

Book Review:

"Think Like a Monk: Train your Mind for Peace and Purpose Every Day" by Jay Shetty

Summary

In "Think Like a Monk," Jay Shetty shares his personal journey of leaving a promising corporate career to become a monk and finding inner peace and purpose. The book is divided into three parts that guide the reader through various mindfulness practices and mindset shifts to help them cultivate a monk-like mentality.

- **Let Go:** Focuses on how to let go of negative thoughts, habits, and emotions. Shetty discusses the power of forgiveness, gratitude, and self-reflection to release ourselves from the past and live in the present moment.
- **Grow:** This section is about personal growth and development. Shetty talks about how to develop a growth mindset, set goals, and cultivate healthy habits to become the best version of ourselves. He also emphasizes the importance of self-care, self-love, and self-awareness.
- **Give:** This section focuses on serving others and finding a deeper purpose. Shetty shares his experience of serving as a monk and how it taught him the value of compassion, empathy, and giving back. He encourages readers to find their passion and use it to make a positive impact on the world

Evaluation

"Think Like a Monk" is an engaging and insightful read that offers practical advice and inspiration for personal transformation. Shetty's writing style is conversational and easy to follow, making complex concepts and practices accessible to readers. One of the strengths of the book is Shetty's emphasis on the importance of mindfulness and self-awareness. He provides

numerous exercises and meditations to help readers cultivate these skills, making it a valuable resource for anyone interested in developing a daily mindfulness practice.

Another strength of the book is its focus on service and giving back. Shetty's personal story of serving as a monk is both inspiring and thought-provoking, and his message of using our talents to serve others is a powerful reminder of the importance of community and connection. However, one potential weakness of the book is its reliance on personal anecdotes and stories. While these can be engaging and relatable, some readers may find them overly simplistic or clichéd.

Application

The book is a valuable resource for anyone interested in mindfulness, personal growth, and service. The book offers practical advice and inspiration for cultivating a monk-like mindset, and its emphasis on self-awareness and service is particularly powerful. I plan to incorporate some of the exercises and meditations from the book into my daily routine, and I also plan to reflect on my own passions and how I can use them to make a positive impact on others.

Recommendation

I would highly recommend "Think Like a Monk" to anyone interested in mindfulness and personal growth. The book is well-written and informative and offers practical advice for cultivating a more mindful and purposeful life. Also, the book is accessible and engaging, making it a great choice for readers of all levels. I would particularly recommend it to those who are looking for inspiration and guidance in finding a deeper purpose and serving others.

In conclusion, "Think Like a Monk" is an excellent read that offers practical advice for cultivating mindfulness and living a more purposeful life. Shetty's writing is engaging and

approachable, making the book accessible to readers of all backgrounds and levels of experience with mindfulness.