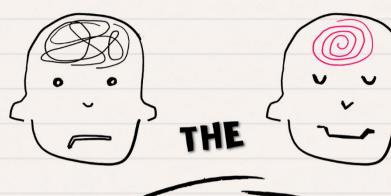
BY: NIRAJ VISHWAKARMA



GAMEDEV 5H*T

GAME DEVELOPER'S
REAL STRUGGLES
GENUINE SOLUTIONS



Quick Author Bio



Ahoy, I'm Niraj Vishwakarma. I'm a game and XR developer who's spent the last several years building interactive experiences, teaching developers, and figuring things out one mistake at a time.

I've gone through most of the struggles in this book myself — procrastination, burnout, idea overload, unfinished side projects. And like every dev, I still have a long list of half-finished ideas waiting for their moment. If you're somewhere on the same path, I'm right there with you.

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Introduction

I didn't plan to write this book.

It grew out of conversations — quiet, honest ones — with developers who felt stuck, tired, overwhelmed, or secretly afraid they weren't "good enough" to call themselves game developers. The more people I spoke to, the more I realized something important: the hardest part of game development isn't the code, the tools, or the art. It's the mind behind all of it.

I've seen talented creators abandon projects because life got in the way. I've seen passionate developers burn out on "one small fix." I've seen indie devs lose months inside tutorial loops. And I've seen students hide their struggles because they feared looking inexperienced.

And I've felt these things myself.

Not once. Many times.

This book is my attempt to give every developer something I wish I had earlier in my career — a quiet space where you can be honest about what you feel, without fear, without judgment. A place where the

emotional battles of game development are not ignored or laughed away, but understood.

These chapters are **not instructions**. **Not lessons**.

They are **reflections** — small mirrors held up to the moments we rarely talk about.

If even one page makes you feel seen, understood, or a little lighter, this book has done its job. Because the truth is simple:

You're not just building games — you're playing one too.

And sometimes the hardest levels are inside you.

— Niraj Vishwakarma

You're not just building games

— you're playing one too.

The Day You Swore You'd Start... and Didn't

Theme: Procrastination, delayed beginnings

Scenario

You wake up with a rare sense of determination.

Today is the day.

You've been carrying this game idea for months—maybe years—and suddenly something inside you whispers, "Begin."

So you sit down, open your fav game engine, and watch the project load. The spinning icon feels like a countdown to a new chapter of your life. You imagine your game on Steam someday, players enjoying what you created, your name in the credits—everything feels possible. But then the screen settles.

The Editor opens.

The scene appears: empty, quiet, waiting.

And your confidence evaporates.

But you scroll social media, watch a tutorial you won't use, reorganize folders, sharpen pencils you don't need.

Hours pass.

Your project remains untouched.

And a quiet **guilt** settles in.

Why This Happens

It's not laziness. It's a moment of **emotional friction**—fear of messing up, fear of starting wrong, fear that your idea won't match your imagination.

Your brain **protects** you by delaying the work, even if that delay hurts you later.

The Real Hidden Cause

Procrastination in game dev is rarely about the task. It's usually about identity:

"What if I'm not good enough to build the thing I dream about?"

So you pause—not because the task is big, but because the expectations are.

The Shift (Mindset Reframe)

Instead of asking, "How do I finish this?" try:

"What's the smallest thing I can start?"

Momentum is built in micro-actions: create an empty

GameObject, write a one-line script, sketch a rough idea.

Small starts bypass fear.

<u>Dev Reflection (A Small Journal Moment)</u>

Write down two things:

- 1. The task you're avoiding today.
- 2. The smallest possible version of it. Circle only the small version. That's your target.

Chapter Summary

- Procrastination is **emotional friction**, not lack of discipline.
- The fear behind it is usually fear of not being "good enough."
- Momentum starts with **micro-actions**, not big plans.

Closing Statement

You don't need to move mountains today.

Just move a pebble.

Every game you admire was built the same way—small steps, repeated with honesty.

Start tiny.

Your future self will thank you.



The Invisible Weight on Your Keyboard

Theme: Low confidence, self-doubt blocking creativity

Scenario

You sit in front of your keyboard, fingers hovering, ready to begin.

The idea is clear in your mind. The excitement is there.

But as soon as you're about to begin, a **quiet hesitation** creeps in.

