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Neerja Bhatia
37 Island Heights Circle
Stamford, CT 06902
Tel: (203) 602-1174

nbhatia@knowingtheself.com
www.knowingtheself.com

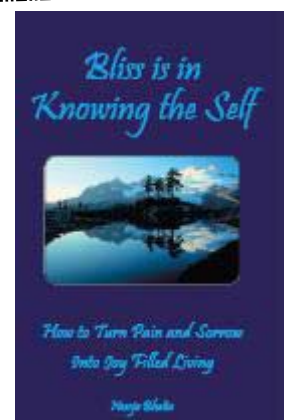


Neerja Bhatia is the founder of Rhythm of Success, an organization dedicated to Personal Mastery. She is an inspirational speaker making remarkable impact in the lives of individuals seeking inner fulfillment. Her relentless search into the nature of the mind led her to uncover the principles upon which Rhythm of Success and her book Bliss is in Knowing the Self are based.

She is known for creating a life altering experience by helping individuals see through the not so obvious, the root cause of problems. Her keen sense of awareness provides clarity and focus to her clients. Her expertise is in providing simplified and experiential approach to problem dissolving.

She offers workshops to corporate America on topics related to tapping into human greatness. She believes that once we begin to unleash our greatness, we become extraordinary beings. The unleashing is initiated when we begin to form a relationship with the Self, which is our essence, our unique signature and our unique rhythm. It holds the key to our magnitude. We are born impeccably astonishing; however, the restrictions and fears we adopt while growing makes us ordinary. We break free when we let go of the inherited fears.

Neerja Bhatia has a background in management, training and marketing. Her studies included Business Management from the University of Alberta and she is pursuing her education in the Study of Consciousness. Her search for the Self has taken her through many peaks and valleys, and it is the collaboration of every single step that brings her to new heights of freedom. She makes this sense of freedom come alive in her writings and talks. For more information on her upcoming workshops or to contact her for speaking engagements, please send an e-mail to nbhatia@knowingtheself.com or call her office at (203) 602-1174.



BLISS IS IN KNOWING THE SELF
How to turn pain and sorrow into joy filled living

Bliss is in Knowing the Self

How to turn fear and sorrow into joy filled living

META BOOK REVIEW

Meta Book Review, Cedar Springs, MI

“Neerja Bhatia lays out a system to find oneness with the Self, for when we are one with the Self, we can tap into the reservoir of greatness”.

Richard Fuller, Senior Editor
www.metarev.com

In her enlightening new book, Bliss is in Knowing the Self, teacher and author Neerja Bhatia writes, "Without inner fulfillment all success, happiness and relationships will be devoid of meaning and will keep us from what Abraham Maslow calls Self-actualization, which is reaching ones potential." She continues, "What blinds us from obtaining Self-actualization? The conditioned self is immersed with false beliefs, habitual patterns, and an overload of perceptions that stand in the way of inner fulfillment."

This reviewer is here to tell you that Bliss is in Knowing the Self guides the reader to create a meaningful and comfortable reality of self-awareness, being in tune with our thoughts, emotions, ideas, images, intentions and desires as they arise. And Ms. Bhatia does it with ease and integrity.

Bliss, we learn, is based on four pillars of inner strength: Love, Compassion, Wisdom and Power. Their opposites (and many of us are weakened by them) are Fear, Isolation, Doubt and Ignorance. Bliss is in Knowing the Self is a superlative channel to discard the latter and adopt the former.

The key is relaxation, away from the outer chaos and over time in these silent moments, the Self will reveal the inner spring of wisdom, wealth and wonders. So, how do we relax in our push- me, pull -me world? That is the major reason I recommend you read this beacon of light. Neerja Bhatia lays out a system to find oneness with the Self, for when we are one with the Self, we can tap into the reservoir of greatness.

Bliss is in Knowing the Self illuminates the path to bliss by realizing Self-actualization through self-awareness. That is why this reviewer recommends you run, not walk, to get your copy!



