Book Review

"*You* Are *a Badass"* by Jen Sincero

New York Times bestselling author of multiple titles, Jen Sincero, enjoyed another addendum through her popular book *You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life. Sincero commences her work by saying,* "If you want to live a life you've never lived, you have to do things you've never done."

The 'Thought Factory'- human mind is a marvellous tool and the homosapiens are often driven by their subconscious, and we are totally ignorant about it. Since the beginning of the dawn till the dusk, we do and think a lot of things that can be bringing and guiding us down towards the wrong path unintentionally.

The hoi polloi on this Mother Earth is all a part of the vibrational energy engulfed in the Universe wherein, like attracts like. Sincero propagates in *You Are a Badass* to be totally present and deeply connected to the Source Energy of the Universe. The inspiring book is a complete guide that tutelages us not to worry about menial stuff rather be grateful and jubilant about the great things happening around us in our daily life.

You Are a Badass is a testimony of optimistically affirming every individual as a unique gift and instigates all of us to be decisive, instead of spending so much time in indecision. Sincero accomplishes the book by referring to create a detailed and thorough plan on the amount of money you want and manifest it by giving more and getting more.

You Are a Badass is a book for all those bibliophiles who are fully ready to seek big changes in their lives. In her final words, Sincero offers her final call- "Give yourself the permission and the means, to be who you are." This book is a complete take over for anyone who is stuck in making some hard decisions "To Be or Not To Be" or to make to design an environment that supports their dreams or even for a book lover sans any age bar.

Dr. Disha Khanna