

THE MOST IMPRESSIVE BOOK I HAVE EVER READ

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Abstract

This article expresses my reaction as a reader to the book called "The mountain is you" written by Brianna Wiest who is famous female writer from United States of America. Additionally, it provides reasons why this masterpiece had a good impression on me and what triggered me to read it as well as whom I recommend this book.

Key words: Brianna Wiest, her background, career path, emotional intelligence, self-sabotage, self-mastery, self-awareness, letting go of past, limiting beliefs, critics against, incremental change.

First of all, it would be better to begin with the overview about the author. Brianna Wiest was not only a writer, she was also a poet and essayist. She was born in New York, studied at Elizabethtown College until 2013. During this time, she worked for various publications, such as Forbes, Teen Vogue, The Huffington Post. Then in 2024, she delivered the commencement speech for her college alma mater and received an honorary doctorate in Literature.

As for the book, I should mention that it is highly recommended book among readers. The mountain is you teaches you how to reach personal-growth by handling problems related to internal resistance, emotional wounds and limiting beliefs. The "mountain" describes internal barriers, including fears, trauma, emotional pain, self-criticism and so on. In other words, you can make the best version of yourself if you try to climb that mountain rather than trying to just overcome external circumstances.

The first publication of this book occurred on May 28, 2020 in a Kindle. It was originally in English language. Brianna Wiest used to write introspective essays and personal growth writings. She mostly focuses on emotional healing, life transitions, dealing with pain and trauma. She puts an emphasis on transformation: letting go of the past, working with emotional intelligence, small incremental changes, building self-compassion, listening to your feelings. We can easily become aware of patterns by practical tools and exercises given in the book and they lead to transform ourselves gradually.

When it comes to talk about what can we learn by reading it, I should highlight that the book reframes self-sabotaging behavior as coping mechanisms or survival

strategies that may have been helpful earlier but now it does not work at all. Moreover, we can be encouraged to take a responsibility of our internal worlds, accepting our past and healing pains. It describes transformation as ongoing process, like you climb one mountain, you may see another one. It is a reference of continuous self work.

Actually, age does not matter to be obsessed with this book but probably best for those in their 20s-40s who are actively exploring life, career, relationships and identity. Interestingly, the writer said that self-improvement is not about arriving where everything is perfect. Instead: "your goal is not to arrive at a place where everything is perfect or seems perfect, but to arrive at a place where you are better able to respond what is imperfect". Compared to critics, this book receive positive suggestions s well. Many readers share that the book has been a mirror: It forces introspection, reveals internal patterns and feels personally relevant.

Conclusion

To sum up, Brianna Wiest's "The mountain is you" praised for its emotional depth and criticized for its simplicity. There are so many readers who find healing and motivation in her poetic approach to self-mastery. It inspires one vital act, which is facing ourselves bravely by accepting the book as a mirror. It proves that this might be the hardest mountain of all. After finishing it, you may feel inner peace, learn self-esteem, act as the master of yourself and that is why I really recommend every booklover to make an observation on this masterpiece at least.

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