Self Improvement International

March 2020 Issue



The Agony of Mid Life Crisis

Type of eBooks

Interview with an Astrological Candidate

and many more !!!

Wealth of the Wise



Self Improvement International

Wealth of the Wise

March 2020 Issue

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Self Improvement International

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Writing and Publishing

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From the Editor's Desk

ey, thanks for subscribing to my unique and delightful **Self Improvement International** magazine. This is a magazine to be read, retained, remembered, and re-read from your electronic bookshelf. Each magazine carries a bunch of sparkling articles on Personal Development, Stress Management, Humor, Frugality, Leadership, Resiliency, Workplace Issues, Spirituality, Life Skills, Satire, Writing, Publishing, and an occasional Harsh Advice.

Simplicity is the hallmark of this treasure chest. Unlike the hordes of dazzling magazines that you see in the newsstands the contents here are eye and eReader friendly, and not crowded with complex cosmetics, awesome advertisements, and gorgeous graphics that can distract or irritate your eyes. The text font is also optimized to be easily read on all smartphones, tablets, and computer browsers so that you don't have to pinch and zoom to read the contents.

Like a basket of delicious fruits each issue can dramatically transform your personal and

professional life. Think of this magazine as your electronic personal coach who can make you superior to the rest of the crowd. Give it a try. You may be pleasantly surprised.



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What my Lawyer makes me say

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What Else?

We ise men say that one should never have any desire for wealth and must always be prepared to lead a life of virtuous poverty. Also, writing articles is viewed by many as a hobby that doesn't deserve any compensation for the writer as they must write purely for the passion and not for money. But writing involves enormous effort and we don't live on such magnanimous money-free planets. By becoming a customer of this magazine and sharing information about this with all your friends you help me create valuable content for writers and executives. Thank you for being so generous.

Also, if you are a generously giving kind of person, then I am a happily accepting kind of person. So, if you have any unused excess wealth stashed away in Swiss Banks, Spare Jewels, Precious Gems, Spanish Gold Bars, Priceless Paintings, Rare Dinosaur Bones, Asteroid Pieces, Unused Rolls-Royce, Private Jets, Luxury Ships, or even an Exotic Island or Kingdom somewhere, please feel free to donate them to me along with all applicable taxes. Such humble gifts can nudge

me to scribble more articles that could be of use

to someone, somewhere on our lonely planet 😊

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What is Ransomware?

Technology

magine opening your computer one day and find that you can't open any of your documents as every file is asking for a password, even though you never set a password? Then you open your email and find a strange email from some unknown person stating that your computer files have been locked. And it will be unlocked only if you pay that person a large sum of money. Wouldn't that be shocking? So, what has happened? The answer is simple. You have been hit by Ransomware. So what is ransomware?

Basically ransomware is a malicious software that has been secretly installed on your computer via the internet by some criminals somewhere on the planet. What this software does is it encrypts or password protects your files. The idea behind ransomware is simple. Criminals lock and encrypt a victim's computer and then demand a ransom to restore access. In cases, the victim must pay the many cybercriminals within a set time or risk losing access forever. Hundreds of people worldwide

have fallen into this trap and have even paid large sums of money often in the form of bitcoins or even credit cards to get their computers unlocked. Though ransomwhere has reduced now due to the involvement of international agencies like FBI, CIA, and their equivalent agencies in various countries, the threat is not fully eliminated.

How ransomware gets installed? – The most common methods is by email. Someone sends you an email that looks official like – Here is the invoice for the item you purchased from us and the mail will contain an attachment. Once users open the attachment the software gets installed on your system, locks all the files, and sends a message to the criminal that it is now ready for them to exploit. Those files are still on your computer but the malware has encrypted your system making the data stored on your computer or mobile device inaccessible.

Types of Ransomware

Here are a few types of ransomware that people have encountered.

Crypto malware - This ransomware can cause a lot of damage because it encrypts your files, folders, and hard-drives. One of the most popular and destructive one was the WannaCry ransomware attack. It targeted thousands of computer systems around the world that were running Microsoft Windows and spread itself to many corporate networks globally. Victims were asked to pay ransom in Bitcoin to retrieve their data. **Lockers** - This-ransomware infects your operating system and completely locks you out of your computer or devices making it impossible to access any of your files or applications. This type of ransomware is usually Android-based.

Scareware – This is a fake software that acts like an antivirus or a cleaning tool. It often claims to have found issues on your computer, demanding money to resolve the problems. Some types of scareware can lock your computer. Others will flood your screen with annoying alerts and pop-up messages.

Doxware – This is also known as leakware or extortionware. It threatens to publish your stolen information online if you don't pay the ransom. As most people store their sensitive files and personal photos on their computers, it's possible that many people panic and pay the ransom when their files have been hijacked.

There are three kinds of people. The ones who learn by reading. The ones who learn by observation. And the rest of them who have to touch the fire to learn it's hot.



Targets of Ransomware

Cybercriminals can target individuals who can be easily blackmailed or even companies who may be willing to pay the ransom to avoid reputation damage. Some of the types of targets are.

Companies or institutions that don't have elaborate data security experts. Examples are universities because they have less security and a high level of file-sharing.

Organizations that can't waste time and can and will pay quickly. Government agencies, banks, and medical facilities fall in this group because they need immediate access to their files and data. Firms that hold sensitive data. Examples are law firms and similar organizations because cybercriminals bank on the legal controversies that could ensue if the data being held for ransom is leaked.

