

# Reality Living

Going Beyond Self - Igniting The Fire Within

In Reality Living lie simple methods of self realisation and thereby self enhancement. The author's life experiences combined with the extensive research that he has done on the human psyche, the various teaching experiences and observations have all led to the writing of this powerful narrative. The book emphasises the fact that while an individual and his growth are essential, that in itself is not the end. Collective individual growth is a must and one must initiate the initiative of his fellow beings. Every experience shared here has taught the writer some aspect of human emotions, behaviour and relationships, explore challenges - to grow and succeed. This in turn has become the basis of training and teaching the meaning of effective living. The book is neatly categorised under the headings namely 'Truth', 'Strength' and 'Acceptance' - the traits that make up an effective personality.

**"Intelligence alone does not bring success, it has to be backed by commonsense"**



## About the author

Dr. Tushar Guha is an eminent psychologist, educationist and corporate trainer. He has received his Ph.D. in Personality Development from International University of Contemporary Studies, USA. He has an in-depth study of philosophy and psychology and has devoted over 32 years of his life researching human relations and imparting training in this arena.

Founder Trustee of Nriyanjali Public Charitable Trust, Dr. Tushar Guha is also the Chairman, Managing Director of Nriyanjali - the Institute of Performing Arts, Education, Personality Development and Management Services.

"This book written in very simple language narrates how simple encounters or meetings when sincerely taken can mould life. The book covers interactions with BK Birla, JRD Tata, Dhiru Bhai Ambani and several key personalities."

**Mr. Ajay Kumar Dhagat**  
Former Managing Director - EMCO Limited

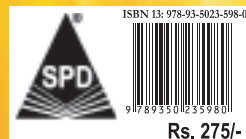
"I have gone through *Reality Living: Going beyond Self – Igniting The Fire Within* with great interest. It is a good read... Dr. Guha's book, *Reality Living* is all about looking at life through a prism of positivity, and maximizing one's potential, igniting the fire within to attain heightened calm and success, every step of the way."

(Read more in the FOREWORD)

**Smt. Rajashree Birla**  
Chairperson, Aditya Birla Centre for Community Initiatives and Rural Development

"*Reality Living* reflects Dr. Tushar Guha's passion for life and learning. The illustrational and narrative style of his presentation is highly engaging. This book opens new frontiers of experience, knowledge and sharing. A must read for an enriching life learning experience."

**Dr. K B Kushal**  
Regional Director, DAV Group of Institutions, Western Region



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