

RTC- Library E-Newsletter

Welcome to the RTC- Library Newsletter - June 2023



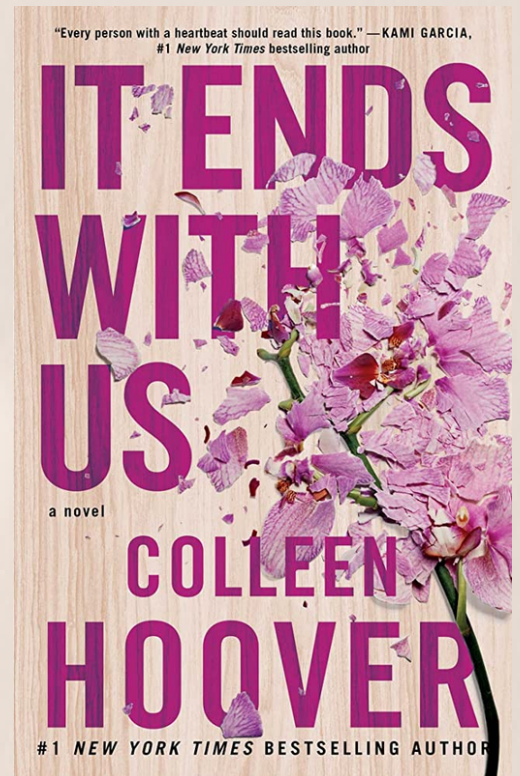
BOOK REVIEWS

IT ENDS WITH US BY COLLEEN HOOVER

The protagonist of the tale is Lily Bloom, a young woman who has worked hard to make a good life for herself in Boston. Lily falls in love with Ryle Kincaid, an attractive and mysterious neurosurgeon. Ryle has a dark side, which Lily learns as their relationship develops. Their relationship starts out with passion and love. Lily's turbulent path of love, loss, and self-discovery is revealed by the author through alternating tales between the present and the past.

The book describes Lily's upbringing, particularly her father's mistreatment of her mother, through a series of flashbacks. As Lily struggles internally with her affections for Ryle and her desire to defend herself from violence, these encounters provide a backdrop for her story.

The author's portrayal of the characters' emotions and experiences is raw, authentic, and incredibly moving. The narrative is skillfully balanced, shedding light on the complexities of abusive relationships while emphasizing the importance of empathy and understanding.



The characters in this novel are multidimensional and flawed, making them relatable and believable. Lily, the protagonist, is a strong and independent woman who faces heart-wrenching choices. The supporting characters, such as Lily's friend Allysa and her first love Atlas, add depth to the story and provide different perspectives on love and resilience.

The reconnection with Atlas forces Lily to confront her past and consider the potential of a different future.



Kinley Tshewang Choden (BFound- 2021 Cohort)

IT STARTS WITH U BY COLLEEN HOOVER

'It Starts With Us' is the follow up to the thought provoking book, 'It Ends With Us' by Colleen Hoover. The story starts right where the first book ended, with Lily and Atlas meeting each other after what seems like a good ending, where everything seems to be right. But gradually through this second book we come to know that there is never a happy ending and that just like in real life, things do not come to a stop.

In this book we see both Lily and Atlas taking little steps to be with each other. Both of them are patient and respectful .

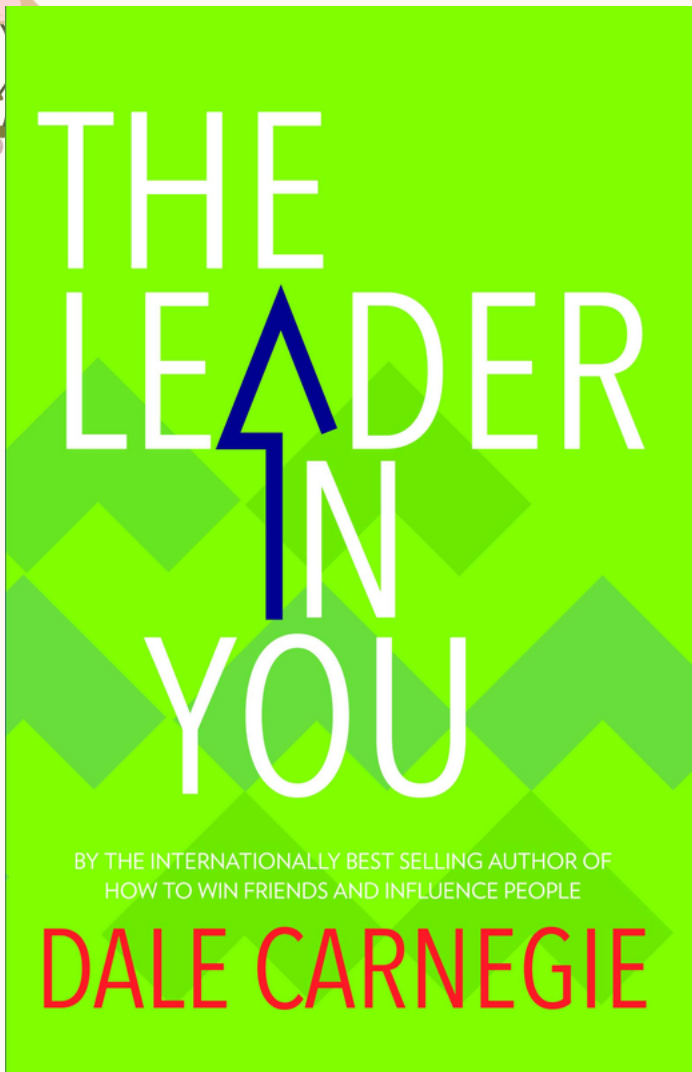
We see Lily still being intimidated by her ex-husband Ryle. She had ended things with him but since they share a daughter, they have an unbreakable connection that cannot be ended even by the means of a divorce. We see Lily becoming stronger and bolder with the support of her family, friends and even her in-laws. She wants the best for her daughter which is the focal point of both books.

