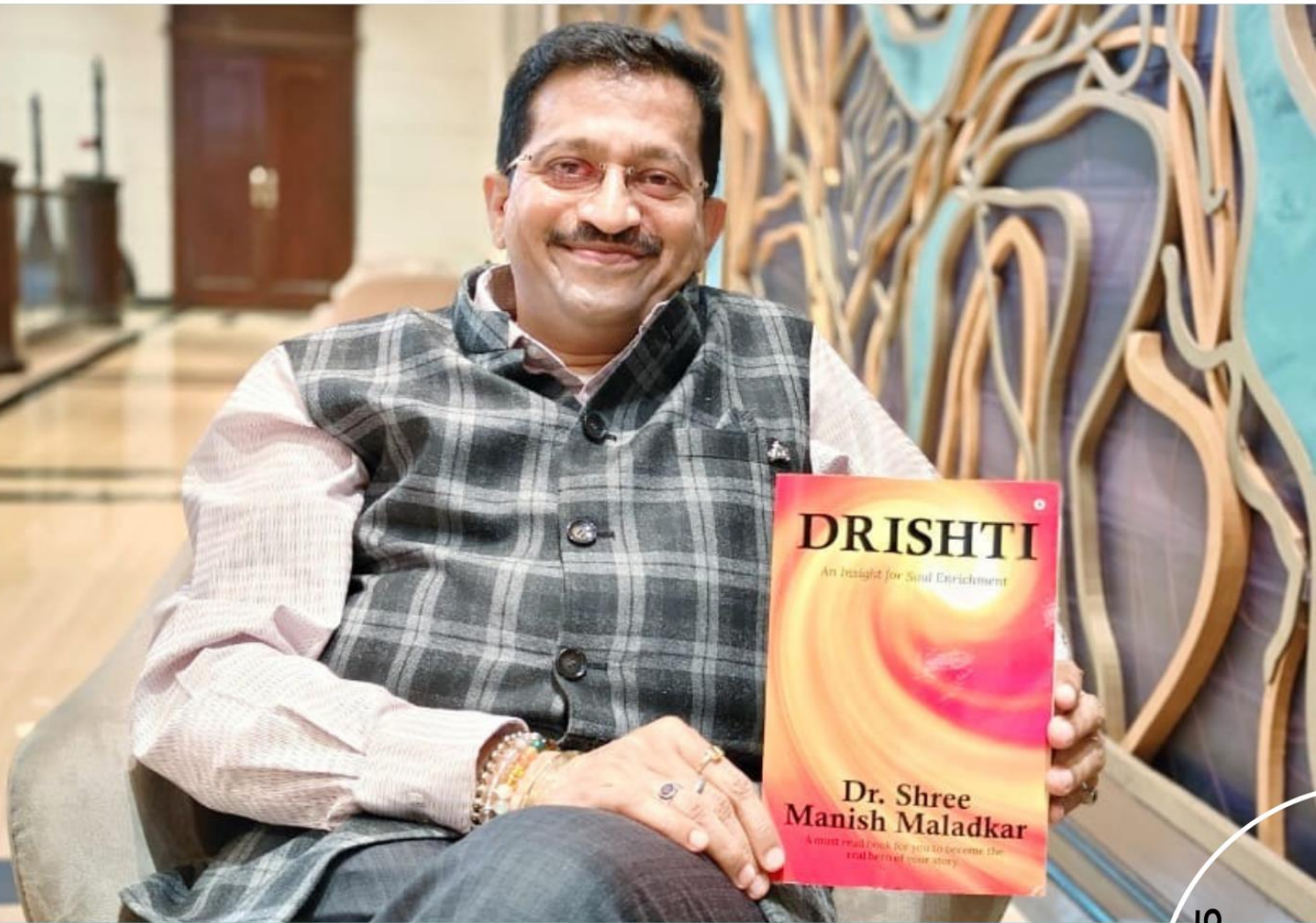


THE LITERATURE TODAY

MAGAZINE



Dr. Shree Manish Maladkar

Spiritual Director- Light Messenger of the Divine
Consciousness



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FROM THE *Editor-in-chief*

With the inception of The Literature Today, we embarked on a journey filled with anticipation, embracing each edition as an opportunity for growth, learning, and evolution. Our Quarterly E-Magazine has transformed into a dynamic platform that not only celebrates literature but also effectively integrates with the ever-evolving landscape of technology.

