

## **LIVING THE LIFE**

Anand

A good life

I must say the book is very absorbing from the start and the expectation builds up for the author to unlock the mystery of life. And even as the author unfolds his profound views on life, the imagery he creates along the way with rich metaphors from ancient times makes the reading extraordinarily refreshing. I think it's an excellent reference book to boot, an encyclopedia of subjects ranging from history to literature to science to sociology to philosophy. A book like this comes along once in a decade or so, much like the purplish blue flowers of Neelakurinji (*Strobilanthes Kunthiana*).

Drawing from the rich reservoir of wisdom accumulated through unique life experiences, painstaking research and a lifelong passion for reading Mr. Chockalingam leads the seeker through a self-reflecting journey.

The conversational narrative amplifies the intrigue and keeps a brisk pace. Memorable anecdotes and the writings of other great thinkers are artfully employed to highlight the message. Mr. Chockalingam's *Living the Life* is a must-have personal reference work on the art and science of living. It is a spiritual book, a self-help guide and it is a policy paper on saving the world all rolled into a concise book of 170 pages leaving the reader wanting more.