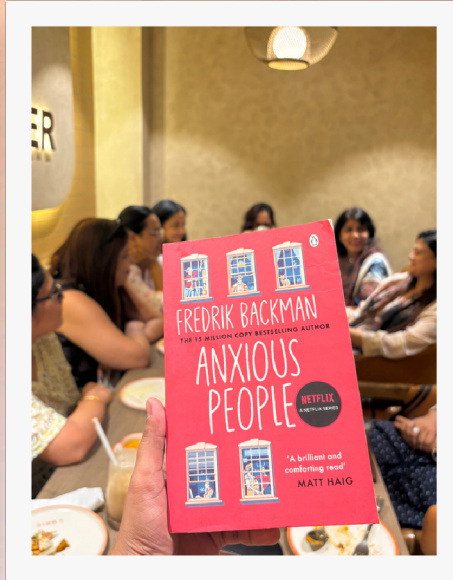




From the **FOUNDER'S DESK**

JULY REFLECTION



BETWEEN THE PAGES

A month of books, conversations & discovering ourselves

At Book A Treat, we believe that a good book does much more than tell a story.

Sometimes, it holds up a mirror.
Sometimes, it gives us words for emotions we couldn't name.
And sometimes, it quietly reminds us that we are not alone.

July was one such month for our community—a month of introspection, vulnerability, empathy and some wonderfully honest conversations.

Our monthly huddle became an extension of everything we love about being part of this community: reading together, thinking differently and learning from one another.



BOOK OF THE MONTH

I Want to Die but I Want to Eat Tteokbokki

by Baek Se-hee

Through the author's conversations with her psychiatrist, we explored anxiety, self-doubt, emotional patterns and the parts of ourselves that may no longer serve us.

But our discussion went far beyond the pages of the book.
We found ourselves asking:

Through the author's conversations with her psychiatrist, we explored anxiety, self-doubt, emotional patterns and the parts of ourselves that may no longer serve us.

But our discussion went far beyond the pages of the book.
We found ourselves asking:

Which parts of ourselves are we holding on to that no longer serve us?

One beautiful thought emerged:
sometimes, a small ray of hope can be enough to keep us going.

We reflected on the importance of recognising our own patterns, understanding ourselves better and finding ways to heal—before we get swept away by our emotions.



BOOK OF THE MONTH

Anxious People

by Fredrik Backman

Our fiction read brought an entirely different energy to the huddle.

Anxious People introduced us to a fascinating collection of characters, each carrying their own fears, insecurities, expectations and struggles.

The most intriguing part of our discussion?

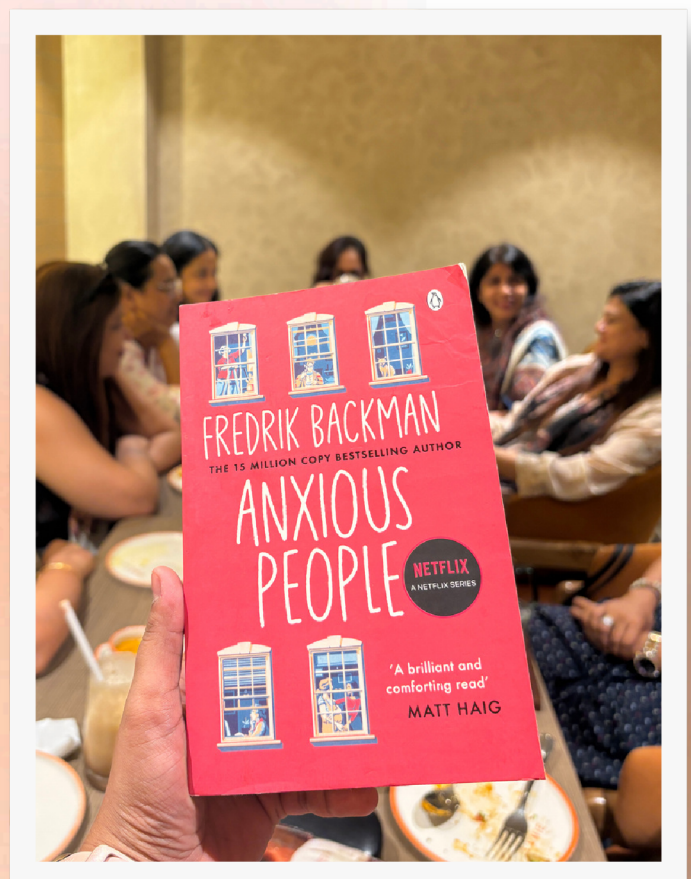
Which character did you relate to the most—and why?

This fiction read sparked an intriguing conversation about their anxieties, coping mechanisms, insecurities, need for acceptance & struggles to communicate what they were really feeling led us to one powerful collective realisation:

Every person is carrying some kind of baggage.

And knowing this perhaps calls for a little more patience, consciousness and kindness in the way we interact with the people around us.

We never really know what someone is carrying beneath the surface.



THE CONVERSATION BEYOND THE BOOKS

What made this huddle particularly special was that the books became merely the starting point.

The real conversation was about us.

About the patterns we carry.

About the parts of ourselves we are still learning to understand.

About the invisible baggage that shapes how we behave.

And about how much easier relationships can become when we replace judgement with curiosity and empathy.

At Book A Treat, these are the conversations we cherish—the ones where a book becomes a doorway to something much bigger.





THE MAGIC OF OUR COMMUNITY

There was another realisation that stayed with us long after the huddle ended.

Perhaps we are all, in some way, sailing in the same boat.

And perhaps that is exactly why Book A Treat feels like such a safe and welcoming space.

**We don't just read books.
We read ourselves between the pages.**

CAPTAIN'S NOTE

A heartfelt thank you to our wonderful Purti, who took charge as the Captain of this month's huddle.

Thank you for steering such a meaningful, introspective and engaging discussion and for taking care of every little detail that made the huddle so successful.

You truly did a fantastic job, Captain!





A LITTLE SOMETHING TO TAKE AWAY

As we step into another month, perhaps we can carry one simple thought with us:

**Be curious about your own patterns.
Be gentle with your own struggles.
And be kinder to the struggles you cannot see in others.**

Because every person we meet is living a story we may know very little about.

And sometimes, a little understanding can make all the difference.
Keep reading. Keep questioning. Keep growing.

Book A Treat
Where books become conversations, and conversations become connections.

