

Debut Author Paras Panjwani Publishes Mindset Book Aimed at Shifting How We See Ourselves and the World



Vadodara, Gujarat Jul 12, 2025 ([Issuewire.com](https://www.issuewire.com)) - Emerging author Paras Panjwani has released his debut book titled *Shift Your Perspective: Navigating Life Through Different Perspectives*, a mindset and psychology-based exploration into how everyday thinking patterns shape our experiences, emotions, and personal growth. Drawing from both psychological insight and real-life reflection, the book offers readers fresh ways of looking at common challenges, including overthinking, self-doubt, emotional resilience, and finding purpose.

Written in a relatable tone, the book breaks down complex ideas into thought-provoking yet accessible chapters. Rather than offering surface-level motivation, Shift Your Perspective guides readers to understand the hidden patterns behind their reactions, beliefs, and decisions.

Paras Panjwani is a Mindset Author, Psychology Practitioner, and Personality Strategist. He focuses on helping ambitious individuals build mental clarity and emotional strength using psychology-backed frameworks. This debut book reflects his broader mission to simplify psychology and make it actionable for the modern reader.

Since its release, Shift Your Perspective has become available across major platforms including Amazon, where it has steadily reached a niche audience interested in mental clarity, mindset shifts, and self-discovery.

“This book is for the overthinkers, the quiet achievers, and those who feel stuck despite trying their best. I wrote it to help people see what they’ve been missing in their own thinking,” says Paras.

In addition to authoring his book, Paras has begun publishing insight-driven essays on Medium, a global platform for writers. His first article, Overthinking Isn’t a Bad Habit. It’s Your Brain’s Survival Strategy, explores the misunderstood psychological root of overthinking and how to break the cycle with compassion and awareness.

Read more at: <https://medium.com/@paraspanjwani4>

For readers, professionals, and students alike, Shift Your Perspective is a timely book that offers more than advice. It provides a deeper understanding of the mind and how to reframe reality in ways that support growth, clarity, and self-trust.

Book Title: Shift Your Perspective

Subtitle: Navigating Life Through Different Perspectives

Amazon Link: <https://amzn.in/d/8vE4KaT>

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