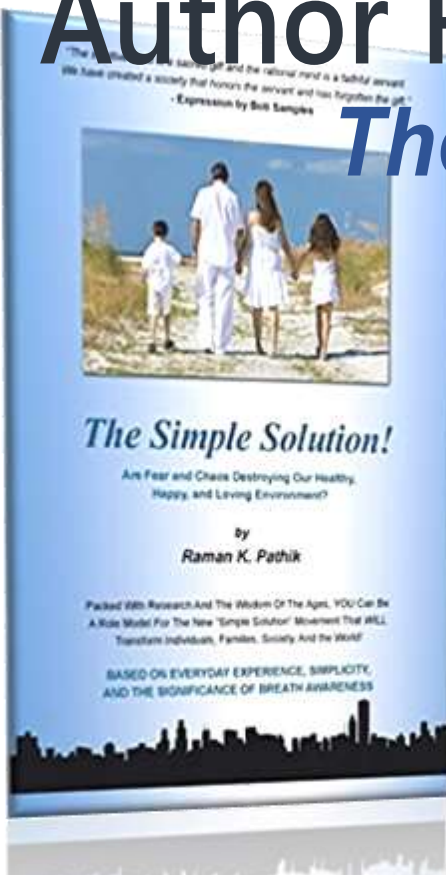


# Author Raman Pathik

## *The Simple Solution!*



*“An engagingly written call to overcome stress and embrace a life of awareness and simplicity.”*

-Kirkus Review

### The Simple Solution Movement

#### • BABY BREATHING

The unique experience of breathing like a baby and becoming a mindful person will awaken within you a transformation and redefine the purpose of your life.

#### • INNER AND OUTER MINDS

You will be able to access tools for the inner and outer minds, so that they can balance and parallel each other. You will evolve into someone who is self-sufficient, non-violent, caring and empathetic.

#### • MAKE A YOU-TURN

Unleash the power of universal self-healthcare through mindfulness.

*“Knowledge is good,  
but applied knowledge is powerful.”*

-The Simple Solution Movement

Raman Pathik lived in a Gandhi-inspired Ashram as a child in India. Coming to the United States, he experienced a stressful society. Now, as an applied knowledge mentor in quality of life and transformation, he shares with others the secrets to taking control of their lives to find true happiness and peace.

#### SPEAKING TOPICS

- Mindfulness
- Life Coaching
- Holistic Health
- Breathing Therapy
- Company Wellness

#### BOOK METADATA

ISBN: 978-1-5043-3061-9 (sc)

Publisher: Balboa Press

Page Count: 224

Release Date: 05/19/2015

Genre: Body, Mind & Spirit / Healing / Self-Help

