

An Excerpt From

**THE
EMOTION
PRISM**

*How To Be Happy
When You'd Rather Be Sad*

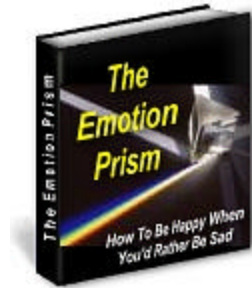
**A Self Awareness And Emotion Control
Guide To Inner Happiness**

Mani Sivasubramanian, M.D.

*Nothing in life is so hard
that you can't make it easier
by the way you take it*

- Ellen Glasgow

The EMOTION PRISM



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Introduction

You are holding in your hands - or perhaps viewing on your computer screen - something very special. This is not just a book, not just a course, guide or tutorial. It is all of these, and more.

Not often do you come across something that changes your life and the way you look at it. This book has the potential to do it.

It isn't something that I put together on the spur of the moment. The lessons and wisdom in this book were years in learning. They didn't come to me in a flash of inspiration or enlightenment. Over a decade of life experiences stand behind these invaluable concepts.

My intimate association with stressful personal circumstances; working closely with people and families struggling with the most extreme tensions and emotions; a constant struggle to come to terms with the rude shocks of fate; and a positive attitude towards enquiring, learning, testing out, and confirming these lessons: these are what this book is about.

From this wealth of knowledge and experience were distilled the three concepts which I will soon describe. Three concepts that could change you forever. Three simple ways of thinking that will help you harness your emotions. Three patterns of behavior that will make you see things differently.

And then it took some more time to condense them into an easily readable form. But at last it's ready. Here's a book to help change your life for the better. By reading it, learning about these simple yet powerful concepts - by putting them to use in your day to day living - you will radically change

the way you live. And the way you perceive your status and standing in the ever-changing, eventful and exciting game of Life.

My life - like yours - has been a heady mixture of euphoric highs and depressing lows. I am a doctor, a specialist working in the very stressful field of paediatric heart surgery. In the course of my work, I have experienced the supreme joy of seeing a sick child survive complex treatment. At the same time, I have suffered the intense agony of seeing a child succumb to it.

I have enjoyed the flush of great success and achievement and have felt the satisfaction and fulfillment that comes from helping others selflessly and willingly. I also know what it is like to lose a loved one, to make difficult choices, to face financial ruin or personal catastrophe. I have felt - and been acquainted with others who have felt - pain and guilt, frustration and anger, despair and anxiety.

And this led to a desperate need to find a reason for these extremes of emotion, to find a solution to help deal with these ups and downs. I was in search of the magic formula that would lend balance to my life, allow me to come to terms with its variety and swings, to help face them with calm and fortitude.

I searched for these answers in books and lectures, courses and guides. I spoke with specialists in various fields - business, sports, religion, academia, psychology, philosophy and others. Every one of them taught me some lessons, but none of them gave me all the answers I eagerly sought.

What I needed was a simple guide to feeling happy under all circumstances, succeeding at all my efforts, building strong and secure relationships, and enjoying my life. It took over a decade to realize that at last I had found the answers I had been seeking for so long.

But of all the books I had read, none came close to answering the questions

I started out with. When I finally became convinced that nothing of the sort existed, I decided to write one myself. A guide that would help others like me in tackling the paradox of Life's swings and slides.

This is the book you are now reading...

Surely you have faced some difficult problems. Perhaps you have worried, wondered, agonized and panicked over them. Or maybe things have been so bad you have simply wanted to throw up your hands and give up. You might have even blamed others, or circumstances, or your cruel fate for the tough situation you are now in.

No matter what sort of problems you have, you can get them under control - if only you know how to take control. That's what this book will show you. You'll see how you can control the way you feel about problems. You'll learn how to overcome adversity and face difficult situations with calm and inner peace. You'll find true happiness and satisfaction. Your life will change for the better.

And if you're thinking this is going to be a complex, lengthy, difficult process - stop. Nothing could be further from the truth. Indeed the danger with a book like this is that you might think these ideas are too simple to work. The three concepts I discuss that will form the crux of your strategy to improve your life are not at all complicated. To understand and apply them, you don't need to be a genius or a very intelligent person. Anyone can learn to use them. Several thousand people already have.

To make the learning process easier and more enjoyable, I have presented the material in the form of a story. You'll find it more entertaining than a dry discourse on how to take control of your life. If you're a quick reader, you might skim through the entire book in just a couple of hours.

