



media kit

LIFE IS WHAT YOU MAKE IT!

A close-up, high-angle photograph of a person's lips, which are slightly parted and coated with a glossy, peach-colored lipstick. The background is a soft, out-of-focus light beige color.

KISS

Keep It Short & Simple

**The Essential Guidebook on How to Live the Life
That You Deserve and Make Your Dreams into Reality**

ABHISHEK SHUKLA

THE BOOK

DESCRIPTION

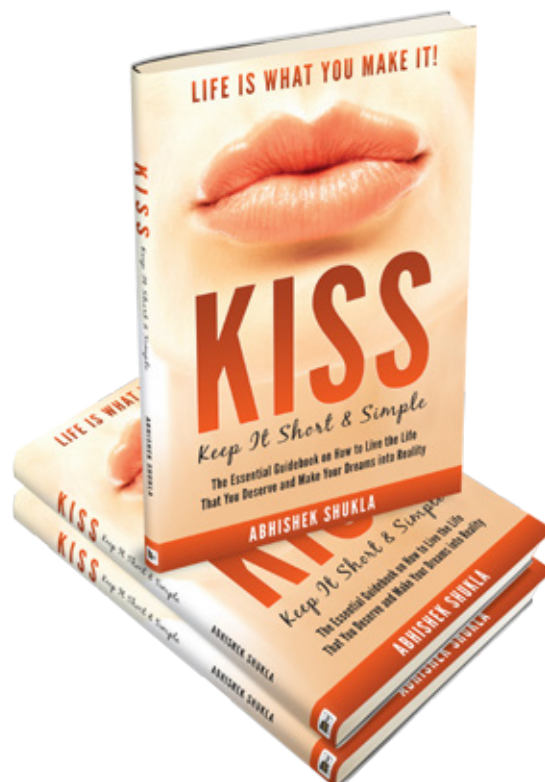
This book centers on the important aspects of life: like dealing with family and friends; your individuality; stress about school/college; morals; relationships and romance; coping with a new job environment; growing in career/business; and on balancing health with wealth, success, and happiness. What is life like for you? Is it a long boring journey focused on survival, or a sweet-n-simple KISS to success?

In these pages, you'll discover how to achieve everything you've ever wanted in life—be it a bungalow, wealth, joy, success, health, a good life partner, fame in business—just everything. Your life will be in your control. You'll be able to make choices about wealth, happiness, love, business, and much more. You'll discover how to create the life you want with your own thoughts, not by mere luck!

Let Abhishek Shukla guide you through the process of rewriting your "script," and designing the life you've always dreamed of—just the way you want it. Having a mentor in your life can finally help you answer all your burning questions—even ones you may not yet have asked. Whether you are a young person or a seasoned entrepreneur, let Abhishek Shukla be your mentor, and let KISS—Life be your guide.

LEARN HOW . . .

- Learn to uncover your unique value
- Learn to overcome fear of failure
- Learn how to handle setbacks
- Find out how to manage stress and conquer depression
- Realize your vast potential
- Learn to live a content and gratifying life
- Find out how your dreams become a reality
- Find out how your life can be different, happy, healthy, peaceful, and sumptuous
- Discover what separates you from those who are successful... and change it!
- Learn the difference between desire and action
- Do you have a vision for wealth and comfort?



THE BOOK

READ THE FOLLOWING PAGES AND YOU WILL UNCOVER . . .

When you are finished with this book you will know exactly how to:

- Communicate personal issues
- Deal with relationship issues
- Get along with siblings
- Leave home and take the next big step in life
- Get along with peers in school, college, and the office
- Get along with teachers, bosses, and superiors
- Overcome a break-up
- The importance of emotional intelligence
- To balance between health and wealth
- Importance of a spiritual guru in life
- How to Kiss your life daily, just as you do to your partner
- Strategies to defuse negative situations
- Building a successful mindset
- Identifying and setting your passion and goals
- Learn from failures and disappointments
- Be happy right NOW!...And much, much more!

**“Living your life is
a task so difficult
it has never been
attempted before.”**

Abhishek Shukla



THE AUTHOR

Abhishek Shukla is an international speaker, author, political consultant, global management trainer, and an inspiring support to schools, colleges, individuals, and corporations. He is the Managing Director and Lead Trainer of Share Your Heart and CRETA HR Solutions Pvt. Ltd.

