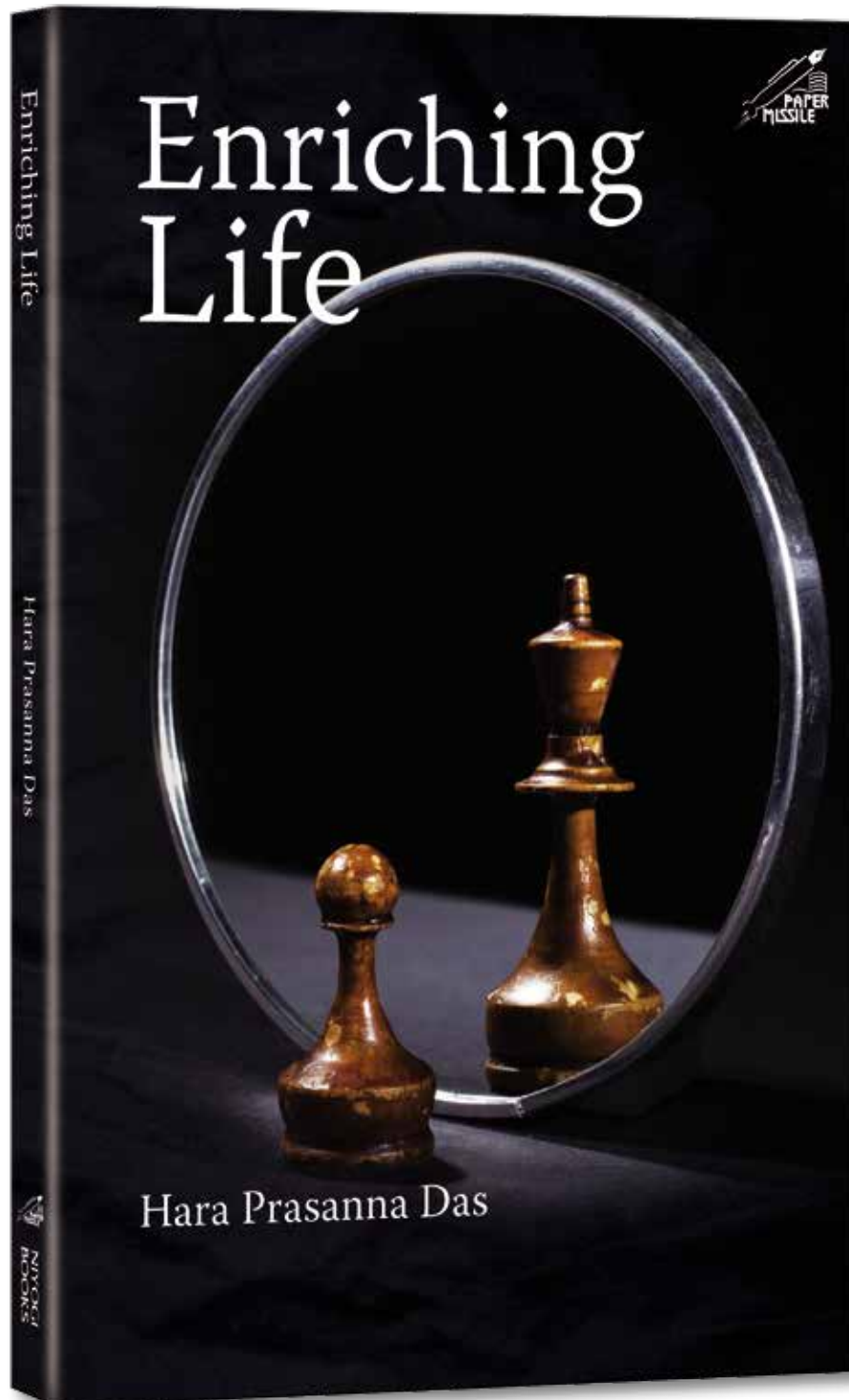


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Enriching Life

by

Hara Prasanna Das

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In today's fast-paced life, losing sight of our goals, of our purpose of existence and most importantly of who we really are, is but natural. This lack of perspective leads to a state of unrest and anxiety in our minds, thus disturbing our mental peace and our sense of happiness. We are torn between what we have and what we want, between who we are and what others want us to be, between our dreams and the bitter reality, among others. Sometimes, all we need to do is hit the Pause button in life and look within us to find the answers to some of the most baffling questions about ourselves.

Enriching Life by Hara Prasanna Das, renowned motivational speaker and life coach, will help you on this road to self-discovery, self-realization and introspection.



Hara Prasanna Das wears many hats. He is a motivational speaker, a life coach, a counsellor, a training facilitator and a management guide, all rolled into one. With 43 years of experience under his belt, the author has provided value-added services not only to individuals but also groups and corporates across the country. In addition, he is a writer (with six published titles) and an editor, and has participated in TV/AIR programmes as an anchor, a drama artist and a news reader.

Enriching Life by Hara Prasanna Das, as the name suggests, will definitely enrich your understanding of life by taking you through self-discovery, self-realization, and introspection.

As the author says, the art of living cannot be successfully practised, unless one masters the art of 'leaving'. Confused? Add this book to your reading list to learn the process of discarding all unnecessary, polluting thoughts and emotions, in order to achieve a refined existence.

Empowering oneself often proves to be the most difficult task. Confronting one's problems, thinking critically, and turning thoughts into actions might help one to accomplish this. But how? Let Enriching Life guide you through it.