

*DON'T BE AFRAID TO START OVER AGAIN. THIS TIME, YOU ARE NOT STARTING FROM SCRATCH, YOU'RE STARTING FROM EXPERIENCE.*

# Mindset of People

*They don't hate you. They fear what they can't control.*

## Preface

Hey Primers,

Welcome to “***Mindset of People***”. I’m the author of this book, and I’m here to talk to you about something that’s all around us—but often ignored: the way people think, judge, and treat each other.

This book isn’t just a bunch of thoughts. It’s a message. A wake-up call.

I wrote it because I’ve seen too many people struggling, pretending, and getting hurt—just because they don’t fit in. Most don’t even realize it. They think everything is fine. But behind closed doors, they’re hurting. And that’s what the “***Mindset of People***” does. It hides. It keeps people stuck in silence, fear, and pressure.

In this book, I’ll talk about things we all face—jealousy, judgment, fake friends, and the pain of being different. Society often pushes down those who are honest, real, and brave enough to be themselves. *Not because they’re wrong, but because the truth makes people uncomfortable.*

**I’ve lived it. I’ve been left out, laughed at, and misunderstood. And I know I’m not the only one.**

I’m not here to act like I know everything. I’m just someone who’s been through it—and wants to help others see what’s really going on.

So if you’ve ever felt ignored, judged, or hurt by the people around you... this book is for you.

*I Killed “Who I was” To Become “Who I need To Be”*

And if you haven't—this book will help you understand how your actions affect others. We all have a choice: to lift people up or pull them down.

What you'll read here is real. You might see yourself in these pages—or someone you know. Either way, I hope this book opens your eyes and helps you move forward with more kindness, strength, and self-respect. Let's begin the journey.

— Sachin

**Note:**

Some of the ideas, words, or phrases shared in this book are inspired by things I've read, heard from my idols, or seen on social media. Not everything written here is entirely from my own mind—but every word has influenced my thinking, my experiences, and the message I'm sharing. I give credit to all the voices that helped shape this journey.

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*They don't hate you. They fear what they can't control*

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# MINDSET OF PEOPLE

They don't hate you.  
They fear what  
they can't control.

## SACHIN PATHAK

## Chapter-1

### Introduction

**"Mindset of People"** — it may sound like a simple title, but it holds a very powerful meaning. This book is about something we all experience every single day: people and the way they think.

We live in a world filled with many different kinds of people. Some are kind, some are rude, some are silent, some are loud. Some support us, while others pull us down. But one thing is true for everyone — **no two people think exactly the same**. Even if you grow up in the same family, go to the same school, or live in the same house, your mindset — the way you see and think about life — can still be completely different.

This book is written to help you understand that difference.

It's not about who's right or who's wrong. It's about learning to **understand the way people think** — including yourself.

You may have asked yourself questions like:

- Why do people behave the way they do?
- Why does someone hate me without a reason?
- Why do some friends turn into strangers?
- Why do people change?
- Why am I misunderstood, even when I try my best?

These are real questions, and the answers are not always easy. But this book will take you on a journey to find those answers.

**This book has a clear purpose:**

- To help you understand how different people think.
- To help you deal with people better — at school, at work, in your home, and in your heart.
- To help you understand **your own mindset** — how it was formed, what influences it, and how you can change or grow it.

We are all influenced by many things — our childhood, our culture, our family, our past experiences, what we watch, what we hear, and what we feel. All of this shapes our mindset. That's why two people can look at the same situation and feel completely different about it.

For example:

***One person may see failure as the end of the road.***

***Another person may see failure as the start of something new.***

Same situation — different mindset.

You will also learn that **not everyone will think like you**, and that's okay. The goal is not to force others to be like you. The goal is to understand them — and most importantly, to understand yourself.

We often try so hard to fit in, to be liked, to be accepted — but in doing so, we sometimes forget who we really are.

This book will help remind you.

It will ask you simple questions:

- Who are you?
- Why do you think the way you do?
- What made you the person you are today?

And slowly, as you read each chapter, you may begin to find answers. You'll learn about people — their pain, their dreams, their fears, their kindness, their anger, and how all of it is connected to their mindset.

You will also learn what to do when you face difficult people — how to stay calm, how to protect your peace, and how to grow, even when others try to pull you down.

This book is not about giving rules.

It's about opening your eyes.

It's about helping you see more, feel more, and grow stronger.

So, as you turn these pages, I ask you to read not just with your eyes, but with your heart.

Welcome to “*Mindset of People*” — a book that might not change the world, but might just change **how you see it**.

## Chapter-2

### The Mind Behind the Face

#### 1. Who Are You?

This question might seem simple. You might answer with your name, your age, or where you're from. But that's not really what the question is asking.

When we say “**Who are you?**”, we're not talking about what's written on your ID card. We're talking about the person you are **on the inside** — the real you.

- What kind of thoughts go through your mind when you're alone?
- What do you believe in, deep down?
- What are the things you care about most — your values, your principles?
- How do you treat others when no one is watching?
- What do you fear, what do you love, and what do you dream about?

**You are a mix of many things** — your emotions, your memories, your choices, your beliefs, your personality. The way you talk, the way you react to people, the way you deal with life — all of these come together to make you... *you*.

So, *who are you?*

You're not just a student, a son or daughter, partner or a worker.

You are a living story — with your own path, your own battles, and your own voice.

The better you understand this, the stronger and clearer your journey becomes.



## 2. Why Do You Think the Way You Do?

Have you ever stopped and wondered — *Why do I think like this?*

Why do I worry so much?

Why do I get angry easily?

Why do I trust people... or not trust them at all?

The truth is — **your way of thinking didn't appear out of nowhere.** It was slowly shaped by everything you've experienced in life.

Let's break it down:

- **Your childhood:** If you were raised in a loving, open environment, you may naturally think positively. But if you grew up with strictness, pain, or fear, your thoughts may often be more defensive or anxious.
- **Your parents or caregivers:** What they taught you, how they treated you — this becomes your inner voice. If they encouraged you, you may believe in yourself. If they always criticized, you might carry self-doubt.
- **School and friends:** Your teachers and classmates had an effect. Maybe you were bullied. Maybe you were the quiet one. Or maybe you were the leader. All of that trained your mind to think in a certain way.
- **Society and social media:** What you watch, listen to, and read also plays a role. Society tells you how to look, how to act, and sometimes, how to feel. Slowly, that begins to shape how you think — even if you don't notice it.
- **Your personal experiences:** If someone betrayed your trust, you may now be cautious. If someone helped you when you were lost, you may be kinder to others.

So, when we ask “Why do you think this way?”

We're asking you to pause and look deeper.

There is a **reason** behind every thought — and knowing those reasons helps you grow and heal.

### **3. What Made You the Person You Are Today?**

Everything you've gone through — whether big or small — has shaped you.

Think about it:

- Every failure taught you something.
- Every success gave you confidence.
- Every heartbreak changed how you love.
- Every friendship shaped your trust.
- Every mistake showed you what not to do.
- Every risk, every choice, every chance — it all added a piece to who you are.

Maybe you're strong now because life forced you to be.

Maybe you smile to hide the pain.

*Maybe you speak kindly because you know what it feels like when people are cruel.*

We are not just born a certain way — **we are built by what we go through.**

Your pain built parts of you. So did your joy, your achievements, and your hopes.

When we ask, *“What made you the person you are today?”*

We are asking you to look back at your journey:

- What moments changed you?
- What struggles shaped your strength?
- What lessons taught you to be wiser?

This question is a doorway to gratitude, healing, and understanding.

Because once you see what made you — you begin to see what you still want to become.

### **Why These Questions Matter**

These three questions — *Who are you? Why do you think the way you do? What made you who you are today?* — are not just for reading. They're for feeling. They are here to guide you into a better understanding of yourself.

Once you understand yourself, you can:

- Build stronger relationships
- Make better decisions
- Let go of past pain
- Grow your confidence
- Live more freely

With all that said, let us now shift our focus and dive into the true essence of this title.

## **Chapter-3**

### The Narcissist Mentality.

**“Narcissistic Personality Disorder”** — People with this type of mentality can cause others to suffer from mental torture, depression, overthinking, self-harm, and more. It is one of the most damaging mindsets a person can have. Here is why.

*Narcissistic Personality Disorder (NPD) is more than just being selfish or arrogant. It is a toxic and harmful mindset that often hides behind fake love, fake loyalty, and emotional games. People with this kind of personality can cause others serious emotional pain, confusion, and long-term mental health issues — like overthinking, anxiety, depression, and even self-harm.*

Let's understand this through a real-life type of situation — something many people sadly go through:

- **They Pretend to Be Loyal, But They're Not**

They act like they love you.

