

# Empower Your Leadership Skills with the Wisdom of Books



Dr N Asokan  
RIVERS MAY RISE AND EMPIRES FALL,  
BUT A GREAT BOOK LIVES FOREVER.

## ACKNOWLEDGEMENT

First and foremost, praises and thanks to the God, the Almighty, for His showers of blessings throughout my work to complete the e book on “Leadership is on Book Reading” successfully.

I would like to express my deep and sincere gratitude to my Chairman, Sona Group, Mr.C.Valliappa, , for giving me the opportunity to curate and complete the book. His dynamism, vision, sincerity and motivation have deeply inspired me.

It was a great privilege and honor to work under Mr.Thyagu Valliappa Managing Trustee & Vice Chairman-Sona Group of Institutions guidance. I am extremely grateful for what he has offered me. I would also like to thank him for his continuous support and encouragement.

I am extremely grateful to my parents for their love, prayers, and caring.

I am extending my heartfelt thanks to my wife, my daughter, and my son for their love, understanding, sacrifice, prayers and continuing support to complete this book.

I am extending my thanks to the Principal and General Manager of Sona Medical College of Naturopathy and Yoga for their kindness.

My sincere thanks to Prof. S. Magesh – Editor-in-Chief, Jupiter Publications Consortium (JPC), Chennai for his extensive support to publish this e book and finally, my thanks go to all the people who have supported me to complete the e book directly or indirectly.

Dr N Asokan

Dean \_ Multidisciplinary

Sona Medical College of Naturopathy and Yoga

Salem – 637 504. Tamil Nadu. INDIA

July 2024

## **Copyright Statement:**

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

For permission requests, write to the publisher at the address below:

Jupiter Publications Consortium  
22/102, Second Street, Virugambakkam  
Chennai - 600 092. [www.jpc.in.net](http://www.jpc.in.net)  
Email: [director@jpc.in.net](mailto:director@jpc.in.net)

## **Copyright Registration:**

This book and its content are intended to get registered with the Copyright Office of India. Unauthorized use, reproduction, or distribution of this publication, or any portion of it, may result in severe civil and criminal penalties, and will be prosecuted to the maximum extent possible under the law.

## **Acknowledgments:**

Any trademarks, service marks, product names, or named features are assumed to be the property of their respective owners and are used only for reference. There is no implied endorsement if we use one of these terms.

## **Published by:**

Jupiter Publications Consortium, [2024]

# EMPOWER YOUR LEADERSHIP SKILLS WITH THE WISDOM OF BOOKS

**Dr. N. Asokan Ph.D**

Copyright 2024 © Jupiter Publications Consortium  
All rights reserved



E-ISBN: 978-93-86388-72-8

First Published: 15th August 2024

DOI: [www.doi.org/10.47715/978-93-86388-72-8](http://www.doi.org/10.47715/978-93-86388-72-8)

Price: 499/-

No. of. Pages: 289



Jupiter Publications Consortium  
Chennai, Tamil Nadu, India  
E-mail: [director@jpc.in.net](mailto:director@jpc.in.net)  
Website: [www.jpc.in.net](http://www.jpc.in.net)



**Name of the E-Book:**

Empower Your Leadership Skills with the Wisdom of Books

**Author:**

Dr. N. Asokan Ph.D

**ISBN: 978-93-86388-72-8**

**Volume: I**

**Edition: First**

**Published by:**

Jupiter Publications Consortium

director@jpc.in.net | www.jpc.in.net

Copyright @2024. All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and specific other non-commercial uses permitted by copyright law. For permission requests, write to the publisher, addressed "Attention: Permissions Coordinator," at the address below.



**Jupiter Publications Consortium**

Address: 22/102, Second Street, Venkatesa nagar,  
Virugambakkam, Chennai, Tamil Nadu, India.

Website: [www.jpc.in.net](http://www.jpc.in.net)



## **Mr. Thyagu Valliappa**

Vice Chairman

SONA Group Institutions

Salem, Tamil Nadu

India

Reading different genres of books helps leaders, managers, administrators, educators, teachers and students to understand the different ideas, concepts, principles, frameworks and beliefs discussed by various authors, with many examples supported by research.

Not every reader is a leader, but every leader is a reader.

You must be.

To be a great reader, it is not enough that you read.

The greatest shortcut for leaders is reading books.

Dr N Asokan in his book “Empower Your Leadership Skills with the Wisdom of Books” discussed the importance of book reading, great authors like Ryan Holiday, Jim Collins, and Malcolm Gladwell and their well-researched books, their insights which helps to change the way we think.

He highlighted the important traits of a leader, each trait from each book, like concept of Personal mastery from the book “The Fifth Discipline”, concept of Fanatic Discipline and Level 5 leadership from “Great by Choice”, and forgetting curve from “Memory”, concept of craftsman mindset, extreme execution, and reading the air.

...cont

He suggested, out of his own experience, the books to beginners, students, managers with 5 years of experience and leaders of 10 years' experience to read, and books for visionary exercise, change management, performance excellence, and future literacy.

I deeply appreciate Dr N Asokan for his valuable, beneficial and meaningful research work.

We need to develop the ability to connect the three most essential things from each author and each book to understand the people and the complex world better and prepare ourselves to solve our personal, workplace, and societal problems.

Best wishes

**Mr.Thyagu Valliappa**

Vice Chairman

SONA Group Institutions

Salem, Tamil Nadu

India



Prof V Bharathi Harishankar FRSA  
Vice Chancellor  
Avinashilingam Institute for Home  
Science and Higher Education for  
Women ( Deemed University)  
Coimbatore

Do you  
READ  
a book?

