

Book Review

Robin Sharma (2024), *The Wealth Money can't Buy: The 8 Hidden Habits to Live Your Richest Life*. Published by Jaico Publishing house, A-2 Jash Chambers, 7-A Phirozshah Mehta Road, Fort, Mumbai - 400 001, on 1st January, 2024, pages 386. ISBN: 978- 81-19792-78 -8 (Hard back), price IRs. 499.

Mr. Sharma is a globally respected humanitarian and the founder of a not-for-profit venture that helps children in need lead better lives. He is one of the world's top leadership experts as well as an icon in the field of personal mastery who, for over a quarter of a century, has devoted himself to helping human beings realize their innate potential. The author's 5 types of books have sold millions of copies in more than ninety-two languages and dialects, making him one of the most influential writers alive today.

The book primarily focuses on building a rich life beyond material wealth by exploring the '8 forms of hidden human habits as wealth', which Sharma calls for to bring absolute sustained happiness, personal freedom, and lasting internal peace. If explored and practiced, this involves staying focused, dedicated, patient, and being aware. The author presented his philosophy and methodology in mentoring sessions (providing ideas, suggestions, instructions, and stories). The author also claimed that 'you will discover a life-altering system that will easily help you lead your richest life, the one that the strongest and wisest part of you deserves to live, before it's too late'. The book guides readers on a path to discover the following 8 forms of wealth: growth, wellness, family, craft, money, community, adventure, and service.

In the beginning, the author terms 'Growth' as inner growth and daily personal development (i.e., winning within rather than winning the world). The author thinks that self-improvement and the realization of one's natural power is the foremost journey of well-living. The author has presented, suggested, and instructed on 20 different cases/stories and experiences to provide insights into this wealth.

The second term is 'Wellness', which is not only about physical well-being but also about feeling good mentally, emotionally, and spiritually. The author claimed that if one loses their wellness, regaining it might take the rest of their life. Thus, the author instructs readers to live the richest life by investing in nourishing physical and mental health, guarding emotional well-being, and carefully feeding the spiritual life through 21 case studies, stories, and experiences.

The third term is the ‘Family’ that has been described not only as a simple personal family term. Yes, a strong, happy, and joyful family is the foundation of a personal story. Besides, human connections and caring for one’s loved ones are the most important elements in this universe. Usually, family life is taken for granted, and people do not realise how valuable home life is until a loss occurs. Thus, the author instructs that investing in a close relationship with a sharp focus is of utmost importance for enriching your days with 22 different cases/stories and experiences.

‘Craft’ is the fourth type of wealth presented by the author. He asserted that most people see work as just a job for earning a livelihood for themselves and their dependent families. But human beings are always driven by the hunger to understand the meaning of life within. The author suggests that if work is viewed as one’s craft, it will reveal hidden personal strengths and bless an individual’s life with greater happiness, energy, and purpose. He further suggested that if the work could be transformed into a craft, it would be a valuable form of wealth, contributing to the family and the community. A total of 37 different cases/stories and experiences were presented in this book.

The fifth form of wealth is ‘Money’, which is important for personal independence and a prosperous life. The author claimed that becoming enslaved by money, being financially prosperous, and neglecting happiness are not wise or successful ways to live. Most people are miserable because nothing is ever enough for them. Economic prosperity provides you with easier circumstances and the opportunity to enjoy a wonderful life; only then can one make money as wealth. This needs balancing: that is, owning your money rather than letting it become your master. Thus, ‘feeling of enough’ would be necessary for being satisfied with what you have earned and making your earnings your wealth. The author suggested money as the fifth form of wealth, with 37 different cases/stories and experiences.

‘Community’ would really turn into the sixth form of ‘wealth’. The author claims the need for readjusting the common proverb ‘your network determines your net worth. He thinks that only your community and associations increase your self-worth. An emotional connection with a few trusted people with splendid souls would make you happy, healthy, and satisfied, with a colourful life. Thus, selecting a compassionate individual in your social network would change how you see the world. The author opines that your richest life depends on this essential form of wealth. people often live the same years, either sixty, seventy, or eighty times, thinking the same thoughts, eating the same food, worried by similar problems, and so on, and it is called a life. Besides, our society values a

person by their possessions, such as a beautiful house, and other material things. It does not care about personal happiness. According to him, people tend to avoid pursuing their passion for physical possessions due to the 'Fear' of being undervalued in society.

Therefore, to break this 'Fear', the author used the term 'Adventure' as the seventh form of wealth. As there is no sense in putting off doing your passions until you are old due to professional obligations, social commitments, and so on, ignoring the fact that pursuing one's passion is enthusiasm and joy in life. Thus, the author instructs not to postpone doing what you want to do in life that fascinates you, before it is too late.

The last form of wealth is 'Service', which the author claimed that being good to oneself and to people makes you a wealthy person. Human growth, good health, strong family life, mastery in craft, social network, and fascinating adventures will make your life meaningful. But personal satisfaction and inner peace are possible only through service to oneself and other people. The author claimed that one of the top regrets people have is that they wish they had treated their family, friends, co-workers, and strangers with greater graciousness, gentleness, and generosity at the end of their lives. Thus, the author suggests being kind to oneself and others at all times.

In this way, the book provides a formula for leading a victorious, cheerful, and magical life that makes one's life great. Every person is gifted with unique talents and goodness. Yet we have not been able to see our uniqueness because of the hole within us, which has trapped us in pushing ourselves to seek more and more to fill it with external things, mercilessly, resulting in life stresses and human struggles. However, the book provides a simple understanding of what you are chasing, which, if followed correctly, brings sustained happiness, personal freedom, and lasting internal peace.

**Central Department of Economics
Tribhuvan University, Kathmandu,
ORCID: 0009-0008-5857-8717**

**Rashmee Shilpkar Rajkarnikar
Assistant Professor
Email: rashmee.rajkarnikar@gmail.com**