

Indian Corporate Leader Gaurav Patel Launches “Soul-Lag™” — A Book For Performers Overcome Silent Emotional Exhaustion

A 21-year corporate professional introduces a practical alignment framework to help individuals rebuild clarity, purpose, and emotional stability in a fast-paced world.



New Delhi, Delhi Dec 11, 2025 ([IssueWire.com](https://www.IssueWire.com)) - Indian Corporate Leader Gaurav Patel Launches “Soul-Lag™” — A Transformational Book Helping High Performers Realign Life and Overcome Silent Emotional Exhaustion

After 21 years in the corporate world, Gaurav Patel — an active senior leader and the Founder of the **Soul-Lag™ philosophy** — announces the release of his breakthrough book, “**Soul-Lag™: Realigning Your Life.**” The book introduces a powerful new framework explaining why high performers feel emotionally exhausted, directionless, or disconnected from themselves despite external success.

What Is Soul-Lag?

Soul-Lag describes the gap between the outer speed of life and the inner rhythm of the self. When life moves faster than the soul, professionals begin experiencing subtle but serious symptoms such as emotional flatness, loss of presence, fatigue without cause, and achievement without fulfillment.

Patel emphasizes that Soul-Lag is not burnout, not depression, and not weakness — it is feedback. A signal that alignment must be restored for life to feel meaningful again.

A Practical System for Realignment — Not Quick Hacks

The book blends storytelling, psychology, leadership insight, and neuroscience-aligned tools to create a repeatable, structured system for personal realignment. Key frameworks include:

- The Alignment Loop — Recognize → Recenter → Reflect → Realign
- Aligned Micro-Steps — small, sustainable actions that rebuild identity
- The Flow Window — returning to emotional and cognitive stability
- The Spiral Growth Principle — understanding life’s rhythm of rise, drift, correction, and growth

Unlike traditional self-help, Soul-Lag provides lifetime tools, not motivational shortcuts.

Why This Book Matters

Millions of professionals today are achieving more while feeling less. Patel highlights that emotional exhaustion has become a “quiet epidemic” in corporate life globally, driven by:

- Constant pace
- High-pressure environments
- Digital overload
- Lack of recovery
- Disconnected identity

Readers follow relatable scenarios through the protagonist Arnav, reflecting how many successful individuals feel “stuck while moving.”

Who the Book Helps

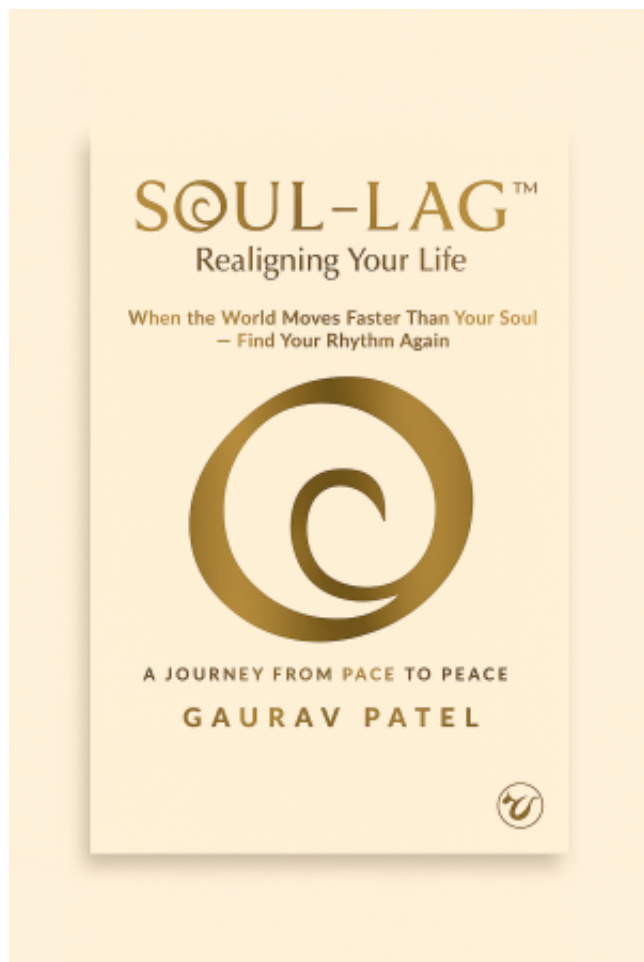
The framework is designed for:

- Corporate professionals
- Leaders and managers
- Entrepreneurs
- Creators and high performers
- Anyone rebuilding their life after burnout, drift, or emotional fatigue

The book includes reflection tools, alignment exercises, micro-step plans, and a free online Soul-Lag Test at www.soullag.com.

About the Author

Gaurav Patel is a New Delhi-based corporate leader with 21 years of experience and the Founder of the **Soul-Lag™ philosophy**. Through his work and writing, he helps people realign their inner rhythm, overcome emotional exhaustion, and rebuild a life of clarity, meaning, and sustained performance.



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