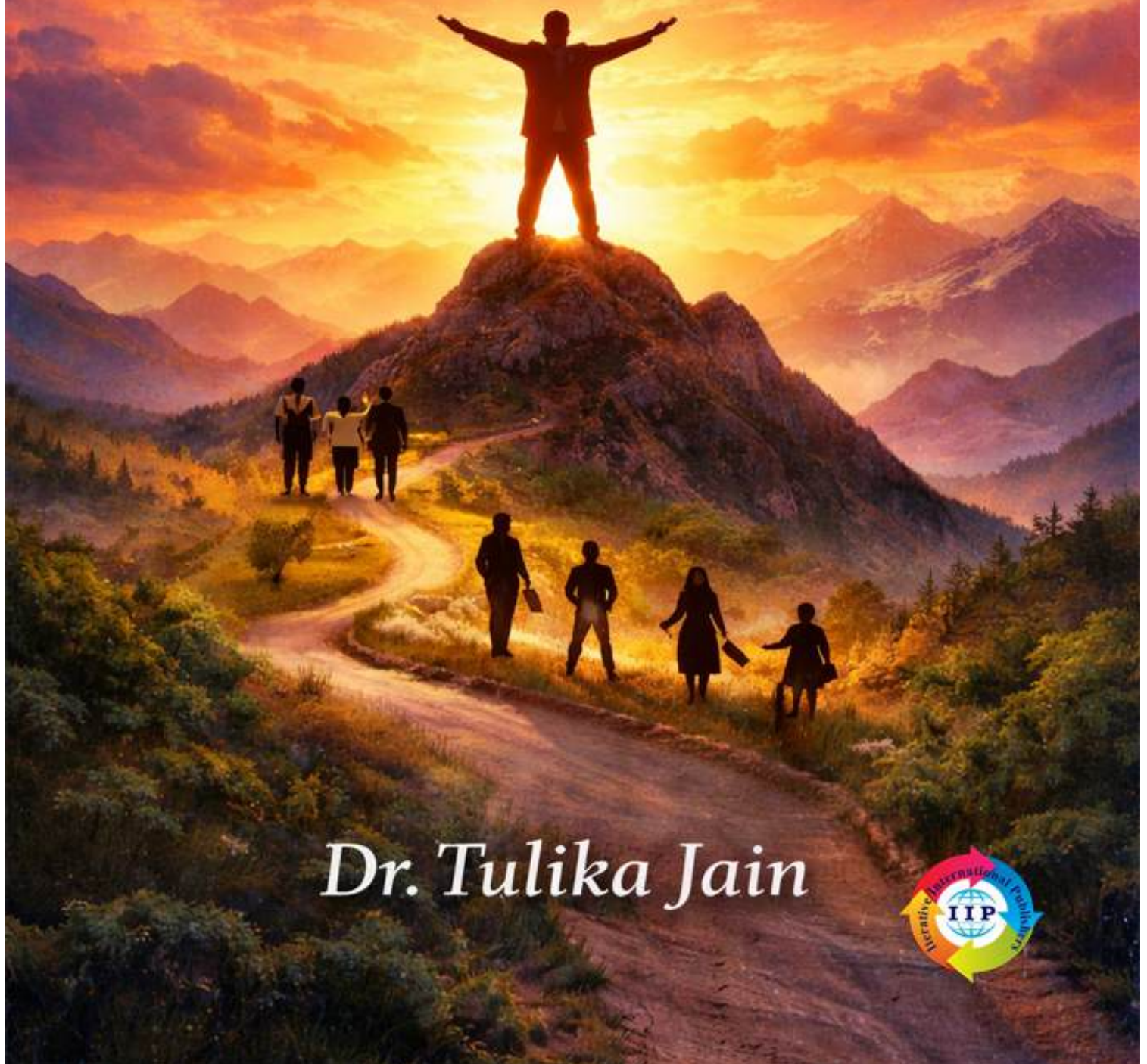


Life's Journey

Evolve & Enhance the Experience



Dr. Tulika Jain



Life's Journey

Evolve & Enhance the Experience

First Edition

Author

Dr. Tulika Jain



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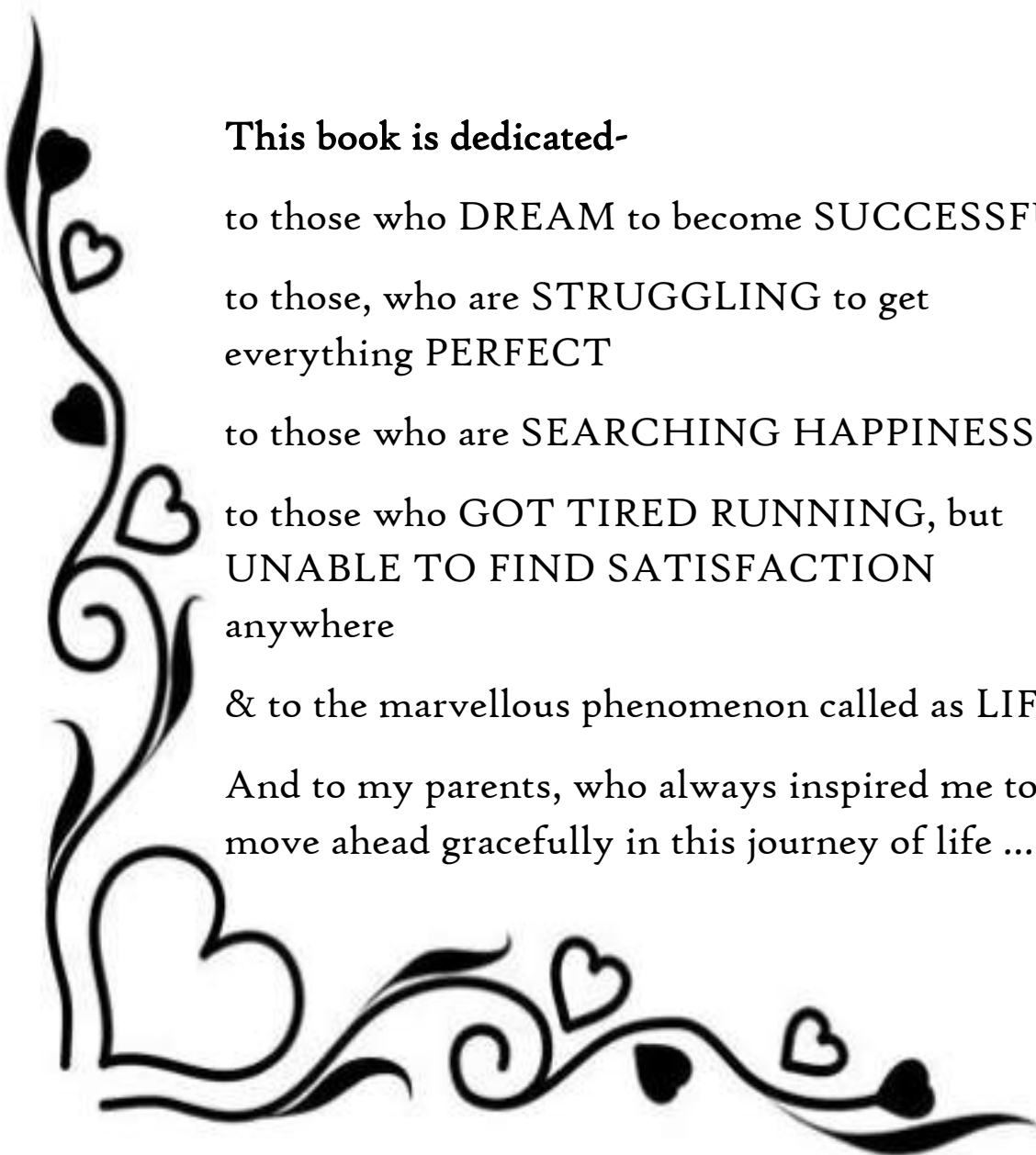
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This book is dedicated-

to those who DREAM to become SUCCESSFUL

to those, who are STRUGGLING to get
everything PERFECT

to those who are SEARCHING HAPPINESS

to those who GOT TIRED RUNNING, but
UNABLE TO FIND SATISFACTION
anywhere

& to the marvellous phenomenon called as LIFE

And to my parents, who always inspired me to
move ahead gracefully in this journey of life ...

Preface

Hi there.

Hey you, yes, I am talking to you!

How are you today?

How are you feeling nowadays?

Are you unhappy, unsatisfied, or disappointed with life?

Just take a pause before reading ahead, close your eyes, and look inside yourself.

Ask yourself this question.... How u really are?

If this question shakes you from inside, you feel a tear in your eyes either held back or dropped onto your cheeks. If you are giving a shallow smile hiding the number of compromises you are doing on a daily basis, if you are neither at ease nor at peace,

Then yes... this book is for “U”.

– You are not the only one who is feeling like this!!

A lot of people are perceiving the identical way – hard-luck and unsatisfied – and remain sad and uneasy every day. Continuously seek validation of others to feel happy. They are not at calm.

This book will help you to amplify your understanding about life. Delving into the depth of **Psychology**; understanding the games of mind you may experience a paradigm shift. Seeing

your determination; the whole universe will guide you where you feel stuck, and will give you a hope to continue....

