



# FROM THE FOUNDER'S DESK

FEBRUARY EDITION





## DEAR BOOK A TREAT FAMILY

February's gathering was a beautiful reminder that some of the most meaningful conversations emerge when readers bring not just books, but pieces of their own lives into the room. Since this month's discussions were shaped by the varied and personal reading choices of our members, the evening carried a richness that was deeply authentic, diverse, and thought-provoking.

What unfolded was far more than a literary discussion—it became an exchange of perspectives, experiences, and inner reflections. We explored profound questions together: Is comfort truly a place, or is it a mindset we cultivate within ourselves? We reflected on the subtle yet important difference between being alone and feeling lonely, and discussed how identity, priorities, and expectations often evolve after stepping into parenthood.

Our books opened many windows of wisdom. The Fountainhead reminded us of the importance of creating with conviction—working for purpose rather than applause, and staying true to one's vision despite external noise.

Man's Search for Meaning offered timeless insight into the human spirit, showing us that meaning can be discovered through our work, through love, and through the attitude we choose in the face of adversity.



The Secret brought focus to the power of intention, encouraging us to align positive emotions, clarity, and belief with the goals we wish to manifest.



What made the evening truly memorable was the sincerity and openness with which every member participated. Each thought shared added warmth, depth, and a fresh dimension to the discussion.

To everyone who joined us—thank you for making Book A Treat what it is: a space where books become bridges to deeper conversations and stronger connections.

And to those who could not attend, you were genuinely missed, and we look forward to welcoming you back very soon.

As we move ahead, may we continue to read widely, think deeply, and grow together.



With love and gratitude,  
**Shilpa Gupta**  
Founder, Book A Treat 🌟