Top companies who may pay the ransom quietly to avoid media attention or reputation damage. A ransom of US\$100K may seem like peanuts compared to millions of dollars in financial and reputational damages if the public gets to know that a top company has had its data compromised.

How to Protect from Ransomware

Ransomware is very profitable for criminals who operate from countries that don't have proper cyber security police or laws. For example, many cybercriminals were from the remote countries of USSR, where even if you know who the person is it will be almost impossible to get that rascal arrested and punished. So, prevention is the most important aspect of protecting your personal data. Here are some dos and don'ts.

Use security software - To help protect your data, install and use a trusted security suite that offers more than just antivirus features. For example Kaspersky, Norton, and Malware bytes have excellent antivirus software along with security features that detect ransomware.

Keep them updated – It's not enough to buy those software and not renew their subscriptions. Renewing them will ensure you receive updates that can tackle the latest threats in the market. New ransomware versions continue to appear, so having up-to-date internet security software will help protect you against cyberattacks.

Keep OS updated - Update your operating system like Microsoft Windows, Mac OS, etc. Software updates will have patches for newly discovered security vulnerabilities that could be exploited by ransomware attackers.

Don't automatically open email attachments -Email is the main methods for delivering ransomware. Avoid opening emails and attachments from unfamiliar or untrusted sources. Phishing spams can fool you into clicking on a legitimate-looking link in an email that actually contains malicious code or attachment. This can prevent you from accessing your data, holds that data hostage, and demands ransom.

Keep multiple backups - Use an external drive to backup your data periodically. Then keep that drive disconnected and use only when necessary. If you keep the drive connected always then the malware can infect the external drive also. Another method is to save all your important files on a DVD and store them safely. If the victim has backup copies, the cybercriminal loses some advantage. Backup files allows you to restore their files once the infection has been cleaned up.

Use cloud services – You can also store nonconfidential data on the cloud like a Google drive or some other paid service who promise full data security and roll back options. This can help avoid a ransomware infection since many cloud services retain previous versions of files and allow you to "roll back" to the unencrypted form.

If you have full backup of your data secure elsewhere then you don't have to pay the criminal. Remember, a cybercriminal could ask you to pay again and again, extorting money from you but never releasing your data. Now a couple of quotes,

It takes 20 years to build a reputation and few minutes of cyber-incident to ruin it – Stephane Nappo

The knock-on effect of a data breach can be devastating for a company. When customers start taking their business and their money elsewhere, that can be a real body blow – Christopher Graham



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Turn off your computers and all other possible electrical and electronic gadgets in your house every night. By turning them off you not only save costs, electricity, but also prevent electrical hazards. Imagine millions of gadgets being turned off worldwide every night and how much it can save the planet.



Good Lessons from Bad Bosses

Workplace Leadership

A mong the dozens of workplace troubles having a bad boss is probably the worst that can happen to any employee. And typical textbook definitions of a bad boss is one who screams, threatens, intimidates, disrespects, grabs credit, fires people, throttles people's necks, and so on. Bad bosses exist in all organizations, though the definition of a bad boss (or a bad employee) is a vague and subjective term that can be debated to eternity depending on whose side you lean on an issue. In fact, the more competitive and stressful the organization the more you see and hear stories about such executives.

Nobody likes working for a bad boss and most would gladly jump ship at the first chance of escape, even if they are passionate about their work. Long ago, a classmate of mine quit an extremely reputed scientific institute unable to work for a toxic chemistry professor, though he was ready to sacrifice an arm and a leg for chemistry. But what can you do if you don't get any alternate jobs to escape your toxic workplace? The answer is to see how you can use this to your advantage. Many executives are not aware of how to gain some valuable life lessons from the idiosyncrasies of a bad boss. Though you may have to endure some ulcers, gloominess, and some hair loss due to a bad boss, there are some ways to turn this situation to your future benefit.

For this you have to start looking at your situation in a peculiar way. Instead of craving for a pleasant workplace every day, just think unconventional and start imagining your office as a training institute to learn some exciting lessons in behavioral psychology. Instead of worrying, assume that you are undergoing a training course in hardships. So, until you can escape to a better workplace or until the bad boss self-destructs you can continuously imbibe several valuable lessons. Here is how you can do it.





A bad boss can be a walking textbook on what **not to do** when you become a manager in the future. Working with a bad boss is your golden chance to learn the do's and don'ts of management. In all probability, you can learn more about people management working with a bad boss in six months' time than working with a good boss for five years.

Bad bosses help you learn harsh realities of human nature and make you better prepared for life's countless encounters. You swim better when you learn swimming in a rough river or sea, rather than in a calm swimming pool.

Every growl, rude remark, goof up, threat, cover up, charm switching, etc., can be a good lesson that is going to pay rich dividends to you at a later stage. They help you become a better
manager at a later stage because you will now have a rich experience in the pitfalls of bad management. It helps you to instantly remember and avoid the wrong things when faced with similar or equivalent situations. For example, it may help you remember that it's not a good idea to throw a paperweight on an employee who is a member of the local trade union. :-)

And bad bosses help you in many other ways if you study their lives carefully. For example, it will help you understand how and why many employees erupt like a volcano at home due to work-related problems.

