

My thought and talk about '5 killer habits'

"Live such a life that you will be remembered for generations" is one of the pieces of advice we have often heard from our elders while growing up.

'5 killer habits' by Sree Kishan Seelam is your guide to build such an impactful life. The book will encourage you to become disciplined, curious, generous, clear and open minded solo traveler. To achieve such remarkable personality author divides your journey into five different parts. Starting with Arise, Awake and kickass followed by be hero, become Dromomaniac, live a hundred lives, and stay curious.

In the first chapter, the author with some valid points gives us advice to have a proper routine. Given the fact that with the enhancement of technology, many of us have disturbed sleep and life cycles. The author suggests blending modern life with some traditional discipline, like fixed sleep schedule of at least 7 hours and waking up early in morning.

Further in second chapter, the author motivates us to be a hero, someone who is aware of his surrounding and it's reality, who takes responsibility of issues we have, who fulfils his duties and responsibilities towards others. The author encourages us to be leaders, the volunteers, planeteeers or be the organ donar who will be known for his work, who will motivates others to do work towards humanity.

In the world where many are playing safe and secure, the third chapter book pushes us to become a Dromomaniac. Chapter mention of old practice of solo travelling, how travelling alone gives you a view of the versatility of culture, people, regions, knowledge, situations and their problems. Solo travelling enhances various characteristics of an individual like problem solving, quick reflex to situations, independence, one's way to connect with the world outside of his comfort zone.

Fourth chapter is the pure definition of "people who read, lives 100 lives before they die". Chapter goes through various aspects of reading. When a lot of people find reading boring and time waste, this chapter will have answers of why, how, when, who of reading. It also makes us see the effect reading has on people's lives.

Tales have been telling us “curiosity kills the cat “,but the fifth chapter proves why the book's cover says, ‘be a rebel’.The author pushes you to be curious about the world around us .To question the system till you have a logical and more humane answer to everything .

Throughout the book, the author shares his personal experience to back up the advice,proving he practices what he teaches. This works as an indirect message to readers ,if after having a clear mindset ,he can do that ,you also can do it .Practical tips and instruction to implement these 5 habits in real life acts as cherry on top, making the journey easier and more actionable .

– Anuja M