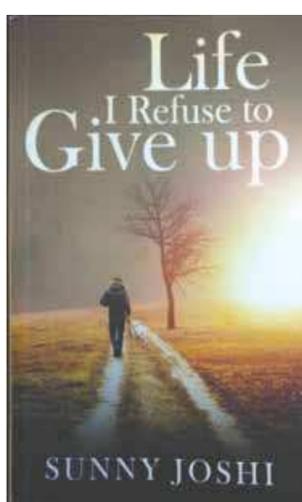
Sunny Joshi began writing in 1992 and he used this writing tool to 'overcome negativity' in

his life.

The book is dotted with truisms, at least five to six on a page. Some of them are listed below:

- *God definitely helps those who help themselves.*
- *Life is like taking sand in our palms....*
- *Life keeps teaching us unknown theories*
- *We all have shelf lives and someday it is going to expire.*
- *The biggest folly we make in life is not understanding the true essence of time at a given moment.*
- *The need to succeed should be more than our fear of failure.*
- *Winners think big, perform every day, deliver results and set higher goals...*

Joshi make s a great point when he references time in relation to our age. He rightly points out that we need to appreciate the concept of time better, 'The biggest folly we make in life is not understanding the true essence of time in a given movement. "



However, for those who regret not grabbing the opportunities that came their way, he advises that it is not too late.. He quotes a Chinese proverb : "The best time to plant a tree was 20 years ago. The second best time is now."

He has cited examples of athletes, film stars and other high achievers who followed their passions with a single-mindedness

bordering on obsession.

There is a good flow to the writing, the ideas are well arranged and presented and the reader will certainly find themselves nodding along with some of Joshi's assertions.

The book cannot be called inspirational in the literary meaning of the word, but it surely reinforces our innermost ideas of how our lives should be lived - simple, honest and with a good work and moral ethic.

Sunny admits as such. He writes: "The point is that what I have written and shared is probably no rocket science. You pretty much know a lot of it by now, but this book is designed to help you replenish those forgotten secrets."

And again, if we do not succeed or realize our dreams, it is only because "we refuse to let the Superman inside us to fly high...." Also, do not forget that 'winners are ordinary people with extraordinary dreams.'

Good job, Sunny!



'Far In The Meadows' is a debut poetry collection by Indo-Canadian Author Meenakshi Raina.

Meenakshi has been writing poems since her childhood both in Hindi and English languages. Her debut novel 'The Divine And The Destiny' was published in 2013 which captures the details around the mass exodus of Kashmiri Pandits in 1990.

'Far in the Meadows' comprises three segments - Love, Life and Longing. Readers will experience a rollercoaster ride full of emotions and lessons from life.

The book, being published by boutique publisher Tamarind Tree Books of Toronto, will be available worldwide in the fall.

# Journeying Into The Shadowlands Beyond Sanity

*Missing, Presumed Dead*; Author: Kiran Manral; Publisher: Amaryllis Books; India.

With all the duplicity, self-interest, hidden motives and betrayals -- both big and small -- we face in our lives, the thin line separating us from insanity can be closer than we know, and may not need a chemical imbalance or genetic inheritance to cross. And once transgressed, the fallout may rarely remain confined to the victim.

Given the complex set of relations -- family, friendly and professional -- our contemporary selves have, the consequences of psychological disorders may spread their disruptive ripples much further than we can imagine: Among those waiting to derive benefit from it, and those whose entire world unravels irredeemably.

These are motifs that form the unsettling backdrop of the latest novel by the irrepressibly imaginative Kiran Manral, who, after the urban second-chance romance of "Saving Maya", returns to the familiar geographical setting of isolated and subtly menacing mountains, where majestic nature frequently has a hostile side.

In her second foray into "Himalayan Gothic" after dealing with it masterfully in "The Face at the Window" (2016) about an old widow, Manral now shows us the slow dissolution of a dysfunctional relationship on a bigger family, through the perspective of beautiful but fragile Aisha Thakur, whose life has long been in turmoil.

Not only has her marriage been reduced to a sham despite two children, she has reasons to suspects her husband Prithvi, who

remains at work as much as he can, has designs on her ancestral property -- and the demons that plagued her mother seem to be firmly entrenched in her mind too.

And then one rainy afternoon, comes an unexpected visitor who shakes her already unstable world beyond measure. A woman, who seems eerily familiar, turns up at her doorstep of their rather isolated house and announces that she is Heer, her half-sister -- the daughter of the woman for whom her father had abandoned them years back.

Despite her reluctance, Aisha yields to her unspoken entreaties and allows her in, though her children, who soon return from school, are curious about the guest. And then a chain of environmental causes, her children's impetuous actions and a certain disinclination to send off a guest -- no

matter how unwelcome -- into treacherous weather, leaves her no alternative but to allow her newly-found sibling to stay on. The stay becomes a bit indefinite.

And then Aisha goes on an errand into the town, but the hostile weather makes her unable to return home. Rather fortuitously, she meets a rather helpful and handsome stranger and they enjoy some days of bliss before ulterior motives and real intentions bring her down in a resounding crash.

In one way, the book seems as a conspiracy thriller down to its rather shocking but unresolved end -- but like life mostly is, the versatile author, who has everything from frothy romances to spine-chillers, gives it a wider canvas.

And the "50 Shades of Grey" and Harry Potter references are an inspired touch.

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