



The OM Factor: A Woman's Spiritual Guide to Leadership

Alka Dhillon

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How can successful women flourish when they're caught in a never-ending battle of seemingly conflicting interests: ambitions to pursue demanding careers, dedication to home and family, desire for intellectual self-improvement, and yearning for fulfillment of emotional and spiritual needs? Alka Dhillon presents today's women with a unique program to integrate the disparate aspects of their lives into a harmonious whole. The OM Factor: A Woman's Spiritual Guide to Leadership provides seven essential tools and seven key character traits to cultivate for personal success and well-being. Women who develop their OM Factor benefit from engaging both immediate and long-term fixes to deal with stress and imbalance. The author describes seven "plug-and-play" tools designed to quickly deliver effective results in emotionally challenging situations. Recommendations for applying the tools are followed by ways to cultivate seven important traits to achieve a spiritual evolution. Each trait is accompanied by a corresponding yoga pose, including photographs and instructions, lending the reader a dynamic manifestation of the trait's essence. Alka Dhillon brings her years of success as a CEO and entrepreneur to help you discover your own roadmap to equilibrium. The OM Factor will help you to achieve internal fulfillment and engender your external success.

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