

Books By Jay Shetty

Intensive Life Publishing

Think Like a Monk Jay Shetty, 2020-09-08 Jay Shetty, social media superstar and host of the #1 podcast On Purpose, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

Think Like a Monk: The secret of how to harness the power of positivity and be happy now Jay Shetty, 2020-09-08 The Sunday Times Number One Bestseller Jay Shetty, social media superstar and host of the #1 podcast 'On Purpose', distills the timeless wisdom he learned as a practising monk into practical steps anyone can take every day to live a less anxious, more

meaningful life.

Think Like a Monk Jay Shetty, 2020 The Sunday Times Number One Bestseller Jay Shetty, social media superstar and host of the #1 podcast 'On Purpose', distills the timeless wisdom he learned as a practising monk into practical steps anyone can take every day to live a less anxious, more meaningful life. Over the past three years, Jay Shetty has become a favourite in the hearts and minds of millions of people worldwide. One of his clips was the most watched video on Facebook last year, with over 360 million views. His social media following totals over 32 million, he has produced over 400 viral videos, which have amassed more than 5 billion views, and his podcast, 'On Purpose', is consistently ranked the world's #1 health-related podcast. In this inspiring, empowering book, Shetty draws on his time as a monk in the Vedic tradition to show us how we can clear the roadblocks to our potential and power. Drawing on ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. The lessons monks learn are profound but often abstract. Shetty transforms them into advice and exercises we can all apply to reduce stress, improve focus, improve relationships, identify our hidden abilities, increase self-discipline and give the gifts we find in ourselves to the world. Shetty proves that everyone can - and should - think like a monk. Perfect for fans of Wim Hof, Robin S. Sharma and James Nestor!

8 Rules of Love Jay Shetty, 2023-01-31 Instead of presenting love as an ethereal concept or a collection of cliches, Jay Shetty lays out specific, actionable steps to help you develop the skills to practice and nurture love better than ever before. He shares insights on how to win or lose together, how to define love, and why you don't break in a break-up. Inspired by Vedic wisdom and modern science, he tackles the entire relationship cycle, from first dates to moving in together to breaking up and starting over. And he shows us how to avoid falling for false promises and unfulfilling partners--

Life Changing Quotes Jay Shetty, 2022-03 In this book we collect the quotes from Jay Shetty which are just life changing and will help you to grow emotionally, mentally. As we know Jay is also the author of best selling Think Like A Monk.

Summary of Think Like a Monk by Jay Shetty Chapter Chapter Zoom, 2020-10-21 Summary of Jay Shetty's Think Like a Monk. Chapter Zoom provides a detailed look at Jay Shetty's popular book Think Like a Monk, so you can appreciate the book even more. The book aims to help you achieve your maximum potential by helping you deal with the stumbling blocks. It contains many tantalizing sections such as 1.) Book Summary Overview 2.) Chapter by Chapter Summaries 3.) Trivia Questions - and much more! Order the paperback and start reading immediately! *Please note: This is an unofficial companion book to Jay Shetty's powerful book Think Like a Monk - it is meant to improve your reading experience and is not the original book. It has not been approved or is affiliated by the original author or publisher of the book.

Workbook for Jay Shetty's Think Like a Monk Intensive Life Publishing, 2020-12-28 Workbook for Jay Shetty's Think Like a Monk: Train Your Mind for Peace and Purpose Every Day This is the unofficial companion workbook for Jay Shetty's

