



Step into true wellness
at work, in life!™

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Cruising Through Turbulence

*An Inspirational Guide for Your Wealth and Wellbeing in
Difficult Economic Times and Beyond*

Introduction

Do you think your life is falling apart because of the acute economic crisis? Do you think loss of material wealth is loss of your wellbeing? Well, you may need to fasten your seat belt because the economic ride may get even rougher.¹ Global economic conditions are predicted to become a lot worse before getting better.² The U.S. and most European countries are sinking with unprecedented amounts of debt and are caught in a classic downward spiral with no clear solution in sight.

In this economic climate, you could see shrinking savings, income, or perhaps even loss of significant material wealth and the lifestyle that went along with it. It is a lot harder now to accumulate material wealth. As the economy struggles and muddles through the coming years, so will you and your wellbeing. Perhaps it is the universe's way of telling you there is more to life than material wealth. Maybe your wellbeing is not connected to material wealth as tightly as you might think. Wouldn't you like to sustain yourself through the bad economic times with inner strength while maintaining your wellbeing?

¹ <http://www.economicpopulist.org/content/obligatory-economic-predictions-2012>
Accessed April 25, 2012.

² <http://campaign2012.washingtonexaminer.com/blogs/beltway-confidential/gao-unprecedented-govt-spending-hurting-economy> Accessed April 25, 2012.



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I wrote this book because I know, like me, you want to have more confidence in dealing with difficult economic situations. You want to set aside panicking emotions to make the right decisions. You want to feel safe and stay happy even in these turbulent times. I trust this book's practical advice will be essential for making your job easier, refocusing your priorities, reassessing what your most important assets are, and energizing your life with renewed optimism in pessimistic times. You'll draw upon your inner strength to keep balance, make the difficult but right decisions, and support yourself through these uncertain times. In fact, I hope you will use the information in this book repeatedly and in any difficult situation for the rest of your life!

Even if you think you lack the ability to connect with your inner strength—that it's too difficult a job, or you doubt this approach will even work—you will find value in these pages. This book's five chapters are the quick way to uncovering, connecting, and growing inner strength in ways you may never have dreamed. To begin, you will form a basic understanding of what is the true nature of material wealth. You will gain knowledge of how to apply this truth about material wealth to add to your true happiness without sabotaging it. You will find out that the material and non-material sides of your life are two sides of the same coin, and you will learn how to develop both to maintain balance. You will discover what is the real source of your inner strength and how it supports your wellbeing, especially in turbulent times.

You cannot afford to wait another day and risk sinking your wellbeing because of the sinking economy. Read on and apply the simple and practical advice I offer in *Cruising Through Turbulence* to help you navigate through any economic or other crisis.