But remember - to make these concepts work for you, you must first understand them, next believe in them and then apply them to your life. When you've finished reading this book

once, you may want to go back and read over some sections again. And then think them over for some time. Try and figure out how the concepts may fit into your own unique situations and problems.

So go ahead and read this book with an open mind. Try not to be critical about it until you've finished reading. Give these ideas a fair chance. Then they will certainly work for you.

If you're wondering if these concepts really work, all I can say is that they have certainly worked for me over several years. Indeed they remain a touchstone to which I turn during every crisis or stressful period in my own life. And many more people have told me about how they found the concepts extremely useful in tackling their personal problems and difficulties. How effective they will be for you depends upon how well you make use of them.

These truths are universal. They should - and will - benefit you, no matter who you are, where you live, or

what you do. People from different professions, ethnic groups, countries, religions and cultures have benefited from these lessons. You can too.

So join me then in a special voyage, a unique learning experience, one that will change the way you view your life. And at the end of this course, you'll begin to appreciate what I mean by saying, "Life is truly beautiful. And Happiness is my choice."

Happy journey.

A handwritten signature in black ink, appearing to read 'M. Sivasubramanian', with a horizontal line underneath.

Dr. Mani Sivasubramanian

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THE EMOTION PRISM

How To Be Happy When You'd Rather Be Sad

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1989. September 17th. I was a young intern, fresh out of medical school. It was my first day on call in the Internal Medicine unit. It was a day I would recall with anxiety and fear for a long time to come.

“Don’t worry, Int Med isn’t too stressful.” That was the opinion that my friend, Gunta, had voiced that morning as we fidgeted in our chairs in the outpatient department.

I was nervous from the very beginning. We had quite a few patients who were very ill. Most worrying was the 15-year-old in bed number seven.

Just three days ago, he was a healthy normal teenager. Going to high school, hanging out with his friends, sharing a secret smoke with his pals, teasing girls... until suddenly that morning, he became severely breathless.

His parents rushed him to the emergency room. A quick examination showed that things were not looking good. He was immediately admitted to the Internal Medicine ward. The diagnosis was a pneumonia - cause to be determined.

In most cases, such community-acquired pneumonia is milder, less dangerous, easily treated. That's why he was in the medical ward rather than the Intensive Care Unit (ICU). And until today, his hospital course had been as expected. His condition was reasonably stable, though the infection wasn't responding to the antibiotics as quickly as we had hoped.

"Shouldn't be more than a day or two. He'll get better soon," the consultant had said on the morning round.

So why wasn't I calmed by those wise words?

Perhaps because this was my first day of being completely in charge of patients and I was just nervous. Or maybe I noticed something that

couldn't be put into words, an observation made subconsciously that made me fear the worst.

I'll never know for sure. It was around seven in the evening that things started going wrong. The duty nurse who thought the boy was getting worse called me in. His breathing was more hurried. He was looking tired and weak; his oxygen saturation was dropping alarmingly.

I took one quick look at his flushed, tired face, quickly examined his chest with my stethoscope, and rushed to the ICU to get the consultant in a hurry. He came immediately – and at a glance saw that the situation was critical.

"Quick!" he instructed us. "We need to get him to Intensive Care."

In a flash, he was coordinating a transfer to the ICU, where the patient was hooked onto a ventilator to assist his breathing. Oxygen was fed directly into his lungs. Powerful drugs were rushed into his veins to help his heart

beat stronger. Newer antibiotics were given to help control the infection.

I stood vigil over my patient that night. Wondering what would happen. Praying that he would get better. Watching and learning from the ICU team's actions.

But I felt that we were losing the battle.

Slowly, like a sinking ship lurches from side to side, settling down a bit deeper in the water with each movement, his condition worsened. At 3 a.m. the next morning, his heart stopped.

There was no warning sign, no prior indication. The cardiac arrest team swung into action. Their desperate efforts had no effect. He couldn't be revived.

My 15-year-old patient was dead.

Even today, 12 years later, as I write these words, tears stream down my face as I remember those traumatic

moments. I was heartbroken.
Terrified. Confused. Angry.

Above all, I heard the same word
ringing over and over in my head...

WHY ?

Why did this happen? Why did this boy
- this young man approaching the
prime of his life - have to die? Why did
it happen on my first day on call? Why
couldn't his life be saved by the best
medical care we could provide? Why
didn't our consultant physician
anticipate this complication and admit
him to ICU earlier?

And then came the doubts. Did I do
something wrong that killed him?
Could someone else have done better?
Was it my mistake after all?