In Volume 3, Issue 5, we have widened our scope, delving into diverse topics to engage a broader audience. In addition to book reviews and author interviews, we present articles encompassing technology, lifestyle, fashion, and other influential aspects of daily life. Moreover, our content addresses timely and pertinent subjects within the current topics section, with exciting surprises in store for our readers.

As we move forward, our commitment remains unwavering in striving for excellence and growth with each edition. Your feedback and suggestions are highly valued; please do not hesitate to share them at theliteraturetoday@gmail.com. We sincerely thank you for being an integral part of our journey. Happy Reading!



Dr. Mayurkumar Mukundbhai Solanki

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Best Regards,

M. M. Solanki



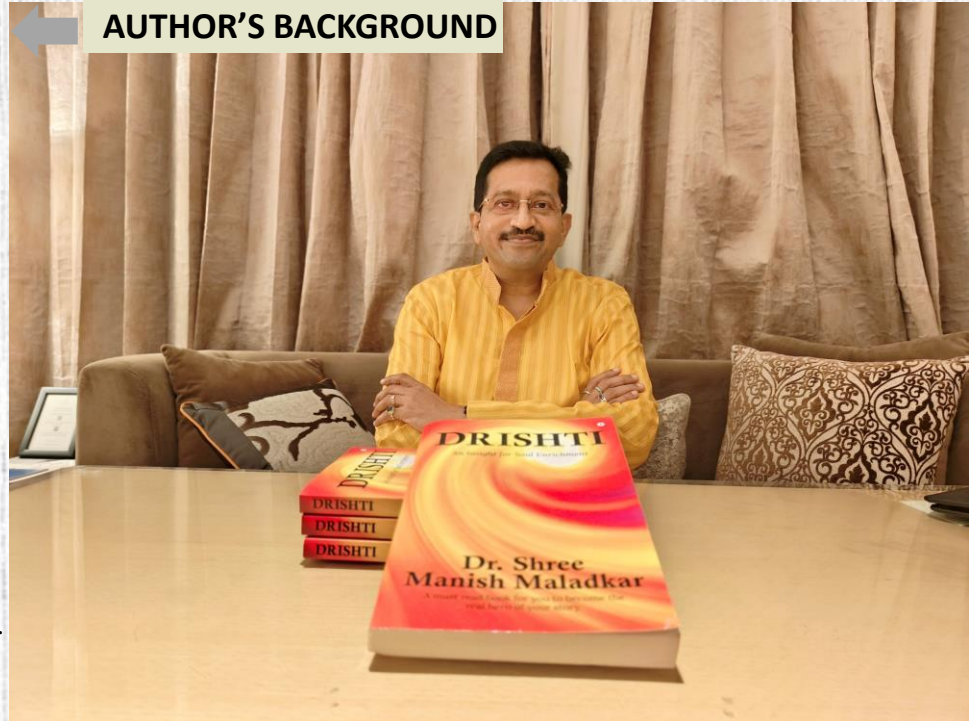
Author Interviews

Exploring Depths of Wisdom: An Exclusive Interview with Dr. Shree Manish Maladkar

Dr. Manish Maladkar, an accomplished post-graduate with an MBBS and MD (BOM) from the renowned Grant Medical College & J. J. Hospital in Mumbai, India, holds the prestigious MCCP(USA) qualification and currently heads the medical department of a leading pharmaceutical company. In the course of his remarkable career spanning over three decades, his ideology and resourcefulness have made valuable contributions not only in the healthcare sector but also inspired and motivated the lives of millions of people. He is an internationally acclaimed writer with two best-sellers to his credit. His books delve into the realms of philosophy, spirituality, self-help, motivation, and interpersonal relationships. His writing style is lucid and conversational, making his work easily relatable to a wide array of readers.

The author is an altruist, pragmatist, and globetrotter who has visited more than 40 countries and is an avid explorer, all of which have influenced his unique perspective and keen observation skills making him a true path guide. His soul-touching books offer seekers a fresh and thought-provoking take on life's most profound questions and provide actionable insights for those seeking personal growth, fulfillment, and meaningful connections with others. An experienced jeweler evaluates every gem with an expert vision to accurately determine its value. Similarly, Dr. Shree Manish Maladkar has the innate ability to go into the depths of any subject and with his penetrating wisdom, unveil the subtle elements that make up Life.

