

Exploring Life by balvinder kumar

Knowing Spiritual aspects of our life

EXPLORING LIFE

KNOWING SPIRITUAL ASPECTS OF OUR LIFE



BALVINDER KUMAR

Hyderabad, Telangana Nov 11, 2021 (Issuewire.com) - Exploring Life - Knowing Spiritual Aspects of Our Life By Balvinder Kumar is available in two version

First 2000 Copies of the book already sold from Pre-order Registration. The book is getting a very good response in the first phase. One can order the book online from the official website.

About the book

From managing our inner world – mind, and thoughts to various other mental and spiritual aspects of life, Exploring Life, is more than a guide. It touches on various intricate and interrelated subject matters concerning our life's journey. The book covers a wide arena of issues ranging from happiness and pleasure, mental well-being, spiritual enlightenment, and positive ageing to modern-day maladies like boredom, loneliness, and mental illnesses such as depression and anxiety. The book will help the readers to undertake their inner journey to get awakened by learning to handle suffering, mental stress, and even life's adversities. The book is a fine mix of modern science and spirituality.

Exploring Life is the 4th book penned down by Balvinder Kumar, a former bureaucrat who turned into a spiritual seeker and meditation teacher. His writings are inspired not only by ancient and traditional wisdom but also by neuroscience and other disciplines pertaining to medical sciences. Even the intricate issues are dealt with in a simplistic manner. Every topic covered in the book will help the readers to expand the horizon of spiritual knowledge. Readers will indeed find this book as a compendium to help them at every twist and turn in undertaking their life's journey in more harmonious peaceful and meaningful ways.

About Author:-

Balvinder Kumar IAS is an author and a spiritual seeker, who has been sharing his thoughts on various aspects of life, science, and spirituality. Towards his passion, he has written four books namely Man's Spiritual Journey, Awakening the Thinking Mind, Redesign Your Life in Modern Age and the fourth one is Explore Your Life Journey.

He also published the Hindi version of the first book.

His writings explored a whole gamut of subjects concerning our life and its spiritual nature, also focusing on how to master our lives in the contemporary world.

Balvinder Kumar IAS Author's writing is greatly influenced not only by recent findings of Neuroscientist and medical researchers but also by the teachings of the Buddhist tradition, Vedic philosophy, and the inspirations of contemporary spiritual teachers. He himself is a regular practitioner of yoga and mindfulness-based meditation.

His passions include artwork by way of oil and acrylic paintings on canvas. He has displayed his works through art exhibitions. The proceeds of those paintings were donated for the welfare of nearly 120 orphaned girls.

Book is available on Amazon & To get additional Discount one can directly order through the official website link-[Exploring Life by Balvinder Kumar](#)



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Chattarpur Enclave phase 1

Source : Balvinder Kumar

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