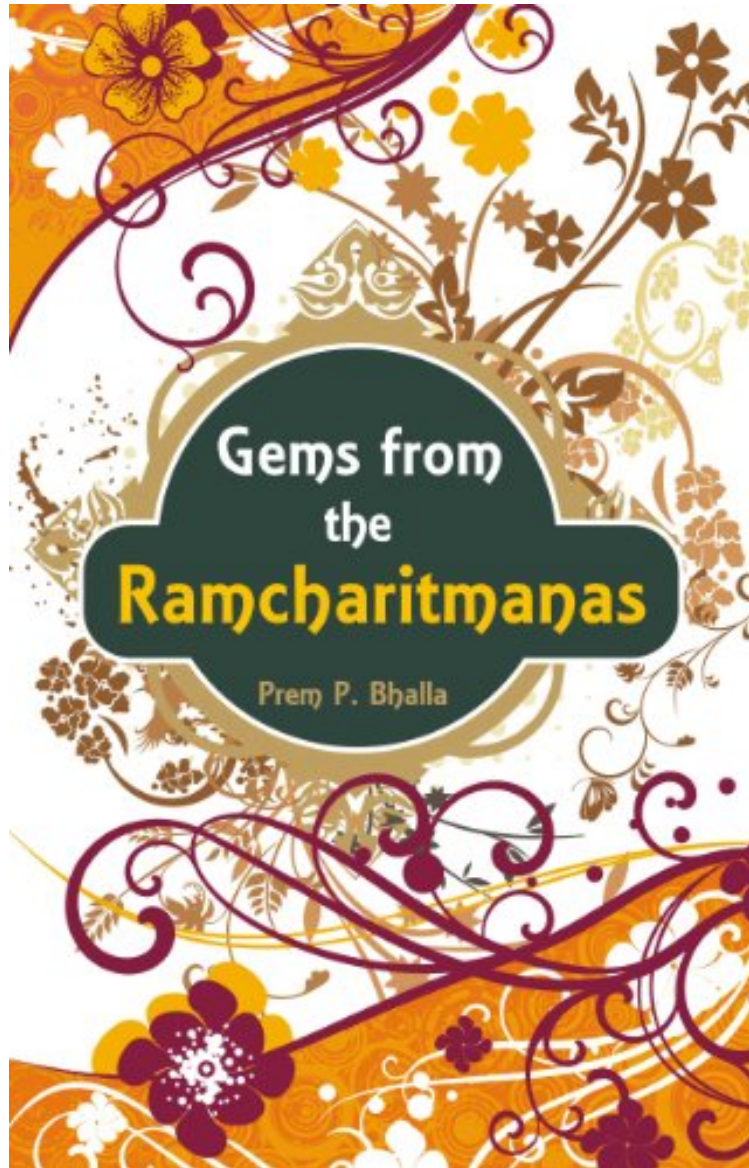


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Gems from the Ramcharitmanas

Prem P. Bhalla

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as it is considered auspicious and provides an inspiring and devotional experience. It advocates a life of moderation a life where there is time for everyone the family, the parents, the guru, the society and for God. Gems from the Ramcharitmanas is a selection of portions from the original, providing insight, instruction and knowledge on feelings, emotions and experiences that touch our everyday life. It provides an opportunity to appreciate how Ramcharitmanas looks at life, and how one can use the knowledge to live a positive life. The epic has inspired millions of people throughout the world. Non-Hindus have enjoyed it as much as the Hindus. It is as relevant today, as it was when first written thousands of years ago. The book takes you through a guided journey by highlighting experiences that touch the life of the common man, transforming it to one of attainment and happiness.

About the Author Prem P. Bhalla, educated in Dehra Dun and New Delhi, enjoys writing, photography and travel. He is deeply involved with several social welfare and educational institutions. He has been associated with the Rotary movement for over 45 years. Mr. Bhalla has written over 20 books on self-improvement and other subjects, and is particularly interested in the welfare of young people. He has been addressing them on personality and career development. His books A Complete Guide to Careers, The Story of Sri Ram and Seven Steps to Self-realisation published by Atlantic Publishers and Distributors (P) Ltd. have received overwhelming response.