

What prompted me to write this book

Traffic jam and my wife

Here is how the combination of the two worked.

I love traffic jams. We were going to a party where we recite our poems. Instead of reciting an old poem, I thought about writing a new poem while we were stuck in the traffic jam any way. My wife asked me as to what am I writing about. I told her that I was writing a poem as how to be happy in life. “Come on, lot of people have written about how to be happy in life. That’s not your style to follow the crowd. You always have a unique style”, was the prompt reply of my wife. “OK then, let me write as how to always be unhappy”. She burst into laughter. That was it. Poem in the preceding page was the poem that I wrote for the evening.

This book in your hand is a result of my being stuck up in other traffic jams with my darling wife Satnam.

RECIPE for UNHAPPINESS

Come, O' Sister, let's find out ways to be unhappy
In happiness, let's locate avenues for being unhappy

Firstly, O' Sister, whenever we favor someone, mistakenly
We must strive never to let them forget our generosity

Secondly, O' Sister, we must never let our wounds heal
We must write in our diary forever this important deal

Thirdly, O' Sister, worry about every little piece
Work hard to ensure that the mind is never at peace

Fourthly, O' Sister, let fear of accident always frighten us
Step foot in the car only after this fear has overcome us

Fifthly, O' Sister, before boarding any flight let's worry
It's bound to fall, we must inhale and exhale worry

Sixthly, O' Sister, everyone's happiness must hurt us
As a thumb rule, jealousy must perennially dominate us

Seventhly, O' Sister, remember to find faults in everything
Never praise anyone, criticize everyone for everything
Let burning anger be our alias, our nickname
Hate all and be jealous of everyone's fame

After all these sincere efforts, if we fail to be unhappy
Then develop a habit to doubt every member of the family

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