I needed answers, and I needed them
now.

But they were not to come so easily.
Indeed they weren't to come for
another ten years.

Those were years of thought and reflection, analysis and meditation, reading and learning, discussing, worrying and wondering. When they came, the answers would change my life.

* * * * *

The answer to this question is the kernel of this book.

As I came to terms with this personal tragedy, as I struggled to understand why a child had to die, as I agonized with the meaning of Life and the cruelty of Fate, something inside me changed.

At first I didn't notice it.

It had been happening slowly but steadily. After some time, I was aware of the change, could feel it. I had grown, become an adult. A mature, reasoning, reasonable grown-up. I had become calm and balanced.

My perspective had changed. I saw Life through a new lens, from a new angle, with a new view point.

And it took on a new meaning. It was beautiful.

That is what I hope to share with you in this book. That, and the three-step process that has helped me through innumerable crises. It has been a touchstone in troubled times. It has helped me find peace amidst confusion and chaos.

It didn't happen overnight. It took decades – perhaps longer.

And it has, eventually, led me to a career in pediatric cardiac surgery. A field in which I see children with life threatening conditions daily. A branch of medicine that is enormously stressful, not only physically but to the mind and emotions as well. A sub-specialty where the slightest mistake is punished with the severest of all penalties - the loss of a child's life.

This three-step process that I'll describe for you has taken me from a stage where I was terrified, confused and angry at the way a young life was cruelly snuffed out - to one where I confront the probability of this happening again daily with equanimity and calm.

By using this process, you too can certainly come to terms with problems in your life. Hopefully, these problems are not as dramatic. But to you, personally, they might be just as traumatic.

This book would never have been written but for my friend, John Harricharan. You might know him already as the author of several best-selling books including "Power Pause" and "When You Can Walk On Water - Take The Boat."

I had just finished reading John's fantastic concepts about taking a "Power Pause" and wrote to congratulate him on the great piece of writing and to share my views. John asked me if I had ever thought about putting down on paper my views on Life from the perspective of a cardiac surgeon.

"Maybe the book is already written - in your mind. All you need to do now is put it down on paper. You already

have all the life experiences needed to write it," he said.

So here it is. My fond hope is that these principles, hard to learn but simple to apply, will help you as much as they did me. And if they do, the person to thank is John Harricharan.

It's All Your Choice ...

I was lying on the grass reading a book. It was a bright, warm day in spring, a nice day to be curled up in the shade of a giant oak with a novel. I was drowsy and must have dropped off for a moment.

I woke up and was surprised to see K in front of me.

"How are you today, my dear friend?" asked K as she shook my hand.

"Very well, thank you. And how about yourself?"

An enigmatic smile was all that I got in reply. Followed by a question:

"Surely you've heard of Albert Einstein and his theory of relativity?"

"Of course," I replied. "Though I'm not sure I've understood the concept fully."

"Don't worry, after all we're mere mortals, not nuclear scientists, huh?"

"Sure. But what made you think about Einstein today?" I asked.

"The theory of relativity. But the version I'm thinking about now isn't anything to do with gravity or molecules, although it is as universal as Einstein's theory is."

I was intrigued. "Tell me more."

K smiled. "Tell me what you know about Einstein's theory," she said.

"I've seen an interesting illustration used to explain the relativity theory," I responded.

"Imagine this. Two people are playing table tennis (or ping-pong) inside a train. As far as these two people are concerned, the ping-pong ball is moving from one player to the other. The speed of the ball is determined by the distance between these players and the time taken for the ball to travel from one to the other.

"Now imagine a third person - it might be you - watching these players from OUTSIDE the train. To you, the ball will appear to be moving faster because it not only moves from one player to the other, but also at the speed of the train."

"Yes, I see", nodded K.

"That is," I continued, "in a sense, what relativity is about. The event - in this example, the speed of the ping-pong ball - depends upon the observer - that's you."

"Very good. A simple way to explain a complex principle," she agreed.

"Now are you going to tell me why you're going on about relativity?" I asked, testily.

"Because a similar principle can be extended into Life events as well," explained K.

She continued. "Take for instance the case of a gambler who had bet a large sum of money on an outsider, a dark horse that no one expects to win – but which surprisingly comes in first in the race."

"Yes, go on," I said.

"The event is the same - a horse, not considered a favorite, wins the race. But while the punter is thrilled at his win, the bookie is sad. He has just lost a small fortune."

"So what's your point?" I asked.

"My point? That one's perspective is what makes an event happy or sad."

