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Cover details

Synopsis

1. Basically Control and Prevent Suside cases in Army and Families due to stress.
2. "Sahi Soch" Help to us Success in Life.
3. Sahi Soch help to our smoothly routine work.
4. Decrease stress in workplace and during duty.
5. Helpful to SIS Security Guards they are perform duty in stress.
6. Sahi Soch helpful to" Sahi Soch" correct decision in different situations.
7. For upgrade to our moral and Motivation.
8. Helpful to avoid quarrel /dispute in our life.
9. Cover our financially management.
10. Helpful to achieve better Health and wealth.

Blurb

1. **Motivational and a Army Jawan Photo in Back Cover.**
2. **To understand that we are enjoying a freedom Life**
3. **We show a photo of a SIS Security guard for better success.**

Author Bio

Roman

1. **Main ek bahut hi sadharan parivar se hu, mere pita Rajasthan police me sewarat the. Rajasthan alwar se B.com ki padhai karte karte main 31 Dec 2080 ko Army ki 11 Mechanised Infantry Battalion me Bharti ho gaya. Aneko parishiti se jujhate huye Subedar pad par kaam karte hue 31 dec 2010 ko sena se retire ho gaya. Retirement ke kuchh hi samay baad CRPF me as a Inspector Srinagr {Kashmir } me sewa karne ka avsar mila. Aur Hal hi me main SIS (Security and Intelligence Services Limited) me Training Manager ke pad par karyarat hu. 2007 me Army ke Jawanon me badhati hui stress ke karan suicide case hone lagi tab mere dimag me aaya ki ek aisi pustak likhi jaye jo is stress ko kam kare aur Sabhi jawano ko Motivated kar sake.aaj bhi main ye kaam SIS company me kar raha hu.**