You may wonder why I have put a rather commonplace question in a zigzag line. The reason is that we can no longer assume that it's a straightforward and literal question with an uncomplicated and direct answer. In contemporary times, the question Do You? can be filled with multiple avenues for hobbies and work related activities. When we add the verb READ, the question is still filled with options in terms of the purpose of reading — information, leisure, work, research, etc. On the same note, a book in the present day need not be a text in print with covers.

In this context, what propels a scholar like Dr Asokan to write a book length study on Books and Leadership Skills. The reason is so obvious that we don't pause to introspect. A book is a world in words and images that is created to facilitate a communication between authors and their readers. The worldview that's presented is in consonance with or in contradiction to the reality that surrounds the book. Either way, it becomes imperative to negotiate the word-world.

...cont

Books open out vistas and experiences that are not readily available to everyone in the normal course of their lives. In this respect, books are friendly mentors to shape our opinions, creative ideas and critical thinking skills.

Hearty felicitations to Dr Asokan for positioning Books as King Makers and Change Leaders!

It's my sincere hope that this book reaches many readers far and wide.

Best wishes.

Prof V Bharathi Harishankar FRSA

Vice Chancellor

Avinashilingam Institute for Home Science and Higher Education for Women ( Deemed University)

Coimbatore





# Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD  
Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC  
Coimbatore - 641 043, Tamil Nadu, India

Dr. V. Bharathi Harishankar, Ph.D., FRSA  
Vice Chancellor

Date : .....

Do you  
READ  
a book?

You may wonder why I have put a rather commonplace question in a zigzag line. The reason is that we can no longer assume that it's a straightforward and literal question with an uncomplicated and direct answer. In contemporary times, the question Do You? can be filled with multiple avenues for hobbies and work related activities. When we add the verb READ, the question is still filled with options in terms of the purpose of reading — information, leisure, work, research, etc. On the same note, a book in the present day need not be a text in print with covers.

In this context, what propels a scholar like Dr Asokan to write a book length study on Books and Leadership Skills. The reason is so obvious that we don't pause to introspect. A book is a world in words and images that is created to facilitate a communication between authors and their readers. The worldview that's presented is in consonance with or in contradiction to the reality that surrounds the book. Either way, it becomes imperative to negotiate the word-world.

Books open out vistas and experiences that are not readily available to everyone in the normal course of their lives. In this respect, books are friendly mentors to shape our opinions, creative ideas and critical thinking skills. Hearty felicitations to Dr Asokan for positioning Books as King Makers and Change Leaders! It's my sincere hope that this book reaches many readers far and wide.

Best wishes,

*Bharathi*  
08/08/2024

Prof V Bharathi Harishankar FRSA  
Vice Chancellor

Avinashilingam Institute for Home Science and Higher Education for Women ( Deemed  
University)  
Coimbatore

**Prof. V. Bharathi Harishankar**  
Vice Chancellor  
Avinashilingam Institute for Home Science  
and Higher Education for Women  
(University Estd u/s. 3 of UGC Act 1956)  
Coimbatore - 641 043.

Office : 0422-2440140 \* Vice Chancellor : 0422-2443219 \* Fax : +91-422-2438786 \* E-mail : vc@avinuty.ac.in \* www.avinuty.ac.in



Re-accredited by NAAC with  
A++ Grade CGPA 3.65/4



Graded as Category-I University  
Recognised Under Section 12B by the UGC



Ranked 78  
among Universities



Ranked 8<sup>th</sup> under the University  
(Govt. & Govt. Aided) (Technical) Category



Granted Category A Status by MHRD - Top most rating  
for Deemed-to-be-Universities



Dr. Sri Ranjini Arumugam PhD  
Head Projects Administration  
XeedQ GmbH  
Leipzig, Germany



“Empower Your Leadership Skills with the Wisdom of Books” shows how reading can transform your personal growth and intellectual development. The author explains that making reading a habit can improve your mental clarity, compassion, and critical thinking, while also boosting creativity and understanding of the world.

The book highlights benefits like better brain function, a larger vocabulary, and reduced stress. The author gives tips for active reading, suggesting that readers should question, challenge, and seek clarity to develop a deeper understanding and critical thinking skills. This approach helps leaders handle complex situations better and encourages growth and innovation in their teams.

The book also talks about the overall health benefits of reading, such as lowering blood pressure, reducing stress, and fighting depression. It emphasizes that a regular reading habit keeps your mind sharp as you age and helps you live a longer, healthier life.

The author promotes lifelong learning and curiosity, presenting reading as a key tool for personal mastery and achieving your goals. The book encourages people of all ages to read physical books from various genres. Ultimately, it inspires readers to see reading as a lifelong path to growth and self-improvement.





Prof. Dr. Zeliha Selamoglu  
Department of Medical Biology  
Faculty of Medicine  
Nigde Ömer Halisdemir University  
Campus 51240 TÜRKİYE.

Accessible, engaging and easy to follow, and written by someone who has experienced all this in personal and professional life.

“Empower Your Leadership Skills with the Wisdom of Books” will arm you with the right kind of books to succeed at your workplace and get the most out of every moment, every day.

We often grow as people and professionals intuitively. But “Read to Lead” helps you realize your full potential. This is a must-read for any ambitious administrator, manager and leader.

*-Prof. D. Brahadeeswaran, Former Prof. NITTTR, Chennai.*

“Empower Your Leadership Skills with the Wisdom of Books” is worth your time to read. It’s entertaining, challenges the status quo, and makes you think. It opens your eyes to the world around you, making you realize the unknown on career development.

