

# Live In Color: The Millennials' Guide to Fulfillment: Applicable Wisdom & Tips for a New Era

Bhavna Chadalavada

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Live in Color tells the story of a millennial's journey to personal fulfillment, and uncovers insights and wisdom applicable to people of all ages and walks of life along the way.

The author shares her journey, from a child growing up in the presence and teachings of spiritual masters, to an adolescent working relentlessly to make it in an arena that, sociologically, she was not "meant" to be in (one of the first Indian Americans to play Division 1 basketball). After making it to that level and having her basketball career cut short by concussions, she was led to search for true inner peace; for fulfillment – and here she shares the insights she gained along the way.

Having studied the world's scriptures, traveled the world, been an accomplished athlete, graduated from an Ivy League university, worked on Wall Street in Finance & in Silicon Valley in Tech, and as a lifelong practitioner of yoga and meditation, the author manages to deliver impactful insights that touch the heart and spirit of one and all.

Easily accessible insights and wisdom fill the book, and point the way to inner joy, bliss and transcendence – to Living in Color.



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