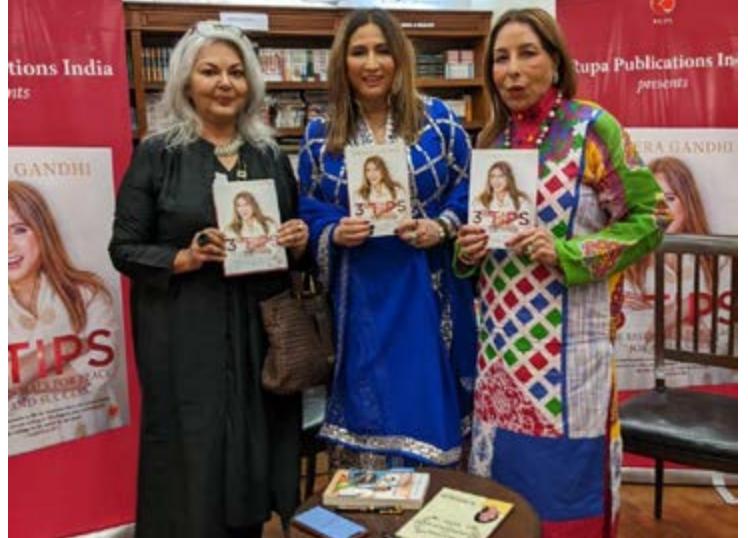


Meera Gandhi launches new self-help book, 3 Tips

A humanitarian, philanthropist, social activist, mother, businesswoman and mental wellness advocate Meera divides her time between New York City, London, Mumbai, Dubai and Hong Kong



(L-R) Guest, Ramola Bachchan, Meera Gandhi, Suhel Seth and Aman Nath at Delhi Golf Club, Delhi.



Malavika Sanghvi, Meera Gandhi and Hema Deora at Kitab Khana.

STAFF REPORTER

Renowned Philanthropist Meera Gandhi's new book, 3 Tips saw high-profile launch events in New Delhi, Bangalore and Mumbai.

Some of the moderators for these events included prominent Indians such as businessman Suhel Seth, journalist Malavika Sanghvi, Akanksha Malhotra, Dolly Thakore,

Vinod Advani and Ramola Bachchan.

The book, 3 Tips: The Essentials for Peace, Joy and Success by Meera Gandhi covers several topics related to mental health and wellness and is published by Rupa Publications India. It breaks down complex issues into 3 simple tips for each subject which anyone can pick up and implement into their own lives. The aim of the book is to provide anyone feeling lost or in need of guidance a push into a direction that brings them

a greater awareness and clarity of their present situation in the context of a greater spiritual perspective. According to a news release, 3 Tips is a continuation of Meera's focus on creating highly accessible and practical resources in the mental health, wellness and spirituality space. The book is rapidly climbing in the list of bestseller list as people are getting attracted towards the simple and sincere message of how to resolve problems and live in peace and

joy while finding success, the release noted. A humanitarian, philanthropist, social activist, mother, businesswoman and mental wellness advocate, Meera divides her time between New York City, London, Mumbai, Dubai and Hong Kong. She is the founder and CEO of The Giving Back Foundation, through which has dedicated herself to making a difference and enhancing the lives of others as well as creating a just world.



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