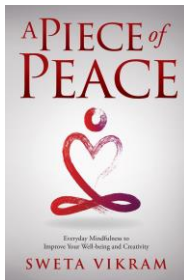




A Piece of Peace

Author: **Sweta Vikram**

To be published by: **Loving Healing Press, Ann Arbor, MI (160 p.)**



"A Piece of Peace is a chronicle of events related to Vikram's illness and her triumphant return to life. She shares lessons learned on her way to recovery and imparts valuable advice to her readers that can both be life-changing and life-saving. Her story demonstrates the victory of valiance over despair. This is a timely read, especially, because many of us are in low spirits due to the Coronavirus." -TheThinkClub

In her new book, "A Piece of Peace" Sweta Vikram opens up about her chronic illness and her determination to triumph over it. She writes in the Introduction section of the book, "According to the US National Library of Medicine National Institutes of Health, chronic diseases are among the most prevalent and costly health conditions in the United States."

Withstanding her illness, the entire book (written in the first-person narrative) is full of poignant personal experiences, cogent advice, and nuances of spirituality.

In August 2018 Vikram fell ill. She had just celebrated the success of her debut US novel, "Louisiana Catch," got invited to attend large conferences and events (was in vacation in Europe), went to attend a colleague's book launch in Maryland where she started to fall ill. Vikram chronicles phases of her illness till August 2019 when she recovered and was able to lead a normal life again.

"A Piece of Peace" is full of Vikram's observations about life and living. She is a practitioner of yoga, observes silence twelve

hours a week, and believes in Ayurvedic diet and lifestyle. At one point she writes,

"Surviving is a beautiful thing because it teaches you who and what matters."

The rest of the book is about lessons learned which I found very valuable. It covers an array of topics including relationship, gratitude, forgiveness, writer's block, hygiene, self-care, and women's place in society. Vikram writes,

"Here is my friendly advice to anyone who identifies as a woman: stop relying on people to build you up. Stop giving away your power. Instead of seeking outside validation and approval, focus on staying authentic and building your own path."

I was inspired by "A Piece of Peace" and learned valuable lessons in perseverance, courage, and survival. I recommend this book to everyone regardless of their situation in life.

[You can pre-order A Piece of Peace here!](https://www.lhpress.com/store/A-Piece-Of-Peace-p374791356)
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-Reviewed by Anil Shrivastava 'Musafir'