"In other words, Happiness Is Relative. Is that what you're saying?" I asked.

"Absolutely correct. And so are other emotions. Joy, sorrow, fear, courage - each and every one is relative. The same is true for wealth, possessions, income, everything."

"Give me an example of what you mean," I said.

K slowly ran her fingers through her hair, and looked at me thoughtfully before asking, "How happy are you?"

I reflected for a moment. "Very happy," I replied.

K smiled. "Imagine how hard it would be to come up with a quantitative answer to this question," she said.

"You could reply with: 'I'm happier than I was yesterday.'

"Or you could say: 'I'm as happy as you were when you won the lottery last year.'

“Or even with: ‘I’m as happy as a lark.’

“Whatever answer you gave, you’d be comparing your emotion with something else. Your happiness is relative to the other event, the other person, the other situation.”

“I’m beginning to understand,” I nodded.

“And the same circumstances can bring differing levels of joy or sorrow to different people. Many people think happiness depends on a particular event, like making a lot of money, or owning a lot of property or living in a grand style.

“When asked ‘What will make you happy?’ they reply: “Having a million dollars in the bank,” or “Owning a house, yacht and holiday resort,” or “Being as rich as Bill Gates.”

I nodded in agreement.

“But does happiness really depend on such events? No. Because if it did,

people who had these things would always be happy. And those without would never be happy.”

I was listening carefully to what K said. I agreed with most of it.

As a young doctor in India, completing a year of mandatory service in rural primary health centers located in the countryside, remote from the fast-paced lifestyle of major cities, I had observed, initially with some surprise, just how joyful families in these poor farming communities were.

They lived in tiny huts on extremely limited means, often dressed in rags. But evenings were a festive time when the family would sit together around a fire, playing, chattering, arguing as they shared the evening meal.

“There is happiness everywhere. In all kinds of circumstances. In all levels of human existence,” I remembered, thinking to myself.

More recently I’ve dined at posh restaurants and mingled with the rich

and famous. In many such instances I have noticed the lack of spontaneous joy and delight.

And I had arrived at a valuable conclusion. I wanted to share my views with K.

I said: "Happiness definitely does not depend upon having great wealth or property, fame or fortune."

"I'm glad you agree with me," she said. "Now let's see you answer this question. What does happiness depend upon?"

I had already given this very question a lot of thought. The answer was long in coming, but I now firmly believe it to be true. I said, without any hesitation:

"HAPPINESS IS A STATE OF MIND"

"Excellent!" exclaimed K. "Many of us prefer to hold circumstances, events or even other people responsible for our happiness - or lack of it. But no one

else, nothing else, can bring you happiness. Or take it away from you."

"Only I myself can," I said.

"Yes, only yourself," K went on. "And as happiness is relative, the depth of your joy, the extent of your delight, the intensity of your happy feelings is also a function of your mind.

"Like how an ice cream cone may bring a smile to your lips, but it will get your three-year-old screaming with ecstasy."

I smiled. I was reminded of an instance from my childhood. My sister was 6 years old and insisted on buying a brooch that cost \$6.00. My father, usually frugal, agreed to buy it for her. Surprised at this uncharacteristic behavior, I asked him:

"Why are you paying \$6 for a brooch that's not worth more than a buck?"

His reply stayed with me for a long time:

"Because \$6 can buy your sister happiness today."

How true this was. The little girl badly wanted a brooch. Buying it brought her enormous joy. It would take a diamond necklace to bring her comparable joy today.

Yes. Happiness is a state of mind. Happiness is relative.

K was still talking. I tuned in to her words.

"This is true about other emotions as well. Your reaction to situations and events comes from within you. It is how you perceive the event that matters most in affecting your reaction to it."

I agreed. "And your feelings are within your control," I said.

"Yes. It is important that you believe in this concept fully. You are in control of your feelings. No one else is. Nothing else is. You, and only you, are."

She got up to leave. "Think about what I've just told you," were her parting words.

I did. And I've realized just how important they are. So today I invite you too to spend a few moments to think over what you have just read.

Do you too see the truth behind this simple concept? How many times have you blamed someone else for denying you happiness, or for causing you grief? Now do you really think what anyone else says or does can make you feel happy or sad?

Your feelings are what you want them to be. What you decide to let them be. External forces cannot influence them, unless you yourself choose to let them. Your emotions are truly a state of your mind.

By taking time to really understand this vital concept, this essential first step to handling your problems and controlling your mind, you'll be off to a head start in your journey towards

conquering uncertainty. Once you believe that you hold within you, in your own mind, the controls to your emotions and feelings, you'll be a completely new person. Your success is guaranteed.