Not loud, not dramatic... just enough to slow your hands.

You try to start, but a tiny voice interrupts every attempt:

"What if this isn't good?"

"What if I can't pull it off?"

"What if I'm just pretending to be creative?"

Suddenly the screen feels brighter than it should.

The idea feels heavier than it should.

And you feel smaller than you should.

The motivation you had melts into second-guessing.

You're not blocked by skill, time, or tools —

you're blocked by the **version** of you that believes you're not ready,

not talented enough,

not capable enough.

And so the idea stays inside your mind, untouched, while **self-doubt** quietly steals another day from your creativity.

Why This Happens

Low confidence feels like pressure, but it usually begins as **comparison**.

You see other developers—online, in studios, on social platforms—posting polished builds, smooth mechanics, beautiful concepts.

You compare their *finished* work to your *unfinished* thoughts.

Your mind doesn't say, "I'm learning."
It whispers, "I'm behind."
And that whisper slowly turns into a belief.

Creativity can't breathe when self-doubt tightens around it.

The Real Hidden Cause

Self-doubt rarely comes from skill.

It comes from the story you tell yourself about your skill.

Most developers grow up idolizing creators they admire.

So when you sit down to create something yourself, there's a quiet expectation that it should come out perfect, or at least "worthy."

But the earliest versions of every great game were rough, broken, clumsy, and incomplete—just like the versions you're ashamed to make.

Your confidence feels low because you're judging your first draft as if it were your final release. All because of your premature thinking. You are trying to measure success from your very first draft, you are too focused on your final outcome.

The Shift (Mindset Reframe)

Instead of asking, "Is this good?" ask:

"Is this honest?"

Honest work isn't perfect.

Honest work is imperfect, raw, unpolished, and deeply human

Confidence doesn't appear before creation.

It appears *because* of creation.

Let yourself make something messy.

Mess fuels **progress**.

Progress fuels courage.

<u>Dev Reflection (A Small Journal Moment)</u>

Write one sentence:

"What is one thing I'm afraid my work will reveal about me?"

Then write this underneath it:

"What if that fear isn't true?"

Let your mind sit with the possibility that you're more capable than you think.

<u>Chapter Summary</u>

- Low confidence isn't about lack of talent—it's about harsh self-judgment.
- Comparison magnifies self-doubt by showing you only others' polished moments.
- Creativity grows when you allow imperfect, honest beginnings.
- Confidence is earned through action, not waiting. The more you act, the more mistake you will do, the fastest way to get better in something or anything.

<u>Closing Statement</u>

There is nothing wrong with you.

Every creator—yes, even the ones you **admire**—has felt the same invisible weight on their hands.

They kept going not because they never doubted themselves,

but because they didn't let doubt have the final say.



The Dream Game That Lives Only in Your Head

Theme: Fear of starting the dream project

Scenario

Your dream game.

The one you think about during walks, showers, late nights, boring meetings...

You can see it so clearly it almost feels real.

But every time you sit down to begin—really begin—something **holds you back**.

You plan more.

You sketch more.

You write new mechanics, new worlds, new systems.

Pages and pages of possibility...

and yet, not a single playable start.

It's not lack of time.

It's not lack of skill.

It's the **quiet fear** that once you begin, the real version won't match the perfect one in your mind.

So the dream stays safe where nothing can harm it: in your imagination.

Why This Happens

Your dream game is more than a project.

It's a piece of your identity—your taste, your talent, your ambition, your creative heart.

Starting it means exposing it to flaws, limits, reality.

And that feels **risky**.

The mind protects you by convincing you to "prepare more,"

when really, you're delaying to avoid **disappointment**.

The Real Hidden Cause

Perfection becomes a shield.

As long as the game isn't started, it can't fail.

It can't be judged.

It can't let you down.

But dreams decay when they aren't acted on.

The longer you wait, the heavier the pressure becomes, and the more **impossible** the first step feels.

The Shift (Mindset Reframe)

A dream game isn't built from its final vision—it's built from its first **imperfect version**.

Instead of asking:

"How do I make it perfect?"

ask:

"How do I make a version that simply exists?"

A rough prototype is not disrespecting the dream.

It's the only way to bring it to life.

<u>Dev Reflection (A Small Journal Moment)</u>

Write down the smallest **playable** form of your dream game.

Not the final vision—

just the version you could build in one weekend.

