

NUGGET ON WINGS

By

ForeZorba

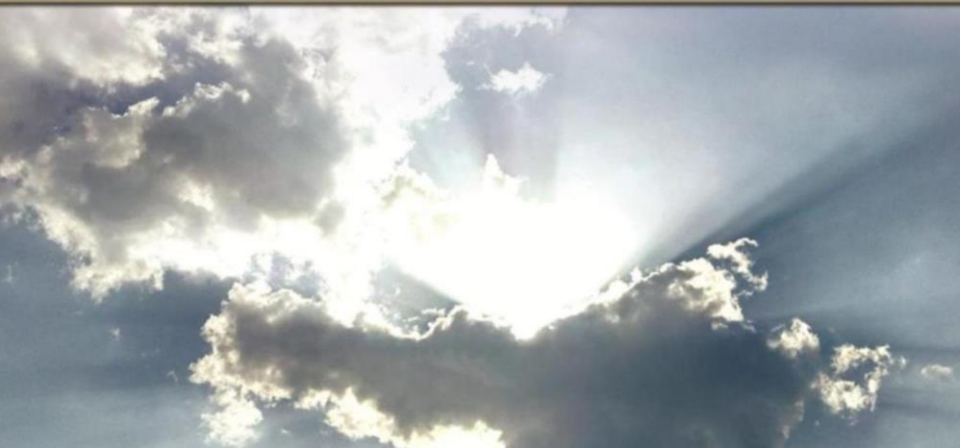
Thought for Rebel Spirit...



Compilation Of Thought Published Worldwide



Along With Up To The Minute Articles



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Nugget On Wings

Mr. Vikash Kumar

“ForeZorba”

About The Author

(Propounder of the “mind converting matter” in life since two decades)

Mr. Vikash Kumar, a mindfulness coach, is well known with the name “ForeZorba” in the field of management training through his various articles and columns along with consulting. His work as a Banker by occupying a Management position in a PSB (Govt. of India) has enabled him to work on his view of ‘train the trainer’. He is a voracious reader, ceaseless thinker and an ardent writer and in his restricted time, he uses his view to extend his help to maximum people. Following a disparate interest and having life flow towards helping intellectuals, he is into Development Consulting and a Strategist Counsellor.

At very tender age he was youth counselor in Bangalore and dealt successfully in relationship counselling. Where his clients used to come with an awe and goes with a wow. His level of humility is tremendous due to which he connects with people swiftly. ForeZorba features in various forums of astrology and meditation. His approach in remedial astrology with his theme of mind converting matter has been remarkably helpful to people. Where for healing people he took help from his area of interest which covers subject of Mathematics, Psychology, Astrology and Alternate Therapy.

His penned down thoughts has got place in various magazines across the world in the segment of personal development, corporate training, meditation, spirituality and astrology.

*To my beloved mother, who inspired
me always through thick and thin and
laid foundation in coming up
with this book.*

Acknowledgments

Whenever some work is visible, it contains the work of many who is in the foundation. This work is also one of them where many a one has contributed in my life so that I can come up with this book NOW (Nugget on Wings). I am thankful to that almighty, that put me in a situation where I was left with nothing but awakening and writing. My two friends have really helped in bringing this work out, one has motivated me reluctantly and another walked with me patiently till completion of task. I would like to acknowledge the sincere and diligent work of all volunteers and my coordinator too. I acknowledge the help of all the editors whose rejection, suggestion and blessings helped me always bring out the thought in pertinent ways.

I have made every effort to give credit to the contribution from various sources and the publishers, however, if something would have got missed then every effort will be made to include that in the next edition. Please bring to the attention of the author for omitted credentials. I acknowledge the work of book publisher too who demonstrated competencies in restrictions. I appreciate the readers who liked my articles and following majority from the USA, UK however spread in 82 countries.

Thanks to all!

(ओम् तत् सत्)

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Why this book?

Nugget On Wings is the book for intellectuals who thinks of transformation in life, work culture, society and pattern of dogmatic thinking. It readily connects with the new generation who possess some grey matter to see perplexing situation with different perspective, although we know now the world is becoming full of demonstratively arguing intellectuals with realization missing.

These articles were originally written for publication in the Health/Wellness/Learning & Development/Spiritual/Astrology magazines. With every article, the readers' likes and appreciation for author increased manifold. And today, ForeZorba has got associated with several Indian/International magazines/E-zines and upon their requests this book has been compiled and now is in your hand.

Most of these articles were fine tuned to suit the Magazine's style and taste. However, through this book, utmost care has been taken to offer the original flavors of ForeZorba's articles. Few articles in the book work on your personal growth, nurture your creative thinking, make one perceive the positive aspect of negativity, learn to let go of the ego. Articles on spirituality, religion, love, sex shall break the cemented thinking pattern of common beliefs, social stigmas and understand it with more clarity.

Few articles are laid down guidelines to understand feelings, relationships, to live a stress-free life, learn to effectively manage anger & time for leadership development. Astrology is ForeZorba's hobby, his informative articles on Astrology and Numerology are of

THROUGH THIS BOOK:

- Learn that Mind converts matter
- Learn the art of rebelliousness within rules and present boundaries
- Practice yoga & meditation for regular growth and wellbeing
- Thought provoking articles published worldwide
- Accomplish more with given restrictions
- Astrology is not only for mundane affair
- How to relate
- Practice book for controlling personal & professional issues

"I like the essence of articles by ForeZorba - the messages are very strong.."

Lisa Davies, More to Life

"The content and style of articles by ForeZorba make one aware of oneself and it prepares one mentally to accept things as they are and help to face situations as they come."

Dr. Avaradi SS, NIMHANS

"...they (articles of ForeZorba) are very interesting. Thank you for offering them to us and I wish you every success..."

Claire Williams, Paradigm Shift


"It's worth reading. They are inspiring & thought provoking as well as very informative. ForeZorba's articles make us to read more and help in changing the way we live life for making us happy."


Shrikrishna M, Health Vision

Mr. Vikash Kumar popularly known as "ForeZorba" is a Mindfulness Coach, who also trains people for development of Spiritual Quotient besides IQ & EQ. He conducts Meditation & Yoga classes which are liked by many as he gel it beautifully with Counselling. He has ample practice in Astrology & related segments. However, his recognition as an author through publication in magazines worldwide is surmountable. He has extended following base in the USA and UK besides other countries of the world.

To know more,

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