They say they are committed to you.

They may even make big promises about staying forever.

But behind your back, they're talking to two, three, or even more people.

They expect *you* to be 100% loyal to them — but they don't give you the same in return.

If you even talk to someone else, they will accuse you.

But if they cheat, they'll find a way to justify it or blame you.

- **They Want Royal Treatment, But Give Nothing Back**

They want you to treat them like a king or queen.

They expect love, care, gifts, time, respect — all of it.

But when *you* speak your feelings or share your pain, they don't listen.

They'll ignore your words, laugh at your emotions, or act like you're too sensitive.

They want all the attention, but they won't give even a little back.

- **They Trap You in Loops of Emotional Control**

These people don't just hurt you — they trap you.

You may want to leave, but they won't let you go easily.

They'll say things like:

- *"If you leave me, I'll die."*
- *"You ruined my life."*
- *"I'll hurt myself if you go."*
- *"I will Destroy your life"*

They play with your emotions so you feel **guilty and afraid**.

They'll cry, beg, act broken — but only to keep you under control.

Not because they truly want to fix things.

- **They Pretend to Suffer, Even When They're Fine**

They may seem like they're always sad or carrying a heavy burden — like the whole world is against them.

But in truth, they're **happy when they're in control**.

They pretend to be victims to gain sympathy and attention.

They want people to feel sorry for them — even when they're the ones causing pain.

- **They Control You Through Calls, Visits, and Pressure**

They'll call you again and again.

If you don't answer once, they'll call 100 more times.

They won't respect your space, your peace, or your time.

They may even come to your house uninvited — just to argue, cry, or emotionally blackmail you.

They'll say things like:

- *"If you really loved me, you'd talk to me now."*
- *"You're heartless. I'm standing outside your home crying and you don't care."*

They may go as far as threatening to ruin your name, your image, or your relationships with others.

- **They Fool Others While Destroying You**

One of the most painful things?

Other people may think they're kind, sweet, and loving.

Because in public, they act like the perfect partner or friend.

They wear a mask of charm and care.

But behind closed doors, they hurt you, blame you, and make you feel worthless.

- **They Say They Love You... But They Don't**

Their words may sound sweet.

They may say, *“You’re the only one I love.”*

They may act romantic or overly emotional.

But it’s not real love.

It’s a game of control, power, and selfishness.

Real love builds you.

This kind of love **breaks you**.

### **This Is What Narcissistic Personality Disorder Looks Like**

It’s not just a label or a big word from psychology.

It’s something that **most people experience every day** — a painful, confusing, and damaging relationship with someone who seems loving, but is actually harmful.

And the worst part?

You don’t always realize it at first.

This is why we need awareness.

So that people can understand the signs early, protect themselves, and stop blaming their own heart for someone else’s manipulative behavior.

*“Not everyone who says ‘I love you’ knows how to love you. Real love heals, it never destroys.”*

*“A narcissist doesn’t break your heart first — they break your confidence, your voice, and your peace.”*

## **Chapter-4**

### The Quick Judge Mentality

People often say, *"Everyone deserves to be understood."*

But the truth is... most people don't even try.

They look once.

They assume.

They label.

And just like that — they **decide who you are**, without ever asking *what you've been through*.

This toxic habit is found **everywhere** —

In school corridors, neighborhood tea shops, office lunch breaks, and sadly, even across the dinner table in your own home.

Judging others has become a trend.

*Not based on truth.*

*Not based on facts.*

*But based on gossip, on appearance, and on personal bias.*

### **A Society Obsessed with Assumptions**

We live in a world where people don't wait for explanations — they create their own.

You were smiling at your phone?

They'll say you're flirting.

You're quiet and don't mingle much?

They'll call you arrogant.

You cry in public?

They'll say you're weak.

You laugh a little too much?

They'll say you're fake.



And in all of this noise, no one asks **what's really happening in your life.**  
No one pauses to understand.

### **Judged Even Before You Speak**

There are people who will form an opinion about you **before you say a single word.**  
They'll look at how you walk, how you dress, who you're with — and assume everything else.

And once their mind is made up, they'll stick to their false version of your life — no matter how many times you try to correct them.

This kind of judgment is lazy.

It's careless.

And it can destroy someone who is already battling silently inside.

### **Image Over Truth – When Perception Becomes a Weapon**

One of the most painful realities is this:

People don't care about who you really are — they care about how you *look* to them.

Your whole identity is often reduced to a **single moment**, a single outfit, a single rumor.

- You helped someone? You want attention.
- You failed in public? You're a loser.
- You stayed alone? You're a loner.
- You tried again? You're desperate.

It's a trap — and you can't win, no matter what you do.

Why?

Because you're being judged **by people who have no desire to understand you.**

## **The Pain of Being Misunderstood**

What does it feel like to be judged unfairly?

It feels like screaming underwater.

You're shouting your truth — but no one is listening.

They're all too busy gossiping, assuming, and laughing.

- Your silence is misread.
- Your honesty is twisted.
- Your kindness is questioned.
- Your pain is ignored.

You begin to ask yourself:

- *Am I the problem?*
- *Why do they hate me?*
- *Why do they misunderstand everything I do?*

And slowly... you lose your voice.

Not because you don't have one — but because no one ever gave it a chance.

## **The Chilling Truth: Judgement Feels Easy Until It Happens to You**

It's easy to judge someone else — until **you** become the one being judged.

Then suddenly:

- You want people to hear your side.
- You want fairness.
- You want understanding.

But life has already shown you — most people never offer that.

So what can we do?

## Two Truths Everyone Should Remember

### 1. Judging someone doesn't define who *they* are. It defines who *you* are.

If you judge others based on assumptions, you're not smart — you're insecure.

If you create stories about people you barely know, it shows the emptiness of your own heart.

And if you shame others for being different, you are exactly what's wrong with this world.

### 2. Being misunderstood is painful, but being real is more powerful.

You don't owe anyone a fake smile.

You don't need to explain yourself to people who only want to twist your truth.

Let them talk. Let them assume.

Because their judgment cannot stop your purpose.

Be you. Be true. And **let your life speak louder than their lies.**

## To Anyone Reading This Who's Ever Been Judged

If you've ever been laughed at, mocked, misunderstood, gossiped about, or labeled unfairly...

Know this: **You are not alone.**

- You are not defined by what they say behind your back.
- You are not broken because someone couldn't understand your silence.
- You are not wrong for being different.

You are simply **ahead of those who still think judging others gives them power.**

**Final Message to the Judges:**

**“It is not wise to judge someone on your own perception on them”**

“You don't know someone's story. You don't know their pain.  
So don't speak like you do. Listen. Learn. Or stay silent.”

Because sometimes...

**Your small words can cause someone else's world to collapse.**

## Chapter-5

In a World Full of Masks, I Refused to Wear One

There's a strange rule written in the invisible pages of society —

**"Blend in. Don't stand out. Follow what everyone else is doing. Be in the Loop"**

If you dare to think differently, speak differently, or dream differently,  
they won't cheer for you —  
they'll **target you**.

They'll ask:

- "Why are you doing this?"
- "Who do you think you are?"
- "Why can't you just be normal?"

You see, the world isn't kind to those with vision.

It fears what it cannot understand.

And the moment you break away from the "rat race," the world will try to **pull you back** into it.

### **Society Wants You to Be Small**

If you choose a different path —

If you don't chase money the way they do...

If you refuse to fake smiles, play office politics, or gossip to fit in...

If you speak truth instead of sugarcoated lies...

They will **isolate you**.

They'll mock you.

They'll try to teach you how to "fit in" with a world that has lost its soul.

But ask yourself — **Why should you fit into something broken?**

Why should you dim your light just because others are afraid of brightness?

*“The same boiling water that hardens an egg, softens a potato. So you need to dictate your Environment and don't let the environment dictate you”*

It's not the water that decides your fate.

It's **what you're made of**.

Life will put you through heat — pressure, pain, rejection, loneliness.

But whether you turn hard or stay soft is up to you.

Some people let life break them.

Others, like you, **rise with fire in their soul**.

So don't let your environment define you.

**You define the environment.**

You choose how to respond.

You choose what you become.

You choose How you want to live your life.

### **They'll Hate You for Being Real — Be Real Anyway**

The truth is, if you're hated because you don't “fit in,”

That's not a sign of failure. That's a sign of **freedom**.

You were never meant to be another clone, another silent face in the crowd.

You were meant to **walk your own road**, no matter how rocky.