That is your true starting point.

Chapter Summary

- Fear of imperfection often keeps dream projects stuck in your mind.
- Planning becomes a way to avoid taking emotional risk.
- Dreams need imperfect beginnings to become real.
- Start with the smallest playable version.

Closing Statement

Your dream game deserves a real chance to exist.

Not the perfect version—

the first version.

The **messy**, **honest**, **brave** version.

Every legendary game began as something small, clumsy, and incomplete.

Yours can too.

Take one step.

Make one build.

Let the dream leave your **mind** and enter the **world**.



The Perfection Trap That Kills Momentum

Theme: Over-polishing early work, losing steam

Scenario

You start with energy.

You open your project, build a small mechanic, and it works.

It's rough, but it works.

Then you tweak it.

Just a little.

Then a little more.

Then again.

Soon you're adjusting things no one else would even notice—

a timing here, a curve there, a tiny visual detail that bothers only you.

Days pass.

And instead of building the next feature, you're still fixing the first one.

You know you should move on.

But something inside keeps whispering:

"It has to be perfect before you continue."

By the end, the mechanic is polished...

but your motivation is gone.

Why This Happens

Perfection feels safe.

As long as you stay refining something small, you don't have to face the rest of the project—

the **unknowns**, the harder parts, the pieces you're not confident about.

So you stay where you feel competent, even if it **slows** everything down.

The Real Hidden Cause

Over-polishing early work is often a disguise for fear:

fear of complexity,

fear of the next step,

fear of making something that doesn't match the vision in your head.

Perfecting one tile feels easier than laying the whole foundation.

The Shift (Mindset Reframe)

Perfection isn't the goal of the first version.

It's the reward of the final version.

Move forward with the understanding:

"Good enough for now" is progress.

Perfect later is refinement.

Momentum > perfection.

Always.

<u>Dev Reflection (A Small Journal Moment)</u>

Write this line:

"What am I perfecting that doesn't need perfection yet?"

Circle the one thing you can leave as "good enough" today.

Chapter Summary

- Over-polishing early work drains momentum fast.
- Perfection is often a way to avoid harder steps ahead.
- "Good enough" is **progress**, "perfect" is for **later**.
- Momentum grows when you let small things stay small.

Closing Statement

You don't need flawless beginnings to create something meaningful.

Leave room for roughness, for growth, for evolution.

Your project isn't asking you to perfect every tiny detail.

It's asking you to **keep moving**.

Imperfect steps taken now will build a far better future

than perfect steps delayed forever.



When Tutorials Become a Comfortable Prison

Theme: Endless learning without building

Scenario

You open a new tutorial thinking you'll learn one quick trick.

One video turns into three...

Three turn into a playlist...

And by the time you look up, you've learned a dozen new concepts—

but your own game still hasn't moved an inch.

Your notebook is full, but your project files are **empty**.

Why This Happens

Tutorials give you a sense of progress, even when nothing has been created yet.

It feels productive.

It feels purposeful.

It feels like preparation... even when you've been "preparing" for months.

The Real Hidden Cause

You're worried that when you finally start building, you'll realize you don't know enough.

So you keep collecting more knowledge—
as if one more tutorial will erase all uncertainty.

But knowledge doesn't erase fear.

Action does.

The Shift (Mindset Reframe)

Tutorials are great.

They elevate your skills, broaden your understanding, and open new possibilities.

But there's a moment where learning must turn into trying.

Your dream project needs your hands on the keyboard, not just your eyes on a screen.

<u>Dev Reflection (A Small Journal Moment)</u>

What's one thing you've learned recently that you still haven't applied?

Write how you can use it today, even in the simplest form.

Chapter Summary

- Tutorials boost skills, but can become a loop.
- Fear of not being "ready" keeps you watching instead of building.

• Real growth happens when you apply what you learn.

Closing Statement

Your creativity doesn't need endless lessons it needs a starting point.

And you already have enough to begin.



The Feature Creep Monster Under Your Desk

Theme: Over-scoping, adding too much too soon

Scenario

You begin with a simple idea—just a small **prototype** to test a mechanic.

But soon, you find yourself adding a skill tree, companions, crafting, weather effects, and somehow... fishing?

Each idea feels innocent on its own, but together they turn your little project into a creature with too many arms and no legs to stand on.