*- Dr Naresh Kumar, Principal, Sona Medical College of Naturopathy and Yoga, Salem.*

An absolute must for a successful career. “Reading is Learning” abounds with many insights....that are highly actionable for the reader and leader.

*- Dr. Rashmi. Trademarkia Legalforce*

“Empower Your Leadership Skills with the Wisdom of Books” is a self-directed and developmental bibliotherapy.

*-T V Selvi, Ex- **virtusa***

‘Superb...This insightful book should be compulsory reading’

*-Mukundhan,  VDart*

# Empower Your Leadership Skills with the Wisdom of Books

Introduction:

Books are packed with priceless insights, be it for your personal or your professional life.

---

Each book packs a punch of wisdom and motivation, tackling different aspects of personal growth.

eBook

Each book was a large world, infinitely rich for exploration, and woe to the reader who answered questions as if, instead of traveling therein, he had been listening to a travelogue.

Education does not stop with schooling, nor does the responsibility for the ultimate educational fate of each of us rest entirely on the school system. Everyone can and must decide for himself whether he is satisfied with the education he got or is now getting if he is still in school.

If he is not satisfied, it is up to him to do something about it. With schools as they are, more schooling is hardly the remedy.

One weary out—perhaps the only one available to most people—is to learn to read better, and then, by reading better, to learn more of what can be learned through reading.





# Reading is Learning



READING IS ESSENTIAL FOR THOSE WHO SEEK TO RISE ABOVE THE ORDINARY. – JIM ROHN

**Books have the power to heal us, no matter how they're used. Whether we pick them up intentionally or stumble upon them, they can be a powerful tool for self-development.**

# READING IS A RITUAL THOUSANDS OF YEARS OLD.



Read to expand your mind  
Write to organize your mind  
Build to focus your mind

2024

# Start with Breathing

“Breath” by James Nestor delves deep into the ancient art and modern science of breathing, uncovering secrets that link our respiratory habits to our overall health, well-being, and longevity.

He spent 10 years researching, travelling, and self-experimenting with a wide range of techniques, from ancient breathing practices to the latest scientific solutions.

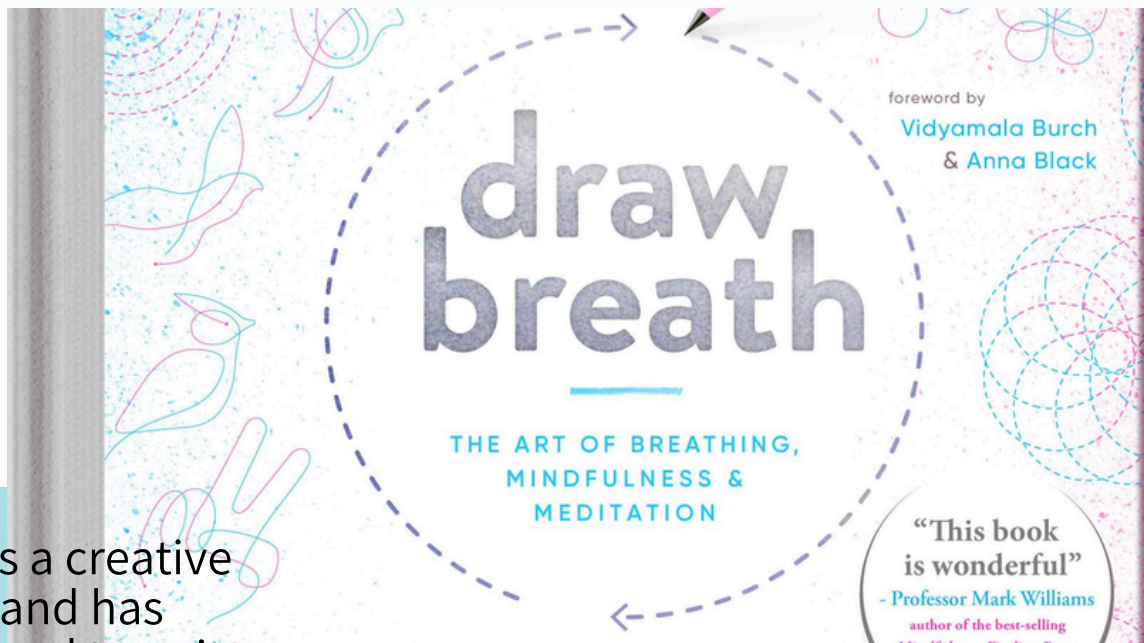


**"Take a deep breath' is not a helpful instruction,"  
Hold your breath is much better.**

The perfect breath is this:

Breathe in for about 5.5 seconds, then exhale for 5.5 seconds. That's 5.5 breaths a minute for a total of about 5.5 liters of air.





Tom is a creative artist and has managed to write one of the best books I know of to awaken and unlock your natural creative abilities along with the physical, emotional, and psychological benefits of Breathwork.

