
Handling anger is never easy, especially when it is coupled with strong emotions. Handling anger is something that everyone faces in life. Anger can be an outcome of frustration or frustration can lead to anger. It also happens due to the inability of one to deal with a situation, circumstance or an event that has happened recently or which might happen in future. While anger may not serve any purpose in certain situations but it does bear some consequences for oneself if the anger increases and fuels the fire so to say. In order to deal with anger it is important to be in a position where one can channel the anger when it happens. This is when meditation comes in handy. Meditation has been a part of life since times immemorial and is still practiced with great zeal in contemporary times also. Meditation not only assists one in handling anger but also improves the quality of life in many ways. Anger Management, a book by Dr. Madhav Goyal, presents insights into developing a habit of managing anger and how the practice of meditation actually helps in this regard with lots of practical tips on how you can practice controlling your mind to live better. This book is suitable for those who want to increase their quality of life and those who already know how to manage anger. The term 'manichitrathazhu' refers to the five pillars of life- wealth, good looks, children, intellect and spirituality. It was coined by Dr. Puthur Narayana Menon which means 'The Five Pillars'. The five pillars served as a guide for the plan of the movie itself. Similar to its name, Manichitrathazhu deals with a lot of underlying themes which are related to the 5 pillars of success in a Malayalam movie. Prakashan, the old man in the movie, is an aged person who has his own set of problems. He lives all by himself, far away from his family. The death of his wife affected him immensely and he gave up on life thinking that he is just another burden to society. In a way this movie portrays how a man who has nothing in the world to call his own struggles to win back their lost wealth with sheer dedication and determination. He is shown as a man who has been determined through time and circumstances, who tries to fight against everything that comes in their way until they receive a taste of success. But it's not just about money but keeping your dignity throughout life even if you have nothing else going for you. The way the movie depicts the characters is something that has never been done before in Malayalam movies. The characters were not only accepted by the audience, but loved and cherished for their uniqueness. Success is what everyone strives to achieve in life. No one wants to be stuck in a rut or at a low point of life, but it isn't easy to go beyond success and reach new heights every time you aim for it. Even after attaining success life has many setbacks and problems which can make you feel like giving up on life.

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