What was once exciting now feels strangely overwhelming, as if your own game is quietly growing faster than you can **keep up**.

Why This Happens

Every new idea feels exciting.

It feels like a power-up, a chance to make your game better, more interesting, more unique.

They give you a rush of "maybe this will make it better" right when you fear the project might not be good enough.

But excitement doesn't care about timelines.

Or workloads.

Or your sanity.

The Real Hidden Cause

You're trying to build the game you imagine, in its final form—

not the one that needs to exist right now.

It's not ambition that hurts you.

It's **timing**.

The masterpiece version comes later.

The playable version must come first.

The Shift (Mindset Reframe)

Build the core.

Shape the essentials.

Then let features earn their place one by one.

Your project isn't a museum where every idea needs to be displayed—

it's a living thing that must learn to **walk** before you teach it to **fly**.

<u>Dev Reflection (A Small Journal</u> Moment)

Write down your current project's main goal in one sentence.

Now list three features that don't directly serve that goal.

How would the project feel without them—for now?

Chapter Summary

- Feature creep grows fast if left unchecked.
- Good ideas become harmful when added too early.
- Start small; expand when the core is solid.

Closing Statement

Your project doesn't need everything today.

It just needs direction.

Your ideas are not the enemy—your timing is.

Build the heart of the game first, and let the dream grow after it learns to beat.



When Comparison Becomes the Final Boss

Theme: Comparing yourself to other devs online

<u>Scenario</u>

You scroll through your feed and there it is—

another developer posting a stunning screenshot, a polished mechanic, or a beautifully edited devlog.

You pause, stare, and suddenly your own work feels... smaller.

Your excitement fades, replaced by a quiet voice asking,

"Why am I not there yet?"

In a few seconds, your motivation gets swapped out for doubt,

and what started as innocent browsing becomes a boss fight you didn't prepare for.

Why This Happens

What you see online is everyone's highlight reel,

and your brain naturally compares it to your behindthe-scenes struggles.

It's **unfair**, but it's **instinctive**—your mind tries to measure your worth using someone else's visible success.

And because you never see their failures, the comparison feels brutally one-sided.

The Real Hidden Cause

It's not their achievements that hurt you—

it's the belief that their progress somehow reduces yours.

Deep down, comparison is just your fear of not being enough dressed in someone else's achievements.

You're not discouraged by them.

You're discouraged by the story you tell yourself while looking at them.

The Shift (Mindset Reframe)

Their progress doesn't take anything away from yours.

You are building a different path, with different constraints, experiences, and timelines.

Instead of treating other developers as rivals, imagine them as proof that the journey is possible.

Their win can be a lighthouse—not a threat.

<u>Dev Reflection (A Small Journal Moment)</u>

Think of one developer you often compare yourself to.

What is one thing you admire about their work—and what does that reveal about your own goals?

How can you turn admiration into inspiration instead of self-judgment?

Chapter Summary

- Online comparison hides the truth behind others' success.
- Your journey is not meant to match anyone else's.
- Inspiration works better than comparison.

Closing Statement

You're not behind.

You're not slow.

You're simply on your own track, moving at the pace your story requires.

Keep building.

The only developer you need to compare yourself with is the version of you from yesterday.



Burnout in the Middle of a "Simple" Fix

Theme: Small tasks draining energy unexpectedly

Scenario

You sit down to fix one small issue—just a quick adjustment you've been putting off.

It should take ten minutes.

But an hour later, you're still chasing the same problem, the same bug, the same stubborn line of logic that refuses to behave.

Your focus cracks. Your patience thins.

And suddenly, this tiny task feels heavier than an entire project.

Your mind drifts, your energy collapses, and you shut everything down—not because the task was big...

but because you ran out of yourself.

Why This Happens

Small tasks deceive you.

They look harmless, so you expect yourself to handle them easily.

And when they resist, you instantly feel like you're the one failing, not the task being tricky.

The emotional crash doesn't come from difficulty—it comes from the **surprise**.

The Real Hidden Cause

You weren't just tackling a fix.

You were carrying the leftover fatigue of the whole week, the unfinished ideas in your head, and the quiet pressure to "just get things done."

The task wasn't simple; your battery was already low.

Burnout doesn't always come from big workloads—

it often shows up in moments where you expected yourself to have more strength than you actually do.

