



# **A Practical Guide To Fulfillment: Ten mantras to live a fulfilling life**

*Adi Chanda*

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## **Do you feel like you want some more meaning in your life but not too sure how to get started?**

Well then you've definitely come to the right place. In *A Practical Guide to Fulfillment: Ten mantras to living a fulfilling life*, I talk about the ten simple yet highly effective mantras that I live by in order to find more meaning in my life.

After going through a fairly painful experience, I started to take some deliberate actions to revamp my life. I wanted to start living with a purpose, where I could be a better person and help people at the same time. It was a pretty tough journey and a lot of the times I wasn't sure about what I was doing but a year or so later, I find the actions that I was taking consciously to be an extension of myself. I've made a ton of new friends, feel a lot better about myself and have even had the opportunity to help a few people.

### **So what will you get from this book?**

Well as I progressed through my journey, I started reflecting a lot more. I came to realize that my deliberate actions were no longer so and I was doing them reflexively. I also realized that I was now living by ten mantras, which helped me reconfigure my life. These are what I talk about in the book.

**Be sure to download this book and embody the mantras that it contains to start living a fulfilling life that will ultimately make you the happy person that you deserve to be. All the best, my friend.**

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