

**FOR IMMEDIATE RELEASE**

**The Simple Solution to Leading Happier, Less-Stressful Lives**

*Author Raman Pathik Implements Gandhi-Inspired Philosophies and Breathing Techniques in His New Book*

**WASHINGTON, D.C. (Feb. 1, 2021)** –Author Raman Pathik believes negative thoughts are like mold, growing in the mind, and society is consistently and relentlessly being bombarded by them.

In “The Simple Solution!: Are Fear and Chaos Destroying Our Healthy, Happy, and Loving Environment?,” Pathik provides a guidebook for becoming mindful and self-sufficient to help readers become healthy, happy and loving human beings. His book allows readers to focus and find the positive, while repelling the negative.

“Our complex environment surrounds us with fear, stress and chaos, turning our minds into a kind of super typhoon of outward influences creating inward turmoil,” Pathik said. “The price we pay for our minds being out of balance is our spiritual, social, physical and mental health.”

After growing up in a Gandhi-inspired Ashram, and 70 years of research and studying agriculture, chemistry, physics and people, Pathik is helping others to reclaim the planet and transform their lives by rejecting greed, ego, control and anger, and reconnect with their true selves. Readers can follow Pathik’s steps to experience and practice mindfulness, to balance breathing, time management, finances, nutrition and energy.

“From the ashes of our unhealthy civilization, a new sustainable, self-sufficient, non-violent one, embracing simplicity and compassion is arising,” Pathik said. “If you are not healthy, happy and loving, it’s the time and place to make a YOU-TURN back to your true purpose.”

**“The Simple Solution”**

By **Raman K. Pathik**

ISBN: 978-1-5043-3061-9

Available at [Balboa Press](#) and [Amazon](#)

**About the author**

Raman Pathik lived in a Gandhi-inspired Ashram as a child in India. His undergraduate study was in the field of agriculture, where he studied the art and science of life, and gained theoretical and practical knowledge of subjects, such as Agronomy, Chemistry, Physics, Biology, and Economics. Pathik used his understanding of chemistry and physics to start his own electroplating company in India, before moving to the U.S. to continue in that industry for 12 more years. 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 finding true happiness and peace. Pathik has volunteered as a mentor at Job Core and as a Pastoral Care Associate for his church. He has taught classes for the Spirit of Life Center about quality of life, breath awareness, physical activity, and conducted simplicity workshops. To learn more about the author and his book please visit: <http://www.thesimplesolutionbook.com/>.

###

***Review Copies & Interview Requests:***

Lindsey Gobel  
317.435.2116  
[lindsey.gobel@gmail.com](mailto:lindsey.gobel@gmail.com)