AUTHOR'S BACKGROUND



Through his thoughts on mindfulness, self-realization, and finding purpose in life, his musings have touched the hearts of countless individuals and helped them to live a more contented life with gratitude. No wonder he has gained devoted readers who consider his works to be life-changer.

TLT: Firstly, congratulations on your book, “DRISHTI – An Insight for Soul Enrichment” Well, can you please share your experience about making your work come into the form of book!

Dr. Maladkar : Writing “DRISHTI” was an incredibly rewarding and challenging journey - a path paved with self-reflection, persistence, and a burning desire to empower others. Diving into the realms of self-help, my goal was profound: to offer a guiding light in their journeys.

Inspired by transformative experiences, I penned my thoughts with passion. Crafting “DRISHTI” — **The Divine Vision**—was an immersive process, a decade-long offering, chapters with anecdotes and quotes reflecting the age-old wisdom, a labor of love to enrich lives.

The most rewarding aspect was envisioning its impact on those seeking direction. This motivational odyssey has been an inspiring pilgrimage, nonetheless. I'm immensely grateful for this experience and humbled by the opportunity to give back to the society.

TLT: What inspired you to write this book? What was the impetus behind this work of yours?

Dr. Maladkar: My first book, “Life – An Odyssey, Time-tested Mantras Providing Solutions to Life’s Problems,” which became a best seller a decade ago, motivated me to continue the good work of enriching or touching the lives of people. My inspiration to delve into the arena of self-help and personal development stems from a convergence of life experiences and a fervent desire to assist others on their journey toward fulfillment. Coming from a healthcare background and witnessing others' struggles, I recognized a universal longing for guidance through life's complexities. This fueled my desire to share spiritual insights and perspectives, potentially serving as a beacon of hope and empowerment for those on their quests for healing and personal growth.



TLT: You’ve given a very interesting title to your book, which is very catchy too. So, what made you go for this title for your book?

Dr. Maladkar: The title “**DRISHTI**” – ‘An Insight for Soul Enrichment’—encapsulates the essence of the book, weaving together the themes of perspective, inner vision, and growth. “**DRISHTI**” a Sanskrit term for “vision,” extends beyond physical sight, symbolizing a deeper understanding. It embodies gaining insight—an inner vision transcending the mundane. ‘An Insight for Soul Enrichment’ makes the objective of the book clear: to offer deep understanding and direction for soul-nurturing. “Enrichment” connotes a process of development, satisfaction, and ascent above simple existence. Combining these elements, the title implies that the book serves as a guide to help individuals be a better version of themselves and find their purpose.

TLT: What was your mindset, while working on this book? Is it based on any particular experience of yours?

Dr. Maladkar: Once, a poet was asked what his poem was about. The poet replied that the poem is not about ‘something’ other than itself. Just like a rose is a rose, is a rose, a book is a book, is a book. So ‘in itself’ my book is not about something, but it is an ‘unselfing’ of a person’s ego from the shackles of materialistic longing. “**Live Inside, Stay Outside.**” The book is about rediscovering and renovating yourself to a New You. In crafting this book, my mindset blended passion, purpose, and an unwavering commitment to serving others. Each writing day carried a profound sense of purpose to forge a resource that resonated deeply with readers, sparking inspiration, and fostering transformative change.

TLT: What are some of the learnings that you gained from writing this book of yours?

Dr. Maladkar: “Eyes are useless when the mind is blind for the eye sees only what the mind is prepared to comprehend.”

Composing this book has been a mindful journey of self-awareness with valuable lessons that I present across every turn of the page. Distilling complex thoughts into clear, relatable language is a skill that I believe is crucial not just in writing but in various aspects of life.

Another significant lesson learned was the art of patience and persistence. Moments of writer's block or doubts taught me the importance of perseverance—to keep pushing forward even when the path seems obscured.

It solidified my conviction that the journey toward personal development is not a destination but an ongoing expedition—one that requires continuous learning, openness, and a willingness to evolve. “**So be a writer of your life and be a mind reader. When what you read and what you write are in sync, you will have a bestseller in hand.**”

BRAND CONNECT

TLT: Next, I would want you to tell us about some of those writers, who had inspired you and whom you follow!

