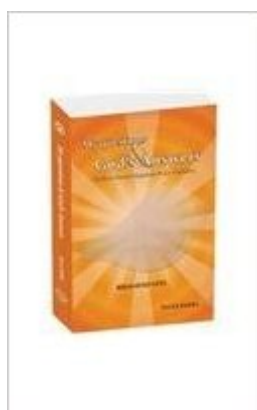


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My Questions And God's Answers Guide To Eternal Happiness Peace Anandam Bhagavad Gita



Synopsis

HAPPINESS AND PEACE. These are qualities in life that seem short-lived. The stresses of our modern day-to-day life lead to confusion, anxiety, fear and worry and drain us of the sort of blissful existence we long for. Are you one of those who wish to improve the quality of your life, live worry and fear-free, anxiety and stress-free, to remove your confusion and doubts and are searching for happiness and peace? Then My Questions & God's Answers: Guide to Eternal Happiness Peace Anandam Bhagvad Gita is for you! This practical, spiritual guide provides a map of life and shows the many ways available to overcome the predicaments of daily life, enhance the quality of life and reach one's unlimited potential. It answers many complex questions, resolves numerous dilemmas and provides solutions to difficult situations of life. It answers all! Many interpretations of Srimad Bhagvad Gita have been published to date, however this book is not just a philosophic commentary. This guide is written in an easy-to-read Q&A format for the busy, contemporary reader and offers a spiritual, humanistic and practical approach to the Bhagvad Gita. Colorful graphics and illustrations, as well as useful self-assessment tables offered in the back of the book round out this readily accessible guide which connects with readers from students, homemakers and busy executives alike. Note: The proceeds generated by the sale of this book are donated to charitable and social activities. To know more about our activities and other books please visit our website pathtoanandam.org.

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Customer Reviews

If one were to describe a book which simplifies the vast knowledge contained in the Bhagvad Gita with illustrations, you would be inclined to believe that he or she were referring to one of the many comic books that most of us read as kids. However, although Indian American author Satya Kalra's first book, *My Questions and God's Answers*, is a simple, easy-to-read, illustrated blueprint of the Holy Scripture, it is anything but a comic book. A new age, up-to-speed guide that manifests the author's knowledge, personal experiences and understanding of the original manuscript with the use of flowcharts and Post-it-type notes for important messages and concepts contained therein, the book is a perfect read for even those who don't like to do just that, i.e., read. When I was asked to read the Gita I did not understand how it relates to my daily life. I felt disconnected. Once I simplified the concepts and drew parallels with day-to-day events my life was more organized, Kalra told India-West. I became a happier individual; one who had the ability to overcome challenges more easily; one who could enjoy life. This inspired me to write a simple, step-by-step spiritual version of the book. The introduction to the book, where she explains the practice of the three different types of yoga using a diagram, gives the reader a taste of what to expect through the sumptuous 18-chapter course that the author serves up with consistent simplicity in a question-answer format. According to Kalra, a biochemist with degrees from Gwalior and the University of Illinois-Chicago, and business management education from UC Berkeley, she felt like the character of Arjuna from Mahabharata, who was guided through the epic battle of Kurukshetra by Lord Krishna, when she was writing the book. *My Questions and God's Answers* refrains from preaching and making philosophical commentary. Instead, the core message contained in each chapter is outlined at its very start, followed by an overview of the chapter, topical questions and answers from the verses and lessons to learn and practice in our daily life. The two separate indexes, one for content and the other for the pictures, flowcharts and poems, makes Kalra's book an easy reference guide that comes in handy if one needs to refresh his or her memory without having to read the entire book again. In addition to chalking out a roadmap to reach one's unlimited potential, the book paves the way to attaining eternal happiness and peace, said Kalra. While there have been many versions of the Bhagvad Gita that have been published in the past, not many have the ability to interest both readers and non-readers alike as much as Kalra's book, which was launched April 4 at the Maha Kumbh Mela in Rishikesh by Indian political leader L.K. Advani in the presence of several saints. Kalra, founder of the Path to Anandam Foundation and former CEO of Biogenex, is currently the chief coordinator in the United States for the Divine Shakti Foundation and is the author of the Path to Anandam book series, *Enjoy Worry Free Life in 30 Days*, *Lasting Forever... Birth, Death and Beyond* and *Prosperity Forever through Art of Work*. Her book is

