



Book Review: Health & Happiness without Bullshit

Astha Koolwal¹, Ashish Goel²

¹Medical Officer, ART Clinic and ²Associate Professor
Department of Medicine, University College of Medical Sciences & GTB Hospital, Delhi

Corresponding Author:

Dr. Ashish Goel

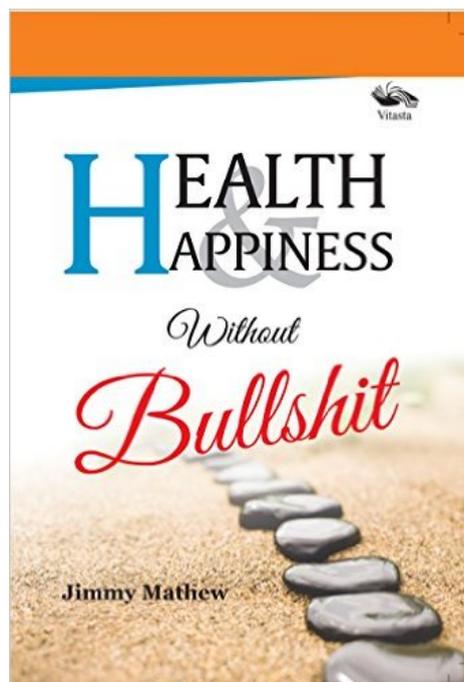
Department of Medicine, University College of Medical Sciences & GTB Hospital,
Delhi-95, India

email: ashgoe at gmail dot com

Received: 13-FEB-2016

Accepted: 14-FEB-2016

Published Online: 15-FEB-2016



Author: Jimmy Mathew

Vitasta Publishing Pvt. Ltd

1 June 2015

253pp.

Price: Rs. 133

In this book entitled “Health and Happiness without Bullshit”, Dr Jimmy Mathew attempts to define happiness, and the undiscovered art of acquiring it. This book takes us into a journey through the various theories and ideologies about happiness that have been found true by many studies and builds a picture which is likely to leave a lifelong imprint in the readers’ mind. The title paints a picture that portrays the content

Cite this article as: Koolwal A, Goel A. Book Review: Health and Happiness without Bullshit. RHIME. 2016;3:8-9.

and the idea of the book. While the use of the term bullshit in the title may appear repulsive to more orthodox readers, yet author narrates his own thought behind using the word. The cover page with the word appearing in red type-face, is likely to attract the attention of a casual reader. The preface is laid down as a beautiful ingress into his idea of “Health” and “Happiness” which are two inextricable parts of human existence.

The philosophy of happiness is poignant for many and the attainment of happiness seems arduous. The author takes support of the evidence that has accumulated in the previous years to describe and evaluate the significant components of a human being’s social life which dictate the level of happiness. He carefully dissects seemingly routine life events and demonstrates exactly how, to what extent and in which manner it affects our temperament just like a mathematical formula. The beauty lies in the fact that he simplifies the definition of happiness and highlights the important facts which are most commonly neglected.

By describing the significance of a closely knit family and friends, and also of “mindfulness”, the author delivers a winning approach to the attainment of happiness. Money and material acquisitions are game changers when it comes to happiness. The author very succinctly describes through various examples how financial circumstances dictate an individual’s conviction and also gives lucid suggestions about money and mind management. People are divided when it comes to the existence of God and there are myriad opinions in this regard. The author tactfully ruminates over this ideology without enforcing his opinion on anyone. He however also depicts that believers in God and worship have been found to have a

longer life and higher levels of happiness. The advent of social networking and the enormous techniques of connectivity today are permeating our lives as never before. The author describes this phenomenon as something which has desensitized the masses and made us oblivious towards the mis-happenings around us.

Being a doctor himself the author has approached the section regarding health in an evidence-based manner. He gives numerous examples of people with different disorders and illustrates how the frame of mind and the medications have a collective effect on the health of the individual. The crisp narratives regarding how and why the non-communicable diseases have overwhelmed the health care today, are pertinent to the context of the book. In his account of various diseases, there is a special anticipated emphasis on obesity. Many people today are obese and being obese has greatly impacted their lives in uncountable and unimaginable ways. He mentions the role appropriate proportions of exercise, diet and self-control as the formula for a healthy living. His emphasis on exercise is especially impactful or hangs in the mind because of the mention of Marc Hamilton’s comment - “Sitting is the new smoking”.

Overall the author targets common people who have meagre knowledge about medicine. In his informal writing style the author attains a flow which persuades the reader to read the entire book. The language is simple yet impactful and the accounts of his patients truly justify their presence by delivering a unique message every time. I would truly recommend this book to anyone who wishes to discover the essence of happiness and would eventually realize that it lies all around us waiting to be acknowledged.