Atlas, on the other hand, had a whole lot to deal with in his own life. He comes to know that he has a younger brother who is somehow in the same situation as he was when he was a kid, deprived of the love and attention a child really deserves. He does whatever he can so that his brother does not have a bad childhood like he did.



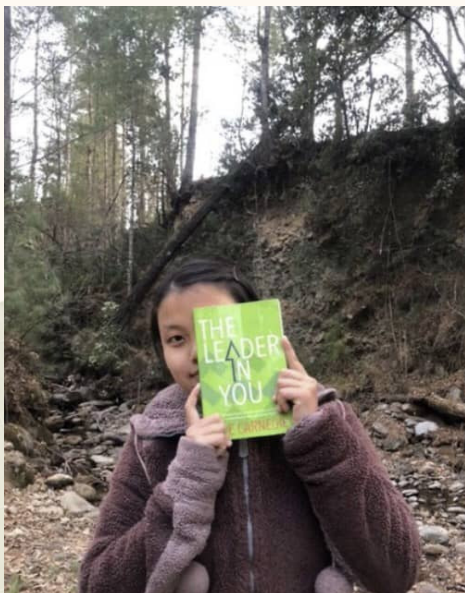
Kinley Tshewang Choden (BFound- 2021 Cohort)

The characters in this novel are multidimensional and flawed, making them relatable and believable. Lily, the protagonist, is a strong and independent woman who faces heart-wrenching choices. The supporting characters, such as Lily's friend Allysa and her first love Atlas, add depth to the story and provide different perspectives on love and resilience.



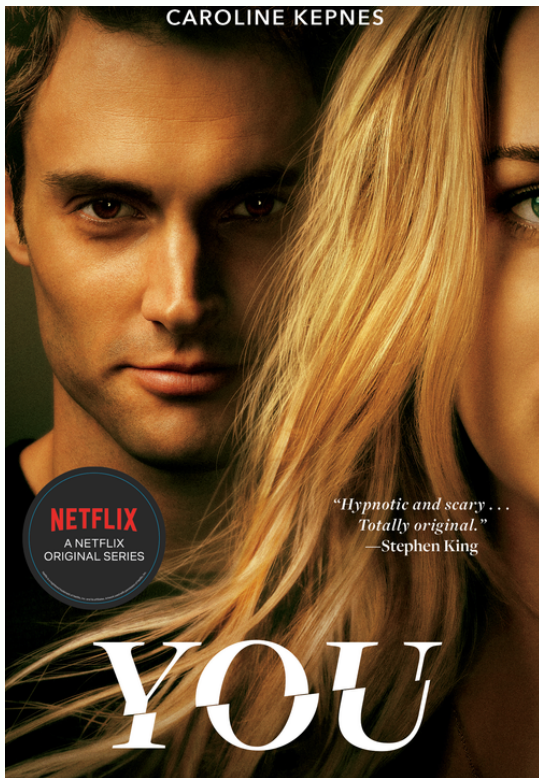
This book does not specify that a leader necessarily has to be someone in a higher post. Rather it is about how each and every individual can be a successful leader by following the tips mentioned in the book. Starting from finding the leader in you till the end of the chapter, Carnegie talks about various important characteristics needed to become a good leader. This book is written in an understandable way and incorporates lots of examples from real life stories.

This enabled a reader like me to connect the text to my own life . It really motivated me to incorporate those pieces of advice in my day-to-day life activities. Moreover, I got to know most of the successful figures who have good characteristics mentioned by Carnegie. There are inspiring stories about Roosevelt, Winston Churchill, Steve Job, Charles Dicken, and many others in this book. Lastly, if you wonder what those characters are and want to meet people you never knew, take the time to be with “The Leader in You.”



