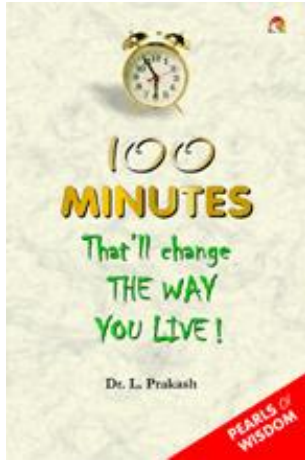




100 Minutes That'll Change The Way You Live!



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Real life, at times, tends to get mundane and boring.

How to survive against such inertia and overwhelming odds in life is the mool mantra of this unique little book.

These "top tips" will help you live life more peacefully and more successfully, whether you are young or old, man or woman, businessman or executive, professional or in service.

This is real stuff for real people no lectures, no empty talk, only immensely practical wisdom! That too told in a humorous way by the author who has himself learnt them in the process of surviving some great crises in life, and thus speaks with the authority of personal experience.

About the Author

Dr. L. Prakash, M.S. (Orth.), M.Ch. (Liverpool), is the Director of the Institute for Special Orthopaedics, Chennai. He has authored 6 professional books, 63 research papers in international journals and is the holder of 42 patents. He is an adventurer, sportsman, magician, inventor, author and scientist. Although life has been unduly harsh on him, his indomitable spirit has turned adversity into opportunity. His rich and varied experiences have found expression in the 56 works of fiction written by him. In this book, the author tells us of the 100 small things that will dramatically change the way we perceive and live life. That too, for the better!

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