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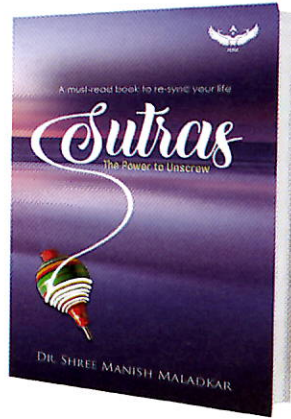


# Sutras: The Power to Unscrew

Author: Dr. Manish Maladkar | Publisher: Garuda Prakashan P Ltd |

Pages: 260 | Price: 449

This book, the third in a series, authored by doctor-cum-philosopher, Dr. Maladkar is the expression of his continuing trust with unravelling the human mind. This book is all about rediscovering oneself, reconnecting with oneself, achieving inner peace, calmness and serenity in a world that is rush-rush, many a times like a rollercoaster ride, bordering on the chaotic. In such a hurly burly, where one can lose one's moorings, this book guides in helping to disconnect, disengage or emancipate oneself, or rather unscrew our lives and reset it.



with quotes throughout.

Despite its spiritual purpose, the language remains grounded. Whether discussing love, inner peace, or daily struggles, the author's style is inviting and unpretentious—enhancing the reader's journey rather than overwhelming it.

Through fifteen chapters, this book helps one navigate one's life from creating a vision for one's life, hand holding and enabling one towards a plan of action to succeed. Constantly, right through the book

the central theme running is on a life full of love, peace and happiness achievable through the symbiotic, synchronised working of body, mind and soul.

Achievement of higher abstract values, while shunning baser human negatives is highlighted throughout. Reading and acting on the sutras can lead to an exercise of the mind towards evolving into the higher human being each one is capable of.

The beauty of this book lies in its brevity paired with depth. Each sutra and its accompanying insights can be consumed in minutes, but the contemplation they spark can lead to lifelong learning. It is the perfect companion for seekers who want daily wisdom—without getting weighed down by dense philosophy.

Dr. Maladkar succeeds in creating a space where wisdom meets practical guidance, helping the reader rediscover themselves and their relationships.

For those ready to embrace self-reflection, cultivate peace, and anchor their life in clarity, this book offers a reliable daily companion. If you're looking to unscrew the jumbled screws of modern life and replace them with deeper threads of purpose and connection, Sutras might just hold the right tool.

This book will be very useful for all the professionals, engineers, scientists, and all stakeholders of the chemical industry to the common man in industry, to take charge of their respective lives in the midst of the onerous tasks they do and bring in a work culture with peace and serenity.

- Book Reviewed by Vinoo Mathews

Central to the book is the metaphor of “unscrewing”—loosening the tightly-wound mental and emotional knots we accumulate over time. Dr. Maladkar urges readers to question ingrained thought patterns, acknowledge limiting beliefs, and gradually unwind them. Each sutra delivers a small but potent perspective shift, often accompanied by reflection prompts to help internalize the insights. So here are the sutras that can help anyone in any situation to be oneself, and deal with the situation with equanimity. Sutras are aphorisms, pithy expressions filled with time tested knowledge and wisdom. This book is based on the author's prodigious reading, conveying the distilled essence of such referencing from the teachings, preachings and observations from yogis to maharishis, to religious prophets to historians, journalists to even pop singers, all well explained through Maladkar's sage like understanding of the human mind. What a fantastic eclectic mix! The sutras are a panacea for the mind to energise and strengthen one's mind at all times. The central advice that overwhelms is that “Life is in your hands; it is a gift to you. Don't let it go in vain.”

Sutras is structured around concise aphorisms (the “threads”) followed by thought-provoking commentary and reflective prompts. This format echoes classic spiritual texts but feels modern and accessible. The prose is lucid, whenever the narrative shifts from sutra to reflection, it does so with gentle transitions that feel conversational. Many of the aphorisms or sutras are explained through anecdotes and the book is interspersed