Dr. Maladkar: You may get a golden pen in inheritance, but if you don't know what to write then it has no value. Certainly! There are several remarkable writers whose work has left an indelible mark on my journey as both a reader and a writer. Their unique perspectives, captivating storytelling, and profound insights have shaped my own approach to writing and self-development. My literary journey began with Paulo Coelho and Dan Brown, expanding to spiritual genres by Paramahansa Yogananda and Swami Vivekanand. Influenced by awe-inspiring writers like Osho, Ayn Rand, and Robert Svoboda, they've left an everlasting mark on my creative expression.

TLT: Is there any message that you would like to convey to your readers? Or any piece of advice, which you would like to give to the readers out there!

Dr. Maladkar: “Read the book of self to discover hidden treasures within.” A good book does not become your master. It leads you to your own light. If I may ask you, why do you eat mango but not the mango tree leaves? Elementary, because the mango is sweet. As the tree gives its flavor to the mango, the same way my book filters the best of philosophy and gives you the crux. Contemplation after reading my book will reveal the metaphysical truths about the cosmos.

To my readers, my core message is the belief in untapped potential within us all. I hope this book's words drive personal growth, shape your narrative, and transcend limits to embrace authenticity. Accept your path and assets; realizing setbacks spurs growth. Share, connect sincerely, and find solace. Remember, personal growth is about relishing the process—learning, evolving, and embracing the beauty of becoming.

TLT: Are there any other books being worked by you? Please let us know about your future projects.

Dr. Maladkar: I'm currently in the advanced stages of publishing my third book, which focuses on interpersonal relationships. This upcoming body of work delves into guiding individuals out of the darkness towards personal growth, fostering better connections, and aligning thoughts to illuminate the path to a more meaningful life. In fact, I am actively seeking for a good publishing house who understands the essence of the story and its potential impact on readers. I am also considering factors such as the publishers track record, marketing strategies and their dedication throughout the publication process.

TLT: Thank you so much for answering all my questions. All the very best to you for the future and your book “DRISHTI” too!

Dr. Maladkar: Margaret Fuller's timeless wisdom echoes in the adage, “Today a reader, tomorrow a leader.” In fact, if you change the way you look at things, the things you look at change. Reader's interest and support mean a lot to me. Best wishes to you, readers. I hope you enjoy reading “DRISHTI” as much as I enjoyed writing it. “May the Light be with you.”



An Interview with Prachi Sachdev, Author, and Wordsmith Extraordinaire



Author's Background: Meet Prachi, the author, content writer, poet, and animal rescuer. She's a multi-talented wordsmith who can spin a tale about parenting, relationships, education, motivation, and social taboos with ease. With four published books, including the Amazon Bestseller "Hey Girl, Yes You" and the Golden Books Award-winning "Dear Son, You Can't Stay Little Always" she has already made her name in the literary world. When Prachi is not busy chasing words, she's a devoted mom to her kids and cats, Finch and Kiwi. They spend their days playing together and having fun. In relaxed mode, you can find her sipping on her favorite chai latte and dreaming up her next big idea.

Questionnaires:

TLT: Firstly, Congratulations on your book, 'Hey Girl, Yes You' Well, can you please share your experience about making your work come into the form of a book?

Prachi Sachdev: "Thank you! Transforming my thoughts and experiences into 'Hey Girl, Yes You' has been an enlightening journey. This book, crafted from my heart, is a collage of personal reflections, motherly advice, and universal truths. Writing it was a process of self-discovery and introspection. I wanted to encapsulate the essence of a mother's love and wisdom for her daughter, ensuring each word resonated with authenticity and warmth. The challenge was to balance personal anecdotes with a universal appeal, making sure the book speaks not just to my daughter but to every girl and woman out there. Seeing it come to life as a book has been incredibly fulfilling."

TLT: What inspired you to write this book? What was the impetus behind this work of yours?

Prachi Sachdev: "The inspiration for 'Hey Girl, Yes You' comes from my life experiences and my strong desire to always be there for my daughter, Pearl, even when I'm not physically around."

Watching her grow, I realized just how crucial it is to pass down the wisdom and lessons that I wish I had known at her age. This book is a culmination of the lessons I've learned, the struggles I've faced, and the insights I've gained. It's a heartfelt attempt to provide a guiding light for young women, empowering them to navigate life's complexities with confidence and grace."

TLT: As you talk about gender inequality in your book, What experience did you face in your personal life that made you think about the inequality?