available at pathtoanandam.org --India West, issue 10.29.10 --India Current, October, 2010| C
spiritual excerpt Excerpts from MY QUESTIONS AND GOD S ANSWERS by Satya Kalra.
Diaamond Books. Hardcover. 426 pages. \$40. In today s world, man is very inquisitive but, due to
his busy lifestyle, he needs quick answers to his questions. Therefore, I have prepared this spiritual
guide My Questions and God s Answers, Guide to Eternal Happiness, Peace and Anandam. The
entire divine dialogue of the Gita is based upon Arjuna s questions and Lord Krishna s answers.
Therefore it also encouraged me to prepare the Gita s message into a question and answer format
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Satya Kalra, is the author of several books such as My Questions and Gods Answers-Bhagavad Gita, Path to Anandam book series Enjoy Worry-Free Life in 30 Days, Lasting Forever Birth, Death and Beyond, Prosperity Forever through Art of Work, and 108 Mantras to Awaken Your Soul. Satya has been unfolding herself through meditation for over 35 years and the study of the Bhagavad Gita for over 20 years. She has been engaged in promoting awareness, practice and applications of spirituality in daily life, family, business and community matters about 20 years. She has been a guest speaker in various temples, spiritual conferences and business forums on various topics. Following a divine call, she left the helm as a CEO in the biotech industry after serving for 35 years to become a full time seeker and discover her True Self. Satya is also a founder and president of Path to Anandam, a teacher and international speaker, popularly known for Anandam Lifestyle (Blissful Living). Her personal mission is to live in love, peace, and Anandam practicing and propagating blissful living and helping others become more self-dependent and self-reliant especially destitute women and children.

A very nice book written in (as stated) Q&A format. Very easy to read, but gives enough nuances to each discourse. It has charts / flow diagrams which actually help to convey the message even better. Must read...!!

Well crafted for lay person. Gives meaningful and easy to understand interpretation of Gita. Strongly recommended

I have been student of Bhagwad Gita since I have been 6 years old and studied this eternal book of wisdom by many saints, authors and philosophers. Originally written in Sanskrit (an ancient Indian language) this knowledge was limited to a few. Then this wisdom-filled knowledge was written in English by Indian and western scholars. When I read Satya's work, "My Questions and God's Answer", I enjoyed reading it all the way and found this book to be the most interesting, simple to understand with many charts and diagrams that even a young seeker can grasp the message with ease. Satya Kalra reinforced the message of Bhagwad Gita in many ways and made this difficult to understand wisdom so interesting and simple. I strongly suggest this book for all the parents for their youngsters and give them an easy way to Eternal Peace and Happiness. My congratulations to Satya Kalra, an Ex CEO to get in the world of spirituality.

This compendium of quotes from the Gita combined with the eternal questions of the human mind are handled in a concise and easily understandable format. In addition to the translation, the nuggets of wisdom and practical applications make this an entirely readable and interesting exercise in the tradition of a "Socratic dialog." The scope of the material has broad appeal and the novice reader to the more experienced, will find at least something of value and be able to apply this teaching to their daily life. This author's labor of love and dedication shines through in the tables created at the end of the book making it easier to grasp some of the esoteric concepts detailed in the original version of this great and classic epic. Asha

Bhagvad Gita has long served as the fountainhead of wisdom and a guide to life for many people. Many books, as translations and interpretations of Gita, have been published in the past. Satya Kalra's book on Bhagvad Gita, "My Questions, God's Answers" is different in a sense that before writing the book she started living by the lessons of Gita. She reflects on her experiences with the practice of Gita's teachings. The main focus of the book is to share her experiences with others in making the best of life in modern times. We recommend the book for an in-depth reading. Posted via Ron Khanna on behalf of T.S. & Jogi Khanna

This book is a good starting point for anyone who wants to begin reading up on the Bhagavad Gita. "My Questions and God's Answers" is written in simple Q & A style that makes a seemingly lofty subject an easy to understand and interesting reading experience. The book is devoid of scholastic language and unnecessary spiritual terms. The liberal illustrations, notes and summaries in each chapter set this book apart from others on the subject.

I have gone through the book and found it very helpful and inspirational. It has clarified many doubts and questions about life. I had previously tried reading Bhagvat Gita and had found it quite hard to decipher. The book of Satya Kalra is very easy to understand. The summary and the assessment chapters at the end of the book are also very helpful. I have shared the copy with my wife as well as few friends who also were happy to read it. I am looking forward to read more of her writings.

I have read the Gita several times by different commentators and I enjoyed them. I must say, however, that this book really helped me to organize my thoughts. There are lots of summaries, as well as colorful charts and illustrations. It is a great reference and a really good way to study the

Gita. Highly recommended.

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