

UNLOCKING LIFE

A BOOK BASED ON OWN LIFE EXPERIENCE

Written by J N GARG

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J N GARG

J N Garg is a Civil Engineer, who graduated from PEC Chandigarh (Now NIT) in 1976. He is Karmayogi in true sense as defined in Bhagavad Gita. His spiritual mind wanted him to serve the mankind by sharing his life experience with others. He is a social worker and has immense respect for all living beings.

Human life is tough for everyone, but at the same time we have lot of choice to handle it. The first thing is to understand the meaning of life and follow certain principles. Based on life experiences, the author has laid certain principles in the book and he is of the firm opinion that if these principles are followed, life goals can be achieved with much ease and one can lead a successful life.

According to the author, the pearls of wisdom are lying scattered every where, but either we do not try or make minimal efforts to collect and use the same for resolving the problems of our life. There is voice inside all of us that whispers all day long, “what is right and what is wrong” --- -- just listen to that voice and take decisions of life accordingly

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“This book is dedicated to my parents who brought me into this world and gave me an inspiration to lead a humane life. I am thankful to God who gave me the strength to write this book”

PREFACE

The book contains stuff for the betterment of human life. This is a collection of thoughts from various sources and based on the experiences of my life. An effort has been made to give the suggestions which are practically possible to follow in life. The facts have been given which are based on positive living. In my opinion, positive living is the very basis of a happy and contented life. At the same time, it is not very difficult to lead a positive life, provided we pay little attention in this direction.

It has been observed that there is no dearth of information available for leading a good life. Our scriptures are full of such information. The main problem is the so-called shortage of time and availability of the desired material in a consolidated form. I have tried to collect the best available material, which in my opinion will be readymade recipe for the readers to follow and adopt in their life. There may be several books available on this topic, but everybody has different ways of interpretation and expression. I have tried to be practical in writing this book. I am sure that you will find reading each chapter of this book very interesting and easy to follow. In the beginning even smallest thing seems to be difficult till you deal with it.

I hope you will not be disappointed once you start reading it. We all know that the Bhagavad Gita is the guiding source for all of us to lead a good life. I have read Bhagavad Gita many times and with every reading I got new lessons to learn. Therefore, the material available in Bhagavad Gita has been reproduced wherever felt necessary, thinking that it will be an easily available reference for you. At this fag end of my life, I have realized that the material collected by me for leading my life through all these years, will go waste, if not handed over to the next generation. Therefore, I have tried to pay back by writing this book and hope that it will be helpful to all my readers.

Though with the passage of time, there is lot of technological development and all information is just a click away, but for the consolidated information we have to make extra efforts which needs quite time. Today man has made himself so busy that he does not have time even for himself or his own family what to talk of other things. Thus, I hope the information collected by me will provide you a gist for the overall development of your life. Here, I would like to make it clear that the basic information for leading a happy and contented life is the same which is available in our ancient literature.

Now it is the time to thank all those people who helped me in this project. First, I would like to thank my family who helped me to get the best education and to become a good human being. I would like to thank all my family members – my wife, my son, my daughter, my daughter-in-law, my son-in-law, all my grandchildren, my brothers and my nephews who inspired me to come up with this idea of writing all my life experiences in the form of a book.

The biggest contribution in writing this book is of my wife, who helped me whenever and wherever required in completion of this book. My daughter Dr. Shilpa Garg suggested several changes which are as per medical guidelines and helped me to give authentic shape to the book. My younger brother Mr. Shyam Lal Gupta, a Yoga teacher gave several good inputs to be included in the book.

I am thankful to Wing Commander Harsh Vardhan Sharma (Retd), who provided his very valuable inputs and helped me in completion of this book. I am also thankful to my brother-in-law Mr. R. K. Goyal, former MD, Sikkim Cooperative Bank, Gangtok and former GM, HARCO Bank, Haryana Chandigarh, who did thorough editing. I am also thankful to the senior citizens of my society. They are all intellectuals. They provided a good platform for discussions as to how to help each other and lead a happy and contented life.

Lastly, I am thankful to the management of Research Solutions Global, the Publishers for their timely help and support in publication of this book.

I hope the readers will find this book interesting, easy to understand and follow and will help them in Unlocking their life. I will feel obliged for any valuable suggestions of the readers.

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