Prachi Sachdev: "Growing up in a family that treated boys and girls equally, I was surprised to see gender inequality in the outside world. While I didn't face major issues personally, I often heard gender-biased comments from relatives and neighbors. It was frustrating and disheartening to see girls being limited by societal expectations and family pressures, discouraged from pursuing their interests, or facing obstacles in their careers just because of their gender. These experiences opened my eyes to the deep-rooted gender inequality in our society. It motivated me to write 'Hey Girl, Yes You', as I wanted to contribute to changing this mindset and creating a more equal world for my daughter and all young women."

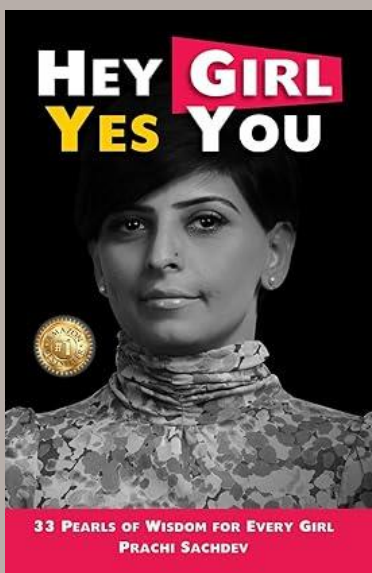
TLT: Freedom brings responsibility, and in metro cities, we have seen women misusing freedom and opportunities. In your opinion, how does this affect other women who genuinely need these opportunities?

Prachi Sachdev: "While it's true that freedom comes with responsibility, I believe that the actions of a few should not become a generalization for all. It's crucial to understand that the misuse of freedom by some women in metro cities is not a reflection of all women's intentions or capabilities. Every individual should be evaluated on their own merits."

Generalizations can be harmful and may lead to unwarranted skepticism toward capable and deserving women. It's important to foster a culture where women are encouraged and supported to make the most of their opportunities responsibly."

TLT: Your book is bringing a change in society. In your opinion, how is literature helping you to present these issues to people?

Prachi Sachdev: "Literature is not just words on a page; it's a powerful way to connect with people and encourage change. In 'Hey Girl, Yes You', I use stories from my own life to talk about real issues like body shaming, the importance of self-worth, and seeing failure as a stepping stone, not a setback. By sharing these personal experiences, I hope to make these topics more relatable and easier to understand. Literature opens up a space for thoughtful conversation and self-reflection, and I believe it can really make people think differently and help build a more understanding and accepting society."



TLT: Are there any authors or personality who has inspired you?

Prachi Sachdev: "Among the authors who have inspired me, Robin Sharma and Paulo Coelho stand out significantly. Their books, rich in wisdom and profound insights, have deeply influenced my journey as a writer. I've always been a huge fan of their work, and it was their approach to self-help literature that motivated me to write for teenagers. Their ability to weave life lessons into engaging narratives has been particularly inspiring, and it's something I've strived to emulate in my own writing. It's their blend of storytelling and practical wisdom that pushed me to create books that guide and empower young readers."

TLT: Is there any message that you would like to convey to your readers? Or any piece of advice, which you would like to give to the readers out there!

Prachi Sachdev: "To my readers, I would say: Believe in the power of your own voice. Never underestimate the impact of standing up for yourself and pursuing your dreams. Life is a beautiful journey of learning and growth. Embrace your uniqueness, and don't let societal norms define your path. Through 'Hey Girl, Yes You', I hope to inspire you to live life authentically and courageously."

TLT: Are there any other books being worked by you? Please let us know about your future projects.

Prachi Sachdev: "Yes, I'm currently diving into an exciting new project – a book focused on conquering self-doubt, specifically tailored for teenagers. This upcoming self-help guide is designed to be a comprehensive toolkit for young minds grappling with uncertainty and hesitation. It's packed with practical advice, effective strategies, and empowering techniques aimed at dismantling self-doubt and fostering unshakeable self-confidence. Readers can expect to explore topics like identifying and challenging negative self-talk, embracing positive mindset shifts, and adopting resilience-building practices. This book aims to be a valuable resource for any teen looking to navigate the complexities of growing up with confidence and clarity."

TLT: Thank you so much for answering all my questions. All the very best to you for the future and your book too!

Prachi Sachdev: "Thank you for having me! It's been great sharing about my book and experiences. I'm looking forward to continuing this journey and connecting with more readers."



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