


RECOMMENDED



ENTERTAINMENT

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HEALTH & FITNESS

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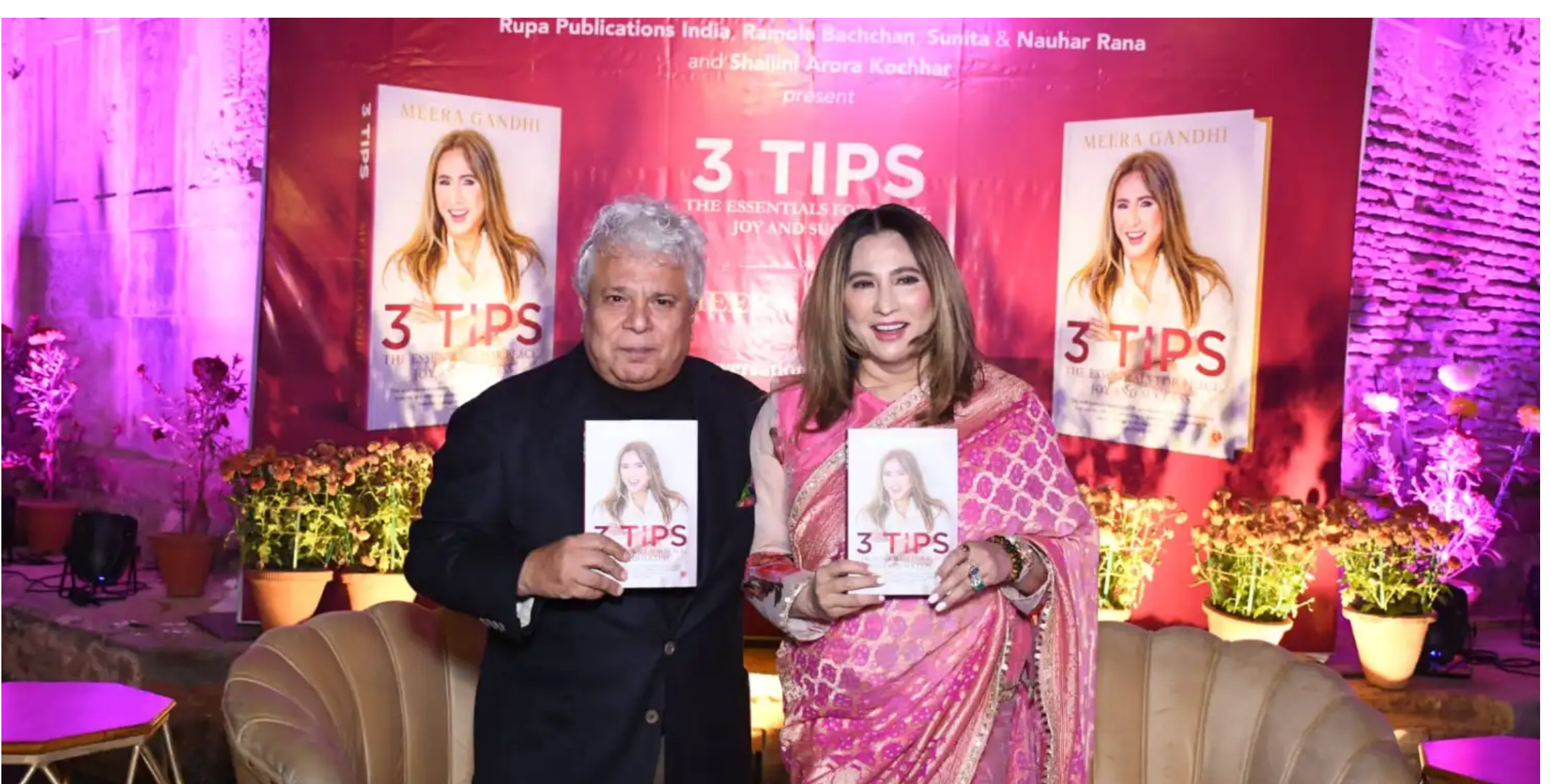
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3 Tips by Meera Gandhi

On the 13th of December, 2022 Meera Gandhi's new book 3 Tips was unveiled at the stunning monument structure of the Delhi Golf Club

by **Pink Stories** — December 14, 2022 in **Women Authors** 0



Suhel Seth with Meera Gandhi

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Meera Gandhi is a humanitarian and the founder of The Giving Back foundation where education and mental wellness are the cornerstones of the foundation's global efforts.

Surrounded by friends and family, co-hosts Sunita and Nauhar Rana, Shalini Arora Kochhar, Ramola Bachchan and Suhel Seth celebrated the unveiling of Meera's new book **"3 Tips"**.

3 Tips: The Essentials for Peace, Joy and Success by humanitarian and the Founder of The Giving Back Foundation, Meera Gandhi covers several topics related to mental health and wellness. This book is published by Rupa Publications India.

