



# Enjoy Worry-Free Life in 30 days

*Satya Kalra*

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## **Enjoy Worry-Free Life in 30 days** Satya Kalra

WORRY. It robs us of our happiness and peace of mind. Do you have concerns about the problems of everyday living such as your finances, business matters, health, relationships and emotional struggles?

Path to Anandam: Enjoy Worry-Free Life in 30 Days is a step-by-step, practical guide, a tried-and-tested roadmap which will lead you on a 30-day spiritual journey to free you from your worries and transform your personality into a healthy, happy, peaceful and stress- and worry-free person. This reader-friendly pocket book includes graphics and colorful illustrations offering practical tips from the Bhagvad Gita, other scriptures and the author's personal spiritual quest. A companion 30-day spiritual planner in the back of the book makes it simple to apply the tips day-to-day as you journey toward feeling transformed and emotionally strengthened. Stop worrying and start living life to its fullest blissfully.

Note: The proceeds generated by the sale of this book are donated to charitable and social activities. To know more about our activities and other books please visit our website [pathtoanandam.org](http://pathtoanandam.org)

I would like to tell you that my sister is a single mother of two with a fulltime job. She was constantly stressed out thinking and worrying about running the house. This was until she read your book Worry free life in 30 days. She took upon the task of working regularly on the daily spiritual planner given at the end of your. She was taken on a spiritual journey that transformed her into a wholesome person. USA

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