

## Meera Gandhi Launches Her New Book '3 Tips' With India Tour

*~The book is a self-guidance and self-help work of literature offering a glimpse into the life of author who is dedicated to give back to the society~*

**India | XX December 2022:** Global philanthropist and author Ms Meera Gandhi kickstarts her India tour to launch her new book '3 Tips: The Essentials for Peace, Joy and Success' in Delhi and Mumbai, respectively. As the CEO of The Giving Back Foundation, Meera is dedicated towards various social causes offering support to people in need of guidance. Her new book highlights the importance of mental health and wellness while giving a sneak peek of her journey as a philanthropist and entrepreneur.

The launch set for **13th December 2022 at the Delhi Golf Club, from 7 pm to 9 pm**, will be hosted by Mr. Suhel Seth. The occasion is graced by guests including Ms. Ramola Bachan, Ms. Sunita and Mr. Nauhar Khan, and Ms. Shalini Arora Kochhar.

Next stop on the India tour will be Mumbai with the launch on 17<sup>th</sup> December 2022 at Jamaat Gallery. The event will be presented by Pravina and Jamal Mecklai.

3 Tips is a multi-media project that is a continuation of Meera's focus on creating quality content in the mental health, wellness and spirituality space. 3 Tips started as a series of short self-help videos on a major television network before transforming into an online phenomenon. The book covers about 52 topics on wellness with short, practical advice on ways to navigate them. The book further expands upon each of the Tips with a deeper insight into the topics.

Talking about her new book, **Ms. Meera Gandhi**, said, *"I am very thrilled to be in India to launch my book 3 Tips. The process of assimilating and learning has been exhilarating. So many of us often lose track of what's happening around us. It's imperative to be present and not let your mind wander too much, or you will lose track of what is happening around you. Learning from failure is how we grow. This book is a guide to becoming our best self. It covers mental health and wellness topics and breaks down complex issues into simple tips that anyone can pick up and implement into their lives."*

The inspiring manual is also a part-memoir which gives a glimpse into the lifestyle, world experiences, relationships and influences at the very tip of high society through the eyes of Meera, a philanthropic pioneer from a multi-cultural background. Meera will also be hosting booking reading sessions for her readers in India at the following venues:

Date	Venue	Time
<b>Delhi</b>		
12 <sup>th</sup> Dec	Constitutional Club of India	3-5pm
13 <sup>th</sup> Dec	Delhi Golf Club- Launch	7-9pm
14 <sup>th</sup> Dec	The Jindal Residence	4-6pm
15 <sup>th</sup> Dec	Café Turtle	6-8pm
<b>Mumbai</b>		
17 <sup>th</sup> Dec	Jamaat Gallery – Launch	7-9pm
18 <sup>th</sup> Dec	Title Waves	5-7pm
19 <sup>th</sup> Dec	Indian Merchants Chamber	3:30 – 5:30pm



**PRESS RELEASE**

20 <sup>th</sup> Dec	Crosswords Kemps Corner	5-7pm
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Website: <https://www.meeragandhi.com/>

**About Meera Gandhi**

Meera Teresa Gandhi, Founder and CEO of The Giving Back Foundation, learned the true value of giving back when she volunteered to teach at Ashadaan, a shelter for abandoned and differently-abled children run by Mother Teresa's Missionaries of Charity. Meera then had the opportunity to work and interact closely with Mother Teresa, through whom she truly understood the great joy of doing things beyond and outside the self. She has lived many roles in her life as a philanthropist, a mother, a businesswoman, a television show host, an author and a spiritual yogi. She believes that we are very much a part of the universal spirit, and we all must live in the ether flow that guides and propels us through our life journey!

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# 3 Tips by Meera Gandhi

## Brief on 3 Tips, Author and Foundation

### The 3 Tips Journey

3 Tips: The Essentials for Peace, Joy and Success by global philanthropist and the Founder of The Giving Back Foundation, Meera Gandhi covers several topics related to mental health and wellness.

The book breaks down complex issues into 3 simple tips for each subject which anyone can pick up and implement into their own lives. Anyone feeling lost or in need of guidance can easily dive into the many subjects covered and find themselves gently nudged into a direction that brings them a greater awareness and clarity of their present situation in the context of a greater spiritual perspective.

This book is a continuation of Meera's focus on creating highly accessible and practical resources in the mental health, wellness and spirituality space. In fact, supporting mental wellness initiatives is the third pillar of The Giving Back Foundation.

3 Tips originally appeared as a segment on Meera's B4U Network show, The Meera Gandhi Show, and later became a series of short format television vignettes in partnership with Times Network with the original episodes being broadcast on Times Now and Mirror Now in 2019. Since then, these episodes and newer ones have been routinely broadcast to Meera Gandhi's social media audience including her 2 million followers on Instagram.

This candid book not only mirrors the content of the show in that it covers 52 topics related to wellness with short, practical advice on how to navigate them, but also expands upon each of the Tips with a deeper insight into each topic and reveals the thought process, experiences, successes and mistakes that led to gaining the wisdom behind the insight of each Tip.

Find out more about 3 Tips on [www.3tips.org](http://www.3tips.org)



## Praise for the Book

Here is what some of Meera's friends and colleagues have said about the book

“The most beautiful moments in life are moments when you are expressing your joy, not when you are seeking it. Blessings in your endeavor to take this message to the world via this book.”

- **Sadhguru**

“Stunning candor and piercing details... An indelible portrait of an extraordinary woman and her incredible experiences.”

- **Kimberly and Steven Rockefeller, New York**

“Utterly constructive and infused with kindness, wisdom and unshrinking honesty, Meera Gandhi becomes your guide in this life-changing journey of improving yourself, 3 Tips at a time.”