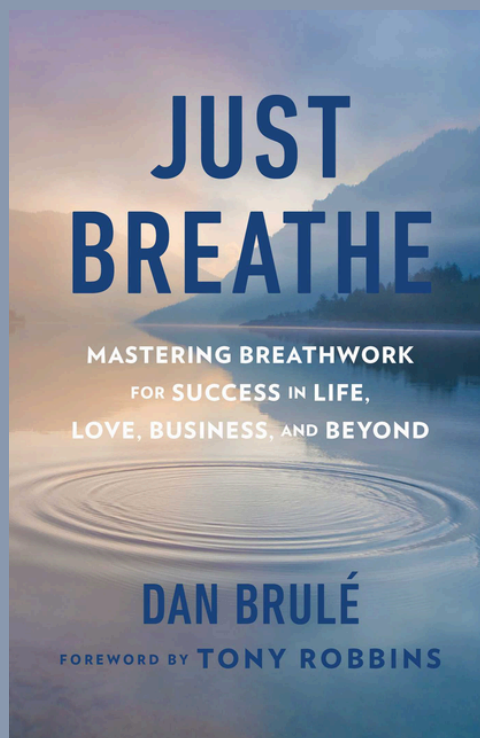
Make your pen or pencil an extension of your breath. Use your pen to track each breath, for example moving your pen up with the inhale and down with the exhale. And that's just the beginning.

**Simply grab a pen or pencil and breathe.**

You'll find his guided breathing exercises and "free breathing" exercises to be simple yet powerful ways to creatively connect to your mind and body, and especially to attune more deeply to your breath and spirit!

1. Use your nose more often to breathe especially when wanting to relax, but through your mouth into the chest to foster creativity and 'charged aliveness'.
2. Practice breath regulation, e.g. breathing in for five (or more) seconds and out for five (or more). Even better, do this for five minutes three times per day, do it together with your teams or those you love, and when doing other activities.
3. To remove stress, make exhales longer than inhales (relaxation breathing).
4. Don't hesitate to yawn more for better health (and before and after athletic performance, presentations, or other important activities).
5. Take tiny butterfly breaths to get energy flowing then take a long breath.
6. Get an energy boost from the "Iceman" Wim Hof's exercise of taking a few long deep breaths, then 30 deep full breaths exhaling without force through your mouth, then one deep breath and after exhaling hold it till your diaphragm flutters, then inhale and hold for 10 seconds. Repeat three times, three times per day. This increases blood to the brain and trains you to tolerate air hunger (good for my swimming).
7. To prepare for a challenge, practice breath control with "box breathing" of inhaling for a count of four, holding for four, exhaling for four, and holding for four.
8. Combine breathing awareness with "arousal control" by feeding the "courage wolf" and starving the "fear wolf": avoiding performance-degrading imagery and instead visualizing success.
9. Breathe in rhythm to footsteps when running and focus on breathing rather than any pain or fatigue.
10. Develop breathing meditations such as breathing in and imagining "The power of God is within me" and breathing out and thinking "The grace of God surrounds me".

**From the yogis in India to the Orthodox Christian monks in Greece, had an advanced understanding of the power of breath.**



These ancient techniques, such as Pranayama and the "Jesus Prayer," were not only spiritual practices but also had profound physiological effects on the body, enhancing endurance, focus, and overall well-being.

## BREATHING EXERCISES

"the use of Breath Awareness and Conscious Breathing for healing and growth, personal awakening, and transformation in spirit, mind, and body"

Just Breathe gives you the tools to achieve benefits in a wide range of issues including: managing acute/chronic pain; helping with insomnia, weight loss, attention deficit, anxiety, depression, trauma, and grief; improving intuition, creativity, mindfulness, self-esteem, and leadership; and much more. Recommended "for those who wish to destress naturally". Just Breathe will help you utilize your breath to benefit your body, mind, and spirit.





World's leading breathmaster, Dan Brulé.

“the use of Breath Awareness and Conscious Breathing for healing and growth, personal awakening, and transformation in spirit, mind, and body”

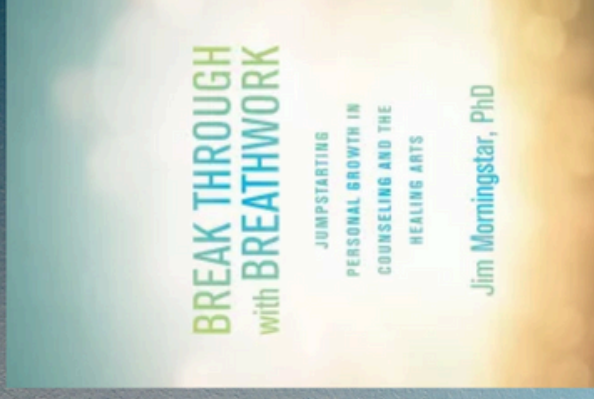


The impact that our breath has led me to understand how important it is in supporting brain health, weight loss, autonomic control, and immune system function.



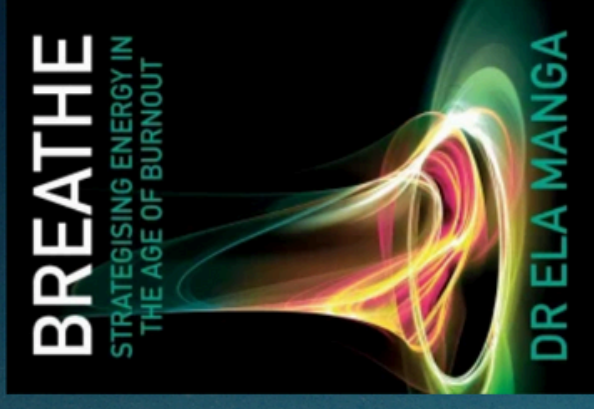
“Breath Guy”

He incorporates movement and posture and stretching into breathing practices. He has put together a collection of powerful breathwork exercises that will help you awaken your energy and your body and will also help you up-level your emotional and psychological health.



Jim is the creator of Therapeutic Breathwork

He introduces a brilliant model of “Six Body Themes” and “Six Major Breathing Patterns” with specific coaching tips and goals related to each.



