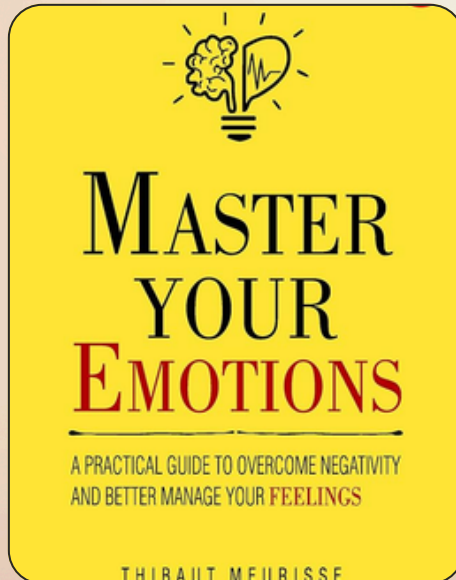
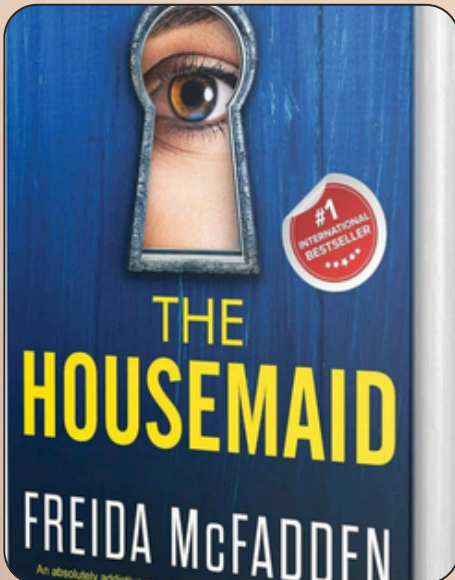




FROM THE FOUNDER'S DESK

APRIL REFLECTION





DEAR BOOK A TREAT FAMILY

As I look back on our April gathering, I feel immense gratitude for yet another beautiful evening of connection, learning, and shared perspectives. Every month reminds me why Book A Treat was created—not just to read books, but to create a meaningful space where minds meet, ideas expand, and hearts connect.

This month, our reading journey took us through two remarkably different yet equally compelling books—Master Your Emotions and The Housemaid.

Our fiction discussion around The Housemaid was gripping and engaging. A heartfelt appreciation to Sania for beautifully walking us through the layered narrative, suspenseful twists, and psychological depth of the story. Her narration truly brought the book alive for all of us.

Our non-fiction discussion on Master Your Emotions was deeply introspective and powerful. Together, we explored themes that touch every human life—resentment, guilt, expectations, self-esteem, emotional triggers, and the difference between empowering and disempowering emotions. What made the session special was not just the content of the book, but the honesty, wisdom, and vulnerability each member brought into the conversation.

One truth stood out clearly by the end of the evening: emotions are natural, but self-awareness gives us the power to respond wisely. Often, it is not the event itself, but our response to it, that shapes the outcome of our lives.





I would also like to give a special mention to our youngest reader, Agastya, whose thoughtful summary and clarity of expression left us all deeply impressed. It is always inspiring to witness such curiosity and brilliance at a young age.

To every member who participated, listened, reflected, and contributed so beautifully thank you. You are the soul of this community.

As we turn the page into a new month, I look forward to receiving your recommendations for our next fiction and non-fiction reads, and to yet another enriching evening of ideas, insight, and literary joy. Until then keep reading, keep reflecting, and keep growing.



With appreciation,
Shilpa Gupta
Founder, Book A Treat 🌟