



xprnz: A very rich source of personal but relatable experiences of the author about anger, parenting, karma, sex, materialism, management and ... of time or destruction of the world.

June Luna

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XPRNZ is simply a play of letters to describe all the experiences which I have been sharing through different spiritual topics about life in all the talks and in seminars I have been conducting for more than ten years now such Anger, Parenting, Karma, Shopping, Sex, Self Management and Leadership, Business, Politics and some my thoughts about Destruction or the End of the World. The book is written especially for readers who are thirsty for something to help them move on with their lives spiritually. The authors personal experiences related with each of the topic and shared in this book are all intended to guide and help the readers cope up with their day to day problems they encounter causing or putting them in constant bouts of sorrow and pain. The author is merely sharing his experiences in this book with sincere hope that the readers will be able to relate with their own experiences in different facets, stages and phases of life and be able to move on to a much happier, more peaceful and prosperous life. The ten topics in this book are more or less generic in nature. It means that most of us experience, one way or another how to be angry, become a father or mother to our children, how we are able to make both ends meet especially when we are in debt because we become victims of bad business decisions and misguided materialism. We can not also help sometimes to dip our fingers in politics and become affected by it. We also encounter marital relationship problems and fears of divorce or separation set in and we feel threatened and depressed because of our children's welfare and future are at stake. XPRNZ aims to help the readers to get out of this mess and web of undesirable complexities in life by relating, realizing, acknowledging and accepting the different challenges of life and help them look at the brighter and lighter side of each experience. The suggested adage or mantra of this book just to consider the everything that happened in the past, everything that is happening in the present time and everything that will and about to happen in the future is always good and beneficial if we learn how to look for the lessons, meaning and essence of each of our XPRNZ's or individual experiences.



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