
BOOK REVIEW: THE HAPPINESS QUOTIENT

The author Dr. Rekha Shetty selected a burning problem of negative fields how to avoid them. The Happiness Quotient (HQ) is a concept that measures approximately, the measure of happiness each person has achieved in his life. It starts by describing the creation of a positive mind space, one that nurtures the positive emotions that increases happiness.

Authored by Dr. Rekha Shetty, each of the 166 pages is guaranteed to make the reader sit up and reflect on his own reactions to what life has to offer him. The tag line “A business novel on life’s greatest prize – Happiness” says it all. The author has made excellent observations by connecting the Vedas and science on how people react to different situations. There is an interesting point in the beginning of the book where she recommends the reader to practice swayambhu – a feeling that happiness is welling out of you. As is remarked by a great thinker, “Being happy does not mean everything is perfect; it means that you decided to look beyond the imperfection.” So once we start feeling happy about everything and start appreciating all the good that surrounds us, no negative feeling can touch us.

Beyond the arresting introduction, the book is presented like a story where an embittered person in search of happiness encounters a sadhu. The rest of the book is the learned man’s advice to be happy and sailing through the book is one enlightening experience not to be missed!

The writer touches on various topics relating them to the euphoria of the soul and body, the subjects ranging from physical wellness that brings radiance to one’s life, the emotional wellness, the personal wellness, the family bonding, the workplace, social bonding and finally the dharmic living – each one presented as a separate chapter. Reading between the cover pages, one cannot help but be amazed at the minute matters (the common things in everyday life that we take for granted) that the author has touched upon to bring home the message. The topics on navarasas of the heart, the phrases that help build lasting relationships, ways to enhance a positive work field, the crisp and neat little poems – all these and much more we would have encountered in various stages of our life, but when put into words, it makes the reader to stop and ponder. The inclusion of practicing yogasanas along with a pictorial

illustration of the important asanas is also interesting. Personal assessments at the end of the chapters are a good idea that would help the reader measure himself.

The book's message unfolds through the person of Arvind who escapes from his stressful work life and his problems with his wife Rakhi to a hut in the mountains, through a mysterious invitation. One that comes to him through a guru in track pants called Sadhu Mama who makes him look at his life in different light. Not that Sadhu Mama is a particular person-indeed; he appears to be a combination of several philosophies amalgamated in a positive whole. Though the emphasis is on Hindu philosophy, Shetty's suggestions can be applied to various faiths, since happiness itself is a kind of force that people believe in.

The author Dr. Shetty is the founder of Mindpower brand and managing director of Farstar Distribution Network Ltd., a twenty-year-old consulting company working on innovation and work-life balance. Her thoughts are result of deep study on several disciplines and her ideas are practiced in more than 30 countries.

I have read the "The Happiness Quotient" thoroughly and noted the following observations. The book is very excellent. The book is divided into seven chapters. The first chapter deals with The first Radiant Action for Physical wellness, Second chapter is of The second Radiant Action for Emotional Wellness, third chapter is Radiant Action for personal Wellness, fourth chapter Radiant Action for family bonding, fifth chapter Radiant Action for Nurturing the workplace, sixth chapter Radiant Action for social bonding and seventh chapter Radiant Action for Dharmic leaving.

In the first chapter Radiant Action for Physical wellness has given appropriate matter of topic and specially the holistic approach to health and she explain through the many steps assess your physical health by taking questionnaire, ponder over the answers. Mentally reconsider our physical condition. A complete medical check-up once a year. Food for basic life "you are what you eat." Hurry, worry anger distractions and chattering should be avoided while eating. She has given fifty two way paths towards perfect health. She also explain the importance of yoga how to balance, mind, body and spirit. Yogasanas, in conjunction with pranayama, bring harmony and balance to every part of the body and highly therapeutic for the body, mind and soul. Dr. Shetty given an appropriate solution for destroy diseases and brings peace of mind to those who suffer from anxiety, tension, anger and other negative emotions through following Asanas like

Padmasan, Sarvangasana, Matsyasana, Dhanurasana, Shvasana, Yoga Nidra and Silence. The first topic completed with the point affirmations for the physical wellness.

In the second chapter Dr. Shetty explained about emotion as the energy fields positive and negative fields. A positive field is created by positive emotions and negative field draws sustenance from negative emotions. In the positive field create by verbal, tonal and non-verbal behaviors, through love and reverence, Drala, Nurturing the prana, Mediatation. Negative fields explained in the following manner dealing with negative emotions, anger depression, and treat depression and questionnaire and given necessity of the study for the welfare of the society.

The third chapter deals with radiant action for personal wellness she nicely given questionnaire about personal well to be answered so that people can measure where they are on the happiness scale and it has positive affirmations for them make. She also nicely explained connection of Body and stress. The stress is destructive, aging, and killer. Stress is preparing the stage for heart attack. She also gave control measures of the stress for personal wellness today the changes and offer at solutions she given at the work place. This chapter fulfill the all the requirement for today's facing many people stress and its remedy this chapter is highly appreciable.

The fourth chapter dealing with radiant action for family bonding in this chapter she particularly focused on family and children, teenagers in the family, time with children, heart disease and children, role of the wife, most important that she is given family health assessment questionnaire. Dr. Shetty also focused on the creating joy in family life through different activities like celebration of festival, new year, birthday, happiness creating activity and many more activity which help to happiness in the life.

In the fifth chapter Dr. Shetty asked to Sadhu Mama "Who are the happy people in this world" and Sadhu Mama explained "People can be very happy if they love their work". She also nicely given the happiness survey and results shows those who felt appreciated in their respective fields and enjoyed their jobs .The health angel is the most important part today so much our lives are spent in the office. If we do not enjoy our work, if we feel overwhelmed by it, it will surely damage us. She also has given solution on the mindfulness and work place assessment questionnaires.

In the sixth chapter Sadhu Mama was ready with the next section of the programme entitled Radiant Action for Social Bending. This chapter mostly focused on connect with the life-Force

i.e. words use in the life- force in different cultures. Phrases that build lifetime relationship by positive and negative words, inclusion and exclusion, social health assessment .The Sadhu Mama explained in a very good manner about Emotions or Navarasas (Navarasas of the human heart). i. e. Positive rasas: Karuna, rasa, Srngara rasa, Hasya bytes, Vira rasa, Adbutha rasa and the negative rasas are Bhayanaka rasa, Bheebatsa rasa and Raudra rasa in this chapter author also given **solution on the negative rasa.**

In the last chapter Sadhu Mama looked thoughtful as he asked Dr. Reddy to reflect on the doing of men of dharma like Gandhiji, Arjuna, Dharmaraja. When Dharma is breached, punishment is inevitable, whereas those who painstaking practice their dharma are eventually rewarded. He rummaged in his tin trunk and handed over to Dr. Shetty a gold leaf decorated book entitled. **The seventh radiant action living.**

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