And yes — it may be lonely.

But hear this loud and clear:

**“Life doesn't stop when you're alone.”**

In fact, sometimes, that's when it *truly begins*.

**“Life doesn't stop when you make a mistake.”**

We all fall. But it's the getting back up that shapes your legacy.

**“Life doesn't stop when you're behind.”**

Growth is not a race. A flower blooming late is still a flower.

**“Life doesn't stop when someone doesn't choose you.”**

Their rejection is not your ending. It's your *redirection*.

**“Life doesn't stop when society labels you an outcast.”**

Because society only praises you **after** you've proven them wrong.

## **Be Yourself — Fiercely, Loudly, and Without Apology**

You don't need their approval.

You don't need to fit their version of "success."

You don't need to wear their mask.

What you need... is to **be real**, even when it's hard.

To stay true, even when you stand alone.

To chase your purpose, even when they laugh.

Because in the end, it's not about how well you played by society's rules —

It's about **how brave you were to rewrite your own.**

So don't listen to their noise.

Don't follow their empty paths.

Don't shrink.

## **Rise.**

There will be days when you feel like the villain in someone else's story.

Not because you did anything wrong — but because you dared to exist outside the script.

You didn't shrink yourself to fit in.

You didn't apologize for your fire.

You didn't act broken just to be loved.

And for that... you'll be ignored. Mocked. Misunderstood.

But don't let that fool you.

Silence from the crowd doesn't mean you're off track.

It means you're walking a path **they don't have the courage to take.**

## **Their Distance Isn't Always a Loss**

Let them walk away. Let them leave.

Because the ones who only love the masked version of you?

They were never really *with* you in the first place.

People don't hate your truth — they hate how it makes them face their own.

***By Sachin Pathak***

So stop mourning the ones who couldn't stay.  
Start honoring the fact that **you stayed loyal to yourself.**

That's strength. That's character. That's freedom.

## **Don't Let Society Gaslight You Into Becoming "Normal"**

"Why are you like this?"

"You're too emotional."

"You care too much."

"You dream too big."

"You think too deep."

You'll hear these lines again and again — not because you're flawed,  
but because **you threaten the illusion they live in.**

The world wants loud laughter and silent pain.  
It wants fake smiles and buried souls.

But if you refuse to die inside for the sake of being liked —  
You've already won.

### **This Is for the Ones Who Stay Real:**

To the dreamer who's laughed at,  
To the quiet soul who's called arrogant,  
To the different one who's labeled "wrong" —

You are *not* the problem.

You are simply the reminder that **truth still breathes** in this world.

So wear your truth like armor.

Walk your path like fire.

And never — not even for a second — let the world convince you that your light is  
"too much."



## Build a Life That Doesn't Need Validation

You don't need to go viral.

You don't need to be liked by everyone.

You don't need constant praise to be worthy.

What you need... is **Peace**.

- Peace that comes from knowing who you are.
- Peace that isn't shaken by gossip or rejection.
- Peace that stands even when you stand alone.

Let your success be silent if it has to.

Let your healing be private if it must.

But let your **authenticity be loud enough** that it shakes the walls of every fake room you walk into.

## Close the Chapter with No Regret

One day, you will look back and realize —

The pain of being different wasn't a curse.

It was your **awakening**.

It taught you who's real.

It taught you what matters.

And most of all, it taught you how to survive with nothing but your truth and your name.

“In a world full of masks, you didn't just survive — you stayed *unmasked*.”

And that, my friend, is not a weakness.

That's **legendary**.

## **Reflection Corner: Take Off the Mask**

Before you move to the next chapter, take a moment.

Breathe.

And ask yourself:

### **Self-Reflection Questions**

1. **Have I ever hidden my true self just to be accepted?**  
*What part of me have I silenced for the comfort of others?*
2. **When was the last time I felt judged for being different?**  
*How did that affect the way I saw myself?*
3. **Am I chasing goals because I want them — or because society expects them?**  
*What do I truly want?*
4. **Who around me accepts me without conditions or masks?**  
*Do I give that same freedom to others?*
5. **What is one “mask” I’m ready to remove today?**  
*And what truth am I willing to stand in, even if it means standing alone?*

***They called me too much — but I was just enough for the life I was born to live.***

## Chapter-6

### Honest or Just Harsh? The Line Between Truth and Cruelty

In this world, there are two kinds of voices:

One that **speaks truth to build**, and another that **throws truth to break**.

Sadly, most people today confuse these two.

They say,

“I’m just being honest,”

but their words leave others bleeding.

Their “honesty” doesn’t sound like the truth — it sounds like a slap, a knife, a bullet.

This chapter is not about stopping people from speaking the truth.

It’s about **understanding the responsibility** that comes with truth.

Because honesty without **awareness** is not bravery.

It’s **cruelty disguised as character**.

## What Is Honesty, Really?

**Honesty** is not just about being real. It’s about being **respectfully real**.

It means telling the truth **with intention, with clarity, and with care**.

- It is bold, but never brutal.
- It is sharp, but never shaming.
- It is direct, but never destructive.

An honest person **wants to help you grow**, not crush your spirit.

They speak because they want you to become better — not because they want to feel better than you.

"Honesty done right is a form of love.

Honesty done wrong is a form of emotional violence."

## **The Rise of the “Rude Mentality”**

This generation has popularized **a dangerous idea**:

That being rude, loud, cold, and brutal is somehow “realness.”

They use phrases like:

- “I say what’s on my mind.”
- “I’m not fake like others.”
- “I’m just brutally honest.”

But there’s nothing **brave** about being careless.

There’s nothing **powerful** about breaking someone and then blaming it on your personality.

“Being unfiltered is not a personality trait. It’s a lack of emotional maturity.”

Rude people often speak:

- Without context
- Without timing
- Without empathy
- Without accountability

They don’t care what effect their words have — they only care about their *right to speak*.

## Real-Life Examples – Truth or Trauma?

Let's look at real-world situations where **honesty and rudeness** get confused:

### Situation 1: Relationship Feedback

Your partner loses motivation.

- **Rude:**  
“You’ve let yourself go. You’re not attractive anymore.”
- **Honest:**  
“I’ve noticed you haven’t been feeling like yourself lately. Is there something you want to talk about or work on together?”

One leaves wounds.

The other opens a door.

### Situation 2: Academic Struggles

Your friend fails an exam.

- **Rude:**  
“You’re dumb. You never take things seriously.”
- **Honest:**  
“I know you’re capable of more. Maybe there’s a better way we can study. I’m here if you need help.”

Same truth.

Different **mindset** behind the words.

### **Situation 3: Creative Dreams**

Someone shares their dream of becoming an artist, writer, or entrepreneur.

- **Rude:**  
“That’s not realistic. Grow up.”
- **Honest:**  
“It’s a hard path, but if it’s your passion, go for it. Just make sure you’re ready for the ups and downs.”

The rude person thinks they’re “saving” someone.

But the honest one is **guiding without killing the fire**.

## **The Damage Words Can Do**

Words are not wind.

They **carry weight** — and when thrown carelessly, they can become knives.

People have:

- **Lost confidence**
- **Fallen into depression**
- **Given up on dreams**
- **Cut ties with family**
- **Stopped believing in themselves**

...because someone they trusted said something “*honest*” that came from pride, not love.

## The Psychology Behind It

Why do people choose rudeness in the name of truth?

### 1. Ego Protection

Some people feel better by putting others down.  
They mask insecurity with arrogance.

### 2. Lack of Emotional Intelligence

They never learned how to express the truth with care.  
They confuse **volume** with **value**.

### 3. Childhood Conditioning

They were spoken to harshly growing up, so now they think that's normal.

### 4. Social Media Culture

Online platforms reward “hot takes” and controversy.  
Being respectful? That rarely goes viral.

## How to Speak the Truth Without Causing Harm

Honesty becomes powerful when it's **guided by compassion**.

Here's how:

#### 1. Check Your Intent

Ask: Am I saying this to help, or to feel superior?

#### 2. Pick the Right Moment

Truth delivered at the wrong time becomes rejection.

3. **Use “I” Statements Instead of “You” Blame**

Example: “I feel concerned” vs. “You always mess up.”

4. **Balance Truth with Support**

“Here’s the truth... and here’s how we move forward.”

5. **Know When to Stay Silent**

Not every thought needs to be spoken.

Wisdom is knowing the difference.

## **What Society Teaches vs. What Truth Really Is**

Society praises loud mouths.

It labels rude people as “bold.”

And it tells sensitive people to “toughen up.”

But true strength is not in how **harsh** you can be —

It’s in how **gentle** you can remain in a world that values harshness.