So now if you're ready, we'll get on to the first step of the three-step process I've been talking about since the very beginning of this book.

We hope you enjoyed reading this excerpt from

THE EMOTION PRISM

"When your life is filled with the desire to see the holiness in everyday life, something magical happens. Ordinary life becomes extraordinary, and the very process of life begins to nourish your soul!"

"**The Emotion Prism**" is a revolutionary new book that shows you the **three simple steps** to growing up...

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To Quickly And Easily Create A New Life -
One Guaranteed to be filled with Love,
Peace and Happiness !

EMOTIONS

They are more powerful than logic, reason, or intellect. They are far more complex, more mystical and whimsical.

Too often, they are in control of you.

To find true happiness and inner peace, this role must be reversed. The handles, triggers and controls are within you. Learn how to manage them well, and all success in life will be yours.

-- Mani Sivasubramanian, M.D.
surgeon, writer, author of
Heart Disease Online

It's a world gone mad...

You're feeling the stress, the frustration, the fear of an uncertain future. You're confused, scared, paralyzed, angry.

I am too. Or rather, **I was**. Not any longer.

Now I can stay calm, relaxed, assured, secure in the knowledge that this amazing book has given me....

I'd like to share this feeling with you. That's why I'm going to tell you about this **powerful new tool**, a set of simple concepts that will guide you through tough times. A triad of universal principles that have the potential to change your life and the way you view it.

It's amazing that a set of such simple principles can produce such a profound effect on a large group of people. It has awesome potential. Indeed armed with these secrets, now...

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- * A **simple technique** to keep from losing your temper
- * How to **quickly and easily** build rich relationships
- * What you can **learn from others** with huge problems
- * Three **simple rules** to enjoy life and find inner peace

It's easy, really. All you have to do is make your emotions **work FOR you** instead of letting them get to you.

And that requires a shift in your point of view, a change in your perspective of the events and problems in your life, the ability to look at things from a different angle. In other words, you need to...

Choose To Make A Change

That's what this special book can bring you. It's called...

THE EMOTION PRISM

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THE EMOTION PRISM is a **Self Awareness and Emotion Control Guide to Inner Peace and True Happiness**. It's the product of a lifetime of experience and insight, and details a simple set of **three universal truths** that will forever alter the way you see and tackle difficult problems and stressful life situations.

With **The Emotion Prism** guiding you along the way...
You can have everything you want

THE EMOTION PRISM shows you how to handle your own emotions, your feelings and thoughts about the different life situations you face. It will teach you how to become a prism for your emotions.

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The three simple concepts you'll read about in this book will help you

- * break down problems into smaller parts, tackling each effectively
- * bend your feelings to your will instead of becoming a slave to them
- * focus your emotions towards achieving your ends, whatever they may be

Listen to some of the amazing testimonials from other readers:

"Your book is a great way to bring "Universal Truths" to the reader. Using the method of an "extended allegory" holds readers' interest and makes it possible for them to remember more than by just reading a how-to manual. Congratulations, Mani! You have produced a very helpful book."

-- John Harricharan, award winning author of the bestsellers, "The Power Pause" and "When You Can Walk On Water, Take The Boat"

"As you say, the ideas are not new. What is new is that your clear presentation (the story in which you package these ideas is wonderful) and your brevity make these ideas easily digestible.

Your concepts are less mysterious, less philosophy-laden, and more real than I've seen them portrayed before - and the 3-step process you outline for facing emotion-laden crises is intuitively compelling. This is a beautifully written and powerful book, and I believe it will be a great help to many, many people."

-- Dr.Rich Fogoros, physician and Heart Disease Guide on About.com

"...See Life From Another Viewpoint"

A retired school teacher wrote this about the book:

"... helped me appreciate your philosophical, practical and matured way of looking at life. Perhaps this may be due to your profession & wide exposure to the tragedies of modern life. I feel ashamed for only looking upon the darker side of life's realities, inspite of my advanced years and reading many religious scriptures. Now I see my own life from another different viewpoint"

"...Don't Let Emotions Get Hold Of You"

And a research scientist's words:

"...the philosophy isn't new but beautifully put down. And since it's self realised, it has the personal conviction that makes the reading appealing. Your book had me in tears in some parts. It has reminded me once again that the trick is not to let emotions get hold of you so much that even after the initial phase you still get bogged down. And for most people this wisdom only comes with many long, hard years of personal experience."

