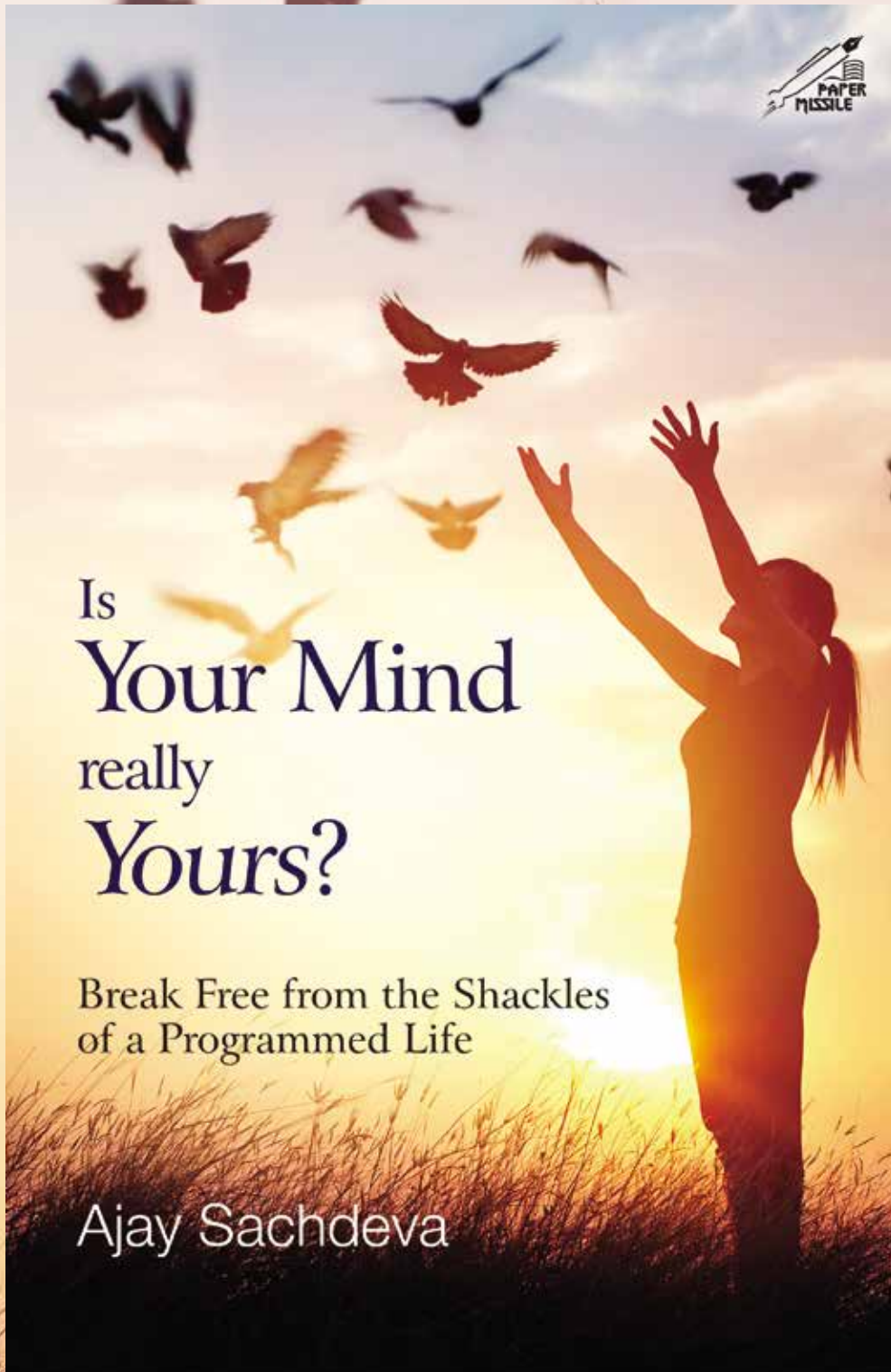


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Is
Your Mind
really
Yours?

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of a Programmed Life

by
Ajay Sachdeva

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The cornerstone of this lively and highly readable book is the idea of operating from the ‘free spirit’ as opposed to the ego. One subsequently experiences growth, freedom, and contentment.

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Ajay Sachdeva, with postgraduate degree in Operations Research from Delhi University, is the recipient of a gold medal for securing first rank at the

university. He went on to pursue a two-year Management programme from IIM, Ahmedabad and has over 37 years of rich experience working with several leading Indian and multinational corporations. Many of his articles have been published in the *Awakening Times*, an e-magazine published in Serbia, and also in the blogs of the *Speaking Tree*.

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