



My association with the S.P. Jain family started in 1956 and continues until this day. From the bottom of my heart I feel great love and respect for each and every member of the generations of the Jain family. I taught yoga to Bapsy's husband, Nitish Jain, when he was only four years old. Fifty-three years later, when Nitish's wife was introduced to me, I felt something inexplicable. When she gave me her book "Lucky Everyday" to read, I understood. This is one of the best books I have ever read in my life. I immediately offered to write an endorsement.

In my lifetime of experience I believe God has created women 90% good and 10% bad; but man is the opposite, 10% good and 90% bad. If we look back in history we see in our uncivilized civilization that women have been treated like second-class citizens. They have been tortured, hurt and abused, as if they were expendable, and never given a chance to show the 90% of their nature.

A long time ago at the end of one of my seminars, someone asked me: "Bikram, what is the most important thing in your life that has made you what you are today?" I answered: "All my life I have

have been influenced by powerful women, so I take care of women." I want every woman in the world to read Bapsy's book so they will understand and realize the 90% good they are made up of and they will learn to use it to transform their lives. They will accomplish mentally English Bulldog determination and physically Bengal Tiger strength. My guru said: "Never too bad, never too late, never too old, and never too sick to start from scratch again." When you go through good times in your life—don't get too excited, because bad times are coming. When you go through bad times—don't cry, because good times are coming soon. Life is like the waves in the ocean: one up, one down and two down create two up.

This book will help every human being in this world, men and women, to stay in balance. We have a saying in India: "The darkest place in the world is right under the lamp." Loyalty to self is the highest form of spiritualism. I wish Bapsy the greatest success in her life and many more books to come.

Sincerely,

Bipram Chudhry
Beverly Hills - 9.18.09.

Bikram Choudhury
President
BIKRAM'S YOGA COLLEGE OF INDIA
INTERNATIONAL HEADQUARTERS
1862 So. La Cienega Blvd.
Los Angeles, CA 90035

Bikram@Bikramyoga.com
Visit us at: <http://www.Bikramyoga.com>

