



Live Life with Ease: Everyday Paths to Self-Worth

Harish Malhotra

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What are people saying about *Live Life with Ease: Everyday Paths to Self-Worth*?

"Dr. Malhotra has come up with his third book of metaphors that are useful for all healthcare professionals and nonprofessionals. People heal by using emotional tools and techniques. I use his metaphors in my groups, workshops, and individual sessions. Clients and families find them simple to understand and easy to use to cope with life."

- Suruchi Saini, LPC, NCC, CCTP at Holistic Bonfire, LLC

"Dr. Malhotra's book, written in a lucid, practical, and engaging style, helps to focus on the solutions of life. It gives tips on preventing stress and taps into the resilience of the reader. This book appeals to a broad range of people, from healers to suffering souls of all ages. You can open any page to reveal problems and guidance to empower the reader with solutions."

- Vasudev Makhija, MD

Clinical Associate Professor, Department of Psychiatry, Seton Hall University

Past President, New Jersey Psychiatric Assn.

Founder & President, South Asian Mental Health Initiative and Network

"Once again, Dr. Harish Malhotra has given us a valuable guide to living. Written for both professionals and lay persons, he shows us how to clear away the obstacles to living fully and joyfully. Dr. Malhotra uses time-honored storytelling skills to present solutions to today's problems. His concise writing style and prolific use of metaphor resonate to the core. His compassion, warmth, and humor shine through on every page. Dr. Malhotra's decades of psychiatric experience have been culled into one easy-to-read guide that can be recommended for all."

- Veronica Thomas, EdD

Overlook & Chilton Medical Centers, Coordinator, Crisis Interventions Programs

"Dr. Malhotra's books are practical, fun, and humorous every time! His use of metaphors for everyday life is an excellent way for people from all walks to re-frame and solve their problems, big or small. I highly recommend this book to anyone who could use that extra push in the right direction when facing an issue."

- Jennifer-Crystal Johnson, author of *The Ten Pillars of a Happy Relationship*

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