

5 Killer Habits - Be A Rebel

The book starts by giving us an idea of what will come as we go further into the words. The author addresses the reader by pointing out that the book aims to put the 'Truth' as it exists. Since rebellion has already been established in the title itself, we get a short glimpse of what it means here. The constant desire to question, break rules, and find a sense of freedom within the world's bondage and find the true essence of life through knowledge and experiences. The five habits to be followed should sum up this truth within themselves. According to the author, our world desperately needs rebels who think differently from most people in society, take nothing without valid logic and care, and lead their people.

Arise, Awake and Kickass

The first chapter of the book addresses the importance of rising early. It starts with a brilliant quote from Malcolm Gladwell - "No one who can rise before the dawn three hundred sixty days a year fails to make his family rich"

The basic premise here lies in the habit of getting up early. I don't think there is anyone on the face of the earth who would believe that one should not get up early and the reasons are highlighted clearly in this chapter. The author talks about several perceptions related to getting up early that can have massive impacts on our lives. The crucial activity of decision-making is brought to the reader's attention and light is thrown on how the time of the day at which any decision is made can severely influence how it is thought through. Without surprise, a mind that is active in the morning and takes a decision as its first task will lend you a slower but wiser opinion. Sleeplessness and its severity are also discussed where the harmful effects of not being able to maintain a healthy sleep cycle and feeling sleepy and lethargic throughout the day are highlighted along with the infamous night owl problem in these current times. One's performance depends on one's sleep. An interesting outlook towards love is also approached where it is claimed that someone in love has a better chance of improving their routine due to the responsibilities they feel towards the people they care about. A notable highlight of this section was mentioning the efforts our parents have made for our sake, leaving behind the issues we are dealing with right now. The secondary part of the chapter talks about kicking ass, or in simpler words, achieving. What can one achieve? Goals. The author talks about how setting up goals is a vital part of our development since measurable goals act as milestones that appear within reach. He talks about the personal challenges he has overcome in the past few years and how setting up specifically curated goals helped him achieve everything he sought to. What cannot be measured, cannot be accomplished. In my opinion, this chapter sets a great tone as an introductory chapter to the book by addressing one of the biggest challenges in the current time and how to tackle it, accompanied by a touch of personal experiences and opinions.

Be A Hero

Who is a hero? I like to stand by the thought that one can set the definition of a hero by themselves but I am sure to believe that one cannot complete this definition without the inclusion of helping others. This chapter encapsulates that thought of mine perfectly.

The author starts this chapter by mentioning the case of Aitaz Hasan, a fourteen-year-old boy who saved countless other lives by stopping a suicide bomber but lost his own in the process. It is a heart-shaking anecdote but sets the depth of what is to come, and wakes up the reader in a certain way. The author then proceeds to highlight the importance of

volunteering in life and how it practically makes someone's presence immortal. He talks about how volunteering impacts the lives of people, not just the ones on the receiving end but also the ones on the giving end. The one way to live longer is nothing complex but just plain old purpose of life. People consider retirement to be the end of their lives, either consciously or subconsciously but that is far from the truth because the only ingredient missing that can make their lives longer is to find purpose, on which, unfortunately, people give up. The author also talks about living on even after death. How? By volunteering. Volunteering to provide your body for the betterment of others after your death through either organ donation or research.

The following part of this chapter talks about the most serious concern that humanity is facing at the moment - the slow and poisonous death of our planet. Several issues are brought to the reader's attention like the concerning levels of deforestation, global warming and intense heating up of the globe, and the garbage patches in our oceans that are creating dead zones all over the world. Humans are termed killers and for all the right reasons because the next topics involve the love of dead fur and hair of animals among humans and how disastrous its effect has been on the fauna around us. The beef and pork poultry farms around the world practice without explanation and there are no signs of them stopping despite the so-called laws protecting the lives of animals. Cruelty in the name of luxury is slowly choking our throats while we live in the false reality of comfort. This chapter brings out the serious wake-up call every human needs to hear.

