

## Yoganidra Press Release

### Yoganidra , The Peace for your life:

**Author Publishes First Book Ever Written on Body Mind & Soul Encyclopedia,**  
[Bangalore Book Festival, Palace Ground] India.

– 16th Nov 2008

Indian Author Anup has astounded the literary world by writing his first book Completely on a noble toolkit & Master Technique called Yoganidra and publishing it on Lulu.com, the online marketplace for digital content.

Mr. Anup seized the opportunity to use his idle time while on an assignment at West byfleet ,London .He utilized his seven months idle time to collate his ten years research. He made his effort that he should do something for the benefit of the mankind and the entire human life.

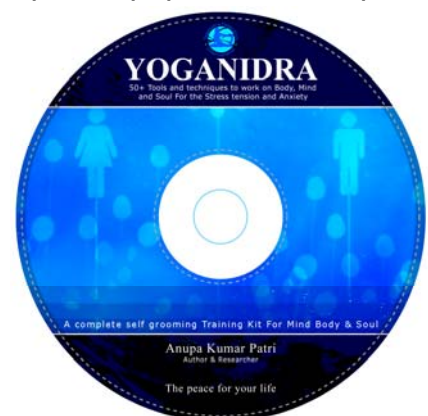
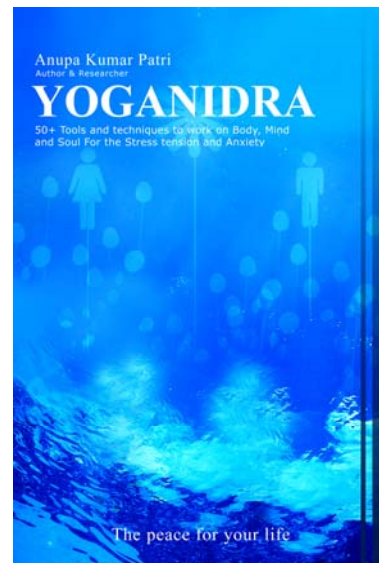
Anup, comments: “We live in an age when individuals are strapped for time ,due to work and family commitments, and this can be often stifle the real goal of life to achieve the aim & goal. Mr. Anup is a great example of the type of author we often encounter on Lulu & Pothei– he has not only been creative with what he has written but also with how he has written it!”.While travelling to work place ,and with a tough demanding IT jobs and activities, he tried to articulate all his research work and thoughts which has resulted him to be a successful achiever of IBM and a successful author. Also he has articulated several top secret facts about dealing with stressed and painful moments and situations of life by giving the solutions of Y tool & Y Crack & M70 like top secret tools.

By dividing his manuscript into short paragraphs and saving them on his mobile Phone / Laptop/ Handheld PDA and also some time on the pen & paper , Mr. Anup would then download them to his home PC for proofreading and editing. The book took him 17 weeks to re-write.

Mr. Anup says: “Only a few years ago I would have struggled to find both the time and the publisher to enable me to create this book. Thanks to my PDA and Lulu & Pothei ,I am now proud to be an author and a publiser.

Although the book is titled “Yoganidra,” it is actually set in the future and is not only about Yoga that Mr. Anup shares his research & experience with each chapter!

He says “I often ask people, "If you could wake up one morning and change your life in one way, what would it be?" Sometimes they say they would like to be financially



secure, other times they would like to have more meaningful relationships with their loved ones. When it comes down to it, your fortune cannot be measured in dollars or rupees or in pounds or cents. It is the feeling of \*being fortunate\* to have something you have always wanted - that determines your happiness. That fortune is now here. Y-Tool is your happiness; These Y-Tools are your Fortune. That fortune is now here. Yoganidra™ is your happiness; This Yoganidra™ is your Fortune.”

**Lulu.com:** Lulu.com is the premier marketplace for digital content on the Internet, with over 300,000 recently published titles, and more than 4,000 new titles added each week, created by people in 80 different countries. Lulu is changing the world of publishing by enabling the creators of books, video, periodicals, multimedia and other content to publish their work themselves with complete editorial and copyright control. With Lulu offices in the US, Canada the UK and Europe, Lulu customers can reach the globe.



**Pothi.com:** Pothi.com is owned and operated by Mudranik Technologies Pvt. Ltd. - a Bangalore based start-up. Pothi.com is a provider of tools and marketplace for self-published books. Books can be created, sold and bought here. The publishing platform is backed by Print on Demand infrastructure so that books can be produced one at a time, only when there is an order for them. It is a publishing platform for self publishing authors and independent publishers. In general, the authors are the publishers of all books published through Pothi.com. Pothi.com is the way to go for you and they provide you the right platform. They are currently working with a limited number of writers, whose books will be included at the launch of their online book store. It is Founded by : Abhaya Agarwal & Jaya Jha (Most recently Product Manager at Google India)



**Anup** says in his Book “I was a dull student, when my uncle counselled me that I have to take my life under self transformation to have the rejuvenation of myself. He was one of the first prominent voices for me to promote the idea in my brain of using mental techniques to address and heal the physical and emotional disturbances.

Ten years ago, his ideas were considered positively groundbreaking. Today - thanks to him for initiating the ideas to brow in my conscious and inner mind - the concept of using the mind to help to heal the body has gained widespread mainstream acceptance.

Specifically, he wanted to know: Was it possible to achieve the end-benefits of guided image more quickly - even, perhaps, instantaneously?

After all, guided imagery is based on the idea that all of our thoughts and behaviours - conscious and subconscious, intentional and automatic - are governed by pictures in the mind. The faster one could change the pictures, he reasoned, the faster the outward changes would manifest.

The resulting research and my mission bore out his hypothesis and led me to develop a radical new personal transformation methodology that is called 'Yoganidra <sup>TM</sup> '.



**Anup** is 31 years old and works in IT in IBM, India. He Lives in Bangalore with his wife and son. His book can be found at <http://www.lulu.com/content/paperback-book/yoganidra/3988806>.

<http://pothi.com/pothi/book/anupa-kumar-patri-yoganidra>