Worldwide, many ordinary people have become great leaders because they were subject to various degrees of insults or extreme forms of harassment by someone. So, directly or indirectly, every great leader will have to thank their tormentors for their current greatness. Similarly, it can also perhaps make you a great manager someday.

Some of the other useful concepts and valuable lessons you can learn from a bad boss are,

If your current boss is always breathing down your neck, then you will learn not to micromanage your future team members.

If you are capable of doing the job and yet your manager does not trust you, then you will learn the importance of trust and delegation.

If your manager is always angry or erupts for everything, then you will learn not to bark at employees and insulting them. If your manager gives stupid advice due to his authority, then you will realize that you shouldn't become like that and instead gain knowledge to lead your team.

If your manager is quick blame others even when he or she is at fault, you will learn how hazardous office politics, blame games, and finding scapegoats are.

If your manager acts more loyal than the king then you will realize that you should not pretend that you are the only one concerned about the welfare of the organization.

So, you now see having a bad boss is not really such a bad thing after all. And we can conclude this chapter with a great Chinese proverb that says, 'A gem cannot be polished without friction,

nor man perfected without trials.'



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Turn off lights when you are not the room. Save energy and money by getting into the habit of switching off the lights when you leave the room even for a few minutes. Millions of units can be saved nationwide if every household does this simple act. You will also save on your electricity bill.



Biorhythms – Your Biological Batteries

Personal Development

Ave you ever observed that you feel bubbly and full of energy on certain days, and feel exactly the opposite and low on some days? You remember doing an astonishing amount of work when you were feeling high, but

don't feel like doing the same productive work when you are down even though you are not sick or really tired. And you may have also observed that these high and low feelings can last inside you for several days. So, what is this high and low that you experience periodically? And how do some people claim to be always energetic, excited, and passionate about everything, every minute and every hour, while you personally feel lazy and unenergetic periodically? What is their superhuman secret that you are unaware?

Secondly, with all the energetic individuals around how can you honestly blurt out that you don't feel excited about that yet one more boring meeting on customer satisfaction when you are feeling low? Now, how do you learn that you can also be excited, energetic, and passionate like them about everything every day? Will special vitamin tablets, daily exercises, power lunches, or even some workplace productivity and enthusiasm enhancing drugs help? Or is there some other magic to be always active? If you are eagerly expecting me to share some golden solution to eliminate your low productivity days, then you are going to be disappointed. What I am going to tell you is to do nothing, and simply learn to live with your highs and lows.

Many would normally disagree with my above suggestion and proudly claim that they are always able to maintain a peak physical, mental and emotional condition every day. But the unfortunate truth is, no matter what you do you, the rich food you eat, the books you read or the calories you pump out, you cannot remain

excited, enthusiastic or energetic every day. Mother Nature has programmed everyone to undergo an endless cycle of active and passive periods in their physical, emotional and mental states. Whether you believe it or not, you will feel highly energetic and enthusiastic on certain days (active phase), and feel bored, exhausted, weak, irritable and uninterested in anything on certain days (passive phase). And this cycle of high and low days will happen throughout your lifetime.

The answer to why you feel high or low lies in a relatively unknown and often dismissed concept called *biorhythms*. At the beginning of the last century, a certain Dr. Wilhelm Fliess noticed identical rhythms in the case histories of his patients. He observed active and passive phases (curves) in the physical, emotional and mental rhythms of his patients. Based on his observations, he derived the principle of biorhythms and observed that the physical curve extended spanned 23 days, the emotional curve with 28 days and the mental curve with 33 days.

> Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?



And Hermann Swoboda, a professor of psychology at the University of Vienna, while researching with periodic variations in fevers, looked into the possibility of a rhythmic change in moods and health of people. Based on the data he collected in areas like pain, an outbreak of fevers, illnesses, heart attacks, and recurrent dreams he concluded that there was a 23-day physical cycle and a 28-day emotional cycle.

These curves are usually plotted as sine waves similar to an alternating current we studied in our high schools. A cycle is said to be in a positive phase when above the zero line and in a negative phase when below the zero line. And there are also some mathematical formulas and free online tools that can plot the curves for you based on your birth date and other inputs. However, the core idea behind this chapter is not to make you become some sort of a wizard in plotting your biorhythms. Instead, this chapter is to teach how you can successfully exploit your *highs* and *lows*.

High days: Assuming that you are not suffering from any serious health problems or other personal headaches that can make you feel low, the trick is to utilize both your active and passive phases to your advantage. You need to become like an ant when you are feeling active. Ants collect food throughout the summer, as they know winter will set in fast. So, they collect the maximum amount of food and other useful material to survive the winter. They know when winter sets in they will not be able to move out or get food easily.

Hence, they do not waste their summers by enjoying the sun and loafing around. When winter sets in they enjoy the fruits of their summer labor. Similarly, you should aim to do the maximum amount of important work (official and personal) on the days you feel great.

This could be anything like finishing off a report that is not due for weeks, attacking all pending workplace issues, organizing your finances, trim the garden, repair the roof, clean the garage, eliminate the clutter in your house and workplace, and anything that you have been putting off for weeks. On such days it's quite possible for you to multitask to do an extraordinary amount of work and still be energetic. The challenge will be to avoid and wasting such days for 'nice to do' things like

picnics, sports or simply waste them by doing things that don't help you in a true sense. The question you should ask yourself is, 'When you are feeling your best where should you first direct that energy?' For example, do you use that phase to properly organize all your messed up finances by visiting a financial consultant, or use this time for picnics, ball games, beach trips and other 'nice to do' stuff, rather than tackle a 'must do' stuff.