"Brutal honesty is still brutality.

Real honesty has warmth in its tone and truth in its purpose."

## **Final Thoughts – The Mindset That Heals**

In a time where everyone wants to speak,

be the one who knows **how to speak**.

Don’t let your truth become a sword that kills.

Let it become a **key** that unlocks healing, trust, and growth.

You can be real **without being rude**.

You can be honest **without being heartless**.

You can speak the truth **without causing trauma**.

That is the mindset we need today —

A mindset that **heals with honesty**, not one that hides behind it.



**“Being honest is not about speaking everything you feel —  
it’s about choosing words that carry truth, not bullets.”**

## **Chapter-7**

### The Zone

**The Zone** is a very special and powerful state of mind. It is something that many people experience, even though they may not always realize it or have a name for it. Some people call it “flow,” while others describe it as being fully focused or “in the moment.” But one of the best ways to describe it is by calling it **open-eye meditation**. This means that even though your eyes are open and you are awake, your full attention is locked onto one single thing, and your mind becomes completely still and focused.

In *The Zone*, your mind does not wander. You are not thinking about random things. You are not distracted by sounds, people, or thoughts around you. You are only focused on one thing — one goal, one action, one purpose. That’s all. And because of this deep concentration, your work becomes easier, your thoughts become clearer, and your body and mind work together like one powerful machine.

### **How Does It Feel To Be In The Zone?**

Being in *The Zone* feels very different from your usual state of mind. In normal life, we are often thinking about many things at once. Maybe you’re eating but thinking about homework. Maybe you’re walking but also texting. Maybe you’re studying but your mind keeps going back to some memory or emotion. All of this is common. But it’s also the reason why we feel tired, confused, or unfocused.

But when you enter *The Zone*, everything changes.

You feel calm.

You feel light.

You feel powerful in a quiet way.

You don’t get distracted by noise or thoughts.

You don’t feel lazy or bored.

You just keep going. Time flies, and you don’t even notice.

For example, a writer in *The Zone* can write for three hours straight without stopping. A student in *The Zone* can study without checking their phone or getting bored. A football player in *The*

*Zone* plays smoothly, makes perfect passes, and doesn't even have to "think" — their body just does what it needs to do. It feels natural.

### Who Enters The Zone?

Many different kinds of people experience *The Zone*. Writers, athletes, artists, dancers, readers, speakers, musicians — they all talk about this special state. It is not something only for professionals or experts. Anyone can experience it. Even a child who is drawing with full focus can be in *The Zone*.

Let's look at a few examples:

- A **writer** sits down to work on a story. At first, they struggle to find the right words. But after a few minutes, something clicks. The words begin to flow, the characters come alive, and the story moves forward without stopping. Hours pass, but it feels like minutes. That's *The Zone*.
- A **student** is preparing for an exam. Instead of getting distracted, they put away their phone, sit in a quiet room, and start studying one topic with full focus. They understand everything easily. They don't feel tired. Their brain feels sharp. That's *The Zone*.
- An **athlete** during a match forgets the crowd, the pressure, the noise. They are only focused on the ball, the goal, and the game. Every move feels smooth, fast, and natural. That's *The Zone*.

Even **you** — the person reading this — may have felt it before. Maybe during a long walk, maybe watching movies, drama, webseries, maybe while coding, maybe while thinking deeply. It's not something you force. It just *happens* when your mind becomes one with what you're doing.

### Personal Experience of The Zone

I have experienced *The Zone* myself, and I know how real and powerful it is.

One day, I was walking outside on a busy street. There were people all around, cars passing, sounds coming from every direction. But I was thinking deeply about something important. Slowly, I stopped noticing the world around me. I didn't see the faces of people walking by. I

didn't hear the sounds. Everything became blurry in my mind — not because my eyes weren't working, but because my brain was focused only on one thing: my thoughts.

In that moment, I was fully present with my own thoughts. I was not distracted by anything else. That was *The Zone*. It felt peaceful, like the whole world had gone silent, and I was alone with my mind. I was still walking, but it felt like I was floating through space — quietly, clearly, calmly. This is not magic. This is focus. This is the power of our mind when it stops jumping from thought to thought and stays still.

## **How Can You Enter The Zone?**

Many people ask, “How do I get into *The Zone*? Can I control it?”

The answer is yes — with practice and the right conditions, you can enter *The Zone* more often.

Here are some simple tips:

1. **Focus on one task at a time.** Don't try to do many things at once.
2. **Remove distractions.** Keep your phone away. Work in a quiet place if possible.
3. **Have a clear goal.** Know what you're doing and why.
4. **Give yourself enough time.** It takes around 10–15 minutes to enter *The Zone*. Don't rush.
5. **Stay relaxed.** Don't force it. Let it come naturally.
6. **Practice regularly.** The more you practice deep focus, the easier it becomes.

One small trick is to set a **ritual or routine**. For example, light music, a certain chair, or a time of day can signal your brain that it's time to focus. These habits can help create the right mental space.

## **What Breaks The Zone?**

Just like you can enter *The Zone*, you can also be pulled out of it.

Here are some things that destroy the flow:

- **Notifications** on your phone
- **Loud noises** or someone calling your name
- **Multitasking** or switching between tasks
- **Negative emotions** like worry or doubt
- **Tiredness or hunger**

To protect *The Zone*, you need to respect it. Create a space where your mind can stay quiet and focused. Even 30 minutes in *The Zone* can be more productive than 3 hours of distracted work.

### **The Zone is Not Just for Work**

It's important to understand that *The Zone* is not just about working or studying. It is also a tool for **Peace and Self-growth**. You can enter it during a walk, during prayer, during drawing, or even while listening to music. It helps reduce stress, clears the mind, and brings joy. It reminds us that our mind is not meant to jump from one thing to another all the time. It is meant to rest, to focus, and to be free.

*The Zone* is not some secret only for a few people. It is inside all of us. You may have already experienced it — in silence, in creativity, in movement, or in thought. When your mind and body become one, and all distractions disappear, you are in that sacred space.

In this fast-moving world, learning how to enter *The Zone* can help us stay strong, clear, and focused. It can make us better learners, creators, thinkers, and even better human beings. So don't wait for the perfect moment. Begin practicing today — slow down, breathe, focus on one thing. And let *The Zone* welcome you in.

A state of mind where everything feels effortless and goes in, likening it to a superpower

-LeBron James

## The Mindset of a Person in The Zone

People who are inside *The Zone* have a very special kind of mindset. Their thoughts are not jumping all over the place. Their emotions are not pulling them in different directions. They are not worrying about the past, nor are they thinking too far into the future. Their mind is **present** — completely, deeply, and fully.

This is a **rare mindset** in today's world, where most people are distracted by notifications, social media, stress, or too many responsibilities. But a person in *The Zone* has stepped away from all that noise. Their mind has entered a space that is **clean, focused, and powerful**.

Let us break down what their mindset looks like, piece by piece.

### 1. Single-Minded Focus

The first and most powerful sign of being in *The Zone* is **single-minded focus**. A person in this state is thinking about only one thing. It could be writing a story, solving a math problem, painting, training, reading — anything.

They are not checking their phone.

They are not thinking about what to eat later.

They are not comparing themselves to others.

**All of their mental energy is pointed in one direction.**

And because of that, they move faster, learn better, and create something beautiful.

It is like using a magnifying glass to focus the sun on one spot — the heat becomes intense. That's the power of a focused mind.

### 2. Calm, Yet Intense

The mindset is both **calm** and **intense** at the same time. Calm, because there is no fear, no panic, no rush. Intense, because they are serious about what they are doing. There is **no laziness**. No careless thoughts. They are **fully awake**, and yet at peace.

This balance between calm and intensity is what makes people in *The Zone* so effective. They are not burning out. They are not frozen either. They are **flowing**, like a river — fast, smooth, and steady.

### 3. They Forget Time

When people are in *The Zone*, their sense of time disappears. Minutes feel like seconds. Hours pass without them noticing. Why? Because their mind is not measuring time — it is **measuring depth**, not distance. They are so absorbed in the present moment that they forget everything else.

This is a powerful mindset, because it removes **stress**. They are not looking at the clock. They are not rushing to finish. They are simply **being**, and in that “being,” they are doing their best work.

### 4. No Comparison, No Ego

Another important quality is that people in *The Zone* are **not comparing themselves to others**. They are not thinking, “Am I better than him?” or “Will others like this?” or “What if I fail?”

In that moment, **the ego disappears**.

It is not about pride or fear.

It is about the **work**, the **purpose**, the **mission**.