The Shift (Mindset Reframe)

A task being "small" doesn't mean you must be fully charged.

Let your energy decide your pace, not your assumptions.

It's okay to step back, breathe, take a break, and return with a mind that's capable—**not forced**.

Resting isn't quitting; it's preparing the version of you that can finish the job.

<u>Dev Reflection (A Small Journal Moment)</u>

Think of a recent "simple" task that drained you.

What were you carrying emotionally or mentally before you even started?

What would it look like to respect your energy as much as your deadlines?

Chapter Summary

- Small tasks can hit hard when you're already drained
- Burnout often comes from the surprise, not the complexity.
- Your energy level matters more than the size of the fix.

Closing Statement

You're not weak for getting tired.

You're human for needing fuel.

The work will still be there when you return—

but you'll return stronger, calmer, and more capable than before.



The Feedback That Broke Your Heart

Theme: Handling criticism from players, peers, or teammates

Scenario

You share something you made—maybe a mechanic, a prototype, a screenshot, or a build.

You've worked hard on it, polished it, believed in it just enough to show it.

Then someone comments.

Not harsh, not cruel... just honest in a way you weren't ready for.

"Hmm, this feels off."

"It's not as fun as it could be."

"I expected more."

You read it once.

Then again.

And suddenly, your chest feels a little tighter.

All your excitement folds into itself, replaced by the quiet ache of feeling misunderstood... or worse, not good enough.

Why This Happens

You didn't just share a feature.

You shared a piece of yourself—your effort, your time, your hope that someone might appreciate it.

So even mild criticism brushes against the vulnerable part of you that wants to be seen, not judged.

It's not the feedback that hurts the most.

It's the **feeling** that your effort wasn't reflected in their words.

The Real Hidden Cause

You were seeking connection, not evaluation.

You wanted encouragement or recognition, not a checklist of what needs fixing.

Your heart wasn't prepared to switch from "Look what I made!" to "Here's what you should improve."

And when expectations and reality collide like that, even well-meant feedback feels heavier than it should.

The Shift (Mindset Reframe)

Feedback is rarely about your worth—it's about the work in its current shape.

Let it help you, not define you.

Take what aligns with your vision and gently set aside what doesn't

Your creation is still growing, and so are you.

Let criticism be a **tool**, not a wound.

<u>Dev Reflection (A Small Journal Moment)</u>

Think of one piece of feedback that stung.

What part of it was about the work—and what part felt personal?

How would you respond if you saw it simply as information, not a verdict?

Chapter Summary

- Criticism hurts because you care deeply.
- Feedback evaluates the work, not your value.
- Take what helps, leave what doesn't align.

Closing Statement

You are more than a comment section.

Your creativity deserves patience, not panic.

Keep building, keep learning, and let every bit of feedback shape—not shatter—the path you're walking.



Lost in the Maze of Too Many Ideas

Theme: Idea overload leading to zero execution

Scenario

Your mind sparks nonstop—new mechanics, stories, art styles, systems, entire worlds waiting to be built.

You scribble them on sticky notes, phone apps, notebooks, or whatever is closest.

Each idea feels exciting for a moment...

and then another idea arrives, and then another, until your brain feels like a maze with no exit.

You want to start something—anything—but choosing feels impossible.

And in the noise of endless possibilities, **nothing** actually moves.

Why This Happens

Ideas give you quick hits of satisfaction.

They make you feel productive without facing the discomfort of actually building something.

Jumping between concepts is easier than committing to one path that will eventually challenge you or expose your limits.

So you stay in the idea stage because **it feels safe**, limitless, and full of potential.

The Real Hidden Cause

You're not struggling with creativity—you're struggling with fear.

Starting one idea means letting go of all the others, even if temporarily.

It means risking that your favorite idea might not look as perfect in reality as it does in your imagination.

Idea overload isn't about too many ideas...

it's about avoiding the moment where vision becomes **responsibility**.

The Shift (Mindset Reframe)

You don't need to choose the perfect idea.

You just need to choose one idea that deserves a beginning.

Execution creates clarity—ideas don't.

Let your hands help your mind decide.

Build a tiny version of one idea, and let the others rest.

They'll still be there when you're ready.

<u>Dev Reflection (A Small Journal Moment)</u>

Write down three ideas that excite you the most right now.

Circle the one that feels doable this week, not someday.

