

Ancient Wisdom Meets Modern Technology: 28 Weeks Transformation

"Sacred Knowledge, Simple Steps: Your 5-Minute Family Journey to Growth"



San Antonio, Texas Dec 23, 2024 (Issuewire.com) - "Bhagavad-Gita for Your Daily Life," authored by Ajay Tejwani, launches January 18, 2025, at Aum Ashram (6931 Kitchener Rd, San Antonio, TX 78240). This innovative book transforms ancient wisdom into practical, everyday guidance for busy Americans, using a unique blend of bite-sized lessons and modern technology.

"Think of this as your personal life coach that fits in your pocket," says Tejwani. "My goal is simple, help people with practical wisdom for real-life situations that have happened in my life, five minutes at a time."

What Makes This Book Different:

- Quick 5-7 minute audio lessons via QR codes
- Real-life situations you face every day in America
- Write your own "I Shall" statements and track your growth
- Perfect for busy schedules and modern lifestyles
- A lifetime companion that grows with you

Who Is This Book For?

- Young professionals navigating career challenges
- Entrepreneurs making crucial business decisions
- Parents guiding their children through modern life
- Teens and young adults finding their path
- Spiritual seekers looking for practical applications

Simple, 3-Step Process:

- Scan QR Code
- Listen to a quick 5-7 minute audio explanation
- Write your "I Shall" statement, and follow up with "My result" statement

The Beauty of Coming Back: Think of this book as your personal growth diary. When you revisit the same lesson months or years later, you'll write different "I Shall" statements—showing how you've grown. It's like having conversations with yourself across time, seeing how your understanding deepens with experience.

A Family Journey: Make it a family activity—everyone can read the same lesson and share their different takeaways. Perfect for dinner table discussions or weekend family time.

Foreword Highlights: "It is not an easy task to bring a seamless connection between ancient knowledge and modern life but also to present it in a format that can be easily utilized in today's fast-paced life," write Dr. Hetal ji and Dr. Devraj ji Nayak in the book's foreword. "Ideas such as 'The way you do anything is the way you do everything, Be mind-ful or you will be fooled by your mind' capture the essence of this transformative work."

What Readers Are Saying:

"A never-before-seen, revolutionary idea!"

- **Deepti Sharan, Vegan Ambassador, Yoga Instructor** "A seamless blend of bite-sized, scannable insights and immersive audio clips, all woven together into a truly transformative experience. Packed with relatable, real-life scenarios that resonate deeply, this book offers a unique and flexible approach to reading."

"Making Bhagwad Gita real."

- **Siva Sitaraman, Parent and a Professional** "There are thousands who have written books about Bhagwad Gita and provided commentaries, stories, advice, etc. I have always wondered how I could translate the Divine messages and integrate them into my mundane life. Mr. Ajay

Tejwani has done precisely that. This is a gem of a book that has distilled the essence of the Bhagwad Gita, presented it in bite-size portions, and given easy steps to practice the learnings. From teenage students to senior citizens, anyone can read, assimilate, and practice the teachings of Lord Krishna. Thank you, Mr. Ajay Tejwani"

"A Spiritual Guide for the Digital Age"

- **Pamella Jones, Holistic Therapist**

"A book that makes ancient wisdom not just readable, but livable."

- **Naresh Reddy, Parent and Professional**

"A revolutionary approach to spiritual learning that speaks directly to the modern soul."

- **Mark Lopez, Youth Leadership Coach**

"Finally, a spiritual guide that speaks the language of the younger generation! The interactive format with QR codes and reflection spaces makes personal growth feel like an engaging, personalized journey rather than a tedious lecture."

Book Details:

- Title: Bhagavad-Gita for Your Daily Life
- Author: Ajay Tejwani
- Launch: January 18, 2025
- Location: Aum Ashram, San Antonio, TX
- Formats: Paperback, E-book, Hardcover
- Available on: Amazon

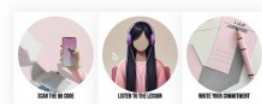
Connect With Us:

- Facebook: <https://www.facebook.com/AJTejwani>
- Instagram: <https://www.instagram.com/ajaysapiens/>
- LinkedIn: <https://www.linkedin.com/in/ajaytejwani>
- Website: <https://bhagavadgitalife.org/>
- Hashtags: #DailyLifeGita #GitaWisdom #FamilySpirituality

Media Resources: For press kit and interview requests: https://bhagavadgitalife.org/press_kit/

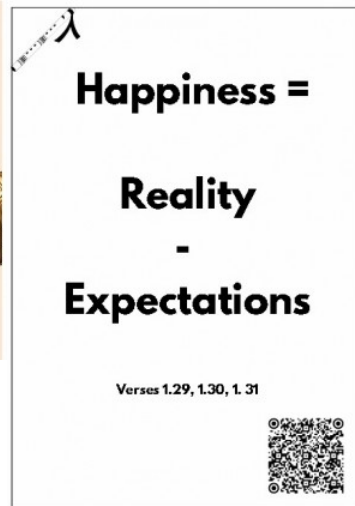
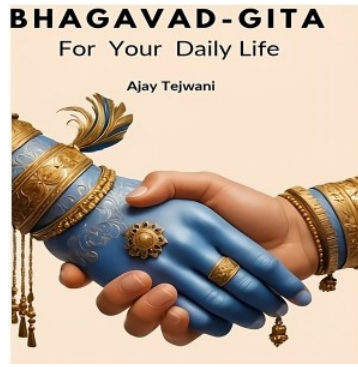
Media Contact: Akeila Tejwani 210.560.3318 admin@bhagavadgitalife.org

3 SIMPLE STEPS



THIS BOOK IS FOR:





Media Contact

Bhagavad Gita For Daily Lives

admin@bhagavadgitalife.org

210.560.3318

Source : Bhagavad Gita For Daily Lives

[See on IssueWire](#)