This mindset is very rare in normal life. Most of the time, people do things for likes, praise, fame, or attention. But in *The Zone*, a person is doing it for **truth**, for **growth**, or simply for **the joy of doing**. That is why what they create during that time often turns out to be their best work.

### 5. They Block Out Distractions

A person in *The Zone* has a strong wall around their focus. They **block distractions** naturally, not forcefully. Their brain becomes like a tunnel — there is light only at one end. The noises, the messages, the worries — all fade into the background.

Even if the world around them is loud, their mind stays quiet. This is not a superpower. It is a **trained habit**. They have practiced the art of ignoring the noise.

In *The Zone*, the mind is not available to nonsense.

## **6. Growth Without Resistance**

When someone is in *The Zone*, they grow **without force**. The learning feels natural. The body moves freely. The memory becomes sharper. Mistakes are fewer. The mind becomes a sponge that soaks up knowledge and skill without resistance.

Why does this happen? Because there is no fear or confusion slowing them down. The person trusts the process. Their **inner voice is clear**. They are not stuck in self-doubt. They are not arguing with reality. That freedom helps them learn faster and perform better.

## **7. The Task Feels Like a Part of Them**

This is the most beautiful part.

When someone is in *The Zone*, the thing they are doing — writing, drawing, solving, running — **feels like a part of them**. There is no separation between the person and the task. The writer becomes the story. The artist becomes the brush. The runner becomes the race.

They are not “doing a job.”

They are **living it**.

That mindset brings not only results — it brings *joy*. It makes the person feel alive, present, and fulfilled. Even after the work is over, they feel proud, not because others liked it, but because **they gave their full self to it**.

## **Final Words on the Mindset in The Zone**

The mindset of a person in *The Zone* is powerful, rare, and pure. It is something every person should experience — not just to become more productive, but to become more **present**, more **peaceful**, and more **real**.

In today's world of fast information and short attention spans, entering *The Zone* is like finding a secret garden. It is where the best ideas are born. It is where talent grows. It is where the soul rests while the body works.

If you want to build this mindset, you must practice focus. You must welcome silence. You must be patient. And most importantly — you must love what you're doing. Because *The Zone* does not come with force. It comes with love, clarity, and honest effort.



## Chapter-8

### What If We're All Wrong?

Since childhood, we are told how to live — what's right, what's wrong, what's "normal."  
We follow without questioning. We copy without thinking.  
Because everyone else is doing it, it must be correct... right?

But stop.  
Breathe.  
Now ask yourself this:

#### **What if we're all wrong?**

What if the life we're chasing...  
The rules we're following...  
The things we believe without question...  
Aren't they actually true?

## Mindset Trap: The Illusion of "Right"

We often confuse repetition with truth.  
If enough people believe something, we think it must be valid. But history proves otherwise:

- People once believed the earth was flat.
- They once believed women shouldn't learn.
- That love must look a certain way.
- That success means fame, followers, or fortune.

Just because *everyone says it*, doesn't mean it's real.  
Just because *society rewards it*, doesn't mean it's right.

The human mind is **easy to train** and **hard to untrain**. That's why most people never escape the cage — they decorate it, call it comfort, and live there forever.

## What We Might Be Wrong About

Let's go deeper. These are a few **common mindset lies** we might be living in:

- **“Money equals happiness.”**

But then why are rich people depressed?

- **“Busy means important.”**

But then why do calm people feel freer?

- **“Your job is your identity.”**

But who are you when you're not working?

- **“You need to be in a relationship to feel complete.”**

But then why do some couples feel lonelier together?

- **“Being strong means hiding pain.”**

But strength often means showing up *despite* the pain.

What if these are not truths... but traps?

## The Courage to Question

Most people never ask these questions. Why?

Because questioning takes courage.

It's easier to **belong** than to **be bold**.

It's easier to follow the path than to wonder if the path is even going anywhere.

But a powerful mindset begins with a simple whisper:

*“Is this truly mine?”*

- Is this dream mine — or was it handed to me by others?
- Is this belief mine — or did I absorb it without checking?
- Is this lifestyle mine — or am I copying what I think looks successful?

## Real Mindset Shift

Changing your mindset doesn't mean becoming smarter. It means becoming **clearer**.

Clear about who you are.

Clear about what matters.

Clear enough to walk away from the crowd when necessary.

The world might call you *weird, lost, different*. But that's only because you're no longer sleepwalking.

You've *woken up*.

## Final Reflection

So again — what if we're all wrong?

What if success isn't what they said it is?

What if your value has nothing to do with your grades, followers, salary, or relationship status?

What if the person you're becoming is the *real you*, not the version society trained?

Would you dare live that truth?

Because once your mindset shifts from **obedience to awareness**,  
you'll stop needing permission to live freely.

And maybe...

just maybe...

That's what it means to finally be right.

## **Chapter-9**

### Lonely in Crowd

We live in a world full of people, full of screens, full of conversations — yet more and more of us feel empty. We attend birthdays, parties, family dinners. We smile in group photos. We type “LOL” in group chats. And still, at night... We feel like no one really knows us.

This is what it means to be lonely in a crowd.

You're seen, but not understood.

You're heard, but not felt.

You're around people, but your soul is *somewhere else* — floating quietly in its own corner.

### **The Mask Everyone Wears**

It's easy to hide.

Smile when you're dying inside.

Nod along when you disagree.

Laugh because everyone else is laughing — not because you feel the joy.

We learn to wear masks so young, we forget we're even wearing them.

But deep inside, something whispers:

“This isn't me.”

“They don't really know who I am.”

“If I stopped pretending, would anyone still stay?”

That's not just loneliness.

That's emotional starvation.

## Why Connection Feels Rare

True connection is rare because:

- *People listen to reply, not to understand.*
- *Most relationships are based on usefulness, not presence.*
- *Deep conversations are replaced by small talk.*
- *Everyone's busy performing a role — friend, sibling, classmate, partner — without being real.*

So we feel alone — not because no one's around, but because no one's really there.

## Mindset Shift: You're Not Broken

Feeling lonely in a crowd doesn't mean you're broken.

It means you're *awake*.

You've started to crave authenticity.

You want something deeper than just likes, tags, and group chats.

This craving is not weakness — it's *your soul asking for truth*.

## How to Break the Illusion

To stop feeling lonely in a crowd, you have to:

1. *Be real, even if others aren't*  
— *Say what you mean. Feel what you feel. Don't fake it to fit in.*
2. *Find solitude, not just people*  
— *Learn to sit with yourself, quietly. That's where the real "you" lives.*
3. *Seek quality, not quantity*  
— *One real friend is more healing than fifty fake followers.*

4. *Create emotional safety*

*— Share your truth with people who won't judge. And if you can't find them, be that person for someone else.*

**Final Thought**

Sometimes the loneliest place isn't being alone.

It's being surrounded by people who don't know the real you.

But once you build the courage to stop blending in,

To stop smiling when you're aching,

To stop saying "I'm fine" when you're breaking...

That's when you'll stop feeling lonely in a crowd.

Because that's when your soul will stop being silent.

## Chapter-10

### The Loud Mind vs The Quiet One

There are two minds living inside us.  
They walk beside us every day.  
They see what we see.  
They feel what we feel.  
But they speak in different ways.

One is loud — always talking, always rushing.  
The other is quiet — calm, gentle, and wise.  
And most of the time...  
we only hear the loud one.

#### The Loud Mind

The loud mind never stops.  
It jumps from one thought to the next.  
It worries. It doubts. It fears.  
It says:

- “What if they don’t like you?”
- “What if you fail again?”
- “Why aren’t you doing more?”
- “Remember that mistake you made?”
- “What if everything goes wrong tomorrow?”

It always wants more.  
More answers. More speed. More control.  
It compares you to others.  
It makes small problems feel big.

It makes the future look scary.  
It makes you feel not good enough.

You hear it before exams.  
You hear it at 2 A.M. when you can't sleep.  
You hear it when you're around people but still feel alone.

This mind isn't evil.  
But if you don't understand it,  
it will control you.  
It will lead your life with fear instead of peace.

## **The Quiet Mind**

Then there's the other one —  
The quiet mind.  
The one we often forget.

It shows up when the noise fades.  
When you're alone.  
When you're breathing deeply.  
When you're not checking your phone.  
When you're simply here... now.

This mind speaks in whispers, not shouts.  
It says things like:

- “You are enough.”
- “Breathe. You're safe.”
- “It's okay to rest.”
- “You've made it this far.”
- “Be here. Now.”

This mind isn't afraid.  
It doesn't try to prove anything.



