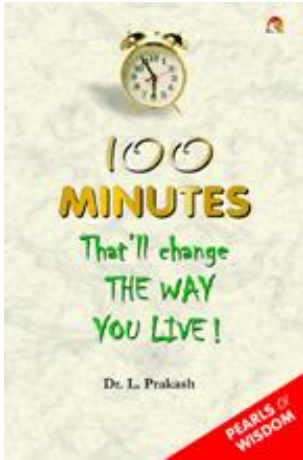




## 100 Minutes That Will Change The Way You Live !



**Author:** Dr. L. Prakash  
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Real life, at times, tends to get mundane and boring.

How to survive against such inertia and overwhelming odds in life is the mool mantra of this unique little book. These "top tips" will help you live life more peacefully and more successfully, whether you are young or old, man or woman, businessman or executive, professional or in service. This is real stuff for real people no lectures, no empty talk, only immensely practical wisdom! That too told in a humorous way by the author who has himself learnt them in the process of surviving some great crises in life, and thus speaks with the authority of personal experience.

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