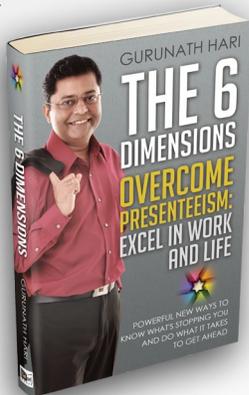


New Book From Holistic Wellness Champion Gurunath Hari To Reveal Breakthrough Actionable Strategies To Excel In Work And Life

June 28, 2015 -
Singapore-based
corporate leadership

expert and holistic
wellness champion
Gurunath Hari,
released a new
book entitled *The
6 Dimensions-
Overcome
Presenteeism:
Excel in work and
Life*. It will give
CEOs, managers,
professionals and
employees:

- Ways to identify barriers and conquer adversities that block a holistically fuller life.
- The vision to stay engaged with work, life and society.
- A framework to institutionalize, measure, impact and embed powerful people-centric holistic wellness principles into day to day operations.



This book reveals practical strategies designed to help readers:

- Come face-to-face with ordinary people with unimaginably difficult barriers who painstakingly found out the ways to overcome it, that we can learn and benefit from.
- Get the 21st century tools needed to move on in life with a more meaningful purpose.
- Put all variables of life into a structured manner.
- Most importantly, get how to use the tools to help manage these variable and take control in a sustainable way.

In an unprecedented move, the author is offering a limited amount FREE copies of the book.

To get on the waiting list interested people should send an email to: nandhitha@emineopursuits.com or by going to: www.emineopursuits.com.

"From Gurunath Hari's generous sharing of his knowledge, I had an open-eyed experience and learnt to see and feel things in a different way. This definitely benefits my work and personal life."

Karen Yeo, Head of HR of a large multinational company

"This is a brilliant book which provides a holistic perspective of how anyone can achieve their dreams and goals through learning amazing techniques from the principles of Holistic Wellness as well as learning from people who 'have been there, done that.' It's a must-read!"

Cayden Chang, Founder of *Mind Kinesis Management Int'l* and *Mind Kinesis Investments Pte Ltd*

Gurunath Hari has over 30 years of corporate experience, including leadership and management roles. These roles spanned Banking, Healthcare, Telecom and IT domains across many countries. His working life started at the end of the pre-computer era and continues to the present 'everything-mobile' era. Hari currently works as a Leadership Instructor in a major multi-national corporation. He lives in Singapore with Lakshmi, his wife of 24 years and their two children Nandhitha and Anandkumar.

For more information or to request an interview, contact:
Nandhitha Gurunath, Publicist
Emineopursuits
Phone: +65 96444679
Email: nandhitha@emineopursuits.com

