

-Tabassum khan

The
Mantra of
HAPPINESS

Jeevan Mein Sukh Aur Safalta Ka Raaz

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INTRODUCTION

1. KYUN HUM HAPPINESS KI TALAASH MEIN HAIN

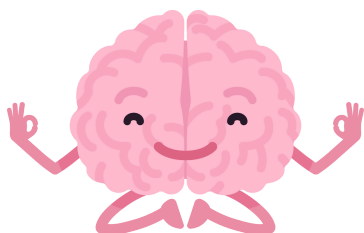
Har kisi ki zindagi mein ek waqt aata hai jab woh apne life mein khushi ki talaash karta hai. Hum sab apne din ki shuruaat yeh soch kar karte hain ki aaj ka din humein kuch aisa mile jo humari khushi ko zyada kare. Hum apni life mein success, wealth, relationships, aur stability ke peeche bhaagte hain, lekin phir bhi ek khaali pan mehsoos hota hain.

Main bhi aise hi ek phase se guzar rahi thi. Jab meri life mein bahut saari cheezen thi – ek taraf family, ek taraf job or apne goals – tab bhi kabhi kabhi lagta tha ki kuch missing hai.



Yeh sab chhoti chhoti baatein thi, jo hum soch kar ignore kar dete hain. Lekin jab maine apne aap se yeh sawaal kiya, "Kya sach mein main khush hoon?", tab mujhe samajh aaya ki asli happiness ek internal cheez hai, jo humare dimaag aur soch se connected hoti hai.

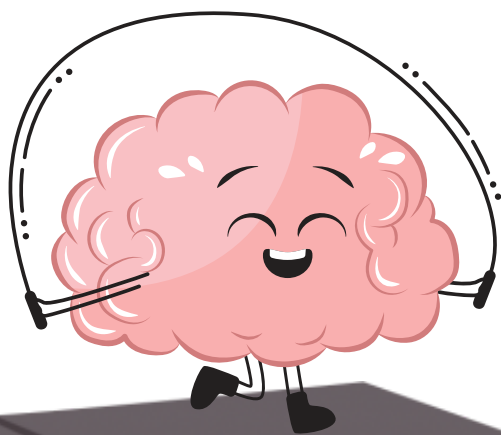
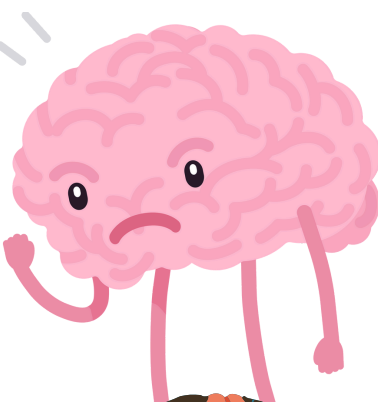
Lekin, asli happiness kaise milti hai? Kya hum sach mein khush hain, ya bas apne dimaag ko yeh batate hain ki hum khush hain? Yeh book aapko yeh samajhne mein madad karegi ki khushi sirf external cheezon pe depend nahi karti, balki yeh humare dimaag aur soch ka hissa hoti hai. Humare andar ke emotional aur mental state ko samajhkar hum apni zindagi mein asli khushi laa sakte hain.



2. YEH BOOK AAPKI ZINDAGI KAISE BADLEGI

Jab tak aap apni life mein khushi ke asli source ko nahi samajhte, aap hamesha usse door rahenge. Is book mein aapko woh tools aur techniques milenge jo aapko apni zindagi mein khushi laane ke liye chahiye. Yeh ek practical guide hai jo aapko step-by-step batayegi kaise apne emotional aur mental health ko behtar bana sakte hain aur apne din ko zyada meaningful bana sakte hain.

Mujhe yaad hai, jab main apne stress aur negative thoughts se bahut zyada ghiri hui thi, tab maine chhote chhote changes apni daily routine mein kiye, jaise gratitude journaling, self-care habits, aur mindfulness practices. Inhi chhoti chhoti cheezon ne meri life



mein bahut bada farq dala. Is book ke zariye, aapko aise hi tools milenge jo aapko apni zindagi mein khushi laane ke liye madad karein.

Is book ke zariye, aap yeh seekhenge ki:

- Kaise apni soch ko positive aur productive banaayein.
- Stress aur anxiety ko handle karne ke liye effective strategies.
- Apni life ko simple aur fulfilling banane ke liye daily habits ko implement karna.
- Apni relationships ko better banaayein, apne purpose ko discover karein, aur apni overall happiness ko boost karein.

Agar aap chaahte hain ki apni life mein khushi aur sukoon laayein, toh yeh book aapka first step ho sakti hai. Har chapter ke saath aap apne aapko thoda aur samajh paayenge aur apni zindagi mein chhote changes laayenge jo aapki khushi ko permanently banaye rakhegi.

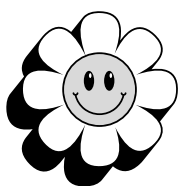
Chapter 1: Happiness Kya Hai?

1. Sacchi Happiness Ki Pehchaan

Aapne kabhi socha hai ki woh moment sabse zyada yaad kyu aate hain jo chhote aur simple hote hain? Jaise ek baarish ke din apni maa ke haath ki chai peeni, ya ek dost ke saath bina wajah hansna. Kya yehi khushi ka asli matlab hai?

Mujhe yaad hai ek baar, jab meri life mein sab kuch theek tha – ek achha ghar, ek stable income – tab bhi main andhar se khaali mehsoos karti thi. Ek din, meri beti ne aake mujhe ek drawing di jisme usne mujhe aur apne papa ko hanste hue banaya tha. Woh ek moment tha, jab mujhe realize hua ki khushi un chhoti chhoti cheezon mein hai jo hum ignore karte hain.

Sacchi happiness ek emotional state hai jo tab aati hai jab aap present moment ko appreciate karte hain aur gratitude mehsoos karte hain. Iska matlab yeh nahi ki aapke paas sab kuch perfect hona chahiye, balki yeh ki jo kuch bhi aapke paas hai, uska maza lena seekhna chahiye.



2. Woh Myths Jo Humein Misguide Karte Hain

Myth 1: "Zyada Paise Ka Matlab Zyada Khushi"

Maine ek baar ek friend se suna tha, "Agar mere paas ek lakh zyada hota, toh main khush hoti." Lekin jab usne woh paisa kama liya, toh woh aur zyada ki tamana karne lagi. Usne mujhe ek din bola, "Yaar, lagta hai Paisein ke peeche bhaagte bhaagte, main khud ko bhool gayi."