- **Cherie Blair, London**

“Meera Gandhi's 3 Tips provides practical insights to readers to set out on the path of self discovery. Read it and set out on the journey.”

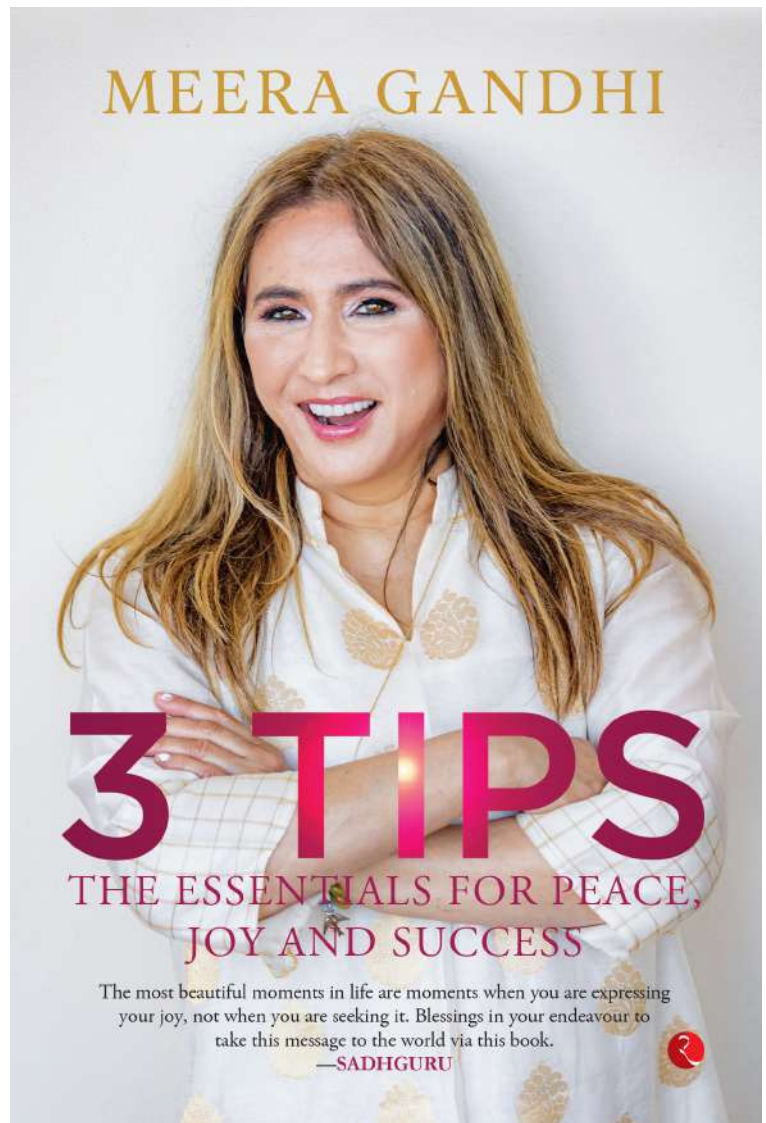
- **Shabana Azmi, Mumbai**

“This book is packed with incredible insights needed to enlighten your own life with inspiration.”

- **Maharaja Gajsingh Bapji, Jodhpur**

“Equal parts a heartfelt memoir and a pragmatic self-help book, 3 Tips is instantly iconic and utterly relatable.”

- **Kerry Kennedy, New York**



## About Meera Gandhi

Meera Teresa Gandhi is the daughter of an Irish mother and an Indian father. At the age of 16, she volunteered to teach at Ashadaan, a shelter for abandoned and differently-abled children run by Mother Teresa's Missionaries of Charity which proved to be the turning point in Meera's life.

Meera had the opportunity then to work and interact closely with Mother Teresa. This is when she truly understood the great joy in doing things that are beyond and outside of the self.

Meera has lived many roles in her life as a philanthropist, a mother, a businesswoman, a television show host, an author and spiritual yogi who believes that we are very much a part of the universal spirit and we all must live in the flow of the ether that guides and propels us through our life journey!

Meera is also a sponsor of the Woodstock Film Festival where she presents the Meera Gandhi Giving Back Award to a director, producer or actor who best delivers a message of social change and who has a strong compassion for philanthropy. Awardees have included Mark Ruffalo and Mira Nair.

She is also a recipient of the Ellis Island Medal of Honor (2015), Marc Anthony Maestro Cares Humanitarian Award (2016), Children's Hope Humanitarian Award (2013) and many more.

Find out more about Meera at [www.meeragandhi.com](http://www.meeragandhi.com) or her Instagram page @MeeraGandhiGBF



## The Giving Back Foundation

Uplifting and empowering young women and children, addressing mental health, illness, poverty and suffering are the primary activities of The Giving Back Foundation. It is a 501(c)(3) tax exempt entity registered in the USA.



The Giving Back Foundation is a permanent funding partner to the St Michael's School for Girls, New Delhi

**“We are to the universe only as much as we give back to it.” ~ Meera Gandhi, Founder and CEO, The Giving Back Foundation**

In order to bring her own motto to fruition, Meera Gandhi established The Giving Back Foundation in 2010, whose avowed aim is to act as a catalyst in creating a new generation of leaders and thinkers from poor urban and rural communities around the world. By supporting education, mental health and wellness, tackling malnutrition and illness and addressing the causes of poverty, we can empower and uplift people to be the agents of change in this process.

The Foundation also acts as a platform for positive dialogue and debate among young people to help promote positive social change. Spreading mindfulness and happiness also form an integral part of our overall mission.

Find out more about The Giving Back Foundation at [www.thegivingbackfoundation.net](http://www.thegivingbackfoundation.net)