What is the smallest version of that idea you can build in a few hours?

Chapter Summary

- Idea overload feels productive but leads to paralysis.
- The fear of choosing is often the fear of losing potential.
- Progress begins when one idea gets a real start.

Closing Statement

Your creativity is a gift, not a trap.

You don't have to build every idea—just the one that calls to you next.

One step, one choice, one tiny beginning can turn chaos into a path.



The Solo Dev's Silent Battle

Theme: Loneliness and lack of external validation

Scenario

You sit in front of your screen, the room quiet except for the soft hum of your device.

No messages.

No teammates asking for updates.

No one waiting to see what you're building.

It's just you... and the silent space between each key press.

Some days, that silence feels peaceful.

But on other days, it feels heavy—like a reminder that no one even knows what you're working on.

You wonder if anyone will ever play your game, or care about it, or even know it existed.

Why This Happens

Creating alone means your only cheerleader, critic, and guide is yourself.

There's no quick "looks great," no shared excitement, no teammate to pull you forward when your energy drops.

And without external validation, your brain quietly asks,

"Does any of this matter?"

It's not the work that drains you—

it's carrying the whole emotional weight of the project alone.

The Real Hidden Cause

You're not just craving support—you're craving connection.

Humans are wired to create for someone, even if it's just one person.

When you build in isolation, your motivation loses the natural fuel that comes from being seen.

The Shift (Mindset Reframe)

You don't have to wait until your game is finished to feel connected.

Share tiny progress, talk about your journey, or join small groups where creators cheer each other on.

You're not asking for validation—you're building a circle that understands the path you're on.

Let connection be a **tool**, not a luxury.

<u>Dev Reflection (A Small Journal Moment)</u>

What's one small piece of your current project you could share with someone today—

not for approval, but simply to let your work be seen?

And who is one person or community you could connect with this week?

<u>Chapter Summary</u>

- Solo dev work can feel emotionally heavy without connection.
- You don't need validation—just a sense of being seen.
- Sharing progress builds motivation and breaks isolation.

Closing Statement

You are not alone in this quiet journey.

Every solo dev, somewhere in the world, sits in a similar room, fighting similar thoughts.

Your work deserves to be witnessed, and so do you.

Keep going—connection is closer than you think.



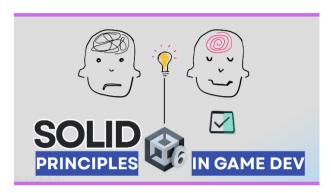
Game Dev Learning Resources

Talking about these challenges is important — but so is finding real, practical ways to grow beyond them. When I wrote this book, I didn't want to only highlight the emotional struggles developers face. I also wanted to give you a path that leads to clarity, focus, and steady improvement without getting lost in the endless loop of tutorials and distractions.

Over the years, I've created a few resources to help developers learn in a more structured and grounded way. If you ever feel unsure about what to learn next or how to organize your growth, these might guide you in the right direction:

Udemy Course -

Mastering SOLID Principles in Unity Game Development



A practical course designed to improve your coding approach and build confidence in creating clean, maintainable systems using SOLID principles in Game development. Whether you're starting out or leveling up, it can help you think like a stronger developer.

Link: https://www.udemy.com/course/mastering-solid-principles-in-unity-game-development/?referralCode=1B4E5A5B9E19FC11F241

Or here is the **QR code** to open the course:



Book (Paperback / Kindle) –

Learning Game Architecture with Unity



A deep, practical guide to designing modular, scalable projects using proven architectural patterns. It's built to help you write better code, structure your gameplay systems, and avoid rewriting things again and again.

Link: https://www.amazon.com/Learning-Game-Architecture-Unity-principles/dp/9365898412/

Or here is the **QR code** to open the course:



Book (Paperback / Kindle) –

Unity for Multiplayer VR Development



A hands-on journey into building multiplayer VR experiences from scratch. You'll learn about XR fundamentals, networking, avatars, voice chat, and the full process of creating an interactive virtual world.

Link: https://www.amazon.com/Ultimate-Unity-Multiplayer-Development-High-Performance-ebook/dp/B0F4MRMB1N

Or here is the **QR code** to open the course:



Connect with Author

If you found this book helpful or want to keep learning together, I'd love to stay connected. I'm continuously working on new courses and tutorials focused on practical game-development topics.

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May the Force be with you
