

# Meher & Me

A Mother-Daughter Relationship  
Memoir About The Life We Choose  
For The Lessons We Will Learn



*A Tale of an Unconventional Life and Courage Developed Through a Combination of Nature, Nurture, and Skills Acquired Along the Way.*

My mother, Meher, believed that we choose our lives for the lessons we will learn. These lessons flow into each of our lives for us to find a way to develop our innate emotional strength. Meher & Me describes some of the situational lessons I am supposed to have 'chosen', to learn from.

In this Mother-Daughter Relationship Memoir, I share my struggles to reconcile the mysteries of life and death, and reeling from the magnitude of what transpired, I embarked on a journey inward to find the strength to overcome the harrowing tragedy, harnessing my inner strength to find meaning in my life, which ultimately brought me to a place of equanimity I sought.

*For my mother Meher, who continues to watch over me.*

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## FARAH

Farah, who is of Parsi origin, was born in London and raised in North India. She is a British national with an Indian heart, and embraces the different facets of her identity with ease. After the untimely loss of her mother, struggling to reconcile the mysteries of life and death, Farah embarked on a journey inward to find a conduit to channel her loss and pain. Farah has built a career in the banking industry, across continents, over the span of thirty-plus years and is now based in Dubai. In her spare time, Farah is an avid baker and Yogi.

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