



## **“INNER REALITIES” - Notes from the School of Life**

*“Deep within lies the meaning of everything outside.” – J M Sampath*

**‘Inner Realities’** is the second offering from Insight Publishers, after ‘Discovery’, authored by Dr J M Sampath.

Inner Realities is a book filled with profound wisdom about personal growth and values. It is an interesting collection of personal notes, quotes and poems, drawn from the author’s personal observations and experiences of life in its various manifestations. It is based on the belief that every event in our life is a learning by itself. Each situation in life has been a point of learning and has helped the author understand the deeper meanings of life.

*“What I learn out of an experience matters more than the experience itself.” – J M Sampath*

The book is simple to read, endearing, and earnestly emphasizes the truth of each of our ‘Inner Realities’. With a stated desire to reach out to as many fellow students of life as possible, the author, through Inner Realities, attempts to stretch human journey to touch the shores of perfection. The book is presented in a three part format – the context or the premise of the quote, the actual quote and the questions to reflect from the quote.

Focusing on the essence of life and the fundamentals of being a human, it reaches out to people because of its simple narration and explanations to each thought. The author prescribes the book to individuals, whom he calls ‘fellow students in the school of life’ and seeks to increase their self-awareness and aid them to lead a rich life out of understanding.

*“Openness allows me to accept and explore what is visible. Awareness allows me to go beyond that which is visible.” – J M Sampath*

The book will interest all those who are striving to excel in their lives through self-realization and awareness.



We have received a stream of feedback on this publication and readers are writing in to share their experiences. This is what some of them had to say:

### **Reviews:**

“The book attempts to focus on one’s quest to journey through life towards perfection.”

*Deccan Herald January 19, 2004*

“This book creates an interest in the readers to discover many facts of the issues and make their own quotes. It is filled with profound wisdom about personal leadership.”

*City Express – April 13, 2004*

“An interesting book that allows people to realize and analyze one’s incompleteness and outlook on life. New Perspectives and outlooks become apparent with reflection on each topic. This book has shown me how negative my perspectives of things are at times.”

*Zend Jehangir Bankwala, VIII Grade Student, Singapore*

“Inner Realities is a book filled with profound wisdom about the essence of personal leadership. I have read more than my share of books on leadership - none have impacted me like Inner Realities.”

*Thomas M. Grant, Manager - Executive Development, Ford Motor Company, USA*

“Dr. Siby had called for me urgently. I was a bit worried, but he seemed excited. Apparently, one of his lady patients was in serious depression and pain, and under 35 days treatment; but had not made much progress. So, Dr. Siby lent her his copy of Inner Realities to read. Her pain went off, her attitude changed, and helped cut her treatment down to 28 days; and now, she wants to buy the book. Dr. Siby hopes to stock copies of Inner Realities in the Ayur Center for patients to read. A thought that emerged to me- this book may also be for people in pain...rather than only bookshops...”

*Mr. Yazdi Jehangir Bankwala ,Malaysia*

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