

Book Proposal: What I See Now

By Rishabh Gupta

Overview

What I See Now is a memoir told with humor, honesty, and emotional precision. It's not a story of "overcoming disability," but of becoming through it. With a voice that blends stand-up comedy with spiritual awakening, the book reframes vision loss as a lens through which life's absurdities, heartbreaks, and healing moments come into sharper focus.

This is not a survival story. It's a comeback in disguise — one that makes readers laugh before they realize their own hearts have softened.

Tone and Voice

The voice is sharp, self-deprecating, and mischievously wise. Think Hasan Minhaj's storytelling meets Matt Haig's honesty meets the soulfulness of Tuesdays with Morrie. Chapters are short, fast-paced, and crafted as standalone vignettes, making the book highly engaging for modern readers while still holding together as a cohesive arc.

Structure

The book unfolds in 23 chapters plus a closing reflection. Each chapter is part confession, part comedy, and part quiet revelation. Together, they chart the journey from denial and performance to acceptance and self-expression.

- Act I: Ghosts and Masks — Stories of pretending, people-pleasing, and performing confidence — from faking sight in classrooms to turning every stumble into a joke.
- Act II: Humor as Healing — Episodes where wit became survival — white canes turned into dramatic sidekicks, crushes understood through dosa metaphors, and awkward TED-Talk moments of being labeled "inspiring" while just trying to use the bathroom.
- Act III: Breaking Open — Letters to the inner child, awkward confessions, and moments of misplaced tears reveal the cost of hiding behind laughter.
- Act IV: Becoming Seen — The final chapters show a

shift: singing again with eyes closed, looking up despite fear of rejection, and realizing that healing doesn't arrive loudly — it whispers. The book closes with a reframing of vision: not what is lost, but what is gained.

Themes

- Humor in Darkness → Laughter as both shield and bridge.
- Disability Beyond Inspiration → Rejecting clichés of pity or heroism.
- Identity and Self-Acceptance → From hiding flaws to living fully with them.
- Emotional Truth → Naming the unseen emotions: shame, longing, resilience.
- Family and Love → How relationships hold (and sometimes misread) us through transformation.

Target Audience

- Primary: Readers 18–35 (Gen Z + Millennials) drawn to authenticity, humor, and memoirs with bite.
- Secondary: Wider audience of readers of modern memoirs (Matt Haig, Nora McInerny, Trevor Noah) who want to laugh and feel seen in equal measure.
- Crossover Potential: Book clubs, wellness communities, and disability inclusion networks — audiences hungry for stories that are honest without being heavy-handed.

Why This Book, Why Now

In a cultural moment oversaturated with either toxic positivity or doomscroll despair, *What I See Now* offers a refreshing middle path: raw truth delivered with humor. It speaks to a generation fluent in memes and therapy-speak but still searching for authenticity.

This is not a niche “disability memoir.” It’s a universal coming-of-age story — about fumbling, failing, laughing, and learning to live without needing to be “fixed.”

Author Note

Rishabh Gupta is a 25-year-old entrepreneur and explorer with a deep interest in psychology, spirituality, and human resilience. Living with low vision since adolescence, he has turned what others might call limitations into a way of noticing life more deeply. His second book project, *365 No Release*, is already underway, proving his commitment to writing as both craft and vocation.

Closing Line

What I See Now is not about how blindness limits you. It's about how honesty frees you. With its blend of wit, warmth, and raw humanity, this book doesn't just add to Penguin's list — it stands out as a voice this generation has been waiting to hear.