

Book Name: The Present

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<https://qtanalytics.in/journals/index.php/ANUSANDHAN><https://doi.org/10.56411/anusandhan.2023.v5i2.76>**Author: Dr. Spencer Johnson**

The Present by Spencer Johnson is an inspiring and thought-provoking book that encourages readers to step back and appreciate the present moment. This book is a fascinating tale of a young man's journey into adulthood and his discovery of The Present, a mysterious and elusive gift he first hears about from a noble oldman. This Present, according to the old man, is 'the best present a person can receive.'

Later, when the boy becomes a young man disappointed with his work and life, he returns to ask the oldman to help him find The Present. The old man responds, 'Only you have the power to find The Present for yourself.' So the young man plunges into a vigorous search for this magical gift that holds the secret to his personal happiness and business acumen. The young man has searched high and low with his relentless pursuit and discovers that the Present is all the promises it offers.

The book emphasizes on following things:

- Focus on present moments, appreciate the right thing about every situation, and pay attention to what is most important now.
- Learn and Let go of the past to improve your today (The Present).
- Make a realistic plan for our future by doing something today that will help it happen.
- Living with some purpose and focusing on main things able to lead, manage, support, and love.
- Being more successful means becoming more capable of who we are.

The message of this book may be compelling to the management aiming to energize their employees without making significant changes to the workplace. The author said that in difficult times if the person focuses on what is good for him then it makes him happier today and gives him the confidence to deal with the situation more confidently. Happy people contribute to better results. In a company, if employees are satisfied with present times, they cooperate and follow all instructions laid by management.

Altogether, the book is all about living in your present moment. Instead of looking at what is wrong one must search for what is right in a situation, even if it is hard to find. Appreciating the moment gives us more energy and confidence. We cannot relive our past, so let it go, learn the lesson and use it in the same situation in different ways. The author beautifully expressed his view about the Present, "When you have the precious present, you will be perfectly content to be where you are."