Paise zaruri hain, lekin khushi ka asli source nahi hote. Ek simple example – kya aapko woh din yaad hai jab aapne ek purani cheez nikal ke use ki aur woh aapko nostalgic happiness de gayi? Jaise ek purani diary ya ek school ki trophy. Yehi khushi ka asli matlab hai – material cheezon se nahi, emotional value se aati hai.



Myth 2: "Perfect Life Ka Matlab Perfect Happiness"

Main ek time pe perfect body ke peeche bhaag rahi thi. Gym jaakar self-discipline ki koshish, dieting, aur har chhoti detail par focus karti thi. Lekin ek din, meri mom ne bola, "Agar tu apni smile kho degi, toh perfect body ka kya faayda?" Tab mujhe samajh aaya ki hum apne flaws ke saath hi beautiful hain.

Life kabhi perfect nahi hoti, aur na hi humein perfect hone ki zarurat hai. Khushi apne imperfections ko accept karne mein hai.

Myth 3: "Mujhe Happiness Tabhi Milegi Jab Sab Kuch Achieve Kar Lunga/Lungi"

Mujhe yaad hai ek baar maine socha tha ki jab mujhe promotion milega, tab main khush ho jaungi. Lekin promotion ke baad ek aur goal ban gaya, aur main wahi cycle repeat karti rahi. Phir ek din, maine apne office ke terrace pe ek chai ke cup ke saath sunset dekha, aur realize kiya ki yeh moment bhi priceless hai.

Happiness ek journey hai, destination nahi. Agar aap bas future goals ke peeche bhaagenge, toh present ki khushiyon ko miss kar denge.

3. Happiness Ka Science: Dimaag Ka Kamaal

Happiness ke peeche sirf emotions nahi, ek fascinating science bhi hai. Humare dimaag ke chemicals kaafi kuch control karte hain:

Dopamine: Reward ke waqt release hota hai.

Ek baar main apne project par bahut mehnat kar rahi thi, aur jab uska result aaya, toh woh chhota sa "Congratulations!" message itna rewarding laga ki saara stress door ho gaya. Dopamine release hota hai jab hum kuch achieve karte hain – chhota ya bada.

Oxytocin: Love aur bonding ka hormone.

Ek baar meri beti ne mujhe bina wajah hug kiya, aur us moment ka emotional effect mujhe ab tak yaad hai.

Relationships ki bonding khushi ka ek bada source hai.

Serotonin: Mood ko uplift karta hai.

Mujhe yaad hai ek baar main depressed thi, aur ek dost ne mujhe kaha, "Ek list likh jo tere paas hai, na ki jo nahi hai." Jab maine gratitude list likhna shuru kiya, toh mood better lagne laga. Yeh serotonin ka magic tha.

Endorphins: Stress-free aur relaxed feel karwata hai.

Exercise ke baad ka woh relaxed feeling – jaise saari duniya se stress khatam ho gaya ho – endorphins ka kamaal hai.

Ek Kahani Jo Aapko Sochne Par Majboor Karegi

Ek baar ek rickshaw wala mila jo hamesha haste rehta tha. Maine usse poocha, "Bhaiya, aap itna khush kaise rehte ho?" Usne bola, "Didi, khushi to ek choice hai. Main aapki tarha paise wala nahi hoon, par mere paas ek din ka sukoon hai aur mere bacchon ki muskaan." Uski baat mujhe deeply connect kar gayi.

Summary:

Sacchi khushi ek simple aur conscious choice hai. Chhoti chhoti cheezein – ek hug, ek grateful thought, ya ek mindful moment – aapki life ko badal sakti hain. Jab aap happiness ke myths todte hain aur apne dimaag ke chemicals ko samajhte hain, tab aap asli khushi ke kareeb pahunchte hain.

Chapter 2: Happiness Ke Raste Ke Rukawatein

Happiness tak pahunchne ka safar aasaan nahi hota. Kai baar, hum khud hi apni khushi ke raaste mein rukawatein banate hain, aur kabhi-kabhi yeh duniya bhi humein khushi ke asal maqsad se door le jaati hai. Is chapter mein, hum un challenges ki baat karenge jo humein khushi se door karte hain, aur kaise unka samadhan ho sakta hai.

1. Overthinking Aur Negative Soch

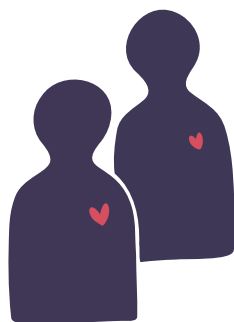
Kya aap kabhi akele baithe baithe ek chhoti si baat ko lekar itna sochne lagte hain ki woh ek bada problem lagne lagta hai? Jaise kisi ne aapka message ignore kar diya, aur aapne maan liya ki shayad woh aapko pasand nahi karta. Yeh overthinking hai, jo happiness ka sabse bada dushman hai.

Real Story

Riya ek talented graphic designer thi, lekin woh hamesha is baat ko lekar anxious rehti thi ki log uske kaam ke baare mein kya sochenge. Uska dimaag negative sochon se bhara rehta tha – “Kahi client disappoint toh nahi ho jaayega? Kya meri skills sabse achhi hain?” Yeh overthinking uski creativity ko block kar rahi thi. Ek din, uske mentor ne usse kaha, “Jitna energy tum sochne mein lagati ho, agar utna apne kaam mein lagao, toh tum duniya ki best designer ban sakti ho.” Uske baad Riya ne apne kaam par focus karna shuru kiya aur life enjoy karna seekha aaj woh ek popular designer hai agar woh apne mentor ki baat ko follow nahi karti tho aaj woh is mukaam pe nahi pahunchti . agar aap bhi kuch karna chahte hai tho iss overthinking ke bubble se bhar aaye

Samadhan:

- Apne sochne ke pattern ko identify karein.
- “What if” aur “Kya hoga agar” wale sawaalon ko stop karein.
- Meditation aur mindfulness se apne dimaag ko control mein rakhein.



