



### About the Author

In 1977, Anil Agrawal got his post graduation degree in Modern History at the University of Allahabad. Since childhood, he took a keen interest in creative writing. His mental ailment of Schizophrenia has its traces in him being oversensitive. Researches confirm what psychologists say that people with higher sensitivity are good performers. Moreover, as our society gets more automated, the need for people with intuition, creativity and empathy becomes even greater. And it is for sure that the abilities of sensitive people cannot be reproduced by technology.

Presently he is editing a bilingual monthly magazine on current affairs for civil services aspirants here in India. His son is a former civil judge, and his spouse is a former educator.



# Life Lessons (A Schizophrenian File)



**Anil Agrawal**

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**Life Lessons (A Schizophrenian  
File)**

Olympia Publishers  
*London*

**www.olympiapublishers.com**  
**OLYMPIA PAPERBACK EDITION**

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A CIP catalogue record for this title is available from the British Library.

ISBN: 978-1-80074-962-7

This is a work of fiction.  
Names, characters, places and incidents originate from the writer's imagination. Any resemblance to actual persons, living or dead, is purely coincidental.

First Published in 2023

**Olympia Publishers**  
**Tallis House**  
**2 Tallis Street**  
**London**  
**EC4Y 0AB**

Printed in Great Britain

## Dedication

I dedicate this book to my father late Dr Ishwar Nath Agrawal, former professor at the University of Allahabad, Allahabad.



## Acknowledgements

I do humbly acknowledge the pains that my wife, Neelam Agrawal, took in getting things right in a presentable format.



# LIFE

Unless you suffer in life, you will miss the content of a  
meaningful life

Life is always unjust to those  
Who are just unto themselves  
Life is!

How you take and feel it  
Nothing more, nothing less  
Your instinct to put questions across  
Is the single most pertinent answer of your vibes of self-  
betterment

You don't have to be perfect to achieve something better or  
great

Being ordinary, being natural, will bring great accolades

Don't lose people who matter  
Because your recognition will be in jeopardy?

Life is fearful

For its uncertain rhythm

Wherever the disintegration of family is taking place in the  
world

Man's loneliness has increased tenfold

Family basically is a cocoon

Family used to be a shelter for Unfortunates in a family  
With its disintegration

The Unfortunates of a family have taken to the streets  
Always settle for less

Or you tax your mind  
Run with the clock  
You will reach early  
When you are at crossroads with your inner self  
You cannot manifest anything  
Become passionate  
And be triumphant  
Dont just decry conformity  
It has History behind it!  
Time circuses a thin ropeway  
Never belittle anyone  
Every man is thrown flattened once, twice or thrice by life  
Your arising is what matters  
We are not possessive of what we get  
And tend to push things into memories  
And then become nostalgic  
Rigid is not adaptable  
Flexibility is! What do you choose?  
Our survival instinct is intertwined with adaptability  
Choosing your path  
And your choices  
Are the two worthwhile submissions  
Which a man ought to follow  
Life is one asset  
That cannot be reclaimed  
One's choosing to live in gratitude  
Shouldn't be an investment  
Rather a pious duty  
If your shadow chases you  
You are running towards the furnace  
Never make it happen that your shadow chases you