The book breaks down complex issues into 3 simple tips for each subject which anyone can pick up and implement into their own lives. Anyone feeling lost or in need of guidance can easily dive into the many subjects covered and find themselves gently nudged into a direction that brings them a greater awareness and clarity of their present situation in the context of a greater spiritual perspective.

Some eminent guests attended the event like **Actor Suhel Seth, Ramola Bachchan, Mr. Aman Nath Founder Chairperson Neemrana Hotels, Lifestyle Guru Shalini Arora Kochhar, Philanthropist Neelam Pratap Rudy, Ontologist Aashmeen Munjaal, Reshma Punj** to name a few.

On the occasion, Meera Gandhi said, "We are to the Universe, only as much as we give back to it. This book is a guide to becoming our best self. It covers mental health and wellness topics and breaks down complex issues into simple tips that anyone can pick up and implement into their lives."

This book is a continuation of Meera's focus on creating highly accessible and practical resources in the mental health, wellness and spirituality space. In fact, supporting mental wellness initiatives is the third pillar of The Giving Back Foundation.

3 Tips originally appeared as a segment on Meera's B4U TV Network show, The Meera Gandhi Show. It then continued on Instagram to a large following of over 2.4 million.

This candid book not only mirrors the content of the show in that it covers 52 topics related to wellness with short, practical advice on how to navigate them, but also expands upon each of the Tips with a deeper insight into each topic and reveals the thought process, experiences, successes and mistakes that led to gaining the wisdom behind the insight of each Tip.

About Meera Gandhi

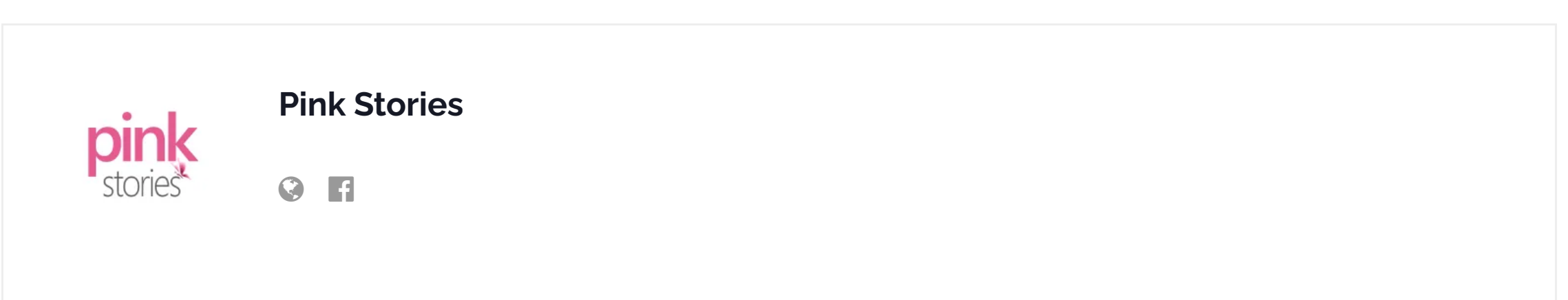
Meera Teresa Gandhi is the daughter of an Irish mother and an Indian father. At the age of 16, she volunteered to teach at Ashadaan, a shelter for abandoned and differently-abled children run by Mother Teresa's Missionaries of Charity which proved to be the turning point in Meera's life.

Meera had the opportunity then to work and interact closely with Mother Teresa. This is when she truly understood the great joy in doing things that are beyond and outside of the self.

Meera has lived many roles in her life as a philanthropist, a mother, a businesswoman, a television show host, an author and spiritual yogi who believes that we are very much a part of the universal spirit and we all must live in the flow of the ether that guides and propels us through our life journey!

Meera is also a sponsor of the Woodstock Film Festival where she presents the Meera Gandhi Giving Back Award to a director, producer or actor who best delivers a message of social change and who has a strong compassion for philanthropy. Awardees have included Mark Ruffalo and Mira Nair.

Tags: 3 Tips by Meera Gandhi Meera Gandhi Meera Teresa Gandhi Meera's new book '3 Tips'



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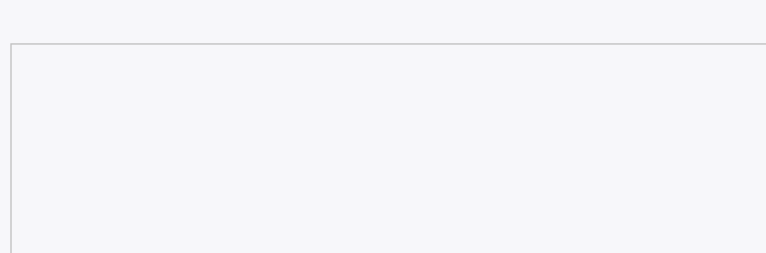
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