#1 Best Seller book Think Like a Monk: Train Your Mind for Peace and Purpose Every Day. Our team of professionals carefully extracted over 35 exercises from the book of Jay Shetty for you, so that you can easily understand them and incorporate them into your modern day-to-day life. This workbook is an all-time classic material for people in all walks of life. Do you desire to live a happy and peaceful life that is free from anxieties and worries? Do you desire to live a purpose-oriented life? Do you need a guide for attaining purpose and peace in life by overcoming the obstacles of negativity, fear, and ego with the help of positivity, gratitude, meditation, and service? Do you wish to incorporate the monk mindset of forgiveness, energy, intentions, and purposeful living into your daily life? Then, this workbook is for you. The workbook will help you to reflect on your beliefs, values, and intentions and connect you with the timeless wisdom of monks, along with other ancient teachings that rely on the same foundations. Who can use this workbook? This workbook is designed for people from all walks of life, race, nations, religious affiliations and cultures. Do you see yourself as a successful personality who wants to go even on a higher level? Do you see yourself as someone that is not successful enough in life and want to quit this condition to become more successful? Are you oppressed, depressed, anxious and have the feeling that you can never achieve anything meaningful? Do you seek inner joy, peace, contentment and fulfillment in your life's journey? This workbook is for you. Its benefits are too numerous to highlight here! The secret of success with this workbook is to take the exercises which are designed to create healthy and long-lasting habits that will get you back in tune with your purpose, goals, aspirations, and propel you towards excellence in life, career and your calling. Exercises and short lessons are given in areas like values, self-reflection, life auditing, expenses, past choices, negative people, companions, awareness, negative comments, envy, forgiveness, fear, attachments, motivations, desires, how to handle panic, passion, purpose, turning skills into action, thankfulness, insight, meditation, goals, power of visualization, ego, self-esteem, confidence, productive feedback, gratitude, love and care, to mention just a few. Each exercise has a convenient space to write your feedback and also take down notes. Think Like a Monk Workbook A material for successful individuals who want to improve their lives, get inner peace and positively impact the community even more. A material that gives succor and strength to those who have been emotionally affected, the hopeless and those that have reached a stage in life where they have to make an important decision. The workbook is a priceless collection of exercises you need in life, as it can guide you to a happy and fulfilled life. If there is a time you need this life-saving material, it is NOW as we approach very uncertain times. If you read up to this line, be assured that you are in the right place. You don't need to wait any longer. We encourage you to join thousands of other people on the path to a better life. Go ahead, get your copy and be prepared to start the journey now!!! *This is an unofficial companion workbook for Jay Shetty's #1 Best Seller book Think Like a Monk: Train Your Mind for Peace and Purpose Every Day. This workbook only serves as a guide. It is neither the original book nor endorsed by Jay Shetty or his publisher.

Summary of Jay Shetty's Think Like a Monk Kevin V. HALEY, 2020-11-12 Note: This is a summary of Jay Shetty's Think

Like a Monk: Train Your Mind for Peace and Purpose Every Day Jay Shetty is an acclaimed British Indian author, podcast host, purpose coach and former monk. His podcast has featured several notable people. In his book, Think Like a Monk, he makes a case for everyone to learn how to live from the happiest and most peaceful people on the planet i. e. monks. He teaches readers how to adopt the way of thinking and living of monks to achieve peace, stillness and happiness. This book further teaches its readers how to raise their standard of living by leading their lives with a purpose. Jay Shetty offers a daily meditation practice that combines the three types of meditation he has described in this book i.e. breathwork, visualization and mantra. Jay Shetty recommends that people perform this meditation right after brushing their teeth and showering every morning and also as the last thing they do before bed later. Begin with twenty-one minutes in the morning only, assigning each segment seven minutes each. Expand the practice by performing it for another twenty-one minutes at night when you are ready for it. Discover a comfortable position. Close your eyes and cast your gaze down. Shift your awareness to peace, tranquillity, ease, balance and calm. If your mind goes astray, return it softly back there. Allow yourself to be comfortable in this position. Now be mindful of your natural breathing pattern. Breathe in through your nose and out through your mouth. Take a deep breathe. Breathe in four times. Breathe out four times. Harmonize your breath and body by breathing in for the same quantity of time as you breathe out. Engage in this for approximately five minutes. Ask yourself what you are grateful for today. Breathe in gratitude and breathe out negative, bad energy. Then envision a memory full of happiness and gratitude. Absorb the joy and love. Ask yourself what your intention is for today. Say to yourself three times that you are content with who you are becoming. That you are open to prospects and possibilities. You deserve real love. That you are ready to serve with everything you have. Reiterate this mantra thrice: Lokah Samastah Sukhino Bhavantu. PLEASE NOTE: This is an unofficial summary and analysis of the book and not the original book. If you'd like to purchase the original book, please paste this link in your browser: <https://www.amazon.com/dp/B07Y8QL432> This summary book is the best because it combines all the important pieces of information and practical advice offered in the book. You can easily apply the original to your life by reading this summary. To get this book, Scroll Up Now and Click on the Buy now with 1-Click Button to Download your Copy Right Away! Now available in paperback and digital editions.

