



Live Life with Ease: Everyday Paths to Self-Worth

Harish Malhotra

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What are people saying about *Live Life with Ease: Everyday Paths to Self-Worth*?

"Dr. Malhotra has come up with his third book of metaphors that are useful for all healthcare professionals and nonprofessionals. People heal by using emotional tools and techniques. I use his metaphors in my groups, workshops, and individual sessions. Clients and families find them simple to understand and easy to use to cope with life."

- Suruchi Saini, LPC, NCC, CCTP at Holistic Bonfire, LLC

"Dr. Malhotra's book, written in a lucid, practical, and engaging style, helps to focus on the solutions of life. It gives tips on preventing stress and taps into the resilience of the reader. This book appeals to a broad range of people, from healers to suffering souls of all ages. You can open any page to reveal problems and guidance to empower the reader with solutions."

- Vasudev Makhija, MD

Clinical Associate Professor, Department of Psychiatry, Seton Hall University

Past President, New Jersey Psychiatric Assn.

Founder & President, South Asian Mental Health Initiative and Network

"Once again, Dr. Harish Malhotra has given us a valuable guide to living. Written for both professionals and lay persons, he shows us how to clear away the obstacles to living fully and joyfully. Dr. Malhotra uses time-honored storytelling skills to present solutions to today's problems. His concise writing style and prolific use of metaphor resonate to the core. His compassion, warmth, and humor shine through on every page. Dr. Malhotra's decades of psychiatric experience have been culled into one easy-to-read guide that can be recommended for all."

- Veronica Thomas, EdD

Overlook & Chilton Medical Centers, Coordinator, Crisis Interventions Programs

"Dr. Malhotra's books are practical, fun, and humorous every time! His use of metaphors for everyday life is an excellent way for people from all walks to re-frame and solve their problems, big or small. I highly recommend this book to anyone who could use that extra push in the right direction when facing an issue."

- Jennifer-Crystal Johnson, author of *The Ten Pillars of a Happy Relationship*

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From reader reviews:

Arthur Elsberry:

Why don't make it to become your habit? Right now, try to prepare your time to do the important action, like looking for your favorite reserve and reading a guide. Beside you can solve your short lived problem; you can add your knowledge by the guide entitled Live Life with Ease: Everyday Paths to Self-Worth. Try to stumble through book Live Life with Ease: Everyday Paths to Self-Worth as your close friend. It means that it can to be your friend when you really feel alone and beside that of course make you smarter than ever before. Yeah, it is very fortunated to suit your needs. The book makes you more confidence because you can know everything by the book. So , let us make new experience as well as knowledge with this book.

Dennis Ramirez:

The publication untitled Live Life with Ease: Everyday Paths to Self-Worth is the publication that recommended to you to read. You can see the quality of the guide content that will be shown to an individual. The language that creator use to explained their way of doing something is easily to understand. The author was did a lot of investigation when write the book, to ensure the information that they share to you personally is absolutely accurate. You also might get the e-book of Live Life with Ease: Everyday Paths to Self-Worth from the publisher to make you far more enjoy free time.

Cliff Boyd:

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May Davidson:

This Live Life with Ease: Everyday Paths to Self-Worth is great book for you because the content which can be full of information for you who else always deal with world and have to make decision every minute. This book reveal it info accurately using great plan word or we can state no rambling sentences inside it. So if you are read that hurriedly you can have whole details in it. Doesn't mean it only provides straight forward sentences but tough core information with beautiful delivering sentences. Having Live Life with Ease: Everyday Paths to Self-Worth in your hand like keeping the world in your arm, info in it is not ridiculous 1. We can say that no e-book that offer you world within ten or fifteen tiny right but this book already do that. So , it is good reading book. Hey there Mr. and Mrs. busy do you still doubt this?

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