

**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**

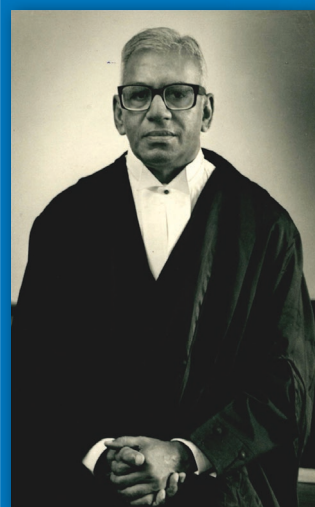
presents easy-to-follow pathways to happiness and success based on the lifetime of personal and professional experiences of Dr. Appu Kuttan in the USA, India, Venezuela, Mauritius and other countries. The best of the wisdom of the East and the West is combined in the book.

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.



**HAPPY EXECUTIVE — A Systems Approach**

**DR. APPU KUTTAN**

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

# 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**