Jay Shetty Charles Collier, 2025-08-27 What if the life you've been chasing has been within you all along? In *The Power of Love, Wisdom, and Self-Discovery*, Jay Shetty invites you on a journey that reawakens the heart, clears the noise of the mind, and reconnects you to the truth of who you are. Drawing from his years as a monk, his work coaching thousands worldwide, and the timeless wisdom that has guided humanity for centuries, Shetty reveals how fulfillment isn't found in success, relationships, or possessions it's discovered in the quiet strength already alive within you. Through moving stories, ancient teachings, and practical exercises, you'll learn to: * Awaken the heart and rediscover your spark of authenticity * See yourself and others with deeper compassion * Break free from invisible chains of fear and expectation * Transform pain into

wisdom and presence into power * Become your own guide and create a life that truly loves you back This is not another quick-fix self-help book, it's a roadmap to lasting transformation. Each chapter is an invitation to pause, reflect, and remember that you already hold the keys to the peace, joy, and purpose you've been seeking. Whether you're facing uncertainty, craving clarity, or simply longing for a deeper connection to yourself and the world, *The Power of Love, Wisdom, and Self-Discovery* will help you step into the life you were born to live.

Jay Shetty James Malone,2025-09-27 Have you ever felt lost in the noise of modern life uncertain of your purpose, overwhelmed by endless choices, or disconnected from what truly matters? Do you wonder if ancient wisdom can still guide us in a world dominated by technology and speed? Jay Shetty's journey was shaped by these very struggles. Growing up in London, he wrestled with identity and direction, ultimately choosing the unlikely path of becoming a monk in India. Returning to the modern world, he faced skepticism, self-doubt, and the challenge of translating monastic lessons into practical tools for everyday people. His path was never easy, yet each obstacle became a stepping stone to something greater. In *Jay Shetty: Bridging Worlds*, you'll discover the remarkable life of a man who transformed his search for meaning into a global movement of purpose and service. From his early years and monastic training to building a digital platform that reaches millions, this book explores how Shetty blends mindfulness, love, and service into teachings that resonate across cultures and generations. Through stories of resilience, creativity, and compassion, you'll gain insight into how he is shaping the future of self-development and inspiring the next generation of seekers. If you've ever questioned your path, longed for clarity, or sought wisdom that feels both timeless and practical, this book is for you. Jay Shetty's story is proof that purpose is not found in perfection but in persistence, reflection, and service. Let his journey inspire your own because like him, you, too, can bridge worlds and create a life filled with meaning.

Summary of Jay Shetty's Think Like a Monk I. D. B. Books,2020-12-07 Buy now to get key insights from Jay Shetty's *Think like a Monk*. Sample Insights 1) Thinking like a monk posits another way of viewing and approaching life. A way of rebellion, detachment, rediscovery, purpose, focus, discipline--and service. The goal of monk thinking is a life free of ego, envy, lust, anxiety, anger, bitterness and baggage. 2) The three stages of adapting to the monk mindset are: letting go of external influences and fears that hold us back in order to make space for growth; reshaping one's life to make confident and purposeful choices; and expanding our gratitude and sharing our gifts with the world.

Jay Shetty Philosophers Notes,2023-02-05 Discover the wisdom of one of the world's most inspiring voices with Jay Shetty's 'The Life, Lessons & Rules for Success.' This powerful book is packed with lessons and insights that will help you live a more meaningful, fulfilling life and achieve the success you desire. Jay Shetty has dedicated his life to inspiring and empowering others to live their best lives. With his unique blend of wisdom, humor, and vulnerability, he has become one of the most sought-after speakers and thought leaders in the world. Now, in this groundbreaking book, Jay shares his story, his

philosophy, and his secrets to success. In this book, you will learn: The key principles that drive Jay's success and happiness
How to cultivate a positive mindset and develop a growth-oriented attitude The power of mindfulness, gratitude, and self-reflection in shaping your life The importance of developing deep, meaningful relationships and a strong support system How to find your purpose, set meaningful goals, and achieve them The role of discipline, hard work, and perseverance in realizing your dreams The value of learning from failures and setbacks, and using them as opportunities for growth Whether you're an aspiring entrepreneur, a business leader, or simply looking to live a more fulfilling life, Jay Shetty's 'The Life, Lessons & Rules for Success' has the wisdom you need to achieve your goals and live your best life. With inspiring stories, practical advice, and empowering insights, this book will be your guide to a life of success, happiness, and purpose. Order your copy of Jay Shetty's 'The Life, Lessons & Rules for Success' today and start your journey to a better tomorrow!