You may have never thought before that it's in your hand to change the experience of life!

But it's true that by throwing the dice in the right direction, **you can feel like winning rather than losing even in the same situations!**

Yes, change in mindset through evolution is the KEY.

And it feels like a new birth in the same life!!

I am committed to give a helping hand to anyone who is suffering, who is in need, whoever feels restless, anxious, or unfulfilled. With an intention to enrich your life experience, I am sharing my comprehension here.

This book isn't about preaching but about walking together through life's truths. The goal isn't to fix life but to discuss some facts which are already known, but with a deeper understanding.

I believe that this book will definitely bring a positive change in your life.

**“It is not the strongest of the species that survives,
It is not the most intelligent that survives.
It is the one that is the most adaptable to change.”**

— Charles Darwin

Introduction

Our goal in life is to be content and happy, and we spend a lot of time pursuing this happiness by chasing relationships, accomplishments, wealth, or approval. Yet something always feels missing. This is a universal truth: that despite doing “everything right”, we often feel restless and incomplete. Even getting success at one step is not making us feel contented; it’s just giving momentary pleasures. The next moment we again feel tangled in overthinking. Our thoughts are jumping between past regrets and future fears — creating an endless cycle of restlessness. The majority of us are worn out and irritated by this never-ending race, which makes us feel nervous and unsatisfied all the time.

We strive so much to make our life better; it still feels like life is not giving us back. Many a time we do a lot of hard work, still unable to get desired results, while sometimes we are dissatisfied with our own selves for being unable to do up to the mark.

Some people around us say, 'Be positive...' But their words irritate us in spite of transforming because they neither bring us clarity about what is positivity nor tell us how to be positive in difficult & worse situations. How can one be positive after getting continuous rejections and failures? And even if we try to be positive, the clouds of sadness don't easily leave due to the frequent bitter experiences.

So, knowing a number of challenges and various struggles, that one encounter in different stages of life, we all agree that there are enough reasons to be unhappy or sad.

Then what can you expect from this book?

In the following chapters we will discuss concepts which will assist you to unlock happiness and find contentment even in the same situations. Your perspective to see life will change; you can experience life from a broader aspect and in a much better way & yes, the sufferings will lessen!!

Here is a desire to enhance your experience of life through an evolutionary process of your mental faculty based on some psychological phenomenon & many experiences. I want you to find the source of real joy which will not only make you feel contented but also blissful.

Be determined to remodel yourself to have an experience of your favourite vehicle on the same road of life. Let's begin—
Hands-on activity: “Letter to Self”

Write a short letter to your current self – express yourself freely about what you are thinking and what you are feeling. So that at the end you can rewrite.

Acknowledgement

With a heart full of gratitude, I would like to acknowledge all those whose love, support, guidance, and encouragement made the writing and publication of *Life's Journey* possible.

First and foremost, I bow in gratitude to Almighty for bestowing me with his blessings. Then I am extremely grateful to my mother, **Mrs. Shashi Prabha Jain**, whose life lessons have been a constant source of wisdom, strength, and values in my life. I am equally thankful to my father, **Mr. Pradeep Kumar Jain**, whose encouragement inspired me to take the step of writing this book.

My sincere gratitude goes to my Family & Mentors. A special note of thanks to my daughter, **Prishika Verma** and my husband **Mr. Priyank Verma** whose support throughout my work gave me strength and joy.

I sincerely appreciate **Orange Publishers** for publishing the paperback edition, **IIP Publishers** for supporting the audiobook, and **Amazon** for providing a platform for self-publishing and helping in promotions.

My heartfelt thanks also go to my **students and patients**, who have inspired me in countless ways and have contributed to the thoughts and experiences reflected in this book.

Finally, I extend my sincere thanks to all my **readers and reviewers** for their valuable response, love, and support. Your appreciation and feedback mean a great deal to me.

Tulika Jain
Lucknow, India
March 2026

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LIFE'S JOURNEY

Evolve and Enhance the Experience

This book is for those who want to succeed but are always struggling; for people who are tired of running but cannot find satisfaction anywhere; and for people who are actually looking for happiness.

The author has put her heart into this book with the sincere goal of making your life journey a wonderful experience for you. She is really optimistic that you will get something from it, that will eventually alter your viewpoint so that you begin to enjoy your life.

About the Author



Dr. Tulika Jain, MD (Homoeopathy), is a dedicated physician, academician, and author with a deep commitment to holistic healing, psychology, and mental well-being. She also serves as a lecturer and is practicing as a homeopathic physician.

She encourages self-awareness, resiliency, and intentional progress by fusing her professional expertise with personal insights.

Her writings inspire readers to consider, develop, and improve their life experiences with purpose and clarity.

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