

Discovering your own spirituality one laugh at a time *Laughter therapist, author explores meaning of life*

Cliffside Park, N.J. – What is the meaning of life? From Plato's theory that the meaning of life is to gain the highest form of knowledge to Aristotle's hypothesis that the goal of life is to achieve ultimate happiness, philosophers have debated this age-old question for thousands of years. So what if the meaning of life lays in each person's ability to listen to their heart and laugh – no matter the situation?

Listening to your conscience to discover the meaning of life is exactly what laughter therapist, businessman and author Vishwa Prakash suggests 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). Prakash takes an unconventional approach to contemplating life's ultimate question and plays out his conversation with his alter-ego that ultimately leads to his own spiritual awakening.

Written as a dialogue between the author and his alter-ego, *Who Stole my Soul?* invites readers into a deeply personal, spiritual conversation in hopes that it will spur them to reach their higher self through discovering their own life purpose, where the meaning of life is really finding meaning *in* life, an ability each person is born with.

"By hearing and heeding my inner voice of conscience, I was able to become intimately in touch with my inner spirit and was urged to share this spiritual awakening with others," says laughter therapist and keynote speaker Prakash. "The book is an outpouring of my soul to show others how in the simplest of life's pursuits, we can all find the purest and highest forms of joy known to mankind."

Who Stole my Soul? highlights quotes of wisdom from famous thinkers such as Confucius, Gandhi and Thoreau, inspiring readers to find spirituality and strength within themselves, away from organized religion. Prakash's story is inspired by his work in laughter yoga, a series of yogic exercise meant to induce pure, healthy laughter. Prakash suggests that happiness and fulfillment in life comes from listening to your inner conscience, rather than blindly following a religion. He says this awakens your "soular energy," an almost superhuman force founded on your compassion and creativity.

"As an inspiring journey of free thought and a source of ongoing reference to wisdom, *Who Stole my Soul?* is a guide to practical spirituality," Prakash says.

In an interview, Prakash can discuss:

- Learn to listen: How following your inner voice can lead to a positive future
- The devil inside: Coming to terms with your worse half
- Discovering your inner life purpose and meaning
- Emotional origins of stress and practical coping solutions
- Practical steps to spirituality and the Higher Self
- Laugh out loud: How to practice therapeutic laughter to fuel your happiness

Vishwa Prakash currently lives in New York, where he runs an international textile design firm and a therapeutic laughter yoga workshop and wellness center, which is open to the public. As an active philanthropist, Prakash devotes his time and money to charitable purposes, and is the recipient of a lifetime-achievement award from I Create Inc. To learn more about *Who Stole my Soul?*, visit www.whostolemysoul.com.

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To schedule an interview with Prakash or receive a review copy of *Who Stole my Soul?*, please contact Shelby Sledge at (512) 478-2028 ext. 227 or ssledge@phenixpublicity.com.