



DR. ANIL AGARWAL

Author, *The Real Essence of Life*

"I've experienced over 400%
growth in net income because of Dr.
Anil K. Agarwal's methods ..."

- Hector E. Cummings

INTERVIEW WITH THE AUTHOR

Stuck in a rut?

Warm-hearted *Essence* can help you out.

Are you stuck in a rut and do not know where to go next? If you are not enjoying some aspect of your life, this practical guide, titled **The Real Essence of Life**, helps you make fast progress to the life you deserve to live.

Sold as both a book and an extensive audio program with workbooks and 12 CDs, ***The Real Essence of Life*** is about what one man discovered about himself and life around him as he conducted his own search for happiness and gratification. See: <http://www.TheRealEssenceofLife.com> to learn more.

Anil Agarwal, DDS, MS describes the path of self-discovery that helped him re-claim his enthusiasm for life. He shares the value of having a purpose, described as, "something you are willing to die for – it relates to, and is in harmony with, every part of your being." This purpose must cross over both your personal and professional life to work effectively. He offers exercises at the end of each chapter to accomplish that objective.

Dr. Agarwal has an interesting approach to thankfulness. He maintains that people who practice an attitude of gratitude remain close to the source of prosperity. For example, whether you make \$600 or \$6000 per week, if you have a good attitude, you will enjoy what you just made. Good results will always come from your action. "People who practice gratitude are happier, and enjoy more of what they have," says the practicing dentist. "It also helps them survive adversity much better." However, thankfulness takes work, and he offers great guidelines to change your perspective.

The Real Essence of Life also describes effective methods for setting goals and making them work, plus creating a team that supports each other through personal and professional growth. He shows you how to think like a winner and challenges you to incorporate the TDA Effect into your life, altering your thoughts, decision-making and attitude. Dr. Agarwal, who has attended hundreds of courses by noted businesspeople and millionaires, sums up his accumulated knowledge as, “I’ve found that successful people make fast decisions and stay with them.” None of them blames luck or missing an opportunity as a reason for failure, and he will show you why.

What type of person needs to read this book? According to Dr. Agarwal, “We are not born with any particular DNA for success. If you make up your mind to achieve it, you can do it.” His road map will show you how.

For more information, visit www.therealescenceoflife.com



As he struggled to build a business and raise a family, Dr. Anil Agarwal sensed that there had to be a better and easier way to improve his personal and professional life, but he didn’t know how. Not knowing where to start, he tried just about all of it - spiritual training, personal and business coaches, networks and masterminds of people who were seeking and doing the same. All the while, he remained committed to one promise he had made to himself – paying attention to his inner voice as he explored these various options.

Today, Dr. Anil Agarwal is a changed man with a fantastic vision and commitment. What he teaches in *The Real Essence of Life* can be easily applied in your personal and professional life for considerable – even dramatic – differences. Consider it your starting point for your more rewarding and satisfying life.

Learn more about Dr. Agarwal and download his free report. “The TDA Effect” at <http://www.TheRealEssenceofLife.com>

