



## **K.I.S.S.: 21 K.I.S.S. Techniques for a Simplified Life**

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**₹199    ISBN: 9788198523150**

Today with technology taking charge of human life completely, people have less patience, less human connections and live less and complicate things more. Simplest of simple things which can be so easily handled ends up being complicated because no one knows how to keep things simple. Whether it is saying no to what you don't want, or saying yes to what you want, or saying exactly what you feel, every single thing is complicated only because we don't know how to handle things, that is exactly the reason this book happened. By just doing a few things the way it is to be done, you can simplify your entire life, it sounds difficult to believe right, but that is exactly the point, just keep things simple and see how your life becomes simpler, peaceful and joyful. So dive into simplifying your life with this book!

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**Scene 1 You are Pregnant OR You are not Pregnant**

**Scene 2 What is Your Name?**

**Scene 3 Silent but not Silent**

**Scene 4 I Love My Black Dress**

**Scene 5 Hello, are You There.....**

**Scene 6 ISI (I and Solely I) Certification**

**Scene 7 Visit Titan Showroom**

**Scene 8 Mind Reading – No One has Mastered It Yet**

**Scene 9 Art of Saying NO**

**Scene 10 Expectation Free Efforts**

**Scene 11 There is Nothing Known as Trying...**

**Scene 12 My Favorite Shoes**

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**Scene 14 Shiv Pooja and Cat Tied to the Door**

**Scene 15 Respond or React – Choice is Yours**

**Scene 16 I Would have been a Doctor Today**

**Scene 17 Jhoot Bole Kauwa Kaate (if you lie, you will be bitten by a crow)**

**Scene 18 Wo Chaar Log (those four people)**

**Scene 19 Choose the Right Competition**

**Scene 20 Do You Love Yourself?**

**Scene 21 Gratitude is the Best Attitude**

**Putting It All Together**

**About the Author**

**Akshatha Karangutkar** is a human resources professional and lifelong learner in personal life, believes in learning and sharing, spreading joy. She loves interacting with people and making meaningful connections. People close to her acknowledge her to be positive and always smiling and someone who has a good sense of humour. There is no free lunch in life is what she strongly advocates and says all of us have to work hard and party harder, that is her mantra. She is also a strong advocate of self-care and writes and talks about why it is important for each one of us to take care of ourselves. You can never pour from an empty cup, so take care of yourself before you take care of others.

