

About Vishwa Prakash

Author of *Who Stole my Soul?: A Dialogue with the Devil on the Meaning of Life*



The son of a highly regarded, presidentially appointed civil servant in India, Vishwa Prakash grew up expecting to accomplish great things in life. Not satisfied with the professional success he attained, he turned to a deeper, more philosophical quest: searching for the meaning of life.

Brought up in a religious home, Vishwa took an unorthodox approach in discovering his higher self through charitable giving and positive psychology, where the meaning of life is to find meaning *in* life.

In his new book, *Who Stole my Soul?: A Dialogue with the Devil on the Meaning of Life*, (978-0-9823140-5-0, Synergy Books, November 2009, \$19.95), businessman and laughter therapist Vishwa details his journey of spiritual awakening through a dialogue with an unconventional source of wisdom, the devil – a literary device he uses to explore the issues with no fixed answers, like who is God, the cycle of birth and death, why bad things happen to good people and good things to bad people.

Who Stole my Soul? is a semi-autobiographical spiritual quest, detailing Vishwa's experiences that lead him to find meaning and spiritual joy in the simplest of things. Peppered with inspirational quotes from great thinkers, the book encourages others to seek happiness through finding and following their own unique life purpose.

Born and raised in India, Vishwa earned his bachelor's degree in economics from St. Stephen's College in Delhi, India, and his master's degree in business administration from the Indian Institute of Management, in Ahmedabad, India. Professionally, Vishwa has spent 28 years in HongKong, where he started Soimex International Ltd., a textile design firm, and currently performs marketing efforts for his firm out of his New York office.

Along with his business commitments, Vishwa actively practices and teaches laughter yoga – a series of exercises meant to induce laughter, which provides various physical, mental and emotional health benefits by instantly lowering stress. Personally coached by laughter yoga founder Dr. Madan Kataria, Vishwa hosts laughter-yoga workshops at his New York wellness center, which is free to the public. The center works with senior centers, special needs schools, hospitals and nursing homes, war veterans and corporations.

Vishwa has been featured for his laughter therapy work in publications across the world including magazines in Israel, China and Japan. Prakash has also appeared on Sweet Remedy Radio, Sirius XM and CNBC's "Happiness Show." Vishwa and his laughter-yoga workshop are also featured in Courtney Dipaola's documentary, "Laughter."

Vishwa Prakash is the founder of the Vishwas Trust, a non-profit organization in India that offers free entrepreneurship training to underprivileged and disadvantaged people, to empower them to reach their potential and improve their quality of life. In January 2010, Vishwa will receive a lifetime-achievement award from I Create Inc. for his extensive work with this organization. Closer to home in the United States, Vishwa is the founder of Laughteryoga Inc., a 501(c)(3) non-profit organization, which actively spreads the good benefits of laughter therapy on a charitable basis. Vishwa currently lives in New York with his wife and two children. For more information about Vishwa and *Who Stole my Soul?*, please visit www.whostolemysoul.com and www.vishwaprakash.com.