

ONLY ONE LIFE TO LIVE

The book opens with an argument that we are born with infinite potential to attain the best of both worlds, the outer world of prosperity and inner world of happiness, and yet we find lacking in our lives a sense of peace and satisfaction – an eternal quest of every thinking mind. The author explains that our misidentifying the means of our pursuits with their ends is the cause of our present state of life.

The author claims that the sense of increasing dissatisfaction in the work, where we spend two-third of our life's time, is found to be the major culprit of our stressful living and its rising negative effects. Dissatisfaction in our work-life equally impacts other areas of our lives as well -- our health and relationships.

If you cannot find ways to love what you do for living, discover your own dream -- what you may passionately enjoy -- else life often turns loathsome and dragging. Parekh shares from his personal experience the **Three Ways** to discover your dream.

In order to make the most and best of the only life at present we have to live, the author presents his message through an easy-to-remember formula: **A S K Me**, with each acronym of it pointing respectively to: **A**ccepting accountability of the challenge we are facing at a given moment, **S**earching for our dream in life, **K**nowing the dualities of the world we live in, and **M**editating daily.

In the discussion of the last acronym at the close of the book, the author ingeniously reminds the readers that the source of all strength, courage and guidance is right within all of us, and the way to tap it, simplest of all, is turning our awareness, for few minutes daily, to the inner silence behind our closed eyes.

This **little bible** as author refers to this book on the back cover of it, may prove resourceful to all readers, young and seniors alike, regardless of the nature of pursuits and expectations in their lives. It will inspire them to live like only few dare – with courage and conscience, purpose and personal fulfillment.

Through every page of it as you go through, you will feel touched evermore with the author's keen study of human life, passion for living, finding for a purpose to live for, and a desire to sharing generously with others.

Few of the quotes from the book that some readers like you found inspiring their lives and volunteered to share with the author:

- * A persistent positive attitude is the only key to all success in our lives.
- * Thoughts make us what we are, and by the power of thoughts alone we can change what we don't like around as well as in our own life.
- * Judge not how small or insignificant your dream is; just begin working on it, and you will find the rest of the puzzle-pieces taking their places at right time.
- * You are unique. None like you has ever walked this earth and never will. Drop all competitive comparisons and seeking approvals of others all the times.