This book is about a new and elegant approach to healthcare called ‘energy management’.

Dr. Manga offers simple yet powerful ways to integrate what she calls “recovery loops” into our everyday lives.



# LEARN TO QUIT BOOKS



## **Great readers learn to quit books that aren't very good.**

An investor has to know how to cut their losses quickly and cleanly. A reader has to be able to do the same. Give it an earnest shot, flip around when you start to have doubts and then make your decision.

It's ok to be wrong, in fact, the more that happens the better—it means you're taking admirable risks. Think of these books as options rather than assets. You took a shot, it didn't work out, don't throw good money (time, opportunity cost) after bad.

DOLLAR FOR DOLLAR THERE IS NO  
BETTER INVESTMENT IN THE WORLD  
THAN A BOOK

"I've read so many books, but I've forgotten most of them. But then what is the purpose of reading?"

This was the question that a pupil once asked his Master. The Master did not answer at that moment. After a few days, however, while he and the young pupil were sitting near a river, he said he was thirsty and asked the boy to get him some water using an old dirty sieve that was there on the ground. The pupil started, as he knew it was a request without any logic. However, he could not contradict his Master and, taking the sieve, he began to perform this absurd task. Every time he dipped the sieve into the river to draw water to take to his Master, he could not take even one step towards him that not even a drop remained in the sieve. He tried and tried dozens of times but, as much as he tried to run faster from the shore to his Master, the water continued to pass through all the holes in the sieve and was lost along the way. Exhausted, he sat next to the Master and said: "I can't get water with that sieve. Forgive me Master, it is impossible and I have failed in my task" "No - replied the old man smiling - you have not failed.

Look at the sieve, it's like new now. The water, filtering through its holes, has cleaned it up" "When you read books - continued the old Master - you are like the sieve and they are like the water of the river" "It doesn't matter if you can't keep in your memory all the water they make flow in you, since the books anyway, with their ideas, emotions, feelings, knowledge, the truth that you will find between the pages, they will cleanse your mind and spirit, and make you a better and renewed person. That is the purpose of reading." Happy reading to all... (from Anna Rita Montinaro, ... thank you!)





# THE WORLD'S FIRST NOVEL

IN THE 11TH CENTURY, A  
JAPANESE WOMAN KNOWN AS  
MURASAKI SHIKIBU WROTE  
"THE TALE OF GENJI," A 54-  
CHAPTER STORY OF COURTLY  
SEDUCTION BELIEVED TO BE  
THE WORLD'S FIRST NOVEL.

FOLLOWING THE LIFE AND ROMANCES  
OF HIKARU GENJI, IT WAS WRITTEN  
BY A WOMAN, MURASAKI SHIKIBU.  
THE TALE HAD AN UNPRECEDENTED  
GLOBAL INFLUENCE; IN 1925 AN  
ENGLISH TRANSLATION BY ARTHUR  
WALEY WAS REVIEWED BY VIRGINIA  
WOOLF IN BRITISH VOGUE.

THE MOST RECENT ENGLISH  
TRANSLATION IS AN EPIC 1,300  
PAGES LONG. IT'S A "MONUMENTAL  
WORK OF LITERATURE," SAYS  
MELISSA MCCORMICK, A PROFESSOR  
OF JAPANESE ART AND CULTURE AT  
HARVARD UNIVERSITY.

OVER 1,000 YEARS LATER, PEOPLE  
THE WORLD OVER ARE STILL  
ENGROSSED BY NOVELS — EVEN IN  
AN ERA WHERE STORIES APPEAR ON  
HANDHELD SCREENS AND DISAPPEAR  
24 HOURS LATER.

