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This book is mainly about the Kyrgyz people and their condition. The book has three main chapters:

- 1) About the condition of Kyrgyz in ancient times
- 2) About the condition of Kyrgyz in the present times
 - First part: Economics
 - Second part: Democracy, Society, Politics, Globalization
 - Third part: The national values and Tengrianity
- 3) Appendixes

The author writes about the Kyrgyz people in general and touches different aspects and conditions. Also, he looks at the problems of Kyrgyz people, noticing that by passing time people are starting to forget about national and traditional values. Traditional things and features are very significant for any ethnicity or nation and therefore each human being and the member of any nation must maintain and respect tradition.

I would like to talk about the third part of the second chapter, that is about National values and Tengrianity. This work was written in question - answer style. He responds that Tengrianity appeared five thousand years ago and the ancient inscriptions of Sumerian people prove it. Tengrianity also belongs to the Altaic people and it has become scientifically true. Tengrianity has been maintained and practiced in contemporary lives of the Altaic people in their language, traditions, rituals and epics. He also mentions the activities that were against the Tengrianity. For example in V-VIII centuries the Christian religion and in IX-XIII there were political movements for removing the Tengrianity. The main purpose and task of this belief is equality and it finds the equality as a pattern. The world will not be calm and the ecological problems will not be solved until the equality is established among six billion people. One of the deep notions of Tengrianity is that youth should live by the requirements and laws of Nature. If young people want to have happy life in the future they should follow them and the more they disturb the Nature, the more they will suffer.

There is a question like “Is Tengrianity related to religion?” and the author responds that Tengrianity has turned into a life-condition and has brought in the language and tradition. In general it is a worldview that is closely related to the Nature.

Tengrianity is the antiquity of Kyrgyz people and if we deny it so it means denying partly our history and antiquity. It is also came from great “Manas” epic that he always believed in and prayed for Tengir. Making Kyrgyz minds forget about the Tengrianity means disrespect toward our great ancestor Manas.

The main point goes as a conclusion of this part and calls Kyrgyz people to respect and develop Kyrgyz national and traditional values and live by the laws of Nature and our traditional worldview Tengrianity.