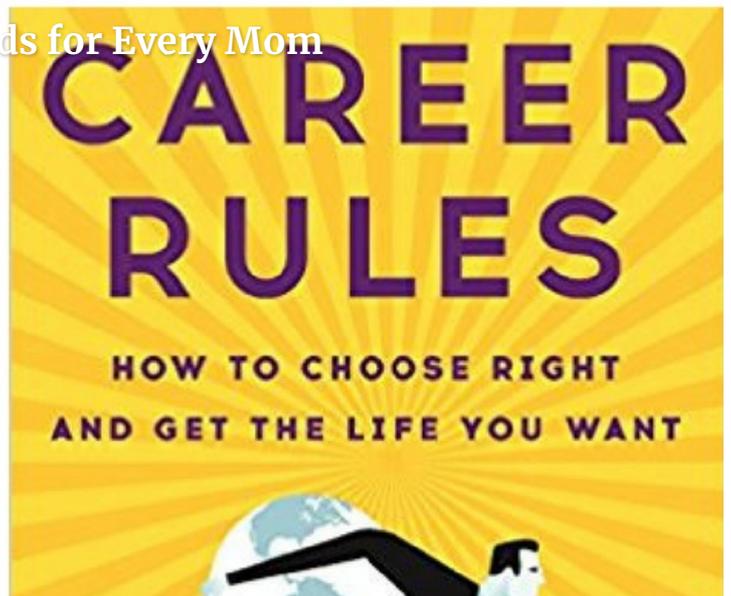
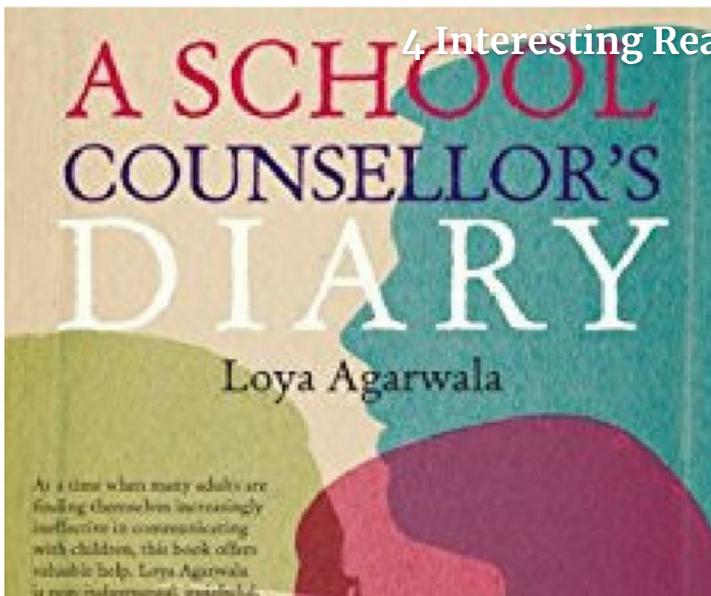


4 Interesting Reads for Every Mom



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Reading a delightful or informative book opens up our mind to a world of new ideas, possibilities and options to try new things. Creativity enriches the mind and hope begins to seep in to our souls after we complete reading a good book.

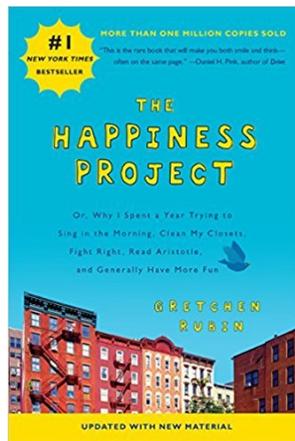
~ Charles William Eliot (1834-1926), American Academic, President, Harvard University

Interesting Reads

Below, we list four interesting reads which we believe are wonderful books. As a woman, mother of a young teen or a little kid, these books will help you in your quest to become a better woman and parent.

The Happiness Project by [Gretchen Rubin](#)

“Books are the quietest and most constant of friends; they are the most accessible and wisest of counselors, and the most patient of teachers.”