LADY MURASAKI SHIKIBU

Translated by  
Kenchō Suematsu

Foreword by  
Michael Emmerich

THE  
TALE  
OF  
GENJI



The Authentic First  
Translation of the  
World's Earliest Novel

TUTTLE







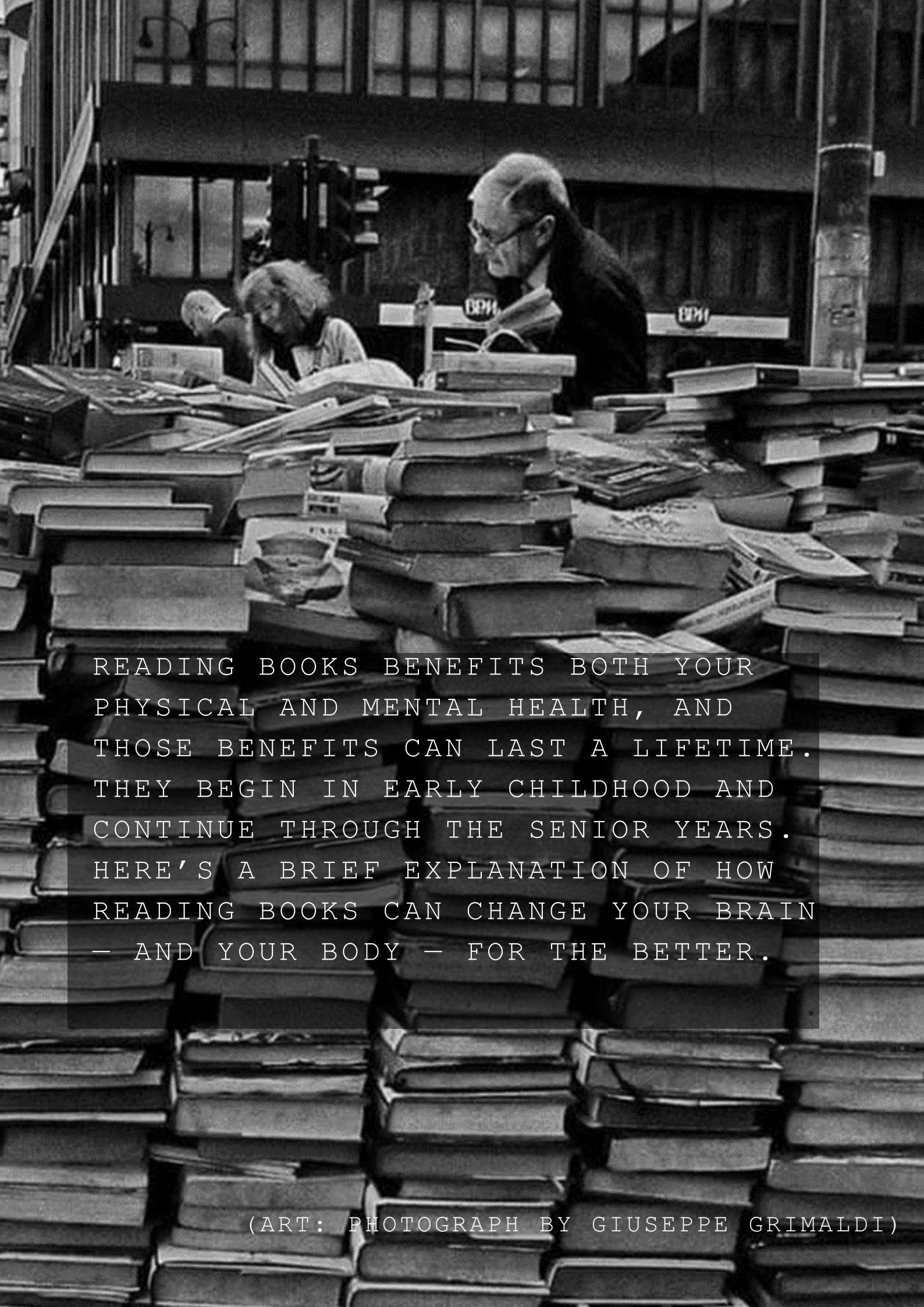
**WHAT EXACTLY DO HUMAN BEINGS  
GET FROM READING BOOKS?  
IS IT JUST A MATTER OF PLEASURE,  
OR ARE THERE BENEFITS BEYOND**

**✦ ENJOYMENT? ✦**

**THE  
SCIENTIFIC  
ANSWER IS A  
RESOUNDING  
“YES.”**

---





READING BOOKS BENEFITS BOTH YOUR PHYSICAL AND MENTAL HEALTH, AND THOSE BENEFITS CAN LAST A LIFETIME. THEY BEGIN IN EARLY CHILDHOOD AND CONTINUE THROUGH THE SENIOR YEARS. HERE'S A BRIEF EXPLANATION OF HOW READING BOOKS CAN CHANGE YOUR BRAIN — AND YOUR BODY — FOR THE BETTER.

(ART: PHOTOGRAPH BY GIUSEPPE GRIMALDI)





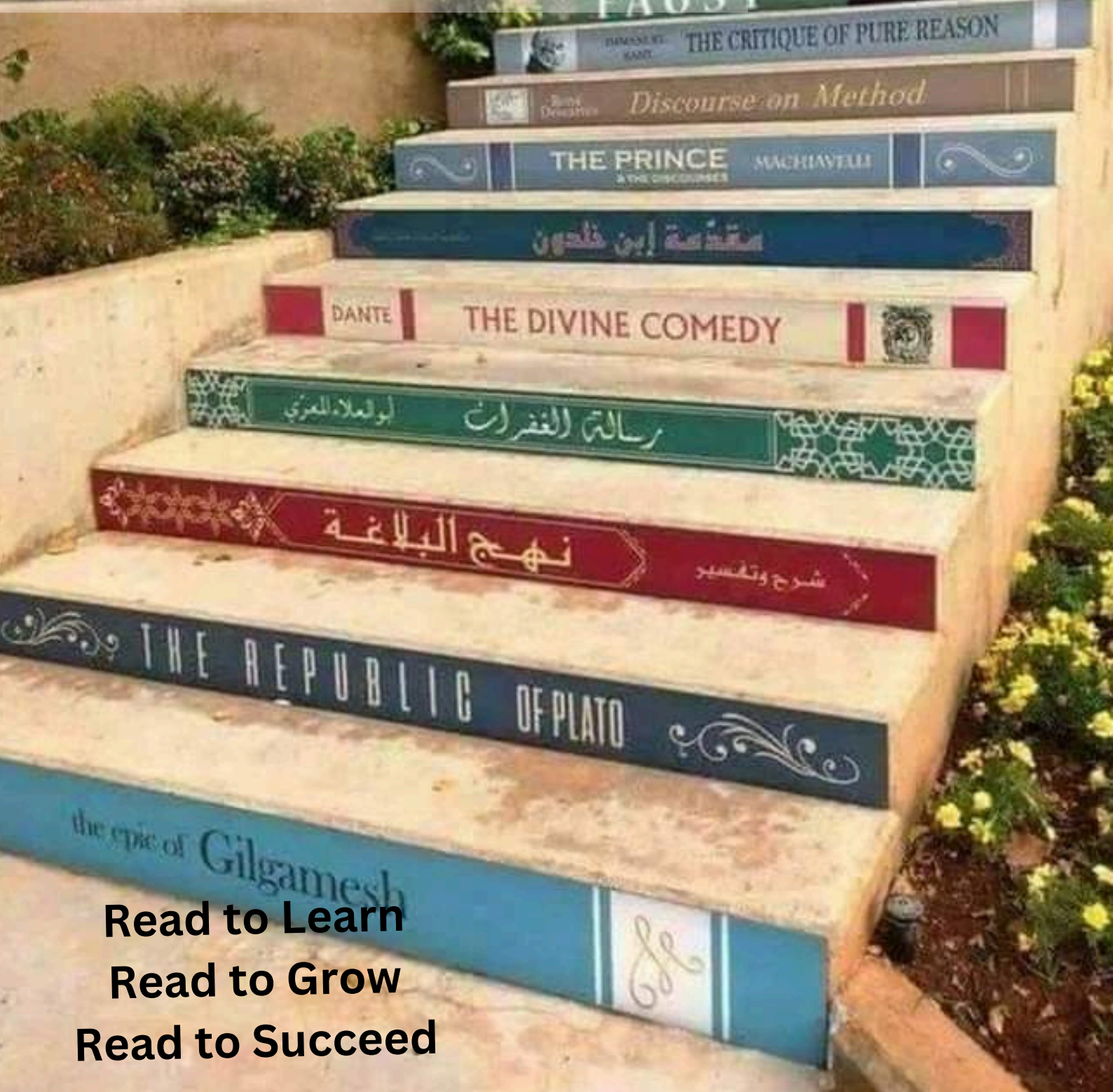
**Dr N Asokan and his father  
P Narayanasamy  
having their own library with  
collection of 3000 books**