2. Toxic Relationships Ka Asar

Ek baar sochiye, kya aapke aas-paas aise log hain jo hamesha aapki burai karte hain ya aapke efforts ko ignore karte hain? Aise log aapki khushi ke badle aapke andar negativity bhar dete hain

Sonal ek bubbly aur cheerful ladki thi. Lekin uska ek dost hamesha uske choices ka mazaak banata tha – “Tu kuch bhi serious nahi leti.” Dheere dheere, Sonal ne apni self-confidence kho di aur har decision pe doubt karne lagi. Phir usne ek din decide kiya ki woh

un logon se door rahegi jo uski khushi ko negative energy mein badalte hain.



Jab maine apni shaadi ke baad naye ghar mein kadam rakha, toh main naye sapne leke aayi thi. Mujhe lagta tha ki yeh mera naya chapter hoga – pyaar, support aur ek nayi zindagi ka. Lekin meri saas ne mere manobal ko tod diya. Unhone mujhe har waqt yeh mehsoos karaya ki main apne husband ke layak nahi hoon, kyunki woh dekhne mein handsome hain aur main ek fatty aur average-looking ladki. Shuru mein, main khud ko prove karne ki koshish karti rahi. Har din, unke harsh comments se main aur tootne lagi. Ek waqt aaya jab maine apne aap ko mirror mein dekhna bhi chhod diya, kyunki mujhe lagta tha ki unki baatein sach hain. Lekin ek din, mujhe realize hua ki meri khushi kisi aur ke nazariye se define nahi ho sakti.

Kaise Maine Apna Confidence Wapas Paaya

Apni Self-Worth Samajhi:

Maine ek din apne aap se poocha, "Agar main kisi aur ke nazariye ke hisaab se apne aap ko judge karti rahungi, toh meri khushi kahan hai?" Tab mujhe samajh aaya ki main sirf apne liye jeene ka hak rakhti hoon, kisi aur ke liye nahi.

Support System Ko Identify Kiya:

Mujhe mere husband ne samjha. Unhone mujhe kaha, "Tumhare looks nahi, tumhara dil aur tumhara pyar mujhe attract karta hai." Yeh baat mujhe realize karane ke liye kaafi thi ki jo log aapko sacchi value karte hain, woh aapke looks ko nahi, aapke insaan ko pasand karte hain.

Maine yeh samjha ki duniya hamesha judge karegi. Kabhi aapke looks ko, kabhi aapke decisions ko, aur kabhi aapki life ke choices ko. Lekin khushi tab aati hai jab aap duniya ke standards ko ignore karke apne aap ko accept karna seekh jaate hain. Agar aap kisi toxic relationship ka shikar ho rahe hain, toh samajhiye ki un logon ki negativity aapke andar ke light ko kabhi mita nahi sakti, jab tak aap khud unka asar lena band nahi karte.

Samadhan:

- Toxic relationships ko identify karein.
- Clear boundaries set karein aur un logon se door rahna seekhein jo aapke emotions ko manipulate karte hain.
- Positive aur supportive logon ke saath time bitaayein.

3. Stress, Comparison Aur Society Ka Pressure

Stress:

Humein lagta hai ki hum jitna busy aur stressed honge, utne successful dikhenge. Lekin stress happiness ka dushman hai. Stress humein apne present se door kar deta hai.

Comparison:

Aap Instagram par scroll karte hain aur kisi ke Europe trip ki photos dekhte hain. Agle hi moment, आपको अपनी zindagi boring lagne lagti है। Comparison आपकी khushi chura leta है aur आपकी achievements को insignificant banati है।

Society Ka Pressure:

“Log kya kahenge” ka dar ek sabse badi rukawat hai. Shaadi, career, aur lifestyle ke decisions bhi society ke norms ke hisaab se lena, aapke khud ke sapno aur khushi ko daba deta hai.

Aditya ek middle-class family ka ladka tha, aur uski life ki sabse badi tension thi – “Log kya kahenge?” Har baar jab woh apne passion (photography) ko pursue karna chahta tha, uske relatives usse kehte, “Photography mein career nahi banta. Ek government job ke liye prepare karo.” Bahut saalon tak society ke pressure ko ignore karke, Aditya ne apna ek successful photography studio shuru kiya. Aaj woh khush hai, kyunki usne apni khushi ko priority di.

Samadhan:

- Apne stress triggers ko samajhein aur unse deal karne ke liye time management aur relaxation techniques ka use karein.
- Comparison ko break karein aur apni achievements ka gratitude rakhein.
- Society ke expectations se zyada apni life aur apne choices ko importance dein.

Khushi ke raste par sabse badi rukawat humara khud ka dimaag aur aas-paas ki negativity ho sakti hai. Lekin yeh rukawatein humesha ke liye nahi hoti. Agar aap apne overthinking, toxic relationships, aur external pressures ko control kar lein, toh happiness ki journey ko aur sukh se guzar sakte hain.

Chapter 3: Happy Life Ke Basics

Happiness ek complex emotion lagta hai, lekin agar hum uske basics samajh lein, toh zindagi kaafi simple ho jaati hai. Yeh chapter un aasan aur zaroori pillars ke baare mein baat karenge jo ek truly happy life banate hain.

1. Gratitude Ki Power

Kya aapne kabhi socha hai ki jo cheezein aapke paas hain, unka shukriya ada karne se zyada sukoon aur kuch nahi ho sakta? Gratitude ek aisa magic tool hai jo zindagi ke har phase ko behtareen bana deta hai.

Rohit ek successful businessman tha, lekin uska stress uski success se zyada tha. Ek din uske ek dost ne usse kaha,

"Kya tumne kabhi un cheezein gini hain jo tumhare paas hain?" Rohit ne mana ki woh hamesha un cheezein ke baare mein sochta tha jo uske paas nahi hain. Tab uska dost ek diary le aaya aur usse bola, "Roz subah apni 3 blessings likho." Surprising baat yeh thi ki kuch hi hafton mein, Rohit zyada content aur calm feel karne laga.

Aapke Liye Tips:

- Har subah ek gratitude journal maintain karein aur 3 cheezein likhein jinke liye aap thankful hain.
- Apne loved ones ko unka shukriya ada karne ki aadat daalein – ek chhota sa thank-you unka din bana sakta hai.

2. Relationships Ka Happiness Se Connection

Zindagi ki asli khushi un logon ke saath hoti hai jo aapke aas-paas hain. Aapka family, dost, aur life partner – yeh sab happiness ke true sources hain. Lekin kai baar, hum in relationships ko for granted le lete hain aur unse connect karna chhod dete hain.

