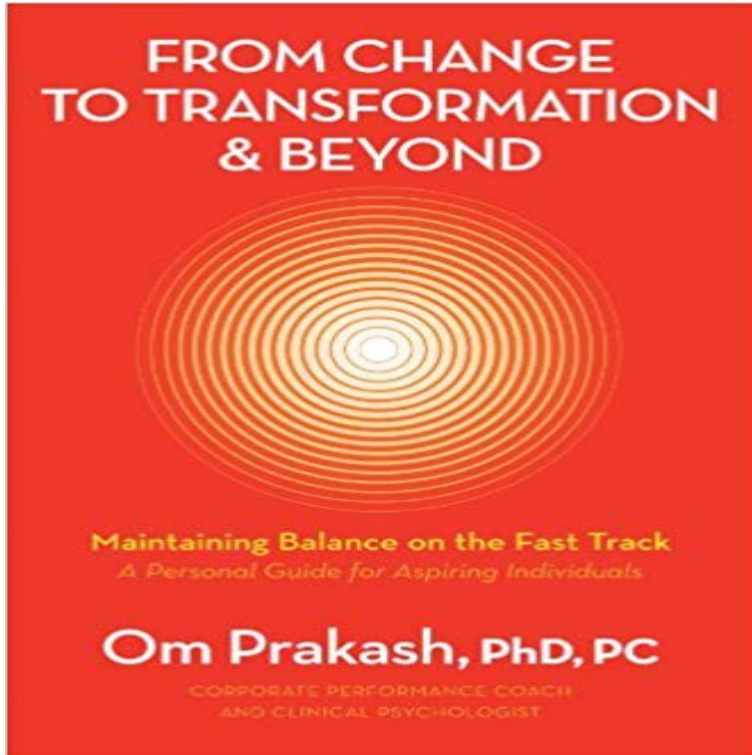


# From Change to Transformation & Beyond: Maintaining Balance on the Fast Track



The self-help approach outline in this book is based on the universal spiritual principles to help create lifestyle changes based upon the laws of nature. This book's purpose is to empower the readers to attain and maintain balance on the fast track by making transformational changes in their lives. The material in this book will be most helpful to those who are motivated to realize their dreams of success by tapping into their inner resources through this spiritual approach as a personal guide. Praise for From Change to Transformation and Beyond I have had the distinct pleasure of working with Dr. Prakash and know firsthand of his passion and unique qualities in working with people. This book is a wonderful expression of his gift in understanding Transformative Changes that unfold in each of our lives. I'm certain that when you follow the practices in his book you too will experience a deeper awakening and joy in the unfolding of life as it happens. -Wade Lindstrom, Director of Coaching, Professional Education Institute I met Dr. Prakash at a professional meeting in 2009. My life has never been the same! His life lessons and his introduction to mediation have been inspiring and touched my life in a very deep way. Just being in the presence of this man is transformational! -Dr. Jayne Gardner, Principal, the Gardner Institute, a training school for people wanting to become spiritual coaches No one sets out to create an unsuccessful life. That goes without saying. But how to create a successful life is the journey of a lifetime. It starts with practice, practicing right relationship with the mind, practicing right relationship with the emotions; practicing right relationships with the present moment; practicing right relationship with inner and outer based relationships. So as you can see, a successful life is the natural by-product of a wise and transformative, well-executed practice. Dr. Prakash has

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