

**Review of “Making Quantum Leaps & Knowing Zero Limits” by B. K. Hayer  
Thomas W Hartquist, Professor of Astrophysics**



Baljit Hayer’s admirable aim in writing her comprehensive book is to provide each reader with “a holistic approach” in a “One Stop” guide to taking all of their “life skills to the peak level” to allow them to be their “optimal” self.

In the introduction, Ms Hayer mentions the inspiration gained on her travels to India and China. She certainly draws from wonderful traditions of Eastern knowledge. However, she refers to a great deal of the best of the wisdom from many cultures. For example, she includes important insights of Louise May Alcott, Cicero, Daniel Defoe, Albert Einstein, Eleanor Roosevelt, Bertrand Russell, Chief Seattle and others, as well as those of Buddha, Swami Ramdev and Lao Tzu. She addresses knowledge gained in western scientific studies of memory, while providing a summary of the primary concepts of yoga and much more.

Though this is a sizable and serious book, it is not a heavy, forbidding tome on pure theory. The title gives a clear hint of the imaginative way in which Ms Hayer encourages the reader towards positive development. To make her points, she refers to products of popular culture, including the film “50 First Dates” and Oprah Winfrey’s thoughts, alongside the products of academic efforts, such as those of Professor Martin A Seligman of the University of Pennsylvania.

The book contains plenty of excellent exposition of effective methods for achieving wellbeing, written in clear, straightforward language. For example, Ms Hayer’s eight-point list concerning how to make a good first impression contains all that one needs to know summarised in points that consist of five or fewer words each. The division of the book into three sections on personal skills, professional skills and social skills, and Ms Hayer’s use of summaries make absorbing the content easy for the reader.

In short, this is a multi-faceted book with something of interest for everyone. The reader will find Ms Hayer’s exceptional positivity contagious and wonderful to catch.

Email: [T.W.Hartquist@leeds.ac.uk](mailto:T.W.Hartquist@leeds.ac.uk)