



The Man from Dolcha: This Book Is a Compilation of Articles I Wrote Now and Then and Mirrors My Views on Myriad Subjects. (Paperback)

By Dr Bir Singh Yadav

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.This is a saga that unfolds in the time space of my life, beginning from Dolcha, the place where I was born. Meandering through memories, I touch upon Jabalpur, Jalandhar, Sonapat and string other places where I worked, lived and grew up. A rebellious streak has persisted in me in spite of efforts to moderate it, as though it came along with the genes I inherited. My advice for unconventional eating and integrated approach to treat the sick and the ailing bear testimony to this. All worldly beings are privy to struggle on 2 fronts. One- struggle with one s own mind and body. Another - struggle with the outside environment. The struggle inside is reflected in my quest for physical and mental health. The struggle outside is manifest in my questioning of prevailing norms and customs. As one passes through life the inside and outside mix up and distinction between the two is increasingly blurred. I lost my two friends to alcoholism, and my niece to drug abuse. My maternal sister was done to death by her...



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Reviews

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