It doesn't rush.  
It knows your worth — even when you don't.

But the world doesn't teach us to hear it.  
It teaches us to stay busy.  
To always scroll.  
To always do.  
To never sit still.

### **The Battle Between Them**

Every day, these two minds talk.  
Every day, they both try to lead you.

The loud mind says,  
“You're not ready.”  
The quiet one says,  
“Take the step anyway.”

The loud mind says,  
“You need more to be happy.”  
The quiet one says,  
“Be thankful. You have enough.”

The loud mind says,  
“People will judge you.”  
The quiet one says,  
“You are free. Be yourself.”

So who wins?

The one you listen to.  
The one you feed.  
The one you give time and space.

### **How to Hear the Quiet One**

You *can* train yourself to hear the quiet mind more often.  
You *can* find peace in a loud world.

Here's how:

- **Slow down.** Don't rush through your day.
- **Unplug.** Take a break from your phone, even for 30 minutes.
- **Breathe.** Inhale slowly. Exhale slowly. Feel it.
- **Write.** Journal your thoughts — get them out of your head.
- **Sit still.** Just sit. Not to do anything. Just to be.

You don't need music.  
You don't need noise.  
You don't need anything.  
Just space.

### **Final Thought**

The loud mind screams.  
The quiet mind knows.

In a world full of noise,  
silence is your superpower.

If you can hear that still, calm voice inside you —  
the one that isn't afraid,  
the one that reminds you of who you truly are —  
you will no longer feel lost.

You'll walk through life  
with a calm heart,  
a clear mind,  
and peace that no one can take.

Because even if the world outside is loud...  
you will have peace inside.

## Chapter-11

Living the Same Day, Calling It a Life.

### *1. The Repeating Day*

Wake up.  
Scroll the phone.  
Eat whatever's quick.  
Run to school or work.  
Force a smile.  
Do the task.  
Return.  
Eat. Scroll again.  
Sleep.  
Repeat.

People have built their whole identity around this pattern.  
They call it *stability*.  
They say, "This is just life."  
But in truth, it's not life.  
It's a **loop**.

It's not a journey — it's a **circle with no exit**, disguised as purpose.

This is the **Bloppy Trap** — where we live the same 24 hours again and again, like ghosts repeating a forgotten ritual.

### *2. The 9-to-5 Illusion*

Let's talk about it straight.

The **9-to-5 job**, five or six days a week, leaving only one tired Saturday to call your own — that's not life. That's **serving a machine**.

We grow up with fire in our eyes, dreams on paper, wild thoughts about changing the world.  
But soon...  
That fire is replaced by fear.

That dream becomes a to-do list.  
That soul becomes a salary.

We wake up every day to **survive**, not to **feel alive**.

We become so comfortable in this cage that we decorate it — new clothes, new phones, promotions, holidays.  
But the truth stays the same:

**We're still in the loop.**

### ***3. What Is Real Life, Then?***

Life in *my* POV is messy.  
It's wild.  
It's unpredictable.

It's:

- Running toward a sunrise with your heart beating out of your chest.
- Laughing like an idiot with people who truly get you.
- Getting lost in mountains, music, books, or your own thoughts.
- Creating something from nothing — a painting, a poem, a purpose.
- Falling in love, getting hurt, learning something, healing.
- Sitting by a fire, eating noodles with strangers who feel like family.

It's not just about comfort or control.

It's about **feeling alive** — and feeling **everything**, not just the good stuff.

#### ***4. The Mindset of “Busy Means Worthy”***

We’re taught that to be valuable, we must be busy.

Busy = successful.

Busy = important.

Busy = “You’re doing something with your life.”

But what if **doing more** is actually making us **feel less**?

People don’t even have time to ask:

- “*Am I happy?*”
- “*Am I growing?*”
- “*Is this what I really want?*”

We avoid those questions.

Because deep down, we know the answers will make us uncomfortable.

And the loop doesn’t like discomfort.

The loop wants us to be obedient. Quiet. Tired. Distracted.

#### ***5. Escaping the Loop***

Breaking out isn’t easy.

But it’s necessary.

You start by doing something small:

- Say no to something that doesn’t feed your soul.
- Go for a walk alone — no phone.
- Ask yourself what made you happy as a kid, before the world trained you.
- Plan one trip. One dream. One real moment.
- Take a risk. Not a financial one — but a **soul risk**.

It could be writing your own book.  
Starting a passion project.  
Leaving that toxic circle.  
Spending more time with your parents.  
Sitting silently for once, instead of scrolling.

That's when the loop breaks.  
And suddenly — you see color in your life again.

## ***6. The Fight With Self***

Sometimes the loop isn't outside — it's **inside your own head**.

Your loud mind will say:

“You're not ready.”  
“This isn't practical.”  
“You'll fail.”

But your quiet mind whispers:

“You weren't born to be stuck.”  
“You're not here to repeat.”  
“You're meant to create.”

And that's the war:  
Not with the system.  
Not with your family.  
Not with your boss.

The **real war** is between your trapped mind and your awakened soul.

## 7. *My Bloppy Philosophy*

In *my* dictionary, Bloppy isn't a joke. It's a **real trap**:

- You repeat without questioning.
- You follow trends without purpose.
- You chase goals you don't believe in.
- You silence your own dreams to keep the machine running.

And if we don't escape it,

**We'll wake up one day, 60 years old, and wonder why we never truly lived.**

## 8. *Final Thought: Live, Don't Repeat*

Here's the truth:

You won't remember the nights you stayed overtime at work.

You won't remember the posts you liked, or the texts you replied to in a rush.

But you **will** remember:

- That one midnight walk when you cried and felt peace.
- That one moment when you followed your gut and everything changed.
- That one friend who made you laugh when you were falling apart.
- That time you said "no" to the loop — and "yes" to *life*.

So don't just breathe.

**Burn.**

Create, explore, love, suffer, rise, fall — but **don't repeat**.

Because living the same day and calling it life...  
is not a life you were born to live.

***By Sachin Pathak***

## Chapter-12

### Truth Hurts, So We Lie to Ourselves

#### *1. The Truth No One Wants to Say Out Loud*

We all lie.

Not always to others.

But more dangerously — **to ourselves.**

We say:

“I’m fine.”

“It’s not that bad.”

“I don’t care anymore.”

“I’m over it.”

But deep inside —

a storm brews.

The wound still bleeds.

The disappointment still burns.

We smile because we’re supposed to.

We pretend because the world doesn’t want to hear the truth.

So we learn the most dangerous survival skill of all:

**Self-deception.**

#### *2. Why We Choose Lies Over Truth*

The truth is **uncomfortable.**

It breaks illusions.

It makes you question your choices, your relationships, even your identity.

The truth says:

- You’re not happy in this relationship.



- You hate the job you pretend to love.
- You're wasting your time trying to impress people who don't matter.
- You betrayed your own dreams for safety.
- You're the reason you're stuck.

And who wants to face that?

So we choose the **softer option**:

- *Lie to survive.*
- *Lie to function.*
- *Lie to avoid falling apart.*

But here's the trap:

**What we avoid in truth, we suffer in silence.**

### ***3. The Weight of False Peace***

Lying to yourself may give you comfort for a while.  
But it robs you of growth.

You say:

“It's not a big deal.”

But your heart says:

“Then why can't I sleep at night?”

You say:

“This is just life.”

But your soul says:

“Then why does it feel so heavy?”

The more you lie, the more disconnected you become —  
from your purpose, your emotions, your truth.

And the worst part?

You stop knowing *who you really are*.

#### ***4. The Mind Learns the Lie***

The human mind is like clay.

The more you repeat something — even if it's false — the more it becomes your **internal reality**.

If you keep saying:

- “I don't care.” — You'll forget how to care deeply.
- “I'm okay alone.” — You'll forget how to open your heart.
- “This is enough.” — You'll stop chasing the life you once dreamed of.

This is **how people die inside before their body ever gives up**.

Not from pain.

But from **repetition of lies** that numbed their truth.

#### ***5. What Happens When You Finally Face It***

But the moment you face truth —  
really, truly face it — you'll feel something powerful:

**Freedom.**

Yes, it'll hurt first.

Like a broken bone being realigned.

Like cold water in your lungs when you finally resurface.

But the pain is temporary.  
The clarity stays forever.

You'll cry.  
Then breathe.  
Then rebuild.