# Reading is the Ultimate Life-Hack for Productivity

It Rewires your Brain  
Expands your Perspectives  
and Fuels your Creativity



Read to Learn  
Read to Grow  
Read to Succeed

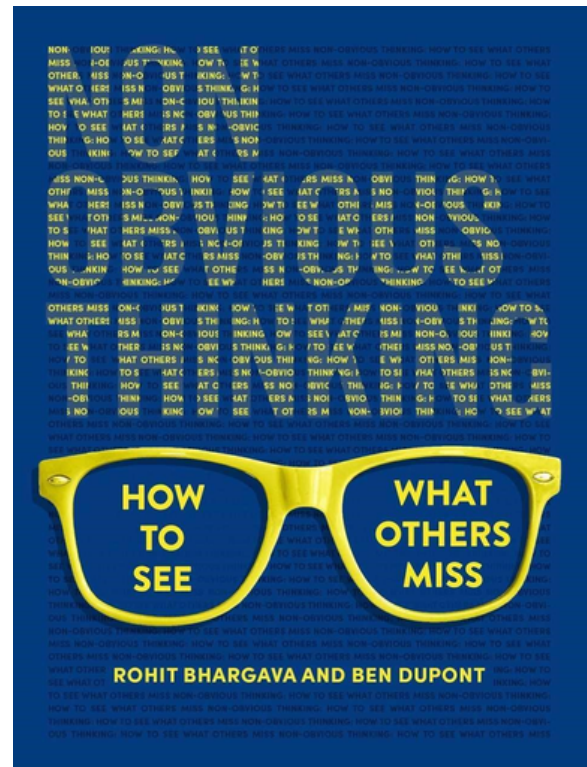


## **12 inspiring quotes about reading:**

- 1. " A reader lives a thousand lives before he dies. The man who never reads lives only one." - George R.R. Martin**
- 2. "The more that you read, the more things you will know. The more that you learn, the more places you'll go." - Dr. Seuss**
- 3. "Reading is to the mind what exercise is to the body." -Joseph Addison**
- 4. "You can find magic wherever you look. Sit back and relax, all you need is a book." - Dr. Seuss**
- 5. " Books are a uniquely portable magic." - Stephen King**
- 6. "There is no friend as loyal as a book." - Ernest Hemingway**
- 7. " The reading of all good books is like a conversation with the finest minds of past centuries." -René Descartes**
- 8. "To read without reflecting is like eating without digesting." - Edmund Burke**
- 9. "Reading gives us someplace to go when we have to stay where we are."  
Mason Cooley**
- 10. "A room without books is like a body without a soul." -Cicero**
- 11. "I find television very educating. Every time somebody turns on the set, I go into the other room and read a book." - Groucho Marx**
- 12. "Books are the quietest and most constant of friends; they are the most accessible and wisest of counselors, and the most patient of teachers."**



This title will be released on  
**September 10, 2024**



The world needs more non-obvious thinkers.  
This book is your guide to becoming one yourself.

Learn how to:

Create **space** for new ideas and thinking.

Uncover **insights** by training your powers of observation.

Hone your **focus** to isolate the details that matter most.

Define a **twist** to make your thinking original and unique.

These are the four components of the SIFT framework– a groundbreaking method designed to unlock your creative potential in four simple steps.