Low Days: If you have entered your low phase you may feel guilty, because you are wasting precious time without doing anything meaningful. And you may ask why you are unable to concentrate on any work now when just a few days ago you felt great and did a lot of meaningful work. But now your mind and body are simply refusing to pump that vibrant energy juice you need to get things done. And for every effort to do some meaningful work you feel some invisible force pushing you back. You start making minor and major mistakes, ordinary things will seem like drudgery, and the simplest of tasks will seem Herculean.

However, the key to tackling your low days lies in what you do during your high days. If you have done your best during your high days, then you should simply '*take it easy*' during your low days. Just do only the things that you cannot postpone, avoid all critical activities if possible, and don't worry about not having a productive day. On your low days, you are better off listening to signals and resistance from your body and mind that tells you are running on low batteries rather than fight with it. For example, it's believed that some doctors plan their work around their highs and lows, and don't tackle critical surgeries when are feeling low. And there has been some studies and evidence to prove that drivers meet with accidents more when they are in their low phase rather than high phase.

So, if you are regularly experiencing high and low productive days now you know the hidden reason and need not feel guilty or worry at all. You are actually in good shape and your biological machinery is in perfect condition. You can proudly say you are a normal human being and not act artificially like many people do to impress others. The question is whether you can honestly admit that you are feeling low when you are indeed feeling low. To summarize, your biological batteries need to continuously charge and discharge. So, get used to accepting your highs and lows and use them to your advantage.



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Work from Home whenever possible. Convince your employer about the savings in travel costs, time, office electricity, facilities, and other benefits if employees who can work remotely can work as many days from home as possible.



What is the Human Aura? Spirituality

Anyone who is inclined towards spirituality would have heard a word called Aura used by spiritual gurus. Now what is this aura? This is basically an energy field that surrounds people like a magic glass dress from head to foot. It's similar to the ozone layer that surrounds and protects earth from harmful cosmic radiations. Though rationalists dismiss it without any second thoughts or experimentation, the existence of the aura is real but not everyone can see it, but there are countless people who claim to see this aura.

In the 1940s, a Russian technician named Simon Kirlian observed light emitting from his fingers when exposed to the photographic plate working in a high voltage area. He developed the first camera known as Kirlian Camera to photograph this aura. After these many other methods were developed by other scientists of the energy field imaging science. Basically, an aura is some subtle energy shield or an electromagnetic field around us. For practical

purposes, our aura displays our positive and negative energies. Ancient medical systems believe that this energy exists in seven layers. Each layer is said to correlate to a different element of your physical, mental, spiritual, and emotional health. A healthy aura signifies healthy body, mind and spirit. And depending on the changes in your aura you will be radiant or dull. For example, your aura can be drained of its luminance by the kind of people and situations you deal with like toxic relationships, shitty jobs, family problems, and the everyday stress of our hectic life.

How to see your aura? – It's not possible for everyone to see clearly this aura. But if you observe the outline of your fingers intensely for several seconds it's sometimes possible to see your own aura as a dim haze or a glass wrapper surrounding your fingers. Also, many clairvoyants claim to see this aura and can also detect its colors. They say pure and shining colors in the aura indicate good health. Murky and dull colors indicate symptoms of impending illness. But not everyone will have this spiritual capability.

How to take care of your aura? – For this, think of your aura as your dress. If the dress is washed, ironed, and well maintained you will enjoy and feel radiant wearing it. Secondly, people who see you in it will feel good. But if the dress is shabby and smelly, then you will be disgusting to look at and will also be repulsive to others. In a similar way, your aura can make you radiant or dull. In India we believe that a human is made up of five elements - water, earth, air, fire and space. Essentially, we are all living dolls made of these elements. Here are a few ways to make your aura vibrant.



Sample Magazine - Not for Resale

Using water – A good bath in natural water like a river or a rain can make your aura vibrant. This is called rainwater or river cleanse. As you are aware a river or a rain is a pure unadulterated form of natural water. But tap water is unnatural because there will chemicals mixed at the supply center, minerals would get removed by filtration, etc., that removes a lot of its natural content to make it fit for drinking. So, whenever you get a chance to soak in a river or a rain do it. This is similar to cleaning your dusty glass dress (aura) with water to make it sparkle again.

Since this is not always possible an alternate method is to use some rock salt or lavender in a buck of water or your bathtub to take a bath. Soak for at least ten minutes in the water and mentally visualize all your auric nasties go down the drain with the water. Basically, salt will neutralize or discharge all the harmful negative ions clinging on your body.

Using fire – Bright sunlight and a big fire like a bonfire can also clean your aura. Sunlight is a pure form of fire. Nowadays, people go to work early and stay till late working in artificial light and air-conditioned offices and transport. They don't get a chance to take a walk due to their work pressures or timings. This can gradually make your aura weak. So, take a walk in the sun whenever possible. Similarly, a nice bonfire can also do wonders for reviving your aura. Don't you feel amazing when you sit in front of a big bonfire? It will reset your mood, body, and blood circulation. Both these methods will nurture,

feed, and make your aura vibrant making you feel happier, energetic, and optimistic.

