



## Finding Soul in Work and Life

By Prafulla Raval & Vasant Raval

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2010. Softcover. Book Condition: New. The book discusses four stages of transition titled Perceive, Pick up, Prepare, and Proceed. First, it looks at the current state of things to decipher why people continue to remain unhappy throughout their life (Perceive). Second, it helps the reader comprehend-or Pick up - the wisdom of the ages; the so-called lenses that will help gain a new perspective on one's unhappiness and do something about it. Third, it assists the reader in order to Prepare, that is, examine life and work in the context of karma, to help make the change, to lead oneself to the right path to lasting happiness. Issues and challenges of work-life balance are also addressed in this stage. The final stage is to Proceed, that is, begin one's journey to effect change using the newly-found compass to achieve lasting happiness. End-of-chapter Karmic Cues provide exercises to gain personal insights in the book's message. Printed Pages: 255.

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