

I am a man who has been through a lot of ups and downs in life. I have had my share of successes and failures, but I have always been able to come out on top. I have learned a lot from my experiences, and I am grateful for the lessons I have learned. I am a better person because of the challenges I have faced.

## KEYWORD

When we are born, we are born with a mind that is open to all possibilities. As we grow up, we learn to filter our thoughts through our experiences. We learn what is important and what is not. We learn to judge things based on our own experiences. This can lead us to believe that we know everything. But in reality, we are just a small part of the world. There is so much more to learn. I think that it is important to keep an open mind and to be willing to learn new things. Only then can we truly live life to the fullest.

It's been a year now since Nishant Mehta, a driven and successful player and coach, fell to his death while running across a highway accident in the Hospital bed. Mehta and his wife take away their experience. "My goal was to help people. Whether one became successful or not, whether they were rich or poor, it didn't matter," says Mehta. Considering he was a company called MindMatters, founded by himself and his wife, he left behind an extensive catalog of the book, *The Power of the Mind*, which is currently in its second edition.

It's almost a cliche for Mehta who had a tough time convincing people to buy his book, especially at first. They might not like the book, or they might not even like the author. But he did this research and developed some great insights of how and why people respond to certain situations. It took me a while to

convince myself that the book would sell. I had to believe in it myself before I could convince others.

Rajeshwari Sharma how he got to train management types and write a book, since then



# Mind Matters

get people to try and buy it. You know that 5,000 people have been benefited from my workshops," says Mehta.

A year is enough to see the results of Nishant Mehta's work. He believes that the success of Nishant was a result of his own personal growth and evolution. He believes that by applying what he has learned from his own personal development, he can help others to do the same. When you change your life, then it's good to start living them fully. That's what he's doing, while working. It's not only helping people succeed and succeed but also helps them become their best and most successful.

For the future and the writing, he goes on, moving along the road, he says he will be translating his previous book into English to more people. Mehta plans to release his second book, *The Power of the Mind*, which is currently in its second edition, in 2018. — *The Power of the Mind*, his second book, and the third one, called *Mind Management* — *The Power of the Mind*, is in the works.