This title will be released on

**October 1, 2024**

REVENGE  
OF THE  
TIPPING POINT



Overstories,

Superspreaders, and

the Rise of Social

Engineering

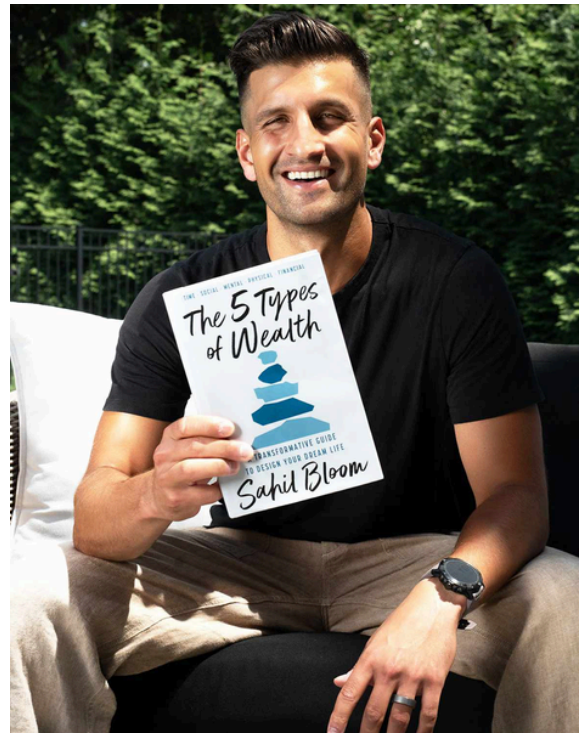
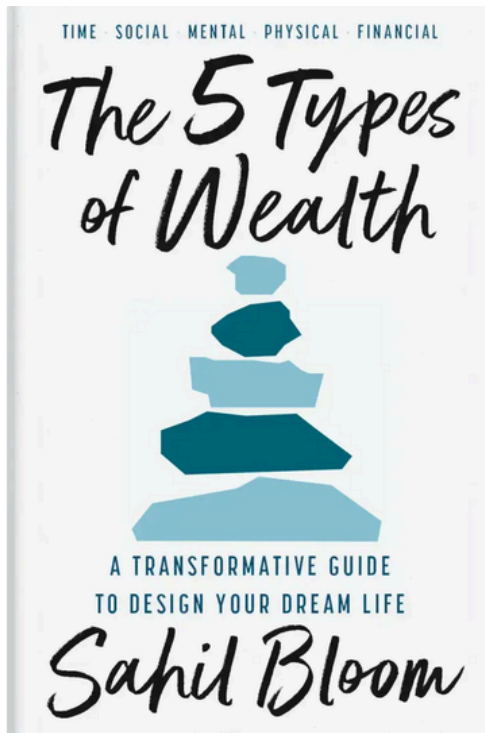
MALCOLM  
GLADWELL

#1 New York Times bestselling author  
and host of the podcast *Revisionist History*

**Gladwell traces the rise of a new and troubling form of social engineering.**

Revisits the phenomenon of epidemics and examines when, how, and above all where ideas, viruses, and trends spread.

Gladwell shows that - whether in neighbourhoods, schools, zoos, or conference rooms - today's epidemics are no longer singular occurrences, but turbocharged versions of their earlier counterparts. Tipping points, he explains, play a much bigger role in our lives now than ever before.



This title will be released on

**4 February 2025**

Whether you are at the start of your working life, looking to build and grow in mid-life, or a retiree, with Sahil's guidance you will unlock:

- Control over how you spend your time
- Depth of connection with those around you
- Clarity of purpose, presence, and decision making
- Improved health and vitality
- Simple pathways to financial independence

A transformative guide, full of practical steps and actionable insights, for redesigning your life around five types of wealth:

1. Time, 2. Social, 3. Mental, 4. Physical, and
5. Financial.

28.


## Always Carry a Book with You



According to *U.S. News & World Report*, over the course of your lifetime, you will spend eight months opening junk mail, two years unsuccessfully returning phone calls and five years standing in line. Given this startling fact, one of the simplest yet smartest time management strategies you can follow is to never go anywhere without a book under your arm. While others waiting in line are complaining, you will be growing and feeding your mind a rich diet of ideas found in great books.

**"So long as you live, keep learning how to live,"** noted the Roman philosopher Seneca. Yet most people never read more than a handful of books after they complete their formal schooling. In these times of rapid change, ideas are the commodity of success. All it takes is one idea from the right book to reshape your character or to transform your relationships or to revolutionize your life. A good book can change the way you live as the philosopher



A woman with blonde hair tied up, wearing a white t-shirt and blue shorts, is sitting on a balcony. She is holding a brown mug in her right hand and reading a book in her left hand. The background shows a cityscape with buildings and a clear sky. The text is overlaid on the left side of the image.

Your  
attitude  
towards  
books can  
unleash a  
massive  
power and  
force of  
energy in  
your life.

MAKE THE  
RIGHT CALL.

GOOD LUCK AND  
GOOD READING.



I love to read; reading is the best skill you can develop to learn almost anything in life.

Keep reading and suggest how to develop this crucial habit for your loved ones, especially kids.

Thank you for reading.

I wish you a happy and healthy life.

**Dr N Asokan**



**SONA** MEDICAL COLLEGE OF  
NATUROPATHY & YOGA

*Adding Technology & Value to Natural Health Care*



**Dr N Asokan Ph.D**

Dean \_ Multidisciplinary

Sona Medical College of

Naturopathy and Yoga

Salem – 637 504.

Tamil Nadu.

INDIA.

Dr N Asokan is a Non-Obvious Thinker, Learning Leader, Certified Accreditor, Mentor, Keynote Speaker, and Life Long Self Learner. He assists teachers on developing teaching competence and educational leadership. He has 30 years of experience in educational leadership. He has conducted numerous speaking sessions which have benefited over 34000 people, and mentored and guided many others to be successful in their careers. He has authored books namely “Higher Order Cognitive Abilities”, and “Concept Three”.



DOI: [www.doi.org/10.47715/978-93-86388-72-8](http://www.doi.org/10.47715/978-93-86388-72-8)

ISBN: 978-93-86388-72-8

**Jupiter Publications Consortium**

[www.jpc.in.net](http://www.jpc.in.net)

