



# Me A Hankbook For Life

*Raksha Bharadia*

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## **Me A Hankbook For Life** Raksha Bharadia

Why are people the way they makes a winner, win? What goes on within a person who is genuinely happy, and another who is miserable? Of course some people are endowed with favourable life situations and aposition, but beyond this, what makes the recipe for a complete and happy life?

In answering these questions, and how one can truly know oneself, Raksha Bharadia has written a lucid, introspective book. With in-depth research, and interviews with personalities such as Vikram Chandra, M. F. Hussain, Pandit Jasraj, Mahesh Bhatt, Kiran Bedi, Birju Mahraj and Zohra Sehgal, Me Tells you how you cantain your mind and body to keep all available resource engaged.

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