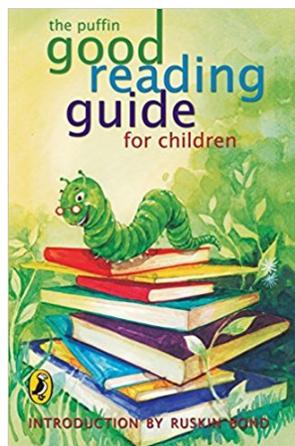


In a note to the reader, the author says that 'A Happiness Project' is an approach to change our life. "First is the preparation stage, when you identify what brings you joy, satisfaction and engagement, and also what brings you guilt, anger, boredom, and remorse. Second is the making of resolutions, when you identify the concrete actions that will boost your happiness. Then comes the interesting part: keeping your resolutions," she adds.

The book is divided into twelve chapters in which the author tries to focus on a particular activity or part of her life to create more happiness. Although Gretchen's project might look different from one which we can create for ourselves, she feels that it's a rare person won't benefit from a happiness project.

Buy Now: [Amazon USA](#) | [Amazon India](#)

The Puffin Good Reading Guide For Children



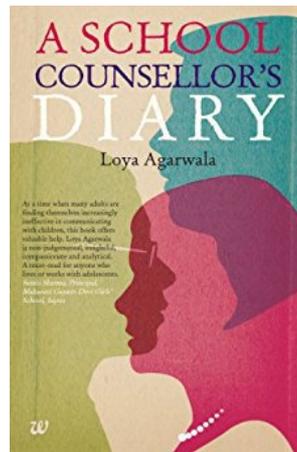
This book is a blessing for parents of children who love reading! A child who reads grows up into a well grounded and good natured individual with rich imagination and creativity.

Much loved children's author, Ruskin Bond has written the introduction to the Good Reading Guide for Children. "Our first books have a strong and lasting influence on our thinking and the way we look at life," he says. This book is divided into three broad parts: Young Adults, Middle Readers and Young Readers. Within Middle Readers, there are sections like adventure, traditional tales, humour, animal stories and so on.

Further, if your child is a reluctant reader, you can get [this](#) book by Devika Rangachari and Deepa Agarwal and try out fun ways and games to make reading interesting for kids.

Buy Now: [Amazon USA](#) | [Amazon India](#)

A School Counsellor's Diary By Loya Agarwala

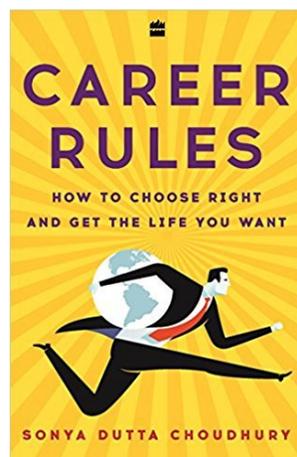


This is a very relevant book of the present time and is authored by a school psychological counselor with hands-on experience of more than twelve years. Born and brought up in UK, Loya's profound, fresh insights, ideas and perspectives added with years of experience as a counselor and personality development consultant, make this book a must read for parents and teachers alike. Understanding the minds of young teens require a lot of patience, clarity of mind and the ability to think from their perspective.

The book is divided into ten chapters; each dealing with different issues like conflict in the home, addictive behavior, death and grieving, physical and sexual abuse and teenage romance and relationships. Presented with thirty four real-life anecdotes and case studies, this book helps us understand a teen's mind and point of view through a new, enlarged lens.

Buy Now: [Amazon USA](#) | [Amazon India](#)

Career Rules: How to Choose Right and Get the Life you Want By **Sonya Dutta Choudhury**



Ten year old, Ishita Katyal, [speaks at a TEDx event](#) where she says that children and teens are often asked what they want to be when they grow up. However, she stresses on the point that rather than asking a child about what he or she wants to do later in life, adults should ask them what they are currently doing.

Career rules is a book which will help you and your kid get a glimpse of various professions and careers. The book gives a peek into lives different people through, anecdotes and also recommends movies, TV shows, books and Twitter handles to follow! The author gives a flavorful insight into the lives of celebrated professionals like chef-turned entrepreneur Sanjeev Kapoor and filmmaker, Imtiaz Ali, and several others in different careers

and job positions. This book would be a great tool to give wings to your teen's dreams for his future career, whether conventional or not, and let him choose them on his own!

Buy Now: [Amazon USA](#) | [Amazon India](#)

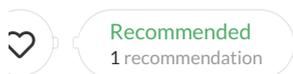
So, have you read any of these books? Do you have any suggestions to this list?

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Arundhati Nath

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Responses

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