Ananya ek working mom thi, jo apni professional life mein itni busy ho gayi thi ki apni beti ke saath quality time spend nahi kar pa rahi thi. Ek din uski beti ne usse kaha, “Mumma, mujhe yeh nahi chahiye ki tum mujhe naye naye gifts do, mujhe bas tumhare saath khelna hai.” Us baat ne Ananya ki aankhein khol di. Usne apne schedule ko balance kiya aur apni family ke liye time nikalna shuru kiya.

Aapke Liye Tips:

- Apne loved ones ke liye waqt nikaliye, bina kisi distraction ke unke saath rahiye.
- Arguments ya misunderstandings ko lamba mat kheechiye – baat karke unka solution dhoondhiye.
- Empathy aur listening skills ko apni relationships mein integrate karein.

3. Purpose Aur Passion Ka Magic

Kya kabhi aapne mehsoos kiya hai ki jab aap apna favorite kaam karte hain, toh aap zyada khush aur energetic feel karte hain? Yeh hi hai passion aur purpose ka asar. Jab aap ek clear purpose ke saath jeete hain, toh zindagi meaningful lagti hai.

Rahul ek corporate employee tha jo apne monotonous routine se bore ho chuka tha. Ek din usne apne childhood passion – painting – ko phir se explore karna shuru kiya. Dheere dheere usne apna ek YouTube channel banaya aur apni paintings ko online sell karna shuru kiya. Aaj woh apna passion jee raha hai aur zyada satisfied hai.

Happiness ka ek bada hissa tab aata hai jab aapko apni zindagi ka purpose aur passion mil jaye. Jab aap woh kaam karte hain jo aapko sacchi khushi deta hai, toh aap sirf survive nahi karte, balki truly live karte hain.

Meri zindagi ek waqt par ekdum stuck lag rahi thi. Main apne daily routine mein busy thi, lekin andar se ek ajeeb si khali jagah mehsoos hoti thi. Mujhe pata tha ki main kuch bada karna chahti hoon, lekin kya? Yeh sawal hamesha mujhe confuse karta tha. Ek din, maine apne aap se poocha, "Mujhe sach mein kya pasand hai? Kya aisa kuch hai jo main din bhar kar sakti hoon bina bore huye?" Maine introspection shuru kiya aur realize kiya ki mujhe logon ko guide karna aur unhe inspire karna bahut pasand hai. Main ek natural problem-solver thi aur log mujhse apne issues discuss karte the. Mujhe laga ki yeh meri strength hai, jo mera passion ban sakta hai.



Tab maine blogging aur writing ki duniya mein kadam rakha. Starting mein mujhe writing difficult lagi, lekin dheere dheere main apne ideas ko words mein convert karna seekh gayi. Mera pehla blog jab publish hua, toh mujhe lagta tha ki shayad log usse ignore kar denge. Lekin jab logon ke positive comments aaye aur unhone likha ki meri baaton ne unhe inspire kiya, tab mujhe realize hua ki main kuch meaningful kar rahi hoon.

Aaj, writing sirf mera kaam nahi, balki mera passion hai. Yeh mujhe ek purpose deta hai aur meri khushi ka ek bada source hai.

Aapka Passion Dhoondhne Ke Liye Tips

Apne Past Ko Dekhiye:

Sochiye ki aapko bachpan mein kya cheezein sabse zyada khushi deti thi. Kabhi kabhi aapke interests wahi hote hain jo aap chhoti age mein enjoy karte the.

Apne Strengths Identify Karein:

Kya aap naturally kisi cheez mein ache hain? Kya aapke dost ya family aapse kisi specific skill ke liye advice maangte hain?

Experiment Karein:

Agar aapko abhi tak apna passion nahi mila, toh naye cheezein try karke dekhein. Writing, painting, cooking, teaching – jo bhi cheez aapko excite kare, usse explore karein.

Happy life ke basics bahut simple hain: gratitude se har din sukoon lana, relationships ko cherish karna, aur apni zindagi ko ek meaningful purpose ke saath jeena. Agar aap in basics ko apni life mein include karein, toh happiness ek chhoti si doori par hi milegi.



Aapke Liye Tips:

- Apne interests aur strengths ko samajhne ke liye time spent karein.
- Apne kaam ke saath ek aisa hobby rakhhein jo aapko recharge kar sake.
- Purpose-driven goals banaiye jo aapko motivation aur direction dein.

Lesson Jo Maine Seekha

Purpose aur passion ke saath jeene ka ek alag hi sukoon hota hai. Agar aapko apna passion abhi tak nahi mila hai, toh usse dhoondhne ke process ka maza lijiye. Kabhi kabhi zindagi ke sabse important answers waqt ke saath milte hain, lekin jab aapko apna purpose mil jata hai, tab aap ek naye level ki happiness experience karte hain.

Agar meri kahani aapke liye relatable hai, toh samajhiye ki agar main apne passion ko dhoondh kar is safar ko enjoy kar sakti hoon, toh aap bhi kar sakte hain. Aapki journey meri journey se shayad alag ho, lekin aapke andar woh magic zarur hai jo ek meaningful aur happy life create kar sake.

Chapter 4: Roz Ki Khushi Ke Habits

Happiness ek din mein nahi milti, yeh ek daily practice ka natija hoti hai. Jo aadatein aap roz follow karte hain, wahi aapki zindagi ko ya toh khushnuma bana deti hain ya phir aur stressful. Is chapter mein hum un habits ke baare mein baat karenge jo aapko rozana khushi aur sukoon ka ehsaas dilayengi.

1. Positive Din Ki Shuruaat Kaise Karein

Subah ka pehla ek ghanta aapke pure din ko shape karta hai. Agar aapki subah hurried aur stressful hoti hai, toh iska asar pure din par padta hai. Lekin agar subah ek peaceful aur intentional shuruaat hoti hai, toh aap zyada productive aur happy feel karte hain.

Shaadi ke baad, meri mornings bilkul chaotic ho gayi thi. Har subah jaldi mein kitchen aur ghar ke kaam niptane mein lag jaati thi, bina apne liye ek moment liye. Mujhe laga ki main sirf ek routine follow kar rahi hoon, lekin khush nahi hoon. Phir maine ek chhoti si change kiya – subah 15 minute pehle uthna shuru kiya. Pehle toh mushkil laga, lekin dheere dheere main gratitude likhne, apne goals ko plan karne, aur ek cup chai ke saath apni morning enjoy karne lagi. Yeh meri din ki energy aur khushi ka ek naya source ban gaya.

