



Title	:	I Can... I Will...
Author	:	Dr. Arun Mittal
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Book Review

Sometimes it takes a while to recognize that someone has a special ability to get us to believe in ourselves, to tie that belief to our highest ideals, and to discover our potential and realize. This ability also drives us to believe “Yes I can, I will”. Dr Arun Mittal is charismatic! His command over language is phenomenal and capacity to connect examples with concepts is infectious which ultimately keeps you turning the pages the book – I Can... I Will...

It is an inspirational book book seemingly stimulating with dollops of relevant original Indian examples. It is probably a first of its kind ever written. Cutting across all age groups, the book will surely be able to attract instant eyeballs as the flow is amazingly lucid and captivating. The author has successfully woven a magic of inspirational anecdotes with an original line of moral inference post each.

The 21 steps in the book are tied up with one theme that is “how we can bridge the gap of knowing the things and doing the things”? The lessons to achieve success are all supported by examples and tales. In a nutshell, this book is like a school of success and personality development, which gives road-map for success and encourages you to achieve success.

The book contemplates mantras of success in a very interesting and practical manner by weaving the messes with the real life examples and success stories. Readers will find all anecdotes and tales relevant and easy to connect with their day to day problems. Probably, this is

the first time in a self help book that the author bridged the gap of emotional complexities of a human being and successful implementation of planed objectives.

Broadly divided in to four parts, this book has presented a journey of success. Interspersed with life-enriching short stories, the book gives an easy road-map for success. First part is all about preparing for success. It elaborates that how a person by simply taking some initiative becomes an innovator and enjoys the honor of being first mover. Positive attitude has not only been defined by the author but the tips of being positive make the discussion more fruitful. There is enough discussion on Indian and western thoughts of creativity and the same are beautifully linked with true wisdom.

The book stresses upon accepting the change and stepping with it. The message is - Irrespective of everything, one should adapt the environmental changes to avoid being perished. There is a comprehensive definition of goal and Goal setting on the basis of SWOT (strengths, weaknesses, opportunities and threats) has been brilliantly explained.

Second part includes various chapters including discussion on the effective ways for implementation of the planned goals. There is a dedicated chapter on Passion. Author differentiates between ‘A goal with passion’ and a ‘goal without passion’. Book recommends that one must become being result oriented. A result oriented approach is something when a person doesn’t stop till the destination is arrived at. Author has stressed upon the implementation of plans. There is no use of a

plan without proper and timely implementation. Author has wisely discussed about the importance of being knowledgeable. The section devoted to knowledge includes types of knowledge – (practical and theoretical), sources of knowledge and also discusses that which the importance of various categories of knowledge.

Third part discusses about the theory of success KC3. KC3 stands for Knowledge, Communication, confidence and common sense. Book includes two detailed chapters on communication devoted on general communication and the other on business and professional communication. Quick tips in the chapters are given to make the best out of informal discussion and also to excel in interviews, business presentations and public speaking. Confidence is the third element in theory of KC3. Confidence has been discussed as the power within a person which not only transforms their personality but turns imaginations into realities.

This is probably the first book which formally talks about ‘common sense’. Author has not only defined common sense but has also deliberated upon the impact of its presence and absence.

The fourth and last part of book contains seven chapters namely knowing Your Personality, Keep a Control over Your Emotions, Manage Your Stress, The Basic Mantra

of Success—Time Management, Be a Strong Person, Avoid Enemies and Also Friends Who Betray and Handling Criticism. This section focuses on self management as well as other management too.

Finally this is a book that can actually be put to practice. A simple and practical book that is also interesting and inspiring. The rules are all supported by practical examples and anecdotes. Such a book becomes more important when written by a teacher who is in constant touch with young and intelligent youth of today. The messages are equally relevant to readers of all ages.

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