Book review

© Dr. Rajneesh Kumar Sharma MD (Homoeopathy)

Homoeo Cure & Research Centre P. Ltd.

NH 74, Moradabad Road, Kashipur (Uttaranchal)

INDIA, Pin- 244713

Ph. 05947- 260327, 9897618594

drrajneeshhom@hotmail.com

# Book Title

## Beyond the limits- A challenge to prove oneself

A very good and impressionable title. Attracts the person instantly and almost magnetizes the spectators.

### About the author

Kavitha Kukunoor, a homoeopath from India worked as a software engineer when she moved to America. Kavitha finally reconciled her career as homoeopath after immense efforts. Basically, her accomplishments as a BHMS (Bachelor of Homoeopathic Medicine and Surgery) had to be converted to a PGDCA (Postgraduate Diploma in Computer Applications) adding to her knowledge studies in C, C++, Unix, Solaris, Oracle, Sequel, VB, ASP, Cold Fusion, Crystal Reports and so on computer softwares. She built new connections in all aspects of life.

A child of a very traditional and good family grew to be a fine student with bright performance as a doctor. As a loving wife and a dedicated and caring mother, Kavitha struggled while settling into her new home in the USA. This book tells the tale of reaching her goal as a practicing homoeopath after a long tiresome journey.

From a homoeopathic viewpoint, she is a lady with great ambitions, seeking for occupation, hurt easily, sensitive to all the external impressions, deceived with ambitions, getting her emotions suppressed and seeking appreciation with a prolonged history of struggles and compromises.

### About the book

A true life story of a woman brought up in India, who cherished her traditions, studied to be a homeopathic physician and married and started a family. When her husband was transferred to the USA, she spends 5 to 6 years getting settled into her new life after prolonged stress, struggle and sacrifice of precious days and changes in her profession..

### Book size

Handy. Hard cover. Good binding. Attractive cover page.

### Number of pages

126.

### Print

Font size- normal, font selection- good, paper and print quality- good, some illustrations are so small in size making them hard to read but effective.

### Dedication

Dedicated to all the family members, first to kids showing her pious love for them, then to husband, prior to parents of both sides, showing either a fear or compromise or precaution or absolute dedication, then to both sided parents, showing attachment to all the family members with some compromises.

### Price of the book

$ 12.95 – much reliable.

### Preface

First of all family photograph, showing commitment to the family.

Very good writing in shortest possible way.

### Acknowledgements

First of all to her husband. In her view he is, as per Indian norms, supreme one in a women’s life then any one else.

### Contents

Attractive.

### Text of the Book

Too impressive. But at some places too demonstrative. Shows her ambitions, creativity and dedication to the family.

Changes in profession, studies of irrelevant subject and job. Prolonged stressful journey of life and suppressed emotions, compromise with profession and careful attention of the kids etc.

Timely awakening of the inner one of the author makes her boost up and redirects her to make a revolution and finally gets settled as Homoeopath in USA.

The story is very interesting and impressionable. The language is very easy and accessible. Grammar is perfect with some pitfalls. The newsletters given in mid of the book are very good and read worthy.

The photo gallery in end of the book is nice and make a good portrait of her life and dedication to the family and surroundings. In end, the photo of serene surroundings shows her final state of settlement, satisfaction and soundness with peace.

Finally, the early praises by various persons is really effective.

## Conclusion

The front cover to the back the book is very nice, impressionable and read worthy. The final learning by the author in last section are precious. I would like to mention all of them here.

1. Nothing is impossible.
2. Be yourself.
3. You need not have to prove yourself all the time.
4. Do not lose your self confidence.
5. Be an example to others.
6. Enjoy and live in the moment.
7. Patience is a virtue.
8. Determination and hard work will help you win the race.
9. Overcome your fear and dare to be wise.
10. Look for opportunities and utilize them appropriately.

Attitude is everything’ Change your attitude; you change your Life - by Jeff Keller is the final quote.

I would like to give a four and half stars to this book and request/ advise all the persons to read this interesting and inspiring book.