Aapke Liye Tips:



- **Gratitude Practice:** Subah uthte hi apne din ki shuruaat 3 cheezein likhne se karein jin ke liye aap thankful hain.

- Peaceful Start: Ek peaceful ritual adopt karein jaise meditation, ek acchi chai ke saath apne goals visualize karna, ya apni favorite book ka ek page padhna.
- Avoid Distractions: Subah uthte hi apna phone check na karein; yeh stress aur distractions laa sakta hai.

2. Mindfulness Aur Meditation Ka Role

Mindfulness ka matlab hai apne present moment mein jeena. Yeh ek practice hai jo aapke dimaag ko unnecessary thoughts aur stress se free karti hai. Meditation aur mindfulness sirf relaxation ke liye nahi, balki aapki productivity aur clarity ke liye bhi kaam karti hai.

Meri ek dost Riya, jo ek homemaker hai, hamesha chhoti-chhoti baaton par overthink karti thi.

Uska din kisi ki negative baat ko sochne mein hi nikal jaata tha. Usne ek din mindfulness meditation try karne ka socha. Shuru ke kuch din woh concentrate nahi kar paayi, lekin jab usne guided meditation videos ka use kiya, toh uske thoughts stable hone lage. Ab Riya apne negative emotions ko control karna seekh gayi hai.

Aapke Liye Tips:



- Roz sirf 5-10 minutes ke liye guided meditation app ka use karein.
- Apne thoughts ko control karne ki jagah unhe observe karein – yeh stress ko kam karta hai.
- Everyday mindful activities karein, jaise khaane ke har bite ko enjoy karna ya walk karte waqt apne surroundings ka dhyan dena.

3. Physical Aur Mental Health Ko Balance Karna

Ek healthy body aur mind khushi ka seed hai. Jab aap apne shareer aur mann ka khayal nahi rakhte, toh chhoti chhoti baatein bhi stress aur irritation ka kaaran ban jaati hain.

Shaadi ke baad, meri health kaafi ignore ho gayi thi. Main unhealthy khaana khati thi aur physical activity ka toh naam bhi nahi tha. Mujhe mehsoos hone laga tha ki mera energy level low hai aur mera mood bhi hamesha irritable rehta hai. Maine decide kiya ki main apni health ke liye serious steps lungi. Maine daily walk aur light exercise shuru ki, aur apne diet mein healthy options include kiye. Dheere dheere, main mentally aur physically dono tarah se better feel karne lagi.

Aapke Liye Tips:

- Rozana 30 minute walk ya yoga karein – yeh aapke mood aur energy ko instantly boost karega.
- Apni diet mein fresh fruits, vegetables aur water kaafi include karein.
- Har din 7-8 ghante ki achhi neend lena na bhoolen. Neend ki kami kaafi health aur mood issues create kar sakti hai.

Roz ki chhoti-chhoti habits, jaise subah gratitude likhna, ek mindful break lena, aur healthy khaana khana, aapki happiness ka base banati hain. Agar aap apne din ka 1% bhi apne liye dedicate karein, toh aap apne andar ek bada farq mehsoos karenge.

Yeh chhoti steps ek happy aur fulfilling zindagi ki taraf le jaate hain. Agar meri kahani se aapko inspiration mila ho, toh aaj hi ek chhoti habit shuru kijiye aur dekhiye kaise aapki zindagi badalti hai. 😊

Chapter 5: Apni Life Ke Hisab Se Happiness Ko Design Karein

Har kisi ki zindagi kaafi alag hoti hai – humare dreams, culture, aur situations sab kuch ek unique blend banate hain. Happiness ko kisi ek universal formula mein fit karna mushkil hai, isliye zarurat hai ki hum apni life ke hisab se apne khushi ke rules design karein. Yeh chapter aapko yeh samajhne mein madad karega ki kaise aap apni life ke alag-alag aspects ko balance karke ek truly happy life jee sakte hain.

1. Apni Routine Aur Culture Ke Saath Happiness Ko Fit Karein

Humein aksar lagta hai ki routine boring aur repetitive hoti hai, lekin yeh humare din ki foundation hoti hai.

Chhoti habits, jaise subah ka chai ka ek cup ya apne family ke saath dinner table par waqt bitaana, ek deeper sense of connection aur peace de sakti hain.

Happiness sirf bade milestones ka naam nahi, chhoti-chhoti khushiyon ko appreciate karna bhi uska ek bada hissa hai. Aapke din ke chhote routines aur aapke culture ki practices aapko khushi aur inner peace de sakti hain, agar aap unhe actively apne daily life mein include karein.

Ek din mujhe laga ki meri life autopilot mode par chal rahi hai – kaam, ghar, aur responsibilities ke beech khud ke liye bilkul waqt nahi tha.

Har din ek jaise hi lagte the, jaise zindagi mein excitement kaafi peeche chhoot gayi ho.

Phir maine ek chhoti si habit shuru ki – subah ek cup coffee ke saath apne ghar ke sofe per baithna aur apne favorite songs sunna.

Pehle mujhe laga ki yeh chhoti si cheez meri zindagi par kya impact dalegi? Lekin woh 10-15 minute ka coffee aur music ka combination mujhe andar tak fresh feel karane laga. Songs ki beats aur coffee ki aroma din bhar ke stress ko door kar deti thi aur mujhe ek nayi positivity ke saath apne din ki shuruaat karne ka motivation milta tha. Dheere-dheere yeh meri life ka ek essential part ban gaya, aur maine realize kiya ki chhoti habits bhi zindagi ko kaise transform kar sakti hain.

Aap bhi apne liye ek aisi ritual create karein jo aapke stress ko kam kare aur आपको khud ke saath reconnect karne ka ek moment de. Chhoti si shuruaat se bhi bade changes ho sakte hain.

Aapke Liye Tips:

- Apni subah ki shuruaat ko positive aur peaceful banaiye, jaise ek cup chai ke saath gratitude practice karna.
- Family ke saath bonding ke liye ek dedicated time rakhein, jaise ek weekly dinner ya movie night.
- Apni daily routine mein apne hobbies aur khushi dene wali cheezon ko fit karein.

