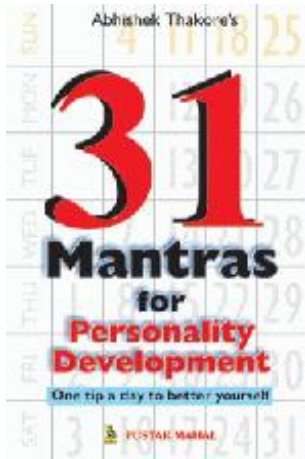




31 Mantras For Personality Development



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Many of us have heard that the secret to a happy, joyous and successful life is to live in the present moment.

Yet, acting out this simple truth eludes most of us.

But the 31 practical tips and techniques in this book will teach you how to live each moment, each hour and each day to the fullest.

By the simple expedient of making you follow one tip a day, each day the book takes you one step closer to becoming a better, more successful, happy and contented human being.

Unlike other books on personal development and happiness, which are seemingly practical but not practicable, these steps can transform you into a new person within 31 days.

All you have to do is read and practise just one tip everyday...beginning NOW!

And within a month, there will be a New You.

Glimpses of some Mantras:

- *Just for today I will spend some time in solitude
- *Just for today I will learn one new skill
- *Just for today I will do one thing I have been postponing
- *Just for today I will take care of my body
- *Just for today I will listen to more than I speak

About the author:

Abhishek Thakore is one of the leading personalities in the field of effective study techniques.



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He has developed workshops like How to Study... Effectively! and Brain Power and conducted these for students.

He is the CEO of `Thakore Centre of Well Being`, Mumbai where he also trains people in relationship management and spiritual success strategies.

He is the founder and chairperson of the Blue Ribbon Movement, an NGO working for a better India.

He has done his second degree Reiki, Karuna Reiki, Pranic Healing, Transcendental Meditation, Silva Method of Mind Control and Vipassana Meditation.

He writes for Life Positive and JAM magazines, and a number of websites. His other book The Portrait of a Super Student, published by Pustak Mahal, is a bestseller.

About Pustakmahal Publishers

Pustak Mahal publishes an extensive range of books that are both affordable and high-quality.