



## BOOK REVIEW

# Wisdom & Consciousness from the East - Life, Living & Leadership

Authored by: *Professor Subhash Sharma*

Reviewed by: *Dr. C.V. Ramanan\**

### Details of the Book :

Sharma Subhash, **Wisdom & Consciousness from the East - Life, Living & Leadership** (2013), IBA Publications, India, ISBN 978-81-920996-3-7.

### The Review :

Dr. Subhash Sharma has obviously drawn upon his vast experience in writing this pleasant, interesting and meaningful look. His wonderful work should unlock and unleash one's innate purity and potential, and create exciting synergy.

The French version of the book has been developed by Shri Pascal Pappillon.

The author packs a punch by turning to the *Shastras* in order to address the spiritual dimension...

Tapping into the rich heritage of ancient wisdom (Meditation, *Yoga*, *Karma*...they are all here!) and the author's extensive expertise, every chapter sparkles with gems for self management. It is evident that Prof. Sharma has played his role in the world drama with confidence and compassion. He inspires the reader to live with conviction and to discover the cosmos within...

The writing style is elegant and classy and the power packed pages offer valuable guidance for an enriching life. The thoughts are conveyed with aplomb. The result? We are on a spiritual odyssey of effectiveness and efficiency; of serenity and awareness. Simple and powerful; Humble and great.

As I have been sharing my concept of "Total Quality Person (TQP)", for the past two decades (ever since by 6 little books on personal and professional excellence were published) with people from all walks of life, "Who am I and why am I here?". TQP is a powerful value-based philosophy and a wonderful pilgrimage of continuous improvement. It is a spiritual odyssey based on Indian ethos and Scriptures.

"Are we a crowd of people? Or a nation of citizens? Are we human beings or doings?". Are we going to be like the crores who come and go or are we going to touch people and make a difference? Make this place a little better...?

As per the Indian spiritual tradition, we are all programmed for excellence. Manifestation of this is the purpose for which life is given to us. Money is the by-product of the right thoughts, attitude and action. It is about happiness creating success, peace enabling prosperity and *sewa* leading to abundance.

I highlight the importance of setting personal examples and inspirational leadership. India is the spiritual *guru* of the world hopefully lending a stabilising influence on other countries. We have to take lessons from our ancient wisdom and strive to be a *Sthithapragya*, *Yukta*, *Rajarishi* and *Srestha*.

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\*Professor and Spiritual Sadhak, Inspirational Speaker and Life Coach, Chief Mentor & Happiness Officer, Prudentia Group, Noida. Director, Centre for Joy @ Work, Inmantec Institutions, Editor, Pranjana., Member, Academic Advisory Council, NDIM, New Delhi.( India)

So, Set your priorities. Work towards your goals. Achieve your dreams. Experience *sukh*, *shanti*, *santosh* and *ananda*...

This short and sweet and crisp-like-a-biscuit book also gives an incisive insight into Spirituality in Management. It helps us reflect on our actions in the context of creating a new world so that employees find a sense of mission and fulfillment and the company will realise its true calling to be a corporate citizen.

“Wisdom & Consciousness from the East - Life, Living & Leadership”, is recommended to those interested in bringing order into their lives

I am confident that the transformative approach proposed here will help businesses create wealth while benefitting the people and the planet. Coming in the

wake of the global financial crisis caused by greed and lack of values, the book inspires each one of us to come up with innovative ideas for sustainable societal growth. Whether you are an entrepreneur, business leader or an employee, it will help you to honestly assess your motive for life and examine your moral compass.

It is a rare synthesis and will be very useful for business leaders, professionals and students who are the wealth of the country and future nation-builders. The responsibility rests with all of us and the record young population of our country, will, I am sure, facilitate the revival of a resurgent India taking our nation to its pristine glory, to its tryst with destiny...

The book is a “Must Read” and “Must Keep!” to be used as a ready reckoner. Indeed, a Collector’s gem, Go for it!