## ***6. How to Return to Truth***

Here's how to stop lying to yourself:

1. **Ask yourself uncomfortable questions**
  - “Am I truly happy?”
  - “What am I avoiding right now?”
  - “Is this the life I wanted?”
2. **Write your raw thoughts**

Don't filter. Don't perform. Just bleed on the page.
3. **Notice your habits**

Your truth is buried in your routine. If you're constantly escaping, the lie is living there.
4. **Stop protecting the people who hurt you**

Don't justify someone's behavior just because you love them. That's a lie too.
5. **Make one honest decision today**

No matter how small. One honest “yes” or “no” can set the whole soul free.

## ***7. Final Thought: Truth Will Set You Free (But First, It Will Break You)***

**Truth is not kind.**

It doesn't knock politely.

It kicks the door open and shows you everything you were trying to hide.

But the truth is *clean*.  
It doesn't rot.

It doesn't corrode.

It clears the air — even if it breaks a few things on the way.

The world doesn't teach us how to tell the truth to ourselves.

But if you learn this skill...

You'll stop living in performance.

You'll stop acting.

You'll stop dragging your soul like dead weight.

You'll wake up.

And finally — *finally* — begin to live.

## Chapter-13

### Not All Thoughts Are Yours

#### 1. *Strange Thoughts in Your Head*

Have you ever had a thought that scared you?

Like:

“I’m not good enough.”

“People are better than me.”

“Maybe I’ll never succeed.”

“I’m a failure.”

And suddenly, you wonder...

*“Why am I thinking this? I don’t want to.”*

That’s because **not all thoughts in your head are really yours.**

Some are from the outside.

Some are from people around you.

Some are from things you’ve seen, heard, or believed — without even knowing.

#### 2. **Where These Thoughts Come From**

When you were young, your mind was open.

You believed what your parents said, what teachers told you, what friends laughed at.

If someone said:

“You’re not smart.”

“Don’t try that, you’ll fail.”

“You’re not good at this.”

You believed it.

And those words stayed in your mind — even years later.

Now, you think those thoughts are your own.

But really, they were planted.

They were never *your* truth.

### **3. How Social Media Affects Our Thoughts**

We see so much every day — posts, pictures, videos, reels.

We don't even notice it, but those things change the way we think.

We start thinking:

- “I need to look perfect.”
- “Everyone else is happy except me.”
- “I’m falling behind in life.”
- “I need more likes to feel confident.”

But are these thoughts really *ours*?

No.

They are just **reactions** to what we see online.

It's not your voice. It's the **internet's voice**, speaking in your head.

### **4. How To Know Which Thoughts Are Not Yours**

Here's how you can tell:

- If the thought makes you feel small, sad, or scared — it's probably not your truth.
- If it sounds like someone else (your parent, teacher, bully, society) — it's not yours.
- If it stops you from doing something good for yourself — it's a trap.

For example:

You want to try something new — post a video, join a class, speak in public.

But a voice says:

“Don't embarrass yourself. You're not that good.”

That's not you. That's an old fear. That's someone else's opinion stuck in your mind.

You can choose to **ignore it**.

## 5. How to Take Back Your Mind

You can clean your mind — like cleaning a room.

Here's how:

1. **Ask questions**
  - “Is this thought helping me?”
  - “Where did I learn this thought?”
  - “Do *I* believe this, or did someone else make me believe it?”
2. **Name the thought**
  - “This is fear.”
  - “This is not me, this is doubt.”
  - “This is something I learned, not something I want to keep.”
3. **Be still and listen**

Sit quietly. Don't scroll. Don't talk. Just *listen to your mind*.  
Slowly, you'll hear your *real voice* beneath all the noise.
4. **Write down your real truth**

Not what others told you.  
But what *you* believe.  
You'll start finding yourself again.

## 6. You Are Not Your Thoughts

Your mind has many voices.

Some are kind.

Some are loud and mean.

But **you are not those voices**.

You are the one who *hears* them.

You are the one who can *choose* which thoughts to keep — and which to let go.

Your thoughts can lie.

But your soul always knows the truth.

## **Final Message**

Every time you feel broken or confused, ask yourself:

*“Is this really me, or is it something I was told?”*

You are not your fear.

You are not your doubt.

You are not your past.

You are the *chooser*.

The one who can clean the mind.

The one who can think differently.

And once you stop believing every thought...

You'll finally be **free**.



## Chapter-14

### The Mind You Feed Is The Life You Lived

#### 1. What You Put in, Comes Out

Have you ever noticed how your mood changes after watching certain videos, talking to certain people, or listening to certain songs?

Sometimes, you feel full of energy and hope.

Other times, you feel drained, irritated, or even sad for no clear reason.

That's not random.

That's your **mind reacting to what it has been fed**.

Your brain is like **soil**.

Whatever you plant — grows.

If you feed your mind with positive, peaceful, and powerful thoughts, you will grow a calm, focused, and joyful life.

But if you feed it with fear, stress, doubt, and negativity every day, that's the kind of life you'll start to live — even if you don't realize it at first.

#### 2. What Does It Mean to “Feed Your Mind”?

Feeding the mind is not about food.

It means the **information, thoughts, and emotions** you allow into your head every day.

This includes:

- The videos you watch
- The songs you listen to
- The books you read
- The people you hang around with

- The thoughts you repeat
- The words you say to yourself

All of these things are **food for your mind**.

And just like with your body, if you eat junk every day — you get weak, sick, and lazy.  
But if you eat healthy, you feel strong, fresh, and clear.

Same with your brain.

**Garbage in = Garbage out.**

**Good in = Good life.**

### **3. How the Mind Shapes Your Life**

Let's break this down:

- **Your thoughts** shape your feelings
- **Your feelings** influence your actions
- **Your actions** become your habits
- **Your habits** create your lifestyle
- **Your lifestyle** becomes your reality

So everything starts in the mind.

If you keep feeding it stress, anger, gossip, and fear — you'll start living a life full of anxiety, comparison, and unhappiness.

But if you feed it gratitude, hope, focus, and purpose — you'll start seeing your life move in a new, better direction.

## 4. Examples from Real Life

### Example 1: Scrolling vs Reading

If you scroll through Instagram or TikTok for 2 hours a day, watching fake lives, people showing off, negative news — you start to feel like you're not good enough.

But if you read 20 pages of a good book instead — something motivational, spiritual, or educational — you suddenly feel sharper, calmer, and stronger from the inside.

### Example 2: Friends Who Uplift vs Friends Who Drain

If your friends only complain, gossip, and joke about things all day, you'll start thinking life is boring, stressful, or fake.

But if your circle talks about goals, dreams, ideas, and personal growth — your mind gets sharper and your spirit becomes lighter.

**You don't just live what you experience — you live what you let into your head.**

## 5. What Happens When You Change Your Mind Diet?

Let's say you start being aware of what you're feeding your mind.

You slowly cut down:

- Mindless scrolling
- Negative people
- News full of fear
- Self-criticism
- Overthinking and self-doubt

And instead, you start:

- Reading books
- Practicing silence
- Watching positive videos

- Spending time in nature
- Speaking kindly to yourself

After 1 week, you feel calmer.

After 1 month, your actions begin to change.

After 3 months, your entire *mindset* will be different.

And after 6 months, your *life* will no longer be the same.

Not because magic happened.

But because you changed what you were feeding your mind — and your life followed.

## **6. How to Feed Your Mind the Right Way**

Here are some simple steps to start:

1. **Be aware of your input**  
*Ask: "Is this content making me better or worse?"*
2. **Protect your peace**  
If something steals your energy — even a person — take a step back.
3. **Practice quiet time**  
Spend 10 minutes in silence every morning. No phone. Just you and your thoughts.
4. **Start reading good books**  
Even 5 pages a day of something real and meaningful can change your entire day.
5. **Replace bad thoughts with better ones**  
When your mind says "I can't," gently tell it, "I'll try again."

## 7. Final Thought: Your Life Is Built in the Mind First

Here's the truth:

**Your life is simply the reflection of your inner world.**

If your mind is full of negativity, fear, and laziness — your life will mirror that.

If your mind is full of peace, discipline, curiosity, and love — your life will start blooming.

So feed your mind with what lifts you, not what breaks you.

Don't treat your brain like a dustbin.

Treat it like a garden — grow something worth living for.

Because...

**The mind you feed is the life you live.**

Change what goes in — and everything outside will begin to change too.

## Chapter-15

### The Art of Not Reacting

#### 1. What Is “Not Reacting”?

In life, many things happen that we don't like.

- Someone says something rude.
- A friend betrays us.
- A stranger cuts in line.
- Someone spreads lies about us.
- We fail at something we worked hard for.

In such moments, the most natural thing we do is **react**.

We shout.

We cry.

We get angry.

We say hurtful things back.

