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Hey, everybody. Wish everyone a very happy Christmas. Last night, I finished reading Preeti Shenoy's '34 Bubblegums and Candies'. It was one of the simplest books to read, thanks to simple language and easy narrative. I'm not fascinated by the idea of ending a book at once! If the book requires concentration, I like to read it in breaks and such books require months to be completed. But if a book is a creepy reading, it'll still take me some time to read it because I want that touch to face to face for as long as possible. And so, I'm late to finish the book. There was a book I read on my dear friend's recommendation, Shlagha. His call 'Go ask Alice'. It is a diary entry of a girl (droga addict) in the United States. I finished reading it in the apartment 2 hours (it's a very short book) and I cried badly. This, on the contrary, is a very light book. A short book of about 145 pages, some of which are empty, is very easy to read and even easier to understand. Why the title '34 Bubblegums and Candies'? To this, the author answers 'because there are accidents that make you think and make you want to think and maybe rethink. How to chew a boiling rubber. Then there are others, with doses of humor that make you laugh and leave you a pleasant feeling. Just like eating a candy. True to its title, the book has 34 very short incidents taken from the author's life. Many of which are candy and very few are the bidding. The one down here is a bubblegum for me. What many can enjoy about the book is its emphasis on many small, small things in life. The author mentioned several small incidents that happen every day and that many of us forget to take note of. But being someone who enjoys such moments at most myself, I could no longer relate to this part. I think most of these accidents happen in everyone's lives and this makes the book more than one type of daily diary. Even in many places I heard the author is too kind on his family and friends. Everything you need to talk about your family and friends is good words. I'm happy to know that she has a very loving and happy family, but I can't accept that she has no sad moments in her life except her father's death. If these moments were bubble tires, they would last a little longer in my head. But I'd say it's a good reading. It reminds you of many things that leave in life. For example, in the chapter 'Sly Stallone...' when the two friends are making fun of the boy who came to help them, reminded me of a heart laughter I had with my roommate at a medical clinic. Also the chapter "phone therapy" reminded me of my friends I used to call at least 10 times a day! All in all, the book is a candy. You read it and you read it forgotten. Or maybe I find it so easy because I'm a bit like the author himself, living in the details and in the small things, picking up too many candy and storing some bubble tires. 9 min"A story of love, hope and how determination can also overcome destiny. Preeti Shenoy is a literary superstar of the highest order. But only seven years ago, he was simply a bestseller author of a single collection of thirty-five real estate accidents, entitled 34 bubblegum and candy. And then, in 2011, he released his new debut: life is what you do. The rest, as they say, is history. Who should read áf "is what you do? Why? If you are a fan of Chetan Bhagat - and especially his novel told by the perspective of a female protagonist, an Indian girl - then you will find many things to see in this book. However, we think we need to warn you that this is not a slight reading. Despite its end, life is what you do is far from a romantic Hollywood moviey where the butterfly flight is interrupted simply for a few seconds due to a slight literal. Oh no! The main protagonist here is not exactly appealing, and the reason for this is a serious disorder: bipolar disorder. The book captures both the highs of euphoria and the depths of despair that come with this mental illness, as well as the serious difficulties that someone suffering from bipolar disorder can face in life. But also, Shenoy's novel fails to portray the other side of the coin and also reveal the struggles faced by people whose friends and loved ones suffer from this debilitating disease. So, if you are one of them or you know someone who has these kinds of problems, then life is what you do should be one of the first books on your list of the next few months. Preeti Shenoy Biography Preeti Shenoy is an Indian blogger and bestseller author. Described as "One of the most popular authors of India, "The only woman in the best-selling league ", Preeti Shenoy debuted in 2008 with 34 bubblegum and candy, a humorous collection of short real life accidents. Life is what you do came out three years later and received extensive critical and popular acclaim in India. Since then, Shenoy has managed to write and publish at least one book every year. In 2012 he published two novels: tea for two and a piece of cake and the list of secret desires. What you cannot have been released in 2013, followed by what happens for a reason in the last month of 2014. Love, kisses and all hot things and because we love the way we both do 2015, and another bestseller, is "€ is all on the planet, the following year. One hundred small flames was the only book published by Shenoy in 2017. In April 2018, Shenoy published a somewhat stronger love, in which she revisited her first book, 34 bubblegum and candy. Simple two months ago, in September 2018, Shenoy published her latest book so far, entitled Rule Breaker. It has been consistently ranked among the 100 most influential Indian celebrities in recent years/decades. the life of the plot is what you do is mostly set in kerala in the 90s. history opens in a mental mindwhere the protagonist of the novel, Ankit Sharma, is apparently unintentionally brought by his parents. She is 21, beautiful and smart, yet she is there among many people with no list looks and letargical bodies. "I am not like you," he wants to shout. "I won the election in my college. I was the Secretary of the Arts Association. I was running from a business school. They are not like all of you." But, unfortunately, she is - only a first time patient at the National Mental Health Institute. So, how did it get there? When he finally arrives his number, and the doctor begins to ask his question, we, readers, slowly but surely begin to discover the answer to this question. The flashback begins with two letters exchanged between the protagonist and Vaibhav, his childhood friend. We learn that Vaibhav managed to enter the Indian Institute of Technology - Delhi, and that Ankit is not allowed to do the same by its conservative parents, despite its excellent votes. The reason for it is, of course, the genus of Ankit - and nothing more. So, predictably for a girl living in Kerala in 1989, she joined St. Agnes College for Girls. However, she misses Vaibhav who, as you learn from the letters exchanged between the two, was a little more than a friend for her. They say the distance is sometimes capable of sharpening love, but they also say that it is a make-or-break test for it. In Ankit's case, it seems to be both. At first, it