Become A Dromomaniac

Dromos represents a journey in the Greek language and maniac, which roughly translates to an enthusiast, who came together and birthed the concept of Dromomaniac.

This chapter highlights how travel and more importantly solo travel entails the development of an individual. The author appropriately captured the reader's attention by going on a journey within words, as he talked about how solo traveling is completely life-changing and difficult to put down once picked up. I enjoyed the touch where the chapter mentioned the people and activities the author came across as an anecdote of his travels, it was motivating for someone young like me to read someone travel the way I desire to. The trip to Srinagar is a part of the book that is surely going to stick to me. It was interesting to read how someone was eager and restless enough to travel to a place people would not even set their sight on, purely because questions felt unanswered. Everyone watching the news was, somewhere within themselves, aware that the media was not absolute in their works and is being influenced in some way, yet not everyone has the guts to jump on a flight or train and go in search of answers by themselves. This chapter was a rollercoaster of emotions, drawing me in through the young desire for solo travel and then leaving me with questions for myself as I read deeper into the author's experiences. A memorable line for me is: "All adventures are at the end of your ignorance and comfort zone."

The author targets to travel across the country and promote the five habits on which he has based his book and I feel that is an amazing goal to work towards because not only will it help the author spread his belief of being a rebel to the world but also remain in the constant process of self-improvement by remaining a dromomaniac and since monomaniacs never die, his aim would also become immortal with him. "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So, throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover" - Mark Twain.

Live A 100 Lives

As a fellow reader, I found this chapter hit me more than the others in the book. It is about the profound impact reading can have on the development of an individual and dwells deeper into how such a simple habit can very much change lives for the better.

It starts off with a brief history of reading and how literature and vocabulary have seen change over the thousands of years it has journeyed. How the way of putting things across is now different and adjusted. After this, the honest question of why should one read is addressed when the author puts forward a more thought-provoking and realistic answer to the true meaning of this habit. He preaches that reading not only instills knowledge into a human but also fosters empathy, critical thinking, and emotional intelligence. The author shares his love for reading and what he has gained through the habit and helps the reader understand the title of the chapter a bit better. A man who reads has seen a hundred lives through the words he has read by living those experiences in one way or another. Therefore it is established that a habit of reading can improve the quality of life for someone.

A short part of this chapter also talks about how powerful the impact of reading is on young minds, and so, some people like to use it for their benefit with malicious intent. Here the author makes a case for fake news and soft brainwashing which can be easily instilled in young minds especially children if not looked after. He talks about the population's addiction to news and how easy it is to create influence among people by influencing the news.

Towards the end of this chapter, the author provides vital information for the cultivation of this habit by providing intelligently curated steps and highlighting how one can make time for reading.

Stay Curious

"Smart people learn from everything and everyone, average people from their experiences, stupid people already have all the answers." - Socrates.

While the title of the chapter is pretty self-explanatory, it still begs the question of why, why should one stay curious? It is quite simple, purely because curiosity fosters rationality. If you remain curious, you shall always remain rational and abide by logic.

This chapter advocates asking questions and how you should continue to ask questions at all times since one will always know less than one thinks he does. The author makes the reader understand the importance of staying curious by picking up an interesting side relating to religion, cults, and godmen, marking the fact that without challenging something we are forced to believe no one would see betterment. He brings in many topics from history that have proved that among the many advantages of maintaining curiosity are the development of creativity, improved problem-solving abilities, and increased adaptability.

Curious people are more likely to stay motivated, learn new things throughout their lives, and deal with change well. Furthermore, since curious people are more approachable and sympathetic to others, curiosity can result in stronger interpersonal bonds.

Conclusion

I feel that the author's effort toward creating rebels for the betterment of the world is visible in the book. It certainly has effective habits that can positively impact individuals if applied to their lives. I admire how the book has been written because it captures the reader's emotions by being raw and real yet still doesn't feel like a non-fiction or anecdote. The point of view presented is respectable even if you might not agree with everything and I feel that this book can be of great effect if it reaches the masses as it aims to.

