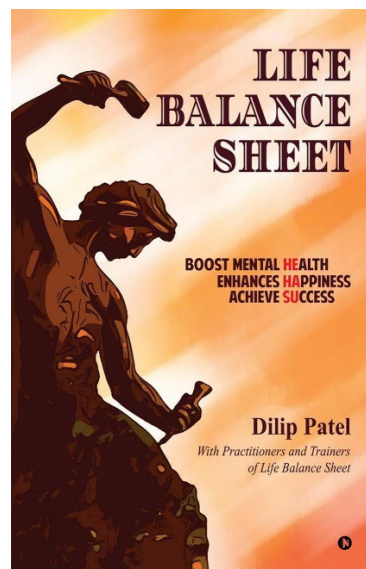


*Book Review***Life Balance Sheet**

Rajesh Rao K

PhD Scholar, S-VYSA University &amp; Practitioner of LBS as Happiness Ambassador

**Corresponding author:** Rajesh Rao K**Email** – rajeshyfs@gmail.com**Notion Press: ISBN 979-8891339224 Published 14<sup>th</sup> March 2024**

The book written in a very poetic flow with unique digestible as take away after each chapter with illustrations giving the visual representations of key lesson that makes it easier for the readers to capture the essence of the book.

This review gives the overall aura of the book to create a curiosity for the readers to pick up the book and apply the process in their own lives and lead a Happy life for themselves and those around them. LBS encourages introspection. Like a financial balance sheet, it prompts us to evaluate our assets and liabilities—both tangible and intangible. By doing so, we gain insights into what truly matters. LBS provides the tool of Inner Peace, emphasizes that achieving balance isn't just about external achievements. It's about finding harmony within us. When we align our actions with our values, we experience a sense of peace.

**Inception of the Metaphor**

The author beautifully in an introspective process makes the reader to view one's life as a company—a complex entity with multifaceted operations. Everyone assumes the role of a CEO, responsible for steering this “company called life” toward prosperity.

The CEO's Objective the primary goal is to maximize profit and in the context of life, these profits extend beyond financial gains. They encompass overall well-being, personal growth, and fulfilment. Just as a company's positive bottom line indicates progress, an individual's improved life balance signifies successful leadership. When the balance sheet shows growth—whether in relationships, health, or personal development—the CEO is indeed doing well. The author brings Happiness as the Profits for the company called life.

### The Pursuit of Joy Within

The concept of happiness has been ingrained in our lives since childhood. We often associate it with pleasurable experiences—listening to music, savouring food, or admiring scenic views. These sensorial pleasures, however, are fleeting. Once the activity ends, so does the pleasure, leaving us perpetually desiring more. We become self-centred and dependent on external circumstances, which ultimately keeps us in a state of perpetual dissatisfaction.

Yet, there exists another dimension: joy. Unlike transient pleasures, joy arises from inner, self-driven acts. Consider rescuing someone in a road accident or teaching math to a neighbour's child. These actions are devoid of selfish expectations; they simply bring forth a genuine sense of happiness. Joy transcends the sensorial—it is enduring, unselfish, and fulfilling.

Therefore, let us recalibrate our Life Balance Sheet (LBS) by measuring its bottom line in terms of joy. By seeking joy within, we move beyond mere satisfaction and find true fulfilment.

The process of LBS is explained in simple language and has a deeper introspective process that author asks the reader to go step by step. In brief he asks everyone to write down 4 pages of their life. The page 1 has to have the names of the people who have done good to you without any expectation, page 2 names of the people to whom you have done good without any expectations which become part of the zones that bring happiness in your life, the Profits of your company called life for the CEO. In the second part he asks us to write the page 3, where one must write the names of people whom you have hurt or harmed knowingly or unknowingly, and page 4 is the list of people who have harmed or hurt you knowingly or unknowingly.

All the 4 pages are then connected with the emotions and the how to make use of this information to increase the happiness quotient of one's life. The performing assets of your life are hidden in page 1 and page 2 of your LBS, these pages provide the opportunity to express gratitude to several people who were instrumental in shaping your life. He further puts forth that page 1 is given to you, and page 2 is your own karma bhoomi, if it is empty today, you can always start filling it with small acts of kindness. Pages 3 and 4 are non-performing that take away happiness and to understand these pages, one must read the book in depth.

The essence of which can be known, when you do the process and as the author says, you will understand that people are different not difficult, and your life's perception will change.

The author shares numerous stories from LBS sessions, each serving as a testament to the process's efficacy. Through these narratives, individuals gain self-awareness, make necessary life adjustments, and discover the essence of gratitude. The story of a government officer from Maharashtra, who realises that his page 1 is full of people who have made him what he is today, and his page 2 looked quite empty and what an opportunity in his life he missed to serve in the right perspective the society and fellow being. The story of an Auto driver returning a brand new Laptop to a customer and the story the author himself faced when his son met with an accident and was helped by an auto driver, which changed the whole perspective of the author about how he looked towards the auto-drivers, who he felt were cheating with playing with their meters to overcharge and take longer routes to destinations. The book is filled with many inspirational stories that makes the book difficult to keep down.

The author further asks the CEO to be on probation of 6 months, to view his own life and make corrections. The author himself has given his 4 pages that are inspirational, and he promises to hand hold anyone who has desire to become a Happiness Ambassador as he plans before he leaves this world there should be 100,000 Happiness Ambassadors ready.

"LBS" isn't just theoretical; it's a practical process for self-growth, team building, and enhancing family harmony. As we climb the ladder in our careers, LBS reminds us to maintain balance.

Dilip Patel's "Life Balance Sheet" is a valuable guide for anyone seeking holistic success. Whether you're a corporate leader, a student, or a homemaker, this book offers timeless wisdom. Remember, sometimes changing a little bit of ourselves can transform the world around us.

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