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## Book Review

### You Become What You Think: Insights to Level Up Your Happiness, Personal Growth, Relationships, and Mental Health

Shubham Kumar Singh, Notion Press (2023)

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Aarti Sharma<sup>a\*</sup>

<sup>a</sup> Assistant Professor, Faculty of Education, Kasturi Ram College of Higher Education, Narela, Delhi, India.

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\*Corresponding Author:  
[aarti768@gmail.com](mailto:aarti768@gmail.com)

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Aarti Sharma

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#### ABSTRACT

*You Become What You Think: Insights to Level Up Your Happiness, Personal Growth, Relationships, and Mental Health* by Shubham Kumar Singh is a motivational self-help book that examines the significant impact of thoughts on different areas of life. The book emphasizes the core concept that “you become what you think,” suggesting that by changing our mindset, we can improve our happiness, personal growth, relationships, and mental health. Singh provides actionable advice on cultivating positive thinking, reframing negative thought patterns, and adopting a growth mindset to achieve personal development. Each section of the book focuses on a specific area – happiness, personal growth, relationships, and mental health – offering practical exercises and strategies to address common challenges. The book is written in an accessible and engaging style, with a tone that encourages readers to take control of their thoughts and create meaningful change. Despite the occasional repetition of its central message, *You Become What You Think* serves as a valuable guide for those seeking to transform their mindset and enhance their overall well-being.

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## Review

*You Become What You Think: Insights to Level Up Your Happiness, Personal Growth, Relationships, and Mental Health* by Shubham Kumar Singh is an insightful self-help book that explores the transformative impact of thoughts on our lives. The central premise of the book, “You Become What You Think,” underscores the idea that our mindset shapes our experiences and well-being. Singh presents a compelling case for how cultivating a positive and empowering mindset can lead to improvements in happiness, personal growth, relationships, and mental health.

In the opening chapters, Singh emphasizes the importance of our thoughts in shaping our reality. He explains that our thinking patterns influence our emotions and behaviors. Focusing on negativity or limitations reinforces these beliefs in our lives while shifting our mindset opens the door to growth and success. Singh clarifies that positive thinking is not simply about wishful thinking but about actively fostering thoughts that align with one’s aspirations and goals.

The book is structured into sections focusing on happiness, personal growth, relationships, and mental health. The happiness section highlights how our internal dialogue shapes our emotional state. Singh explores practical strategies such as practicing gratitude, mindfulness, and reframing negative thoughts to create a more fulfilling life. The exercises provided help readers identify and transform negative thinking patterns, promoting greater joy and contentment.

In the personal growth section, Singh addresses how limiting beliefs can hinder progress. He advocates for adopting a growth mindset, encouraging readers to view challenges as opportunities for growth and to embrace failure as a necessary part of the self-improvement journey. This section is

motivational, offering actionable advice that empowers readers to take control of their path toward becoming the best version of themselves.

Singh also provides insightful advice on relationships, explaining how the way we think about ourselves and others directly impacts the quality of our connections. By cultivating self-love, empathy, and effective communication, readers are encouraged to build stronger, more meaningful relationships. This section offers practical tips for enhancing emotional intelligence and fostering healthy interpersonal dynamics.

In the final section on mental health, Singh stresses the importance of managing thoughts for emotional well-being. He discusses how negative thought patterns contribute to mental health issues like anxiety and depression, offering techniques such as mindfulness, journaling, and affirmations to counter these challenges. The book emphasizes that managing mental health is an ongoing process that requires conscious effort and self-compassion.

The strength of *You Become What You Think* lies in its accessibility. Singh’s clear and engaging writing style, coupled with practical exercises, makes the concepts easy to understand and apply. His compassionate and motivational tone further enhances the book’s effectiveness in inspiring readers to adopt a positive mindset and take action.

While the book may feel repetitive at times due to its consistent reinforcement of the central message, its practicality and straightforward approach make it an excellent resource, especially for those new to self-help literature. In conclusion, *You Become What You Think* is a valuable guide for anyone seeking to transform their mindset and improve their overall well-being.

- Aarti Sharma