2. Indian Values Aur Traditions Se Seekhein

Humare Indian culture mein traditions aur values ki ek amulya legacy hai. Lekin modernization ke naam par kabhi-kabhi hum inhe ignore kar dete hain. Yeh values na sirf hume rooted feel karati hain, balki life ke bade challenges ko overcome karne mein bhi help karti hain.

Meri ek dost, Sonal, har Tuesday ko fast rakhti thi. Main aksar usse kehti thi ki aaj ke zamane mein yeh sab zarurat se zyada hai. Lekin ek din, usne mujhe bataya ki fast uske liye sirf ek religious practice nahi, balki self-control aur patience ka ek exercise hai. Tab mujhe samajh aaya ki Indian traditions ka ek deeper purpose hota hai jo hume spiritual aur emotional stability deta hai.

Meri shaadi ke time, mehendi ka function mujhe sirf ek formality lagta tha. Mujhe mehendi lagwana zyada pasand nahi tha, lekin mere family ke insist karne par maine participate kiya. Jab function shuru hua aur main apne doston aur cousins ke saath hasi-mazaak mein involve hui, tab mujhe realize hua ki yeh sirf ek ritual nahi, balki family aur doston ke saath connect karne ka ek bahana tha.

Mehendi ke ek ek design mein mujhe ek nayi positivity aur connection ka ehsaas hua.

Aapke Liye Tips:

- Festivals aur traditions ko apni family ke saath actively celebrate karein.
- Apni family values ko samajhkar unka apne life mein modern adaptation karein.
- Spiritual practices, jaise meditation ya daily gratitude, ko apni life ka hissa banayein.

3. Work, Family Aur Self-Growth Ko Balance Karna

Zindagi ka ek bada struggle hota hai work-life balance. Aksar hum ek area mein itna involve ho jaate hain ki doosre aspects neglect ho jaate hain, aur yeh imbalance happiness ko deeply impact karta hai.

Maine ek time par apni career growth ke peeche apni family ko ignore kar diya. Mujhe laga ki agar main financial security bana loongi, toh sab khush ho jayenge. Lekin ek din, jab meri beti Limra ne kaha, “Mumma, aap kabhi mere saath nahi khelte,” tab mujhe samajh aaya ki main kya sacrifice kar rahi hoon. Us moment ne mujhe push kiya ki main apne kaam aur family ke beech balance create karoon.

Aapke Liye Tips:

- Har week apne kaam aur family ke beech ek balance review karein.
- Self-growth ke liye ek dedicated time fix karein, jaise ek hobby pursue karna ya ek new skill seekhna.
- Partner aur family ke saath regular communication rakhein, unki expectations aur apne goals ke beech clarity banayein.

4. Apne Values Ke Saath True Rahna

Aksar society ke expectations aur peer pressure ki wajah se hum apne asli values aur khud ke beliefs se compromise kar lete hain. Lekin asli khushi tabhi milti hai jab hum apni zindagi apne principles ke saath jeete hain.

Agar आपको kisi cheez mein happiness nahi mil rahi, toh uski asli wajah samajhne ki koshish karein. Apni values aur khud ke interest ke saath aligned decisions lein.

Meri ek friend Neha, jo ek housewife hai, aksar ye guilt feel karti rehti thi ki woh financially contribute nahi kar rahi. Lekin jab usne apni family se discuss kiya, toh usne samjha ki uski care aur ghar ke liye dedication uski family ki khushi aur stability ka base hai. Yeh realization uske liye ek game-changer tha.

Aapke Liye Tips:

- Apne decisions apne values ke base par lein, na ki society ke opinions ke base par.
- Har kisi ki expectations fulfill karne ki koshish mat karein; apni priorities aur boundaries define karein.
- Apne inner self ke saath honest rahiye – yeh sabse bada step hai happiness ki taraf.

Happiness ka ek fixed formula nahi hota, lekin apne unique life situation ke hisab se isse design karna zaruri hai. Apni priorities, culture, aur values ke saath aligned rehkar aap ek truly fulfilling zindagi jee sakte hain. Apne liye ek aisa lifestyle create karein jo aapke liye sustainable aur meaningful ho.

Chapter 6: Mushkilon Mein Khush Rehna Seekhein

Zindagi hamesha ek seedhi line ki tarah nahi chalti. Kabhi kabhi humein aise challenges face karne padte hain jo humein andar se hila dete hain. Lekin mushkilein sirf ek test nahi, ek opportunity bhi hoti hain – ek aisi opportunity jo humein aur strong aur wise banati hai. Is chapter mein hum dekhenge ki kaise hum challenges ko handle kar sakte hain aur unke beech bhi khush rehne ka tareeka seekh sakte hain.

1. Challenges Mein Resilient Kaise Rahein

Resilience ka matlab hai girne ke baad khud ko sambhalna aur phir khud ko naye determination ke saath khada karna.

Lekin resilience koi magic nahi; yeh ek skill hai jo practice se develop ki ja sakti hai.

Ek baar jab mujhe financial crisis ka samna karna pada, tab mujhe laga ki meri duniya hi khatam ho gayi hai. Mene tho sucide karne ka bhi socha par ye koi solution nahi tha Har taraf pressure tha, bills bharne ka tension aur failure ka dar.Or koi support nahi Ek din maine decide kiya ki main problem ke baare mein overthink karne ke bajaye ek step-by-step solution dhoondhungi. Maine apne expenses ka ek list banaya aur apni priorities set ki. Dheere-dheere, maine is problem ko tackle kiya. Woh process difficult tha, lekin mujhe is time ne ek esi strength di ki main kisi bhi tough situation ko face kar sakti hoon.

humesha mushkil waqt aapko har cheez ke true color dikhayega or life ke bade se bade lesson sikhayega jo aapko kisi bhi school or colleges me nahi milenge bure time pe sikho or aage badho kyunki time hamesha badalta rehta hai...

Aapke Liye Tips:

- Apne problems ko chhoti steps mein todkar unka solution plan karein.
- Har mushkil se seekhne ki koshish karein ki yeh aapko kya sikhane ki koshish kar rahi hai.
- Aapki support system – family, friends, ya mentors – se help lene mein hichkichayein mat.