Jay Shetty Untold Story GIDEON. LENO,2025-09-22 Jay Shetty Untold Story From Monkhood to Millions - How Ancient Wisdom Sparked a Global Self-Help Revolution This isn't a story you've heard before. It doesn't begin with a viral video or a celebrity interview; it begins with a quiet sense of not belonging. This book gets into the journey of Jay Shetty, a restless London boy who abandoned a path of corporate ambition to become a monk in India. The narrative reveals the hidden struggles of his life in an ashram-the brutal self-discipline, the profound silence, and the ancient wisdom he absorbed. It then chronicles his shocking return to the modern world, where he had to translate that sacred knowledge into a language a generation obsessed with digital noise could understand. From the first YouTube video that captured a global audience to the creation of a massive media empire, this book reveals the blueprint behind his success. It's an unfiltered look at the courage it takes to leave everything behind, the tenacity required to build something from nothing, and the power of a single idea to change the world. It's a compelling look at how a monk in a robe became a modern-day icon, and how you can apply his wisdom to your own life.

Jay Shetty Untold Story Adams Leno,2025-10-19 JAY SHETTY UNTOLD STORY with the subtitle The Modern Monk's Code: Purpose, Success, and the Art of Living Wisely, offers an unprecedented look behind the serene public image. This book tells the full story of how a London university student shocked his world by choosing to live as a monk in an Indian ashram, abandoning comfort and convention to seek enlightenment. It reveals the rigorous discipline, humility, and deep wisdom gained during those formative years, and the emotional turbulence of his return to modern life. Witness the strategic, soulful alchemy that followed. The book details his rise as a digital sage, transforming timeless truths into viral content and launching the On Purpose podcast. It goes inside the creation of his global bestseller, *Think Like a Monk*, and explains how he built an ethical, purposeful business empire alongside his wife, Radhi. This is not a hagiography; it bravely addresses the shadows behind the shine-the criticism and pressure that tests every public figure. Finally, it unpacks the full Modern Monk's Code, the practical fusion of purpose and wisdom that allowed him to succeed with soul. This is the ultimate guide to

understanding how to live with clarity, compassion, and conscious ambition, proving that peace is not found by retreating from the world, but by mastering the mind within it.

Jay Shetty James Cochran,2025-08-27 From the Fast Lane to Inner Peace-One Man's Journey from London's Corporate Grind to the Wisdom of the Monastery* Jay Shetty had it all-by society's standards. The dream apartment in Canary Wharf. The high-profile networking events. The relentless climb toward money, status, and recognition. But behind the polished image was an emptiness that no achievement could fill. When a chance encounter with a monk cracked open his carefully built world, Jay faced a choice: keep climbing a ladder against the wrong wall or leap into the unknown in search of something deeper. What followed was a life-altering decision to leave it all behind and spend three years living as a monk in the ashrams of India-waking before dawn, serving others selflessly, and discovering truths about purpose, fulfillment, and joy that would transform his life forever. In this unforgettable memoir, Jay takes you inside that journey-from the adrenaline of corporate London to the profound stillness of 4 AM meditation halls. He shares the *Three Pillars of Monk Wisdom*, the power of silence as a superpower, and how redefining success through service can change not just your career, but your relationships, your happiness, and your entire approach to living. Blending intimate storytelling with timeless lessons, *The Monk Who Found Wisdom in the Modern World* shows you how ancient truths can thrive in our noisy, digital age-and how your greatest transformation begins not by adding more to your life, but by becoming more of who you truly are. If you've ever felt that success left you empty, that busyness robbed you of peace, or that there's more to life than what you've been chasing, this is your invitation to step off the treadmill and step into the life you were meant to live. Your transformation begins here. Are you ready?

Summary and Analysis Of: Think Like a Monk Book Tigers,2020-11 Tap into your inner monk with this thought-provoking summary of Think Like a Monk. Do you want to discover the secret to creating a life of happiness and positivity? Are you looking for a summary, companion book, or study guide for Think Like a Monk by Jay Shetty? Do you want to memorize the key takeaways while broadening your knowledge and saving time? Then this book is for you. Breaking down the fundamental lessons and advice inside Think Like a Monk by Jay Shetty, this thought-provoking summary and companion guide helps you explore powerful self-development advice while saving time and expanding your knowledge. Specially created to streamline all the key advice and wisdom of the original book, this summary serves as an excellent study guide and reference to suit all of your needs. With a brief look at how you can apply simple changes to your thinking and actions to live in a more peaceful, loving, and compassionate manner, this summary also covers practical ways to begin transforming your mindsets and taking your first steps to a better life. This book includes: An Essential Book Overview With All The Must-Know Details A Handy Chapter-By-Chapter Analysis Key Background Information About The Book and Its Author Thought-Provoking Discussion Questions To Help You Develop a Deeper Understanding And So Much More! If you want to begin your

journey to a happier, more positive, and more compassionate life, then this summary by Book Tigers Publishing is for you. Scroll up and grab your copy today to get started! Disclaimer: This is an unofficial summary and companion guide which is not meant to replace the original book.

