



"The Millennium City Hermit "

Anuj Bajaj

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A chance discovery of an old scroll, written in a script his family had lost touch with a generation ago, changes Anuj's worldview and pushes him into an exciting quest. His perfectly normal life at home and work start to look different as he begins using his newly acquired lens – Trigunas, The Ayurveda for mind - a concept that is at once enduring and compelling. In this amazingly relatable book, Anuj takes you along in his journey. As you walk along, you will find yourselves in familiar situations and soon your lens will begin to change. He researches phases in life of Amitabh Bachchan, Mother Teresa and others. Your vision will turn clearer and perspective more nuanced. In an easy to read, unpretentious manner, Anuj invites you to assimilate this profound Asian concept. It has the power to leave you altered as it did many intellectuals, royals and explorers for centuries. You will wonder why you took so long. "I read Millennium City Hermit as a story and ended up with an actionable understanding of the concept of Trigunas."- Ranjan Malik, Innovation Specialist

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