

LIFE IS WHAT YOU MAKE IT

A BOOK BY PREETI SHENOY

Book Review – Anngela Roy

“Life is what you make it” is a book written by award winning author Preeti Shenoy. This book beautifully depicts how determination can even change even your destiny. Not one of the typical motivational books with quotes etc, this book follows a proper storyline of the life of a girl, and goes through a lot of ups and downs throughout the course.

The novel’s protagonist is shown as a bright college student, who has been excelling in all fields. Her life is what people would call perfect. Acing her college studies, going to parties, having a good personal life, Ankita has been shown as a girl with a goal to succeed in the first part of the book. But unfortunately, as the euphoria of her success starts getting to her, she gets involved in drugs and alcoholism. In her conscious mind, she is well aware of the self-harm she is causing. She sees her life slip away from her with every passing day and this pulls her down with depression and severe anxiety, to a level of suicidal attempts. Upon visiting a doctor, she is diagnosed with bipolar disorder. The doctor tells her that her current situation, if not brought under control, could lead to an untimely death. This brings Ankita to her senses, and she starts working on herself, improving bit by bit, every day. Having to spend months in the hospital, it becomes difficult for her family to maintain a positive attitude. But this does not stop her from believing in herself. And with courage, determination, hope, and love, Ankita is able to recover from depression and is able to manage her life again. In the end, she is shown leading a happy life, not looking back to her past.

Having read this book, I can say that in today’s world, people are not grateful enough for what they have, and do not care for it. We tend to take life for granted, and do not realise the importance until we are on the verge of death. I personally, loved this book and the concept. A powerful message was delivered efficiently with a simple story, which is relatable to most of the audience. I would love to read it again, or explore some other similar stories.