Abhishek is passionate about business development and creative branding, and is wholeheartedly committed to a creative approach for all levels of personal and professional development. His positive ideas combined with devotion and commitment can be defined as correct gratification. With his keen sense of humor and flair for motivating listeners, countless individuals continue to benefit from Abhishek's work.

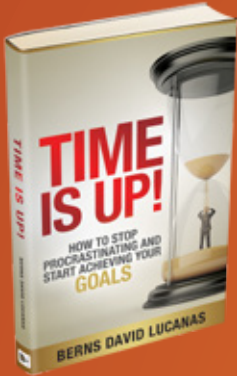
He has worked with education, training, and the human resource industry for past 10 years, and is an expert in middle and senior level recruitment, education-related project management, conceptualizing the product and marketing strategies for education, as well as training. Abhishek's training philosophy is based on using practical learning techniques or "wisdom by implementing." His charismatic and experiential based dynamic training style has earned him a global following of students, managers, and mentees .

"Life is too short to be anything but happy. So kiss slowly. Love deeply. Forgive quickly. Take chances and never have regrets. Forget the past but remember what it taught you."

Abhishek Shukla



TESTIMONIALS



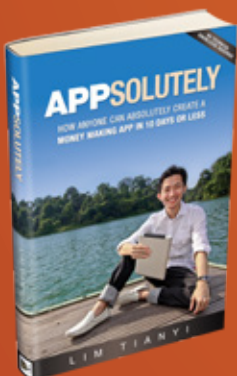
KISS - Life Is What You Make It! is a great resource for learning essential relationship skills, particularly communication between couples.

Berns David Lucanas, Author of *Time Is Up!*



KISS - Life Is What You Make It! cuts straight to the chase on what you need to do to make the most of the opportunities that come your way. Brimming with straightforward strategies anyone can use to overcome the key fears associated with relationships, career, etc.

Meor Amer Reza, Author of *The Greatest Gift*



This book is written in a light style that makes it easy to read and digest the principles the author spells out.

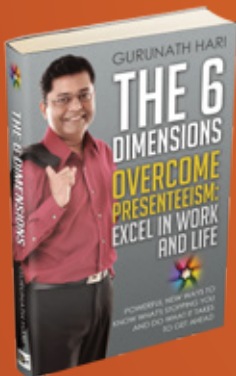
Tianyi Lim, Author of *Appsolutely*

TESTIMONIALS



This easy-to-read guidebook is a must on everyone's bookshelf. It will help you understand the vast aspects of life in a short time.

Tan Choon Kiang, Author of *Life Makeover*



Relationship and family issues, career decisions, health problems, lack of success, unhappiness– all will become clearer, allowing you to act with greater confidence. Truly a book to re-read, as each time deeper and deeper meaning appears.

Gurunath Hari, Author of *The 6 Dimensions*

BOOK INFO

Book Title: **KISS (Keep It Short & Simple) Life Is What You Make It!**

Subtitle: **The Essential Guidebook on
How to Live the Life You Deserve**

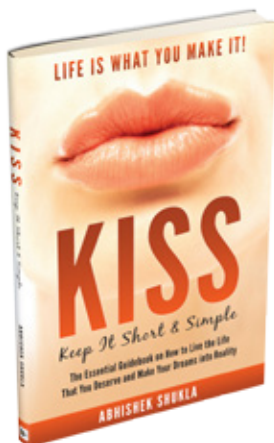
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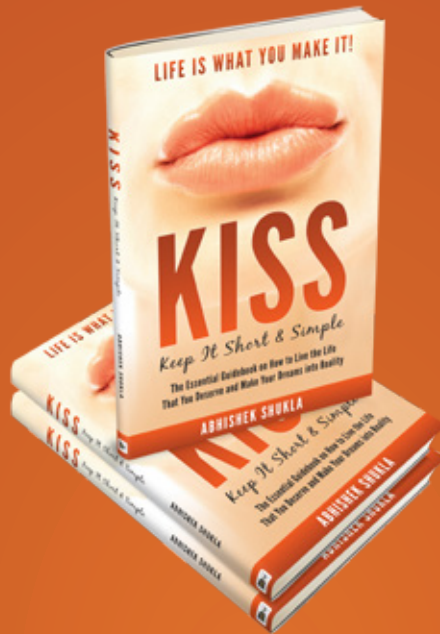
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