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# High Jump: A Journey Within



## Synopsis

Another empowering book from the author of Dissolved. A note from the central character of the book. This is the story of my high jump. It is the story of a weak person but a strong decision. It's a decision to say no to life. I don't care if you consider me a coward. But I can assure you that you have played an important part in my decision. Your words pushed me to where I stand today: rejected, beaten, helpless. As you read this, many like me are living suffocated lives and contemplating death. You can't do much about me, but be sensitive toward the ones around you. Use your words wisely. If you have nothing nice to say, keep quiet. You may sound less smart but at least you will not be a murderer. Please sit back and enjoy the story of my murder. High Jump Tarun Sardana

## Book Information

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## Customer Reviews

Another awesome book by Tarun Sardana coming after his much acclaimed Dissolved. The

message is simple yet profound that you should live your life fearlessly and joyfully without worrying about others judging you. And in the same manner one should be non judgemental towards others because each one is born to march to the beat of their own drum. A must read for all !!

didnot read

Like a lot!

Tarun Sardana writes in the spirit of Hermann Hesse, but more to the point. A beautiful book for anyone, and especially someone who needs to turn toward the light and live from it.

Its a beautiful book.. It keeps you binded to itself. Depth of the words and realization of your own self is reflected everywhere. Must read compilation.. Love it..!!

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