

Dr. Appu Kuttan and President Clinton



DR. APPU KUTTAN, the author, is a philanthropist, visionary, founder of cyber-learning, and an acclaimed global expert in management systems, digital education, development and empowerment. Dr. Kuttan has advised many world leaders: Clinton, Bush and Obama Administrations in the US, and Mr. Rajiv Gandhi on making India an IT power. He has mentored many including world tennis champions Andre Agassi and Monica Seles.

"An inspiration to all. I recommend him and his books."
-Justice V.R. Krishna Iyer



Happy Executive – A Systems Approach: Nurturing Mind, Body & Soul

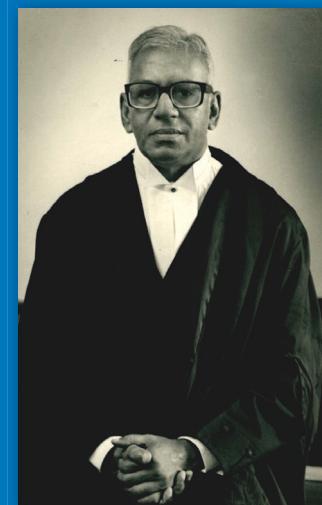
Happy Executive – A Systems Approach: Nurturing Mind, Body & Soul presents easy-to-follow pathways to happiness and success based on the lifetime of personal and professional experiences of Dr. Appu Kuttan in the USA, India, Venezuela, Mauritius and other countries. The best of the wisdom of the East and the West is combined in the book.

Dr. Kuttan's advice for a happy life is simple—nurture daily: your mind by thinking positively and creatively; your body by eating healthy and doing physical activities you enjoy; and your soul by being grateful, loving, caring, compassionate and helpful towards everyone.

He prescribes the Seven "P's" to success and happiness based on his lifetime of creating success and happiness for himself and others. Ten practical tips for happiness and a quick quiz to guide you on your own pathway to happiness are included.

The life story of Dr. Kuttan from his early years to his successful professional and philanthropic work is summarised, illustrating how he has developed and practiced the HAPPY EXECUTIVE concepts everyone can use daily.

The last chapter includes guiding suggestions to Indian leaders, executives and non-executives.



"You are helping to empower tomorrow's leaders. I salute you for your ongoing commitment." —**PRESIDENT BILL CLINTON**

HAPPY EXECUTIVE – A Systems Approach

DR. APPU KUTTAN

HAPPY EXECUTIVE

– A Systems Approach



NURTURING MIND, BODY & SOUL

**Dr. Appu Kuttan
Founder of Cyberlearning**

"An Inspiration to all." —JUSTICE V.R. KRISHNA IYER

START TODAY, FIND HAPPINESS, SEE GUIDE INSIDE