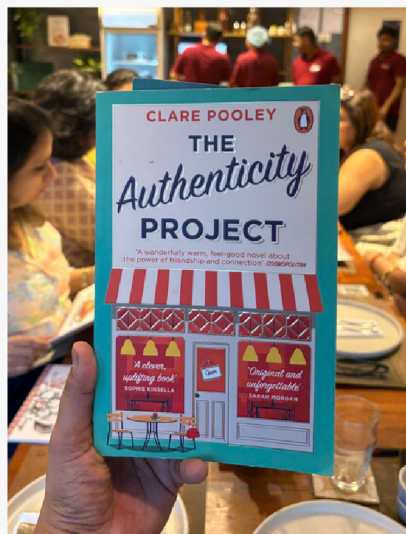
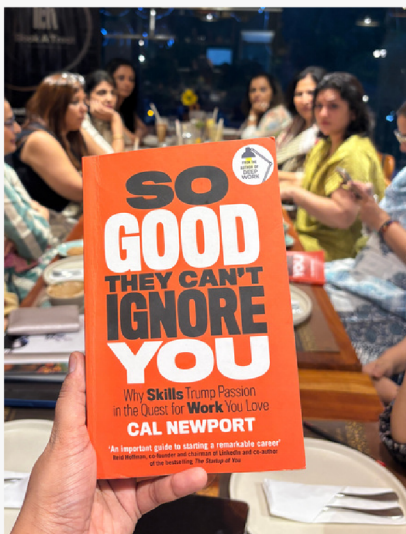




# From the FOUNDER'S DESK

JUNE REFLECTION



# THE LIGHT WE CARRY TOGETHER



Some evenings leave behind more than memories—they leave behind a feeling.

Our July huddle at FabCafe was one such evening.

As I looked around the room, I couldn't help but notice that it wasn't just people gathered over books. It was a circle of hearts, minds and stories, each carrying its own light.

There was the light of courage as members openly confessed one habit or truth they wished to change. There was vulnerability in those honest admissions, yet no fear—because everyone knew they would be met with understanding rather than judgment.

There was the light of reflection as we questioned a belief many of us had inherited while growing up—that career success is measured only by money, degrees or prestigious jobs. As the discussion unfolded, we collectively arrived at a more meaningful definition. Success, we realized, also lies in good health, peace of mind, freedom, happiness, self-respect and the ability to live life on our own terms.

Our wonderful Captain of the Month, Dr. Garima, curated two deceptively simple questions that led us into conversations far deeper than any of us anticipated. Those candid confessions, innocent revelations, bursts of laughter and moments of quiet contemplation reminded us that the most meaningful discussions are often the most personal ones.



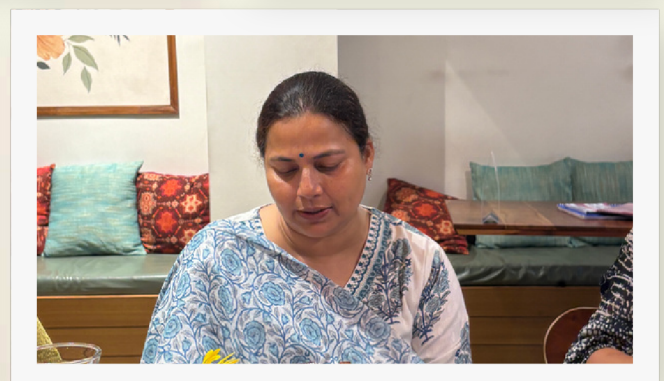
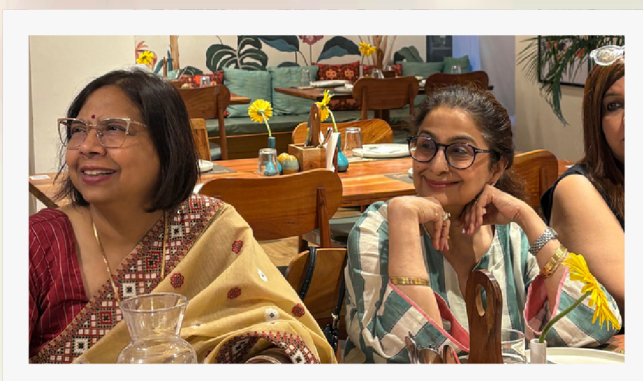


The room echoed with many sounds that evening—the uninhibited laughter of friends, thoughtful pauses before difficult truths, words of encouragement, moments of empathy and conversations that wandered effortlessly from one idea to another. Every voice added something valuable to the collective experience.

As I drove back home, one realization stayed with me. Book A Treat has quietly evolved into something much greater than a book club.

It has become a safe space. A place where people feel seen, heard and accepted. A place where differing opinions are welcomed, vulnerabilities are respected and imperfections are never judged. A place where we don't have to pretend to have all the answers.

Perhaps that is the greatest gift a community can offer. Every month, I leave our huddles feeling lighter, stronger and deeply reassured that no matter what life brings, I have found a tribe that celebrates authenticity over perfection.





To every member who joined us—and to those who continue to cheer us on even when they cannot be present—thank you. Your trust, openness and willingness to show up wholeheartedly are what make this community extraordinary. Books may bring us together.

But it is kindness, curiosity, acceptance and meaningful conversations that keep us together. And for that, my heart is full.



With appreciation,  
**Shilpa Gupta**  
Founder, Book A Treat 🌟