Using air – A gentle natural breeze can also make your aura vibrant. But nowadays there is hardly any breeze in the polluted high rise and traffic choked cities we live in. But if you are fortunate to live in a place where there is a seashore or large open areas like parks, farmlands, etc., then make full use of it. Sit in the gentle breeze without doing anything. Feel the negative energies clinging on your body wash away by the gentle air.

So, whenever you feel that you are going downhill in your mood try cleaning your aura by the above methods and make your mood climb again. Now let us see some quotes by famous people. Elevate your aura, elevate your life - Asad Meah

An aura gives you a certain glow – Anonymous

I used to be really into Kundalini yoga, and all the teachers show up, and they always wear white because they say it expands their aura by several feet - Sophie Hawley-Weld

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Interview with an Astrological Candidate

Humor

D id you know that astrology is now an approved course in many universities worldwide? So it is now possible to get degree holders in astrology similar to other courses like

MBA, MS, PhD, etc. Now businessmen will be able to hire astrologers in their organizations, and this is no laughing matter for rationalists. This is because astrology is more accurate than business predictions and forecasts. The probability of a traditional business prediction, market analysis or profit forecast coming true is only about 15% to 20%, whereas an astrological prediction can be as accurate as 70% to 100% and can be predicted years and even decades in advance. Just have a look at how a candidate with an astrological background can be of use in any organization.

HR Manager: "Welcome Mr. ABC. We were expecting you in the morning."

Candidate: "Yes, but the interview time you fixed earlier was inauspicious. So, I postponed it by three hours"

HR Manager: "I see. Well, let us begin. Can you tell us something about yourself?"

Candidate: "Well, I am a Taurus, born on the auspicious day of 25 April 1980, and the number of letters in my name comes to perfect ten, which is considered extremely lucky for the company hiring me. Besides, I also noticed that the company is facing north"

Interviewer-1: "Hold on please, we need to clarify something first. You are just 24 years old, but you have applied for a position encompassing several very senior & different corporate positions all at once. Can you explain?" **Candidate:** "Elementary. Age & Experience does not matter when you know astrology."

Interviewer-2: "Interesting, but we did not understand. I am the Chief Project Manager here with about 20+ years of experience. Can you tell me how you will handle any project if you were given a project manager role at your age?

Candidate: Simple. I will have to first ascertain the star signs of all the people reporting into me. Secondly, I will weed out the ones with the same star as mine, because we will not be able to work together. Through astrological calculations, I will know which business plans will fail, which strategies will not work, which will succeed, what is the star sign of the project manager who has to lead and so on. Next, to ensure project success, I will only take up projects that begin with the letter S, R or K. In addition, I will also be able to predict when exactly any of my team members will resign, fall sick, or get hurt so that it will prevent me from churning out futile leave plans, or succession plans. I will also be able to predict the outcomes of any project meeting in advance, or when exactly a project will get canned by someone, and so on."

The last thing I want to do is hurt you. But it's still on the list.



Interviewer-3: "Very interesting, Mr. ABC. I am the Chief Financial Officer here. Can you tell me how you will handle a financial role?"

Candidate: It is even simpler. Through my astrological abilities, I will always be able to predict whether the company will make money, or go bankrupt. I can predict the movement of the goddess of wealth, which stocks to buy, or when to dump our stocks based on planetary positions, which projects to finance and so on. Currently, I predict this company will suffer some minor financial losses due to the wicked influence of Saturn in the third position..."

Interviewer-4: "Let us stick to your interview, OK? I am the Chief Risk Officer here. What can you do to fit my type of role?"

Candidate: "Are you kidding? We astrologers are experts in predicting disasters years in advance. I can predict when equipments will fail, who will sue the company, etc. I can also conduct special prayers and incantations to ward off all evil influences that may affect the company from inside or outside, thereby avoiding spending any money to implement expensive disaster recovery centers. In fact, looking at the lines on your forehead, I predict that you will experience a serious financial and health problems within six months from now."

Interviewer-1: "We need to conclude this interview fast. I am the Chief Marketing & Business Development Manager. Can you enlighten me on how you will handle this role?"

Candidate: "I can assist in casting a hypnotic spell on all your customers to keep giving us business irrespective of whether they need your product or not. My spell will also ensure that all your customer satisfaction ratings will always be 100%. If you take me on all your business development trips, I can do the same for all potential customers to become our real customers.

Interviewers: "Mr. ABC, thank you for your time. We will get back to you after consulting our CEO. We will let you know your results."

Candidate: "Thank you. I will be joining on the 5 of next month, as I have already predicted what your CEO will tell. But, I will be missing all of you soon."


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Buy second hand items whenever possible. There is nothing wrong or embarrassing in using used goods. A lot of useful and working items can be purchased second hand. Before buying anything new check if that is available for sale from a friend, used goods shops, or reputed online sites where you can return the item if it is not working. You can save more than 30% to 50% costs by using second hand materials.



The Agony of Midlife Crisis

Personal Development

Do you know why many people above the age of 40 start acting cranky, lose interest in life, feel depressed, lost in thought, irritable, impulsive, etc?" "Hmm, I am not sure. But I do see such people in my family, friends, coworkers, etc. Is it due to stress?"

"Partially. But their weird situation is actually called **Midlife Crisis**."

