

**HOW TO AVOID TENSION
AND
ACHIEVE PEACE IN LIFE**

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THEEBOOKSALE PUBLISHING

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ISBN: 978-1-906806-94-1

Contents

Paragraph No.	Description	Page
	Dedication	5
	Happiness and Peace are not same	6-8
	Why did I write this book	9-11
	Acknowledgement	12-13
1.0	Self-help is the best help	14-18
2.0	Be loyal to the work	16-18
3.0	Have courage and face the consequence	18-19
4.0	Share your wariness with Kins or friends or both	20
5.0	Adapt with the situation and Environment	20-21
6.0	Increase Tolerance and Keep Brain Cool	21-22

7.0	Behave properly and keep smiling face	22-23
8.0	Always think positive	24-26
9.0	Avoid revenge type mentality	26-27
10.0	Don't be a fault finder	27-28
11.0	We should not be Over Sensitive	28-29
12.0	Don't be a quarrelsome person and invite complication	30-31
13.0	A few important tips to:	
	i. Parents	31-35
	ii. Children	35-36
	iii. Teacher	36-37
	iv. Students	37-39
	v. Would-be mother	39-41
	vi. Would-be father	41-44
	vii. Daughter-in-law	44
	viii. Mother-in-law	45-48
	vix. Father-in-law	48

14.0	Sex Education	49-52
15.0	Sleep well	53
16.0	Laugh, laugh and laugh	53-54
17.0	Travelling, Touring, Social work and Hobbies	55
18.0	Creating beautiful Interior for our own house	55-57
19.0	We should be careful about Our diet	57-58
20.0	Old age home and its inmates	58-62
21.0	A few suggestions to PARENTS	62-64

Why Did I Write This Book

I have seen the people around us throughout a long 55-years or more during my lifetime, that peace in life is different from all other factors like money, comfortable items etc. which we buy for our families, or individuals' demands over the need based requirements. If we can fulfill our basic need based wants, peace is ready for our lives. Only thing is we have to catch that invisible item.

Many rich and richer people have got everything of the temporal world, but they can't sleep fearlessly or they are always under some kinds of pressure or tension. They are very happy with all luxurious, over luxurious materials and also sometimes feel very proud of boasting attitude to others. They sleep with the help of doctor's advice and sleeping pills. It is their regular life. They forget to smile and laugh. They forget their duties to their wives, children and other family relatives. Social life becomes mechanically controlled, devoid of innocent and simple wide smile and glittering of eyes. When money comes to us in huge amounts, it comes with several vices to our daily

lives. These vices hunt us continuously and disturb family life including children also.

Simultaneously, there are many people not affluent, managing themselves somehow with hard work, they smile, laugh after doing their duties to their children, wife and other members of the families. They can laugh wide. They can give cordial help and support others in their critical situations. They have least possible tensions and remains in entertaining moods. Of course, tension attacks all classes of people. I have personally analyzed, experimented and verified in my life and applied upon others lives the methods or processes for building confidence, strong will-power and achieving happiness and peace. Comparatively, the percentage of peaceful life is much lesser than that of lives with tensions.

Thus I felt to help the people like those unfortunate persons to keep their rest lives in happiness and peace.

This book is an honest attempt reflecting the real life happenings to help those beloved and unfortunate friends, children, teacher, mother-in-law, father-in-law, daughter-in-law, would-be-mother, would-be-father, senior citizen including staying in old age home and others if over looked by mistake.

Therefore, this book is for everybody right from school going students to oldest person waiting for last call from God.

I shall be very much glad even if a small segment of those ill-fated friends and others can achieve peace avoiding tension after application of the methods laid down in this book.

Under the circumstances, **I shall be highly grateful and obliged, if all international and national publishers come forward to get this small, but highly essential book in life get published in all regional languages of the world.**

I have tried not to get my valued readers bored and therefore, written this book with very minimum and essentially required pages in stead of huge number of pages keeping in view of our very modern and faster life and thus short of time thereof to read it very conveniently in any position, anywhere, even in public places.

Any suggestion and free-frank opinions, if any, can be forwarded to me without any hesitation in the interest of whole mankind of the world to incorporate in the next edition.

Pritis C Majumdar

1.0. Self-help is the best help:

1.1. In Indian society both arranged and love marriage systems are followed. Here I shall tell you about two of my old friends how they differ in their attitude and basic thinking. One is Bharat Ram another is Shakil Ahmed. In 1969, the age of Bharat was 24 and Shakil was around 25. They both were working in a good position, say bottom management cadre in Railways, Government of India. Bharat Ram was calm and cool and keeping himself always with smiling face in any circumstances. He was very much adjustable to any odd situation and managing his all problems by himself. His face was appearing like an innocent boy. His behaviours and talking reflected himself always a tension-free person though he was having much family-liability. As a result he never dreamt of his marriage. Shakil had no problem financially and no such family burden as Bharat had. He was very eager to marry, but no suitable match was available though everybody of large network of his relatives and friends had been searching for the last one and half year.

He was gradually becoming impatient and making everybody worried for not

getting his match. But he never took any initiative to find any match within his jurisdiction and capacity.

One fine morning he reaches at the age of 28. He started to think that ultimately no girl wanted to marry him. He became much disappointed and thus a patient of depression.

On the other hand, Bharat Ram coolly dropped a letter in reply to a matrimonial advertisement. Within a month he finalized his match and finished his marriage function. It took only three months to complete all social formalities. That's all. That means it is always better to the extent possible not to depend fully upon others helps in any work. We, nobody in this world can live without others help or co-operation, but it should be minimum as far as possible and not like Shakil.

1.2 The more we will depend upon others help, the more we will lose confidence. Lesser confidence will invite wariness and thus tension. Tension will help us to invite problems. Ultimately, we will suffer. Unhappiness comes and peace goes away and helps make wrong decision. Wrong decision will lead us to be away from our peaceful life in this way.