"...Learn To Let Go With Love"

Yet another troubled mother said:

"I just finished reading your book. I found it interesting and comforting. I have also had to deal with a situation that was taxing my health. I did the best I could. I had to learn to let go with love. I'm truly glad that you sent me this ebook. I needed to hear these words from someone else."

The personal testimonials never seem to end. [Click here](#) to read some more stories about how **THE EMOTION PRISM** has helped people.

It's Your Life... It's Your Choice

You have a choice. You can stay the way you are, trapped in the bonds of fear and uncertainty. Or you can make a change, an effort to vary your perspective, to alter the way you view life itself. As always, the choice is yours alone....

THE EMOTION PRISM will show you....

How To Be Happy When You'd Rather Be Sad

You'll learn to

- * control your emotions
- * manage your stress
- * direct your thinking
- * and take control of your life

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"Last year was the worst year of my life, in every way that counts to me. I had to go through all that to learn what your book covers. It would have been a lot easier if I'd read this a year ago ... and paid attention."

-- Paul Myers, Publisher, TalkBizNews.com

"I am enjoying your book. I've spent many years studying the works of Krishnamurti, Gurdjieff, Ouspensky, Deppak Chopra, J.G. Bennett, Castaneda and the list goes on. Your presentation and flow brings back fond memories of time spent with Og Mandino's books."

-- Dan Porteous, Startup Internet Marketing

Start Changing Your Life...

So why not take 3 minutes now to make that important decision?

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"Yes, Emotion Prism is a good book. I've had personal realizations even when only half-way through it.

I admire the way you use a story to present the steps. That allows them to be related to something -- which can let them be remembered longer.

The steps you present in the book are, as you say, simple. Yet, they are very powerful. Probably their power does lie in their simplicity. The more complex a concept is, the more opportunities to misunderstand. The complexities of life can occlude the simple and the simple is then forgotten. Then they need to be rediscovered."

-- William Bontrager, CEO, Willmaster.com

ABOUT THIS BOOK

THE EMOTION PRISM is the product of a lifetime of experience and insight, written by a heart surgeon from the unique perspective of someone facing life and death situations on an everyday basis.

The concepts, ideas and philosophies discussed in it aren't new or different. What is new though is the fact that they are presented in a way that is enjoyable to read, simple to digest and easy to follow in your own life.

The choice of title is representative of the entire book. A prism acts upon a light beam entering it. It breaks it down into its component parts. It bends it, changes its direction. It focuses it on a specific point.

In a similar way, the concepts you'll read about in this book will help you act upon your own emotions. Instead of becoming a passive victim of your feelings when confronted with tough life situations, you will learn to become a prism for your emotions.

You'll see how you can break down the problem into smaller parts and tackle each effectively. You'll learn to bend your feelings to your will, separate them from the problem itself - and thus deal with both decisively. And finally like a prism you'll focus your emotions on achieving your ends. These may include:

- Making a lot of money and creating enormous wealth
- Building close, rich and nourishing relationships
- Succeeding in whatever you choose to do
- Solving tricky problems
- Taking control of the direction of your life
- Becoming a more self-confident and assured person

- Enjoying every single day in every possible way

... or perhaps all of the above.

Whatever your goals, THE EMOTION PRISM can help you reach them.

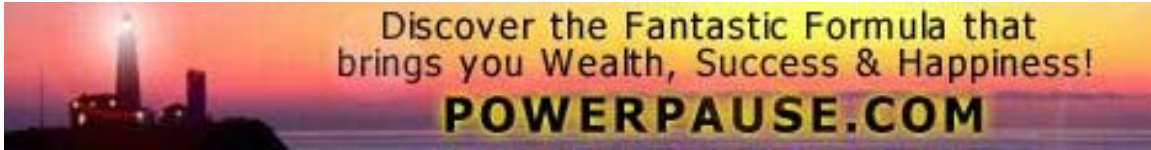
All success.



Dr. Mani Sivasubramanian

Email: drmani@emotionprism.com

Phone: +91 44 6267132



It's a book the famous **Deepak Chopra** calls

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Here's what Jim Rohn has to say about emotions:

"Emotions will either serve or master, depending on who is in charge. Civilization is the intelligent management of human emotions."

"Our emotions need to be as educated as our intellect. It is important to know how to feel, how to respond, and how to let life in so that it can touch you."

And here's what Mark Victor Hansen, co-author of the famous Chicken Soup series of books has to say about Jim:

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THE EMOTION PRISM

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