MID WEST BOOK REVIEW

Midwest Book Review, Oregon, WI

“A highly motivational guide to self-improvement through personal understanding”

www.midwestbookreview.com

Written by inspirational speaker Neerja Bhatia, Bliss is in Knowing the Self: How to Turn Pain and Sorrow Into Joy Filled Living is a self-help book about cultivating self-awareness, and transforming oneself from ordinary to extraordinary. Chapters cover how to create time and space for a relationship with the self, how to break addictions to unhealthy ways of being, how to be compassionate with emotional memories of pain, the wisdom to see through the illusion of freedom, why true power is in letting go, and much more. "Freedom is an inner state of being and cannot be acquired by owning objects. Possessions provide comfort or perceptual security; however, true freedom comes from non-attachment. Enjoy the objects of the impermanent world, but do not become attached to them." Bliss is in Knowing the Self is a consumable book, offering the reader blank lines in which to pen answers to questions such as "Who are the people in your life that hold up the mirror into your false beliefs, i.e. people who put you down? What are the conditioned false beliefs they are pointing at?" A highly motivational guide to self-improvement through personal understanding.

Pertinent Info: 127 PP, 5 1/2 x 7 1/2, ISBN 0-9792269-0-2. Cost, \$17.95.

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Bliss is in Knowing the Self:

How to turn Pain and Sorrow into Joy Filled Living

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37 Island Heights Circle
Stamford, CT 06902
Ph: (203) 602-1174
E-mail: nbhatia@knowingtheself.com*

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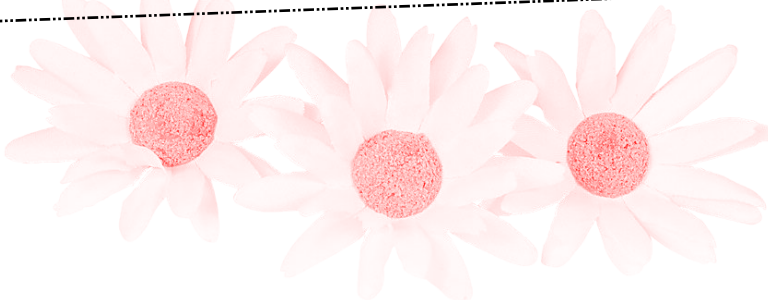
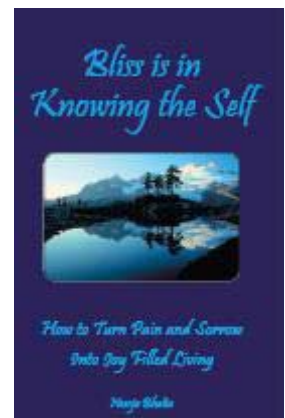
\$ 17.95

Book Reference Section:

Self Help

Book Summary

Bliss is in Knowing the Self is a guide for discovering human greatness where miracles become an everyday possibility. The experience with the Self transcends humans from ordinary to extraordinary beings. We are born impeccably astonishing and once we form a relationship with the Self, it demystifies the essence of life, uncovering the wisdom and power of being human.



BLISS IS IN KNOWING THE SELF
How to turn pain and sorrow into joy filled living

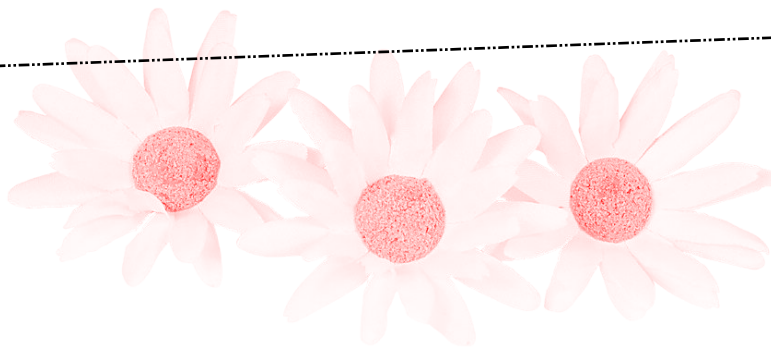
F A Q

Bliss is in Knowing the Self:

How to turn Pain and Sorrow into Joy Filled Living

Frequently Asked Questions:

1. *What is the core message of the book?*
2. *What is the Self?*
3. *How does one begin to know the Self?*
4. *Who will benefit from your book?*
5. *What is the secret to Bliss?*
6. *Is it possible for people to turn pain into joy?*
7. *What stands in the way of achieving Bliss?*
8. *What legacy do you wish to leave behind?*



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