

Understanding Yourself

A New Way To Find Happiness

(NAPSA)—Since ancient times, people have been seeking total isolation to reflect and to reinvent their lives. Now one man tells the story of his journey inward, and how it helped him discover the potential for happiness each of us carries within ourselves.

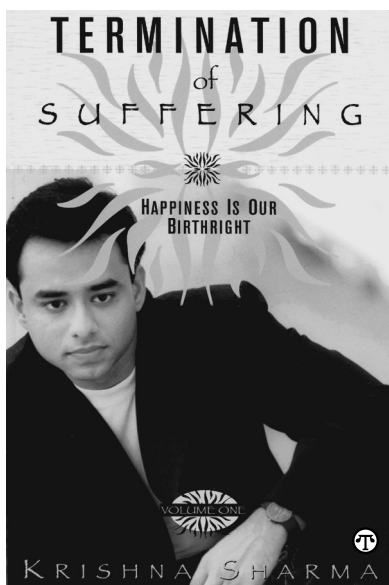
Feeling depressed, unloved and lost in life, Krishna Sharma locked the door of his one-bedroom apartment in Bombay, India, and didn't open it again for nearly two years. In his book "Termination of Suffering: Happiness Is Our Birthright" (Brown Books, \$12.95), he tells the story of why he shut himself away from the world, and what his 23 months of silence and solitude taught him about himself, about self-control and about mastering his passions.

During his self-imposed exile, he spoke to no one, having just the stereo and the television for company. The milkman and fruit vendor delivered goods to the door.

He used his time alone to reflect on his life, asking himself how he got to where he was—depressed, stressed, angry and aimless—and what he could do to change.

Three years after returning to the world, he describes what it was like not to have to worry about school, work, visitors, dating or the social whirl. He has a life philosophy to share, hoping to help others end their personal struggles and to inspire them to feel free to live a full life.

His inspiring vision of how to live encompasses his thoughts and feelings about the very human emotions that sometimes overwhelm people, causing them to act against their true nature. He questions why people sometimes don't cultivate humility, modesty, tolerance, simplicity, compassion and self-control, choosing instead to follow the path of greed, envy, lust, anger and fear.



Krishna Sharma tells the story of the two years when he locked himself in his apartment.

Sharma was frustrated by a childhood that left him feeling distant, almost estranged from his parents. He was frustrated by a career that sent him wandering from job to job every other week. Mostly he was frustrated by a feeling of hopelessness and despair, both about his life in particular and about the world in general. He found himself without goals, directionless, frustrated, addicted to caffeine and junk food, aimless and living a self-indulgent life. Now, after his two years alone, he has found faith in God and he has found direction in his life. His mission now is to heal this wounded planet through world peace, which can only be achieved through the perfection of the human mind.

You can find "Termination of Suffering" at bookstores or order it online from www.brownbooks.com.