2. Setbacks Ko Growth Mein Badalna

Setbacks humare liye ek nayi shuruaat ka signal ho sakte hain. Yeh humein dikhate hain ki hum kaha galti kar rahe the aur kaise hum naye tareeke se cheezon ko approach kar sakte hain.

Main ek business idea pe kaam kar rahi thi jo fail ho gaya. Us time mujhe laga ki meri mehnat bekaar ho gayi. Lekin jab maine apni journey ka analysis kiya, tab mujhe realize hua ki maine apne customers ki zarurat ko samajhne mein galti ki thi. Maine wapas unhi se feedback liya aur ek naye idea ke saath apne venture ko start kiya. Is baar woh successful raha. Mujhe samajh aaya ki failure sirf ek nayi learning ka chance hota hai. Tho aap bhi apne failure se sikh ke restart kar sakte hai

Aapke Liye Tips:

- Apne setbacks ka analysis karein aur samajhein ki unhone आपको क्या सिखाया.
- Har failure ko ek stepping stone ke tarah dekhein jo आपको success के करीब ले जा रहा है.
- Apne goals ko wapas redefine karein aur naye energy के साथ शुरुआत karein.

3. Jab Life Uncertain Lage, Tab Optimistic Kaise Rahein

Uncertainty zindagi का एक हिस्सा है।
लेकिन अगर हम अपना mindset positive
रखें, तो uncertainty भी एक
adventure बन सकती है।

Covid-19 ke time jab sab kuch unpredictable tha, mujhe bhi kaafi dar lagta tha. Lekin maine ek positive approach apnaya – maine apne family ke saath quality time spend kiya aur naye skills seekhne par focus kiya. Yeh time na sirf ek struggle tha, balki is time me opportunity bhi thi jise mujhe khud ko aur deeply samajhne ka moka mila or family ke saath esa time mila jo kabhi nahi mil sakta tha

Aapke Liye Tips:

- Apne current situation ka best utilize karein, chahe woh naye skills seekhna ho ya apni family ke saath waqt bitaana.
- “Yeh phase bhi guzar jayega” wali soch ko apnaayein.
- Apne chhoti victories ko celebrate karein aur har din ke liye gratitude practice karein.

Mushkilon Mein Bhi Khush Rehna Ek Art Hai

Challenges humein todte nahi, balki aur strong banate hain. Agar hum unhe ek learning opportunity ke roop mein dekhein aur apne mindset ko positive rakhein, toh zindagi ke har mushkil raste mein khushi ke beej dikhayi denge. Aap bhi apne inner strength aur optimism ke saath har situation mein apni khushi dhoondhne ka tareeka dhoondh sakte hain.

Chapter 7: Happiness Ka Toolbox

Zindagi mein khushi paane ke liye humein ek toolbox ki zarurat hoti hai —ek aise set of tools jo humein har situation mein support karein.

Yeh chapter aapko practical exercises, resources, aur ek 30-day challenge ke through apni khushi ko redesign karne ka ek clear roadmap dega.

1. 30-Day Happiness Challenge (Roz Ke Chhote Steps Ke Saath)

Roz ke chhote steps ek badi transformation laa sakte hain. Yeh practices aapke dimaag aur dil dono ko refresh karegi, jo aapki khushi badhane aur stress kam karne mein madad karegi.

Day 1-5: Gratitude Practice

Har subah uth kar ek notebook mein 3 cheezein likhein jin ke liye aap thankful hain. Evening mein ek aise moment ko yaad karein jo aapke din ko thoda better banaye.

Day 6-10: Declutter Your Space

Apne room ya desk ko organize karein. Har din ek cheez donate ya discard karein jo aapke kaam ki nahi hai.

Day 11-15: Self-Care Routine

Din mein 10-15 minute sirf apne liye nikaalein: ek coffee break, favorite song sunna, ya ek chhoti walk. Apne hobbies ke liye time dedicate karein.

Day 16-20: Social Connection

Har din kisi ek dost ya family member ko call karein aur unse heart-to-heart baat karein. Ek handwritten note ya chhoti gift ke through apna appreciation express karein.

Day 21-25: Learn Something New

Ek nayi skill ya hobby ke baare mein research karein aur shuruat karein. Har din 10-15 minute self-improvement book ya podcast ke liye nikaalein.

Day 26-30: Reflect and Plan

Apne goals aur achievements ko review karein. Ek naya action plan banayein jo aapki life ko aur meaningful aur joyful banaye.

2. Instant Mood Uplift Karne Wale Exercises

Kabhi-kabhi mood ko better karne ke liye humein bas ek chhoti si push ki zarurat hoti hai. Yeh exercises aapko instantly uplift karenge:

Power Pose:

2 minute ke liye apne shoulders ko straight aur confident posture mein rakhein. Yeh exercise aapke confidence aur mood ko instantly boost karegi.

Deep Breathing Exercise:

4-7-8 technique: 4 seconds tak inhale karein, 7 seconds tak hold karein, aur 8 seconds tak exhale karein. Yeh anxiety ko reduce karne aur aapke mind ko calm karne mein madad karegi.

Dance Like Nobody's Watching:

Apna favorite upbeat song lagayein aur bina kisi hesitation ke dance karein. Yeh activity aapke body mein endorphins release karegi jo aapko happy feel karayegi.

Smile Practice:

Apne aap se mirror mein smile karein aur kuch positive affirmations bolein jaise "Main strong hoon," ya "Mujhe khushi deserve hai."

Quick Journaling:

5 minutes ke liye apne emotions aur thoughts likhein. Yeh exercise aapke negative emotions ko release karne mein madad karegi.

3. Growth Aur Learning Ke Liye Resources

Apne aap ko grow karna aur naye perspectives seekhna happiness ke liye bohot zaroori hai. Yeh kuch helpful resources hain jo aapke growth journey mein madad karenge:

Books:

- "The Happiness Advantage" by Shawn Achor
- "Ikigai: The Japanese Secret to a Long and Happy Life" by Héctor García and Francesc Miralles
- "Atomic Habits" by James Clear

Podcasts:

- "The Habit Coach" by Ashdin Doctor
- "Bhavishya" by Manisha Koushik
- "The Empowering Series" by Aditi Surana

Apps:

- "MyWellness"
- "Headspace"
- "Mindhouse"

Websites and Courses:

- Coursera: Positive Psychology courses by Yale and UPenn
- TED Talks: Inspiring talks on happiness and mental well-being
- Mindvalley: Courses on self-improvement and growth

Daily Practices:

- Ek vision board banayein jo aapke goals aur dreams ko reflect karein.
- Har din kuch nayi cheezein seekhne ki koshish karein, jaise cooking recipe ya ek DIY project.

