

India born author's book selected for Honorable Mention list at the New York Book festival



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Press Release Summary: White Lies Dark Truth was selected for Honorable Mention list at the 2008 New York Book Festival (newyorkbookfestival.com) This book is the urgent needed of the society, especially our youth (teenagers and/or growing adults), where it is needed most.

Press Release Body: White Lies Dark Truth is a revolutionary guide to finding your inner voice, beyond the conditioning imposed on your thought processes since birth. The questions posed by **White Lies Dark Truth** are simple, but profound: Who are you? What are you living for? If you spend your life living for the good opinion of

society, you will end up angry, and disillusioned: you must find a way to release yourself from these false goals and judgments. With this self-help guide, you can explore methods of healing and understanding that will contribute to your overall well-being. By utilizing the wisdom the book carries, you will attain a profound sense of contentment and freedom, thereby loosening the psychological chains that society tightens around you. Open your mind to the truth of who you are with **White Lies Dark Truth**, and you will see everything differently – especially yourself.

Mony Singh, the author of White Lies Dark Truth says that when you heal yourself, you can help to heal society, which is infected by anger, hate, and negative emotions. Peace in this world can only be achieved by reprogramming our minds and souls; removing the social viruses we carry with us from childhood. **White Lies Dark Truth** allows you to troubleshoot your own life, to find your spirituality once more, and to move forward into peace and enlightenment.

The impact of the book is widespread: recently showcased at the 2008 ALAA Expo, a growing readership is proof of the book's powerful message. Critical acclaim for this unique self-help guide is growing stronger every day.

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To know more about the book, visit the books website at whiteliesdarktruth.com

Web Site: <http://www.whiteliesdarktruth.com>

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