"Midlife crisis? What's that?"

Midlife crisis is a loss of self-confidence, anxiety, or disappointment that can occur in early middle age slowly starting around 40 years. The term "midlife crisis" was first introduced by Elliot Jaques, a Canadian psychoanalyst, and later made popular by psychologists like Carl Jung. It is described as a period during the lifespan, when people transition from young people to older adults. During this time, they start to evaluate their achievements, goals, dreams, failures, etc. It's basically a time when people take stock of themselves, their purpose and meaning, etc. And depending on their success or failure till now this period can be very chaotic to many individuals. The various ways midlife crisis impacts people are as follows.

They lose interest and enthusiasm for everything, even the ones they were interested before like songs or movies. They experience a feeling of hopelessness and being "stuck in a rut." Many of these adults think they have few or no options for their future and feel there is no purpose in their lives.

People experiencing midlife crisis feel angry, embarrassed, and dejected at not being able to fulfill many of the desires they had when they were young. Secondly, they are unable to disclose this with their family members or friends for the fear of being ridiculed. This can torture them day and night as the days pass.

People experiencing midlife crisis can also exhibit impulsive behaviors and may make bad financial decisions. They also do not want to acknowledge that their youth years are over. For example, a person I knew who was 50+ suddenly bought a sports bike and injured himself badly. They do such things in the hope of recapturing their childhood as acquiring sports bikes or cars symbolize success and youth.

They start comparing their lives with those who are more successful than them for the same effort. For example, they may now become jealous of friends who got promotions and better things in life, while they could not rise in spite of being better or more hardworking than them. This jealousy can result in friendship and relations getting spoiled.

They experience changes in sleep patterns. Symptoms of a midlife crisis include inability to sleep or oversleeping as their mind will be overworking to make sense of the mind and body changes that are happening. They may even start taking drugs, alcohol, affairs, take risks with their careers, or quit jobs seeking some adventure, and so on.

They also experience frightful thoughts of death and dying. They begin to think about their own impending mortality. This can lead to depression and fear. It's not just ordinary people who experience midlife crisis. Even top celebrities and successful people in all fields also experience this wretched midlife crisis depending on what they didn't achieve in life. Don't we read news about former celebrities suddenly committing suicide or become drug addicts? In summary, midlife crisis is a stage when a person's mind, body, and soul become fragile causing various painful disturbances.

If you understand English, press 1. If you do not understand English, press 2.





Sample Magazine - Not for Resale

How to Handle Midlife Crisis

The first step to handling this crisis is to realize that you are undergoing midlife crisis. But too many people don't know that they are caught in this trap. For example, you know that you will sneeze and cough when you get a cold, or your stomach gets upset due to indigestion or overeating. In a similar way, you should know that you will experience such mental disturbances and gloominess when you are undergoing midlife crisis.

Once you realize this you can start taking some action to eliminate or reduce this. If you do not take any action you can get into a hopeless spiral and make your and your family's life worse. Here are a few suggestions to handle midlife crisis.

Method-1: Live One Day at a Time

The simple magic formula of, '*Learning to live* one day at a time' can be practiced by almost anyone to switch off anxiety and lead a happy life without worrying or imagining a scary future. This means forcing yourself to live for the moment rather than waiting for some future goal that will make you happy. It's about enjoying where you are now with what you have. It's a mindset you need to cultivate. It may take some time to perfect this art, but eventually you will get there. Just give it a careful thought and you will begin to see its light.

It's not a new concept either, and has been successfully used by many great people over the ages. Sir William Osler, a famous physician and professor of medicine in John Hopkins School of Medicine, preached this concept of living in '*day tight compartments'*, which is based on the saying, 'Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand.' by Thomas Carlyle (1795-1881). He taught everyone to forget the dead yesterdays and the unborn tomorrows. Instead, you just concentrate on doing your best on what is to be done today and the future will take care of itself. Now you may argue that you don't or can't look at life one day at a time. Or that life does not work this way.

However, this method does not mean you become a saint, give up all desires, or there is no need to effectively prepare for the future. It only means the future should be taken care by doing the right things today. What you do today determines what you can or cannot do tomorrow. Don't waste a good Sunday worrying about the impending Monday.

Learning to live one day at a time can shut off a lot of unnecessary stress from troubling you. If you want to become stress free, you must switch off the past and future from haunting you. Even if you are faced with terrible problems, to begin with, postpone your pressing worry by about three hours, then by three more hours and so on. In the meanwhile, think about possible solutions to eliminate the worry or how to solve the problem.

Drag yourself from the worry by starting to do something else. Keep yourself busy and you will notice that the grinding worry would have paused during the time you were doing something. Concentrate your efforts on how to eliminate the problem you are anticipating.

Cross the river when you get to the bridge. Let your grinding worry actually knock on your door to tackle it. Do everything in your power today to see that the trouble does not knock on your door or force its way inside tomorrow. In most cases it may never knock on your door. Nor do you need to open the door for every trouble.

Method-2: Have a Lifelong Hobby

Now one of the best techniques to forget about midlife crisis is to cultivate a good and everlasting hobby. Hobbies can eliminate your stress, loneliness, and its associated depression. Individuals who are involved with some hobby are usually much happier than people who do not have any hobby. Having a hobby can create that much-needed diversion from constantly brooding about your midlife crisis. Now which hobby to choose? If you were young you could have chosen sports or adventures. But you cannot do that after you cross 40 years. So, you should choose hobbies suitable for your age.

