

**MEDIA CONTACT:**

Eleanor Fishbourne - (512) 891-6100  
[efishbourne@greenleafbookgroup.com](mailto:efishbourne@greenleafbookgroup.com)

**FOR IMMEDIATE RELEASE**

***Notes for the Journey Within Hits The Wall Street Journal Best Seller List***

July 20th, 2023 (Austin, TX): *Notes for the Journey Within* (Greenleaf Book Group Press) by Gurudev Sri Sri Ravi Shankar debuted as #9 on the Wall Street Journal Hardcover Nonfiction bestseller list this week. In *Notes for the Journey Within: Essentials of the Art of Living*, Gurudev Sri Sri Ravi Shankar's extraordinary compilation of insights can help you on your journey within, to that all-encompassing love, joy, and peace at your core.

Renowned spiritual teacher, global humanitarian, and tireless advocate for peace Gurudev Sri Sri Ravi Shankar has changed the lives of millions of people around the world for the better. Yet many in the West have not been introduced to his profound and practical approach to living a spiritual life. This book will change that. In *Notes for the Journey Within* is a collection of those transcribed talks, spanning almost a decade. Gurudev's teachings can make a huge difference in how you live your life, interact with your family, friends, and coworkers, and understand your spiritual path and how you walk it.

Gurudev Sri Sri Ravi Shankar has changed the lives of millions around the world with his practical approach to personal transformation. An internationally recognized figure, Gurudev has appeared in TIME magazine, New York Times, Huffington Post, and CNN, among many others, and has been an invited speaker at venues including the United Nations, the European Parliament, the World Economic Forum, Harvard, MindValley, and TED. He has received over thirty-nine government awards, twenty-five honorary doctorates, and countless civilian awards.

**About Greenleaf Book Group:**

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**For more information or to schedule an interview with CEO Tanya Hall, contact Eleanor Fishbourne at [efishbourne@greenleafbookgroup.com](mailto:efishbourne@greenleafbookgroup.com) or 512-891-6100.**