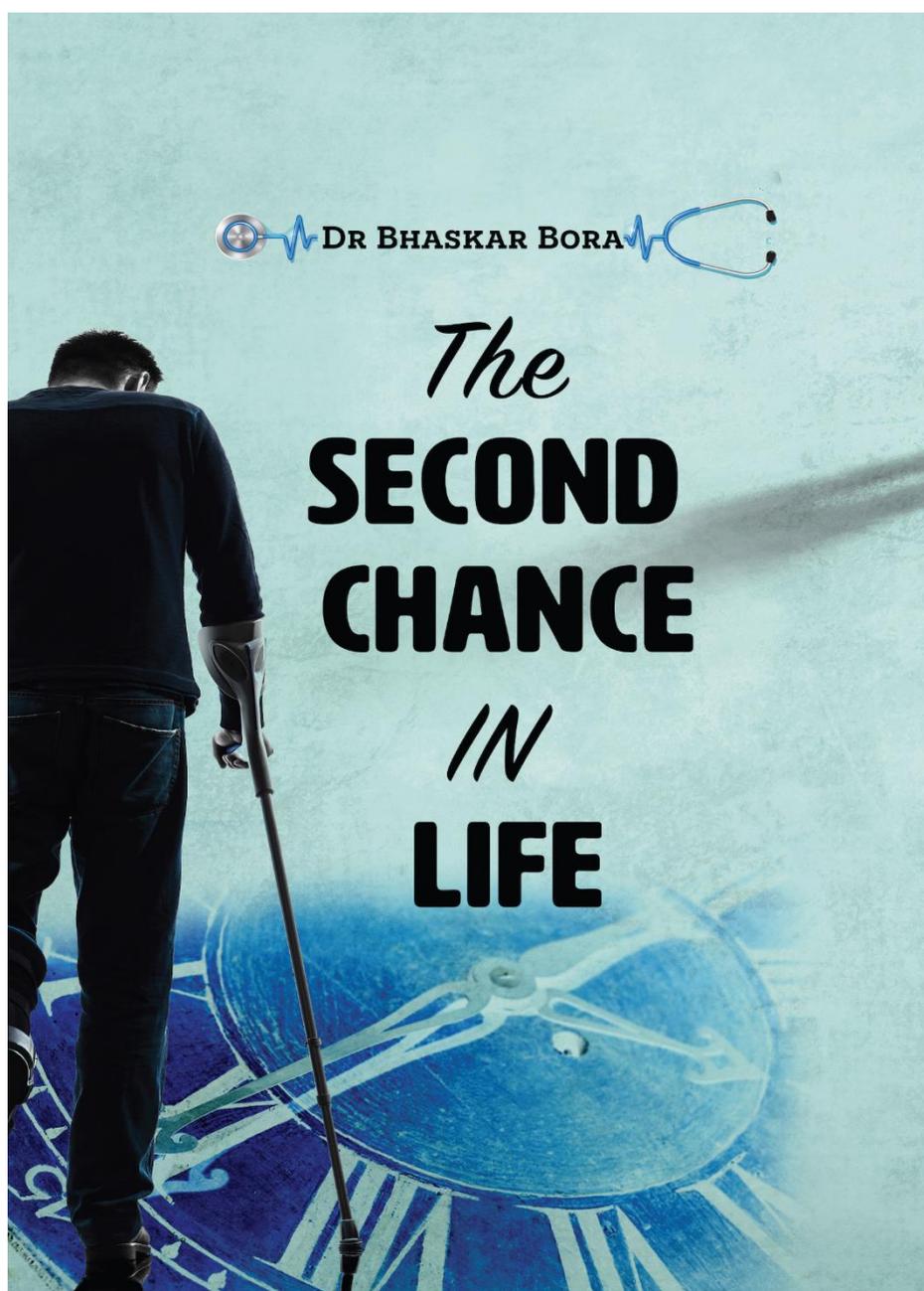


**The Second Chance In Life: Adversities into Opportunities, Dr Bhaskar Bora, Self-Published; 1st edition (28 February 2022), Paperback : 223 pages, Printed in Great Britain by Amazon, ISBN-10:1637543670, ISBN-13:978-1637543672, Genre: Autobiographical/Factual/ Motivational, INR 450, Hardcover: £14.99, Paperback: £8.27, Kindle Edition: £0.00**

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Dr Bhaskar Bora was born in 1975 in Guwahati, Assam, India. Through a fair amount of struggle and hardship in Assam, even at one point, he was compelled to drive a taxi to meet ends meet after becoming a medical doctor, mainly to treat his father's illness. Eventually, with the pursuance of further studies, he migrated to the UK to fulfil his dream as a doctor. Dr Bora is also a multitasking person who can write poems, draw, and be a successful restaurant business entrepreneur. After going through many hurdles in settling down in the UK as a doctor, he became a practicing General Practitioner (GP) in London. However, his luck had utterly changed when his diagnosis of cancer and spinal cord injury operation in the UK had gone wrong. This book is about his life's challenges, tribulations, and struggles due to the complications of his surgery, which left him paralysed. Indeed, it is a very emotional and poignant tale to read. The language of the book is straightforward and easy to read. The credit goes to him to pen down the horrific experience he faced when he knew that he couldn't walk or be active. In fact, he had to relearn how to hold a knife and fork or feed himself. Yet, his determination to be independent and his lust for life shine through.

This is an inspirational autobiographical book for anyone to read who is facing different struggles in life. I have found his motivation to live well, acceptance and gratitude are incredible. His strong belief in the second chance in life and how he has embraced the whole situation and is grateful to people who have helped him throughout, especially his wife Mili, makes the story very moving.

There are six chapters in the book. Chapter 1 is a summary of the book. In Chapter 2, Dr Bora described how he is facing the fear of paralysis, but not death. In this chapter, he has also penned about Mili, his better half, the path of moving to the UK and his accomplishment of a successful career as a doctor in the National Health Service (NHS). Consequently, in the other four chapters, Dr Bora has written about the different challenges that he has encountered and a bit of advice to move forward despite everyday adversity.

Indeed, his imagery and emotions about the life-changing experience are robust. He is a fighter and a winner who does not give in.

I loved reading the book; however, I would have preferred page numbers in each chapter. Aesthetically, the front and back covers are very appealing. They go with the theme with a short biography of the author; although it had the inverted commas, it did not acknowledge the author and the alignment of the book could have been a little bit better. Apart from these minor points, this book makes you appreciate life and reiterates that when 'life throws lemons at you, make lemonade, and Dr Bora is a living example of being able to make lemonade.

Moderately priced, this inspirational book on the positivity of life is for everyone beyond academics. I wish Dr Bora more patience, strength and a full recovery soon. I hope he produces more books and paintings to his heart's content to inspire others.