For example, writing and publishing books or blogs is one such good and everlasting hobby that can give the much needed distraction from your agony. Unlike sports, writing is a hobby that you can continue even after you become old. With sports you will have to stop by the age of 30 or 35, but with writing you can do it even at the age of 80 if you are capable. Similarly, you can choose other hobbies like mild gardening, coaching, training, learn a new language, attend speeches, etc. Once you get involved in a hobby your mind won't have time to worry about your midlife crisis. Remember, only an idle mind is a devil's workshop that takes you on scary imaginary trips.

Method-3: The Four Stages of Life

This is a concept in Hinduism where our wise ancestors have divided life into four stages. Life is an unpredictable and often wicked game designed by nature. We cannot opt out of it. So, our wise ancestors devised a method by which we can somehow accept and endure it rather than brood and torture ourselves. The four stages as defined in Hinduism are as follows.

First Stage – This is called Brahmacharya or a student stage of life that prepares one for

success in later stages of life. This stage lasts until 25 years of age.

Second Stage – This is called Grihastha or the "householder" stage. This involves concentrating on maintaining a home, having a family, household responsibilities, etc. This stage lasts until 50 years of age.

Third Stage – This is called Vanaprashta and begins after individuals fulfill their obligations to their families. Upon reaching this stage people should start detaching themselves from family life and pursuit of material things to devote more of their time to spirituality, seek solace, knowledge, peace, and freedom. This is also the time to give back to the community till your strength lasts. **Fourth Stage** – This stage is Sannyasa, or complete renunciation. At this stage, a person is supposed to be totally devoted to God with no interest for home and material possessions. This is the time to renounce all desires, fears, hopes, duties, and responsibilities.

As you can see from the above these four stages gives a structure to your life and a method to accept the unpredictable game called life and its responsibilities at each age without torturing yourself. Remember, millions of your forefathers have also faced the same problem in their lives. And one more thing to note is that friends and relatives you are dealing with may also be facing a midlife crisis. Now let us look at some quotes to bring relief.

Quotes by famous people

Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand -Thomas Carlyle

What were you worried about this time last year? Can't remember? - Author Unknown

He who fears what he may suffer, already suffers what he fears - Old proverb

Each day comes bearing its own gifts. Untie the ribbons - Ruth Ann Schabacker

Today is the tomorrow you worried about yesterday - Author Unknown.

My life has been full of terrible misfortunes most of which never happened - Michel de Montaigne I've seen many troubles in my time, half of which ever came true - Mark Twain

As soon as we stop worrying, a solution pops up - David DeNotaris

Rather than sitting and worrying, do something, anything. Worrying is a waste of time - Catherine Pulsifer

Drag your thoughts away from your troubles, by the ears, by the heels, or any other way you can manage it - Mark Twain



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Writing and Publishing

This section is dedicated to the wonderful world of Writing & Publishing and covers topics on self and traditional publishing, art of writing, formatting your print and eBooks, how and where to publish, marketing your book, and so on. Learn how the publishing industry works and how to get your books published in Paperback and all eBook formats on all international sites.





The Rise of eBooks

Writing and Publishing

A re you one of those book readers or writers who are concerned about saving paper and trees? Do you want to carry a large number of books in your pocket or briefcase? Do you want to read books that can be font adjusted to meet your eye power? Do you want to save costs on book purchases and still read all the books you love? If you say yes to any or all of the above questions then you should switch to eBooks.

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Book Review – 50 Economics Classics Writing and Publishing

The 50 Classics are a set of excellent book summaries on topics like economics, politics, spirituality, self-help, and so on written by Tom Bowdon. Each book is an extremely well written and condensed summary about a book written by a famous author. The 50 Economic Classics contains short and succinct summaries of fifty popular books on economics. Capturing the essence of a book in just six or seven pages is not an easy task. But Tom Bowdon has this unique skill and probably one of the rare authors capable of such an achievement.

This book explores the ideas of some of the greatest thinkers in economics and contains more than a century's worth of discussion of finance, capitalism and the global economy. Some of the topics covered in this book are the euro, the Great Depression, subprime crisis, the 2008 financial crisis, college education, free trade, protectionism, globalization, income inequality, innovation, entrepreneurship, stock market, poverty, famines, foreign aid, property, behavioral economics, etc. Some of the populat books covered in this classic are,

Karl Marx - Capital

Ayn Rand - Capitalism: The Unknown Ideal Adam Smith - The Wealth of Nations Thomas Piketty - Capital in the Twenty-First Century Naomi Klein - The Shock Doctrine John Bogle - The Little Book of Common Sense Investing Peter Drucker - Innovation and Entrepreneurship And so on.

Whether you are an economist or not you will definitely learn a lot from this book. Also, the chapters are not just straight summaries of the books, but thoughtful reflections on why we should care about this specific economic concept and how relevant it is for us today.

All the chapters begin with the key quotes from each book, a short summary, and a list of other books that are similar. Even if you own all the fifty books it's not possible or practical to read all the books again and again. Secondly, if you observe closely, most nonfiction books reveal their big ideas and examples in the first two or three chapters. The rest of the book will just be fillers where the authors rehash the same again and again using different concept sentences or more examples. But this book is not so as it captures the essence of all those fifty books in a few pages and hence you can read or refer this book again and again. Within half an hour you can grasp the essence of a popular

economic book without owning or reading that entire book. In short, this is a fantastic book for people who want to save time by reading one book instead of fifty books. Finally, if you are gifting a book to someone keep this series of book as your first priority.