We overthink and ruin our own day.

But reacting like that often makes things **worse**. We lose control. We lose peace. We sometimes even lose people we care about.

That's where the art of **not reacting** comes in.

It means staying **calm**, **silent**, and **patient** — even when you feel triggered inside.

It means choosing peace instead of drama.

It means thinking before speaking.

It means keeping your power instead of giving it away to someone who doesn't deserve it.

## **2. Why Do We React?**

We react because we're human. It's normal.

But most of the time, we react not because of the situation — but because of what's going on **inside** us.

Think about it:

- You get angry quickly — maybe because you're already stressed.
- You take things personally — maybe because you're feeling insecure.
- You feel hurt by small things — maybe because your heart is already heavy from something else.

Sometimes, a person says one small thing... and we explode.

But deep down, it's not really about that one moment.

It's about all the unhealed feelings inside us.

That's why we say:

“The way you react says more about you than about the other person.”

## **3. What Happens When We React Without Thinking?**

When we react without thinking, we:

- Say things we don't mean.
- Hurt people we love.
- Make problems bigger than they are.
- Feel guilty later.
- Waste time and energy.
- Damage our relationships.
- Lose our self-respect.

Sometimes one strong reaction can **ruin a friendship, end a relationship, or break your own peace.**

And in the end, we often regret it and ask ourselves:

“Why did I say that?”

“Why didn't I stay calm?”

That's why learning to **pause** and **not react right away** is such a powerful skill.

#### **4. What Does “Not Reacting” Look Like?**

It doesn't mean becoming silent forever.

It doesn't mean letting people walk over you.

It doesn't mean ignoring all problems.

It means something **stronger**:

- It means taking a deep breath when someone insults you.
- It means walking away instead of shouting back.
- It means replying with kindness when others expect anger.
- It means thinking before speaking.
- It means protecting your energy.

You don't always need to respond.

You don't always need to explain yourself.

Sometimes **silence is the loudest answer.**



## 5. How To Practice Not Reacting

This is not something that happens overnight.  
It takes time. But you can learn it slowly.

Here are a few steps:

- ♦ **Step 1: Breathe before you respond**

When you feel angry or triggered, pause.  
Take a deep breath.  
Even 5 seconds can change how you reply.

- ♦ **Step 2: Ask yourself: Is it worth it?**

Is this small issue worth ruining your peace?  
Is arguing going to help?  
If not — let it go.

- ♦ **Step 3: Understand where the other person is coming from**

Sometimes people are rude because *they* are hurting.  
They're not really angry at you. They're angry at life.  
If you see this, it's easier to stay calm.

- ♦ **Step 4: Take space before speaking**

If you can't stay calm, walk away. Come back later. It's okay to take time.

- ♦ **Step 5: Train your mind**

Read good books. Meditate. Stay close to peaceful people.  
The more peace you feed your mind, the less reactive you'll become.

## **6. Choosing Peace Over Ego**

Most people react because their **ego** feels attacked.

For example:

- If someone insults you, your ego says, "Fight back!"
- If someone disrespects you, your ego says, "Show them who you are!"

But what if you don't listen to your ego?

What if you listen to your soul instead?

Your soul says:

"Don't lower your peace for anyone."

"Let your calmness be your strength."

"You don't need to win every argument to feel powerful."

**Choosing peace doesn't make you weak. It makes you wise.**

## **7. What You Gain By Not Reacting**

When you learn the art of not reacting, you gain so much:

- You feel more peaceful every day.
- You think more clearly.
- You avoid unnecessary drama.
- You save your energy for better things.
- You become more respected by others.
- You become stronger inside.

You stop being a slave to your emotions.  
Instead, you become the **master** of them.

That's power.

## **8. Final Thought: Your Calm Is Your Superpower**

In this noisy world, calm people are rare.  
Everyone wants to react.  
Everyone wants to be right.  
Everyone wants the last word.

**But you don't have to be like everyone.**

Be the one who stays calm when others lose control.  
Be the one who listens instead of shouting.  
Be the one who chooses peace — not because you're afraid, but because you're wise.

**Not reacting is not giving up.**

**It's growing up.**

So remember this:  
When someone tries to shake you — don't move.  
When life gets loud — be quiet inside.  
Because...

**The most powerful person is the one who doesn't react to everything.**  
**The most peaceful person is the one who chooses calm over chaos.**

## **Chapter-16**

### *The Misunderstood Success*

*(Being rich doesn't mean you've succeeded. It means what makes your soul feel alive.)*

Success — a word we all chase, dream about, and sometimes lose ourselves trying to reach. But what is success, really? Is it money? Fame? A big house with glass windows and ten cars in the driveway?

That's what most people think.

They believe that when you earn more, when your bank balance grows, you've "made it." That's when the world claps for you. When you wear gold on your wrist, when your photos go viral, when people bow their heads — then, you must be successful.

But let's stop for a moment and ask:

**Is that the truth?**

The truth is much quieter.

The truth doesn't make noise.

The truth doesn't show off.

**Being rich doesn't mean you are successful.**

It just means you have money. That's it. But money is only one part of life, not the whole of it. You can have all the money in the world and still feel empty. You can be the richest person in the room but the loneliest one inside.

Success is something deeper.

Something that touches your soul — not just your wallet.

**Real Success Is...**

- Waking up in the morning with peace in your heart.
- Having someone to love, and someone who loves you.
- Knowing you helped someone stand again when they had fallen.
- Being kind, even when the world is cruel.

- Not letting money control your mind or change your heart.
- Choosing honesty over shortcuts.
- Listening to your inner voice more than the noise outside.

Most people forget these things.

They forget that life is not a competition — it's a journey.

We live in a world where success is shown through numbers:

“How much did you earn?”

“How many followers do you have?”

“What brand do you wear?”

These questions are louder than the real ones:

“How many people have you helped?”

“How much peace do you carry inside?”

“What kind of person have you become?”

Sadly, **the world respects rich people more than good people.**

That's the mistake. That's madness.

And that's why most people remain confused — chasing shadows, never finding light.

### **The Soul's Success**

If your soul feels empty, no amount of money can fill it.

If your heart is heavy, no luxury car can carry that weight.

True success is not measured by how high you've climbed, but by how many people you lifted along the way.

You are successful when you help your mother smile after a long day.

When you teach someone who doesn't know.

When you forgive someone who hurt you.

When you walk with purpose, not pressure.

Success is not when you become better than others —

It's when you become better than the person you were yesterday.

### **Let Money Stay in Your Hand, Not in Your Head**

Money is not evil — but loving it too much is.

Earn it. Use it. Respect it.

But don't worship it.  
Don't let it make you blind.  
Because the day money owns your heart,  
you will forget who you truly are.

You'll become a machine, not a human.

Let success be about living fully, loving deeply, and giving freely.  
Let your legacy be kindness, not just numbers.  
Let your name be remembered for the good you did — not just the gold you wore.

**So ask yourself today:**

Are you chasing real success?  
Or are you just running after what others call success?

Think again.  
Because sometimes...  
The richest soul lives in the poorest clothes.

## A Personal Note from the Author

I have experienced many of the struggles and challenges I wrote about in this book. I have seen others around me struggle in the same ways — feeling lost, confused, trapped by their own minds and reactions. It's because of these real experiences, both mine and theirs, that I decided to write this book.

This is my **second non-fiction book**, and with every page, I want to bring clarity — to help you understand how people think, how they react, and why each person, including you, is different from everyone else.

Why should we think about these things?

Why should we pay attention to our thoughts, feelings, and reactions?

Because understanding the mind is the first step toward freedom.

Freedom from old habits, from repeating pain, from living life on autopilot.

Freedom to choose how we respond, how we grow, and how we live.

I have faced many of these struggles myself — the confusion, the frustration, the silent battles inside. I know what it feels like to be stuck in a loop of negative thoughts and emotions. But I also know that change is possible. Peace is possible.

If my words help you see even a small piece of this truth, if they give you strength to pause and choose your path differently, then my purpose is fulfilled.

Thank you for trusting me with your time and attention.

Thank you for walking this journey with me.

I hope this book becomes a light on your path — a reminder that your mind is powerful, your thoughts matter, and your life can change when you feed your mind with the right things.

This is not just a book.

It's an invitation to a new way of thinking, a new way of living.

May you find peace, strength, and clarity in every page.

With respect and hope,

- **Sachin Pathak**

# MINDSET OF PEOPLE

They don't hate you.  
They fear what  
they can't control.

SACHIN PATHAK



*Nature does not hurry, and neither  
should your mind; Peace grows slowly,  
like roots deep underground*