works in favour of Vaibhav whose letters Ankit awaits with impatience - they are not only the culminating point of her university life, but basically the only thing she expects. However, as the days pass, Ankit begins to adapt to St. Agnes. Not only is she a great student, forcing her tests and excelling in her extracurricular activities, she is also an all-rounder loved by absolutely everyone. In fact, she is soon elected as Secretary of the Arts Club, and even earlier, she makes a lot of friends. One of them, Sanjana, introduces her to Abhishek, a stout boy who plays guitar and is great at speaking in public. We also learn that it has "a rounded face that sported light canopy", which wears glasses and which is "friendly and jovial". And it is also quite smooth - if not a bit horny - with the icebreakers, since the second thing that tells Ankit while shaking his hand is: "What do you do besides being so beautiful?" And this is the code for "Vaibhav, who?" But this is also something a student in St. Agnes would expect from someone from Mahaveer College, for the simple reason that "even Mahaveer's most beautiful girl, could not match an average girl looking at Agnes." After being left alone with Abhi by his classmates after a cultural event, Ankit is surprised to discover that he enjoyed every second of his time with his new knowledge. It is more surprise when Abhi drops the "I love you" bomb: "I love you" In love with you since I saw you, she says. I've never felt anything like that before, trust me. I'm crazy about you. Really. And I've never done anything like that in my life. This confession of feelings and everything, it's not me, but with you I can't hold back anymore. Like he's held up at all! Ankit refuses his advances by telling him to have a boyfriend, but Abhi is insistent. He sends her a letter and, shortly after, Ankit visits her home. Finally, "during the mother of all cultural festivals, the Mahatma Gandhi University Youth Festival", Abhi and Ankit kiss. They begin to go out, and everything in Ankit's life seems perfect as an illustrated book. Except, as you know, her feelings for Abhi begin to grow, her love for Vaibhav fades slowly: Vaibhav and I were still in touch, but not with the intensity of before. I think he called more for duty than anything. I didn't even notice that his phone calls were dripping because I was so absorbed by Abhi and the other things that were happening in my life. I think that the love I felt for him was replaced by a kind of affection. Honestly, I didn't care if he called or not. It seemed like Abhi and I had been through a lot together and at some point, Vaibhav had been left very behind. Over the years and Ankit is obsessed with a new agenda: entering one of the best institutions in the country offering an MBA. He receives an interview from four of them, one of which is the best known located in Bombay! Coincidentally, Ankit's father is promoted to his company, and this promotion means that the whole Ankit family is moving to Bombay. It also means that his relationship with Abhishek is about to end. "Although my parents had not moved to Bombay," says Ankit to Abhi, "we would still be separated as I would have done in Bombay." "Pride has given you to the head," says Abhi, who Ankit describes They dissolve acrimoniously, and the next day the body of Abhi is found; it turns out that it is drowned because of an excessive amount of alcohol in his body. And that could have been a suicide. Only Ankit knows this is undoubtedly connected to her. He tells his best friend Suvi, and with his help he calls Abhi's grandfather. "I know she loved you," she says, even if she hides this information from the police. "I don't know what happened between you two, but I only have one thing to say. You're young, you're beautiful. Please remember Mollie. Sneham mathram puchikaruthu. It doesn't matter where it comes from. «The closest translation Ankit can find of these beautiful words in Malayam is «never diminishing love». These wise words open a penetrating hole in Ankit's body. And even if Bombay is doing what she does best, winning hearts of many and acing all of his exams (while writing poetry and making notes for all late in the evening It's) a she is also, slowly but surely (and unintentionally) falling into this hole. To make matters worse, her parents discovered the love letters she had been exchanging with Vaibhav and Abhi. They burn and severely scold her for them. She's not surprising that, very soon, the darkness gets the better of Ankit: Depressed and sad, she tries to slash her wrists. And she does not stop at the first attempt of suicide of her: it's the second time her father she saves her. And that's why Ankit is admitted to a psychiatric hospital at the beginning of the novel. Life is what you make Epilogue So, back to the present, Ankit is talking with Dr. Madhusudan that the diagnosis of bipolar disorder. He explains that what she passed is common and that there are two sides to it: one euphoric and a desperate one. The ray of hope? Well, as Dr. Madhusudan Ankit says, it is a disorder closely associated with something of creativity. Ankit does excel at. Á This condition is unique, continues: Many famous historical figures and artists have had this. And yet they conducted a full life and contributed so much to society and the world in general. See, you have a gift. People with bipolar disorder are very, very sensitive. Much more than ordinary people. They are able to feel emotions in a very deep and intense way. It gives them a very different perspective of the world. It's not that they lose touch with reality. But the feelings of extreme intensity manifested in the creation of things. They pour their emotions into writing or art or whatever field they choose. After several months, Ankit is able to recover from her depression. And although bipolar disorder is not a disease that can be treated effectively, she is certainly capable of handling it. Or, in other words, to become the master of her. Á € € FateÁ e Never belittle love, no matter where it comes from and be a bit 'more humble, more beautiful and more gentle with my words and actions. Click to Tweet Some say instinctively they gravitate towards people they can relate to and then gradually over the months a bond develops. Click to Tweet No no ifs and buts in life. The life what they make. Click to Tweet Spending time in a mental health institution makes you a more sensitive to others than I was there before. Learn to appreciate emotions. Learn to take care of others. Click for Tweet the book does not only speak of the bipolar disorder. It is a history of courage, determination and growth. It is also like life can take a completely different route from the planned one, and yet as you can get a success. Click for Tweet Our critical review ten books later, life is what you do is still the best book by Preeti Shenoy. Powerful and moving, the novel was the 2011 Best Seller in India, and since then its fame and its status are only increased. You don't have to do a lot to understand the reason for all this bustle. You just have to read it. Learn more and more, at the speed required by the world.

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