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Book Review

You can win by Shiv Khera (Macmillan India Ltd 1998)

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I would like to share my experience with the book "You Can Win" by Shiv Khera. Mr. Khera is the author of the International Best Seller book "You Can Win", which has sold over 1.7 million copies in 16 languages. This is a highly motivating book which teaches on how to become positive in each and every aspects of our life. The author explains each line in a simple language so that even children can understand the content. It describes how to deal with negative people and what all things to do in order to convert ourselves into a positive being. This book gives motivation to all. But we have to practice everything that we read in this book in order to maintain our positive attitude and self confidence. It really helps me to increase my confidence level. I read this book second time. When we were given the task to read and write a book review the very time I decided to read the same book to give the positive attitude and self confidence to boost up my energy. This book guides you with step by step instruction how to go from where you are to where you want to go. I have read many inspiring books, and I can proudly say that this book you can win by Shiva Khera played a significant role in shaping my career, attitude and confidence. The book highlights the principles that one would need to follow to become successful. The way Shiv Khera draws examples from everyday life, and also the way he uses stories and anecdotes to drive home the key points that form the crux of the book, help retain the interest till the end. Shiv Khera says "Success is not an accident. It is the result of our attitude and our attitude is a choice. Hence success is a matter of choice and not chance". True success is measured by the feeling of knowing that you have done a job well and have achieved your objective. Success is not measured by our position in life, but by the obstacles we overcame to get there. Shiv Khera says '**Failure is the highway to success**'. He says all the success stories in history are stories of great failures too. However, we see only the bright side of the picture and say those people got lucky. The realization that all those who made it to the top were ordinary people who had to suffer a lot before they saw the light of success would inspire any sensible mind. The common criticism against the book is that once you read it and close the book, you won't be able to recall most of what you have read. True. You could find an answer to this worry from Shiv Khera himself. In the preface itself, he has made it very clear. He says, the concepts in this book cannot be absorbed by casual browsing or by gulping the whole book down in one reading. It should be read slowly and carefully, one chapter at a time. Don't move on to the next chapter until you are sure you understand every concept in the previous chapter. This is a book which one needs to read as and when one needs to look at oneself critically, add some positive virtues to one's kitty and while trying to build up a positive and confident personality. A few action points follow each and every chapter. The author suggests that the readers use this as a workbook where they should write marginal notes for themselves and he also asks us to use a

highlighter to mark those sentences and words, which appear vital for the reader. He also suggests that the readers keep a notebook handy as they read the book. The notebook should be divided into three sections - your goals, the stages in which you plan to reach them and your timetable for success. If you are ready to look within yourself and do something to fine-tune yourself to build a successful personality, it is worth spending Rs.285 for this book.