

Book Review

Unshackled: Reminiscences of a Wandering Soul - An Analytical Evaluation of Public Life Memoir by Dr. V. Lakshman

Abstract

*This review presents a critical and analytical reading of **Unshackled: Reminiscences of a Wandering Soul by Dr. V. Lakshman**, placing the memoir within the scholarly traditions of narrative inquiry, organisational communication, and public sector studies. While the text is autobiographical in form, it functions as a qualitative narrative documenting lived experiences in journalism, public relations, and public institutional communication in India. The memoir offers empirically grounded insights into professional identity formation, bureaucratic culture, crisis communication, and ethical negotiation. Drawing upon concepts from auto-ethnography, reflexivity, and organisational sociology, this article demonstrates how personal narratives can serve as legitimate sources of academic knowledge. The analysis further explores the methodological relevance, strengths, and limitations of memoir-based texts for interdisciplinary research, concluding that *Unshackled* contributes meaningfully to the understanding of communication practices and institutional life in contemporary India.*

Introduction

Autobiographical narratives authored by professionals embedded within institutions have increasingly gained scholarly attention across the social sciences. Such texts offer nuanced insights into organisational processes, ethical dilemmas, and communicative practices that are often absent from formal policy documents and empirical reports. *Unshackled: Reminiscences of a Wandering Soul* by Dr. V. Lakshman emerges within this intellectual