Kinga Lhazom (BA in Development Economics, Second year)

"YOU" BY CAROLINE KEPNES



The psychological suspense novel "You" by Caroline Kepnes explores the murky depths of the human mind to reveal a terrifying tale of obsession and the hazy line between love and control. Kepnes creates a captivating and alarming story with a distinct narrative perspective and a fascinating portrayal of damaged characters that make readers wonder about their own notions of morality and the effects of untamed desires and emotions.

The novel introduces us to Joe Goldberg, a presumably ordinary bookstore manager who develops feelings for a customer by the name of Guinevere Beck, or just Beck. As Joe meticulously creates his own reality to control Beck's life, what starts off as an uncanny encounter rapidly turns into an obsession. By using social media and digital surveillance, Joe invades every part of Beck's life and distorts the clear lines between love, possession, and manipulation.

Kepnes uses a first-person narrative to let readers experience the story from Joe's unsettling viewpoint. With this unique and unsettling narrative decision, Joe immerses readers in his deranged mind as he explains his actions and justifies his more invasive behavior. With the use of charm, humor, and bizarre reasoning, Kepnes expertly captures Joe's inner dialogue, creating a tense dynamic that keeps readers on the edge throughout the whole book.

Kepne's ability to investigate the dark side of human nature while simultaneously providing biting social critique distinguishes "You" from other psychological thrillers. The narrative explores our culture's fixation on technology, social media, and the hazy boundaries of privacy.

Additionally, "You" has great character development. Joe Goldberg is a mystery; he is a complicated and gravely flawed character who could evoke empathy even as his acts become more and more unsettling. The traumas and fears that underlie Joe's distorted view of love are revealed as Kepnes skillfully exposes the layers of his personality. Like other complex characters, Beck is both manipulative and vulnerable, which causes readers to have mixed feelings about her.

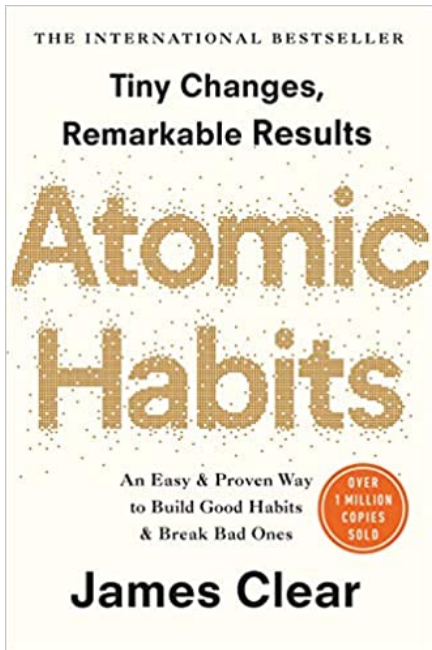
Although "You" is surely an intriguing book to read, it's crucial to be aware that it contains graphic material, such as violent and sexual scenes. These components may not be appropriate for all readers, but they help to heighten the dark mood and add to the story's overall effect.



Karma Choden (BA Mass Comm) [Cohort2020]

ATOMIC HABITS BY JAMES CLEAR

“Atomic Habits” by James Clear is a wise and helpful book that explains the importance of small habits and offers a plan for transforming our lives for the better. Anyone interested in self-improvement and personal development will find Clear's approach to habit building to be both novel and supported by scientific research.



The first section of the book emphasises how crucial it is to comprehend how habits affect our life. According to Clear, it is eventually the little, gradual modifications that result in substantial shifts. He presents the idea of "atomic habits," which are brief, regular behaviours that add up over time to have a huge influence on our behaviour.

This book stands out because of Clear's ability to simplify habit development into the four processes of cue, craving, response, and reward. He describes how habits are created through this loop and offers useful tips for implementing each phase. In order to modify our behaviour in a sustained way, Clear emphasises the need for arranging our surroundings to make desired habits easier and undesirable habits more difficult.

“Atomic Habits” has a lot of real-life examples and anecdotes that are interspersed throughout the book, which is one of its main advantages. Clear provides examples of how people from all kinds of backgrounds have effectively used atomic habits to overcome obstacles and realise their goals. The examples help to make the concepts more relatable and encourage people to act in their own lives.

Furthermore, the book also explores the psychological foundations of habit formation. The author examines how identity affects our behaviour and illustrates how altering our self-perception can result in long-lasting habit modifications. He offers helpful guidance on how to change our self-perception and bring it into line with the person we want to become. The book is also well-structured, with each chapter adding to the logical flow of information.

To sum up, “Atomic Habits” is a book that everyone who wants to change their behaviour and enhance their life should read. This book is an effective instrument for personal growth because of James Clear's evidence-based methodology, accessible experiences, and useful ideas. Clear gives readers the capacity to make long-lasting changes that can have a significant influence on their general well-being by breaking down the process of habit development into achievable steps.



Tara Sanyasi

BA in Development Economic

The Virtual Library



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