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Achieving success is not just about hard work. It is about the circumstances that surround us and luck to some extent. It is therefore important to try your best, keep your wits about you, make decisions with a clear head and not allow bad luck or external circumstances to affect you. That's the message in this book of psychology by Rakhshanda Shahnaz which shows readers how they can improve their growth prospects by making decisions with a clear head during what are often difficult times in life. This book is a compendium of essays on various aspects of our psychology. The book is divided into two parts, the first consisting of Five Essays, are subsections are subsections are

Part I consists of five essays which provide us clear insights into how our personality shapes our thought process and influences our decision making. The essays are written in simple language which makes it easy for anyone to understand the author's message. We can certainly identify ourselves in much of what Rakhshanda Shahnaz has said about decision making, attitudes and even friends and foes. The topics of these essays are explained in simple terms with detailed examples to illustrate the points the author is trying to make. The second part of this volume consists of three chapters which discuss how our personality determines our attitudes and behaviors. We learn how an individual's personality can affect, positively or negatively, his or her attitudes and behavior in various situations. Chapter 1 focuses on our psychology while Chapter 2 explains our attitude towards life while Chapter 3 discusses how some people have a positive outlook on life while others have a negative way of thinking. It is enough to say that this book is readable, informative, and easy to understand. Readers will definitely benefit by reading this book of psychology. Topic wise table of contents 1. What makes us act like we do? - page 1 - 6 2. The importance of self-development - page 7 - 12 3. A look at the workings of the mind - page 13 - 27 4. The importance of taking care of ourselves - page 28 - 39 5. The importance of friends and relatives - page 40 - 53

This book consists of two chapters which give readers great insights into how our attitude towards life shapes our behavior, thoughts and actions. Readers will be able to read an essay on this subject on every other page (except the first one) as the author uses anecdotes to make her point.

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