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Children Section

This section is dedicated to articles for children and also their own contributions. You can submit articles, drawings, and paintings done by your kids for consideration. This is to encourage them to cultivate the awesome habit of writing and reading books and magazines, instead of thinking that their computers, smartphones, and tablets are only for playing games and chatting.



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Comics – The Lost Priceless Treasures Nostalgia

This section is dedicated to remembering the golden era of comics that lasted from the 1930s till the late 1980s. When we were kids we didn't have dozens of TV channels, Smartphones, Apps, Internet, Social Media, etc.

Our main sources of entertainment were movies in theaters, a radio set, books, magazines, playgrounds, and the wonderful world of comics. Dozens and dozens of brilliant graphic comics would hit our magazine newsstands every month ranging from as low as 10 cents to 50 cents. The arrival of our favorite comic every month was always a gala affair that would send a thrilling chill down our spine. We even had awesome libraries that would lend us comics for a small fee

Practically, every child on our planet grew up as diehard fans of various comic book heroes, heroines, and villains. Collecting and protecting our comics was a thrilling exercise, and we had to guard our precious comics from our mischievous friends, cousins, relatives, etc., who would vanish with our priceless treasures.

Each comic book's hero, heroine, and villain would take us deep into their imaginary wonderland and make us laugh, cry, giggle, angry, and even get furious. The stories used to so great that countless comics could have been easily been made in super movies. Did you know that each comic were meticulously hand drawn and colored by those great comic artists as there were no graphic softwares like today?

Want to know how those golden comics looked? See the next few pages for some awesome covers. Some lucky grown up child will be having these lovely treasures stored in their attics or cupboards somewhere on our planet (sigh!).











I am an Olympic Orange

Children Health

ey, kids! How are you? Do you know who I am? I am a yummy, juicy fruit that is orange in color. I can give you plenty of energy to play sports. All Olympic sportspersons eat me regularly to win games and medals. This is why I am called a power food. If you bite into me I will burst in your mouth with my tasty flavor and make your taste buds dance with joy. I can kill all bad viruses in your body so that you don't get cough and cold. I also have a magic material inside me that can make you look young even when grow old like your grandpa. I also have plenty of fiber that can help you in good digestion. So enjoy me to your heart's content.

I am physically not strong because I am a little soft and squishy. So do not squeeze me too much as I will become out of shape. And if you squeeze my skin into your eyes it can make you cry because it releases a gaseous stingy liquid. But don't worry as it is not poisonous or harmful. By the way, I also have plenty of other delicious friends who can help you in many ways. Together we control the world of health. We are the jewels of your dining table. We come in all shapes, sizes and colors. We exist to make you humans happy. We help you avoid doctors and their expensive treatments like painful injections and bitter medicines. We can also make you run faster, jump higher and help you do great things in your school and college.

Do you want to know how we do all that magic? I will tell you how. We can do such wonderful things because some of us are good for your brain, some for your heart, some for your skin, and some for your bones, and so on. We are like warriors and can easily fight with all those nasty troublemakers hiding in your body. Aren't we fellows' great? But if you don't eat us then those horrible troublemakers will always make you sick, tired, and weak. Then you will not be able to play sports or climb a hill. Now I am sure you don't want to be such a weakling, do you?

Okay, next month I will introduce another mighty friend of mine. Don't run away!

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A Few Questions

FAQs



How do we contact you?

Via email on thejendra@yahoo.com or thejendrabs@gmail.com.

I am a writer and want to submit articles to your magazine. Will you accept it?

Yes, as long as the article is related to personal development topics. It would also be good if you have your own website, blog, etc., for readers to contact you. If you want to contribute regularly, then I would prefer you become my magazine subscriber. This link contains the submission details and template.



Do you pay for articles?

Not yet. This is still a new magazine and to pay you my circulation must improve. But I will provide a PDF copy of the magazine if I include your article in this magazine.

What kind of articles do you accept?

Your articles must be related to selfimprovement, stress management, leadership, management, writing, publishing, and so on. It must help the reader learn something useful for their life skills. Also, your article must be your own and not copied from anywhere. All images used must cite sources and must be free for personal and commercial usage. I can also consider publishing articles, drawings, and paintings done by your kids to push them towards the habit of reading books and magazines.

Do you accept advertisements in your magazine?

Yes, you can have a half-page or a full-page advertisement. Half page is US\$10 and full-page is US\$20 (see samples next page). Authors can also advertise their books and its short summary for just US\$5/-. For half page send a JPG or PNG file of size 5 inch x 3.75 inch and for full-page send a 5 inch x 7.5 inch size file.

I have some other questions.

Just send me an email.

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About the Editor



Thejendra Sreenivas is an Author and Life Skills Coach and offers personalized coaching in Book Publishing and Personal Development. He has also written 20+ mild & wild books on a number of subjects. His inspiration for writing unique books comes from Toni Morrison who said, "If there is a book that you want to read, but it hasn't been written yet, then you must write it."

Please visit his web cave - www.thejendra.com for details of his books, magazine, and coaching information.

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