Happiness ka toolbox ek lifelong companion ki tarah hai. Aap jab bhi apne aap ko lost ya stuck feel karein, toh is toolbox ke tools ko use karke apni energy aur positivity ko recharge karein. Happiness ek journey hai, aur yeh chhoti practices aapko us journey ka har pal enjoy karne mein madad karenge. Yeh tools real aur easy-to-follow hain, jo aapke din ko uplift karenge aur aapko motivate karenge.

Aapka Personal Action Plan

Khushi ka raasta simple aur practical hona chahiye. Yeh aapka action plan hoga jise aap asani se apni daily routine mein implement kar sakte hain. Har step ko follow karke aap apni life ko real aur joyful bana sakte hain.

1. Gratitude Practice

Har subah uth kar apne din ki shuruat 3 cheezein likhne se karein jinke liye aap grateful hain. Yeh practice aapko positive sochne mein madad karegi. Din ke end mein, apne din ka koi achha moment yaad karein, chahe wo ek chhoti si khushi ho. Yeh aapko apni life ko positive perspective se dekhne mein madad karega.

2. Self-Care

Har din apne liye kuch waqt nikaalein. Yeh ho sakta hai ek cup coffee pee kar apne favorite song ko sunna ya thodi der apne aap ko relax karna. Yeh chhote self-care habits aapke mood ko uplift karenge aur आपको अपनी well-being par focus karne mein madad karega.

3. Organize Your Space

Ghar ya workspace ko organize karna आपके mind ko bhi clear rakhta hai. Har din ek chhoti cheez ko declutter karna, जैसे एक पुरानी चीज को discard या donate karna, आपको zyada focused aur relaxed feel karayega. Ya aap आपकी चीजों को organized कर सकते हैं जो आपको ये एहसास दिलाएगा कि सबकुछ आपकी मर्जी का है क्योंकि वोह आप अपनी मर्जी से organize करोगे

4. Learn Something New

Har din kuch naya seekhne ka waqt nikaalein. Yeh ek nayi skill ho sakti hai, jaise cooking ya photography, ya koi achha podcast sunna. Naye cheezein seekhne se aapko satisfaction milti hai aur aap intellectually engaged rahte hain.

5. Social Connections

Apne dost ya family se regularly baat karein. Har din kisi ko call ya message karein. Social interactions aapko emotional support aur connection denge, jo aapke happiness ko boost karega.

6. Reflect on Progress

Har week apne goals aur progress ko dekhna zaroori hai. Apne achievements ko acknowledge karein aur yeh soche ki aapne kya seekha hai. Is reflection se aapko apni growth ka ehsaas hoga aur aap apni next steps clear kar sakenge.

7. Hobbies

Apne hobbies ke liye time nikaalein, chahe wo painting ho, dancing, ya gardening. Apni hobbies ko pursue karne se aap apne creative side ko explore karte hain aur mentally relax feel karte hain.

8. Positive Affirmations

Har din apne aap se positive baatein karein. Jaise "Main khush hoon,

" ya "Main apne goals ko achieve kar sakta hoon." Yeh affirmations aapki confidence ko boost karenge aur aapko apni abilities par trust karna sikhaenge.

9. Physical Activity

Physical activity har din zaroori hai. Yeh exercise ho sakti hai, yoga, ya simply walking. Yeh aapke physical health ko improve karega, energy level badhaye ga, aur mood ko bhi uplift karega.

10. Healthy Eating

Apni diet ko healthy aur balanced rakhein. Aapko nutritious foods khane chahiye, jo aapke body aur mind dono ke liye beneficial ho. Healthy food aapko zyada energy dega aur aapko physically fit rakhega.

Yeh 10 steps aapko apne daily life mein apni khushi aur well-being ko improve karne mein madad karenge. In habits ko apni routine mein shamil karke, aap apni life ko zyada fulfilling aur joyful bana sakte hain.

Final Words: Roz Happiness Choose Karein

Happiness ka matlab sirf bade moments nahi, balki chhoti chhoti cheezein bhi hoti hain jo aapko har din khush rakhti hain. Har din apne aapko aur apni life ko choose karna zaroori hai. Yeh practical tools aur steps aapko khushi ke raaaste pe chalne mein madad karenge.

Zindagi mein kabhi bhi sab kuch perfect nahi hota, lekin aap har din apni life mein joy la sakte hain. Har din ek naye step ke saath apne mood ko uplift karein. Khushi ka matlab hai apni life ko apne hisaab se jeena aur har pal ko enjoy karna.

Roz apne liye ek naya step uthaiye, apne happiness ko design kariye, aur apni zindagi mein khushiyon ka rang bhar dijiye!

Agar aapko meri book achi lagi
ho tho review zarur dena

Thank you Thank you Thank you

"Har din ek nayi shuruat hai. Agar aaj aap apni mehnat aur positive soch se apne sapno ki taraf ek kadam bhi badhate hain, toh kal aapko apni manzil nazar aayegi."

-Tabassum khan

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Sabse pehle, main apne dil se apni family ka shukriya ada karna chahti hoon. Mere husband Wasim aur meri daughter Limra, aap dono ka support aur pyar meri zindagi ka sabse bada sahara raha hai. Aapke saath, har din ek nayi energy milti hai aur aapki wajah se main apne goals ko achieve kar paayi hoon.

Mere mentors aur coaches ko bhi bohot shukriya, jo hamesha mujhe guide karte rahe. Aapki wisdom aur advice ne mujhe apne thoughts aur actions ko better banane mein madad ki.

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Jo bhi experts, books, podcasts, aur courses ne mujhe knowledge aur inspiration diya, unka bhi shukriya. Unke kaam ne mujhe is book ko likhne mein madad ki aur har din mujhe naye ideas diye.

Aur sabse important, un sabhi logon ka shukriya jo is book ke banne mein directly ya indirectly shaamil rahe. Aapka support, chahe kitna bhi chhota ho, mere liye bohot important raha hai.

Yeh book meri journey ka ek hissa hai, aur mein har ek ka shukriya ada karte hue yeh kehna chahti hoon ki is safar mein sabki madad se hi yeh poora ho paaya.