Summary: Think Like a Monk: by Jay Shetty Cosmic Publications,2020-09-23 Manuscript UPDATED 10/7/20 Cosmic Publications is happy to provide all our readers with this unofficial summary guide to Jay Shetty's book Think Like a Monk. Designed to enhance your reading experience. In this book you will find a chapter by chapter summary of all key points and takeaways from the original. . It details the many different ways you can find the peace and purpose that monks are known for in your daily life, without ever having to visit an Ashram. This 90 minutes quick read is packed with discussion questions, trivia questions, background about the Author Jay Shetty, and much much more. You can find a list of all our summary guides in our author page Cosmic Publications.

Insights on Jay Shetty's Think like a Monk Swift Reads,2020-10-13 Download now to get key insights from this book in 15 minutes. Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and Wellness podcast.

Summary & Analysis of Think Like a Monk SNAP Summaries, PLEASE NOTE: This is a summary and analysis of the book and not the original book. SNAP Summaries is wholly responsible for this content and is not associated with the original author in any way. If you are the author, publisher, or representative of the original work, please contact info[at]snapsummaries[dot]com with any questions or concerns. If you'd like to purchase the original book, please paste this link in your browser: <https://amzn.to/33cScta> In Think Like a Monk, podcaster and speaker Jay Shetty shares the timeless wisdom he learned during his time as a Vedic monk. He repurposes ancient techniques for a modern lifestyle and offers practical tips anyone can use to transform their mindset and live a life of purpose and meaning. What does this SNAP

Summary Include? - Synopsis of the original book - Key takeaways from each chapter - How to train your mind to find peace, calm, and purpose in a chaotic world - How to let go of the fear and negativity holding you back from your best life - Editorial Review - Background on Jay Shetty About the Original Book: Is it possible to live like a monk in modern society, with all its temptations and trappings of opulence? According to Jay Shetty, it is. A former monk who came back to modern civilization, Shetty shares how he has utilized his monk mindset to improve his life and the lives of millions of others. He reveals numerous strategies you can apply in your personal and professional life to help you find a deeper sense of meaning and fulfillment. At the end of the day, we all want to learn, grow, and have an impact on the world around us. But first, you have to cultivate the right mindset. Think Like a Monk shows you how to do just that. DISCLAIMER: This book is intended as a companion to, not a replacement for, Think Like a Monk. SNAP Summaries is wholly responsible for this content and is not associated with the original author in any way. If you are the author, publisher, or representative of the original work, please contact info[at]snapsummaries.com with any questions or concerns. Please follow this link: <https://amzn.to/33cSCta> to purchase a copy of the original book.

Jay Shetty William Stanley, 2025-09-04 *From Boardrooms to Ashrams-The Extraordinary Journey of Jay Shetty* At twenty-two, Jay Shetty seemed to have it all. A prestigious business school education. A clear path to a high-powered consulting career. The praise and pride of his family. But one unexpected encounter with a barefoot monk changed everything—upending his definition of success and igniting a quest for something deeper. This is the story of a young man who walked away from the life he was supposed to live and stepped into an unknown world of 4 AM meditations, cold-water awakenings, silent meals, and service without expectation. In the ashrams of India, Jay discovered lessons on purpose, peace, and fulfillment that no corporate boardroom could teach. From his first jarring days in monastic life to his eventual return to the chaos of London streets, Jay learned to carry the stillness of the monastery into every corner of the modern world—transforming relationships, work, and daily routines into mindful, meaningful acts. His journey is proof that ancient wisdom can thrive in our fast-paced, noisy era, and that true success comes not from what you acquire, but from who you become. With vivid storytelling and practical insight, *From Monkhood to Mindfulness* invites you to challenge your own definitions of success, peel away everything inauthentic, and uncover the life you were meant to live. Your transformation begins the moment you turn the first page.

Reviewing **Books By Jay Shetty**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound

prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Books By Jay Shetty**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Books By Jay Shetty Introduction

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