and Success' launched in India

By - TIMESOFINDIA.COM Created: Jan 19, 2023, 19:08 IST

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Meera Gandhi's new book '3 Tips: The Essentials for Peace, Joy and Success' launched in India

Humanitarian and author Meera Gandhi launched her new book '3 Tips: The Essentials for Peace, Joy and Success' at SoHo House in Mumbai on January 18, 2023. The event was moderated by Rouble Chhabra. The book launch was a part of Gandhi's India book tour, which includes a series of 12 book launches across the country.

'3 Tips: The Essentials for Peace, Joy and Success' by Meera Gandhi covers the themes of mental health and wellness, which are quite relevant in today's times. Published by Rupa Publications India, the book breaks down and simplifies complex issues into just three tips which anyone can easily implement into their lives. These tips would give the readers better awareness and clarity along with a spiritual perspective towards their life.

I had a 3 Tips book reading today at Soho house mumbai! Another milestone in the India book tour!Thank you dear Rouble Chhabra for moderating, Amarjeet and Malti and Mudit Jain and @sohohouse pic.twitter.com/zpwWGGWEPX

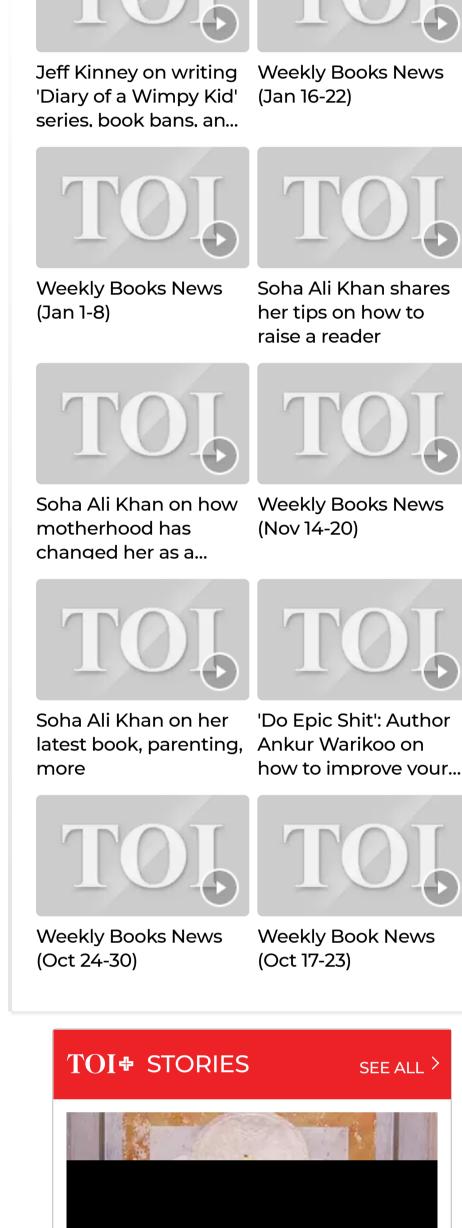
— Meera Gandhi (@MeeraGandhiGBF) January 19, 2023

Talking about the book, Gandhi said at one of the book launches recently, "We are to the Universe, only as much as we give back to it. This book is a guide to becoming our best self. It covers mental health and wellness topics and breaks down complex issues into simple tips that anyone can pick up and implement into their lives. Learning from our failures is how we grow and this book is a guide to becoming your best self."

The book is a continuation of Gandhi's focus on creating accessible and practical resources in the fields of mental health, wellness, and spirituality. It is noted that supporting mental wellness initiatives is one of the works of her The Giving Back Foundation.

The book has been endorsed by notable personalities including Sadhguru, Kerry Kennedy, The Rockefellers of NY, Maharaja Bapji of Jodhpur, and Shabana Azmi.

Gandhi's India book tour started in December 2022 and it ends on January 21, 2023. It will be then move to Dubai and the USA.



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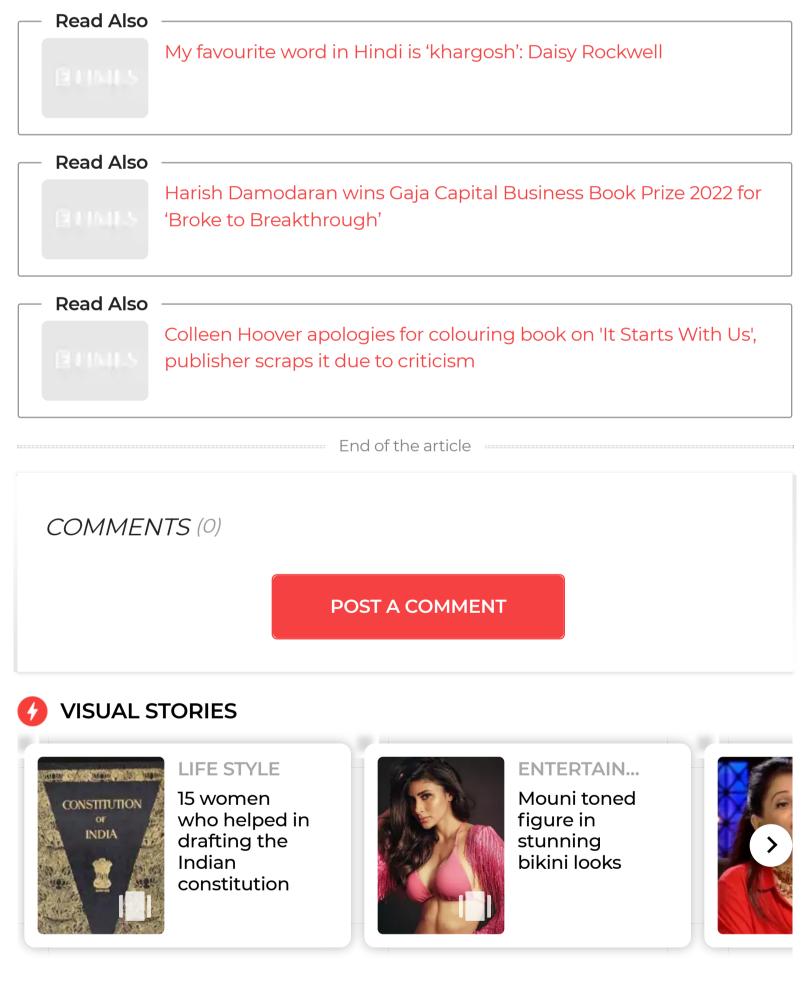
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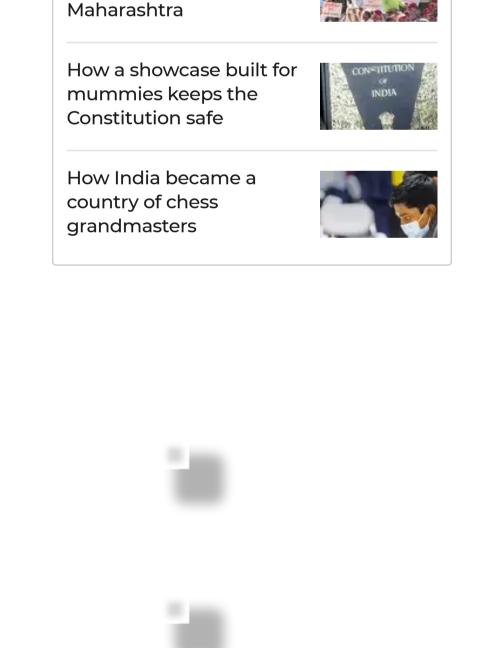
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