



21 MANTRAS for PEOPLE MANAGEMENT

*Lessons from
Buddha, Vivekananda, & Gandhi*

Anonna Guha, Ph.D. | Foreword by Brinda Miller

From the time a child is born, he/she has to interact with people. Whether it is in one's social or professional life, nothing comes with a guarantee. Managing human relations effectively could actually decide the course that one's life will take.

Through history, outstanding persons who have had a major influence on the world have inspired and guided people. Buddha, Vivekananda, and Gandhi, are three such distinct personalities, each present at different points in time, each with a distinct approach. All three

carried people with them. What did they have that made them famous? How did they deal with people? Are these guidelines that we, the so-called ordinary, can imbibe and utilise?

The lessons gleaned from what Buddha, Vivekananda, and Gandhi spoke and practised are relevant even today in our professional lives. This book contains real incidents and cases of professional people, their interactions, successes and failures, the practices they followed and those they didn't. What is interesting is that their success and failure is not about numbers or targets. It is about human management. In human relations, things cannot remain constant because human beings are like all other people, some other people, and no other people. Eventually, the end point of our personal and professional lives reveals how well we forged personal and professional relationships.

"Using her training and discipline, Anonna Guha has launched into a multi-verse of mind, body and psyche. This book contains a personal narrative that has been touched by life experience and the thoughts of great masters. Carefully curated and selected for today's distracted and fractured world, Anonna's relentless search for life's hidden mysteries find illumination in this volume. Read at random or in order—there is a mantra for everyone, for everyday."

~ Dr. Anita R. Ratnam, Performer & Arts Entrepreneur

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ISBN: 978-93-85509-18-6

Size: 5.5 in x 8.5 inch
Paperback; pp. 000

₹ 225