



The OM Factor
A Woman's Spiritual Guide to Leadership

Alka Dhillon

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Non-Fiction > Self Help; Mind, Body & Spirit

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'Alka eloquently shares how to bring spirituality in the business world by giving the tools and steps to the soul of leadership' **DEEPAK CHOPRA**

'It is designed for women; however, as a man, I found it spiritually invigorating and uplifting. I enthusiastically endorse Alka's *The OM Factor*' **DR WAYNE W. DYER**

Working women today are caught in a never-ending battle of seemingly conflicting interests: ambitions to pursue demanding careers, dedication towards home and family, desire for intellectual self-improvement, and yearning for fulfilment of emotional and spiritual needs. But acing the balancing act is easier said than done.

In *The OM Factor: A Woman's Spiritual Guide to Leadership*, CEO and successful entrepreneur Alka Dhillon creates a unique programme to integrate the disparate aspects of the lives of today's women into one harmonious whole.

A thorough guide to inner peace, the programme recommends seven key character traits that can be cultivated for personal success and well-being. Through meditation, chants, yoga and the healing power of gemstones, the book provides hands-on tools to help readers overcome negative emotions like stress, feelings of inadequacy, anxiety, anger and insecurity. Easy to incorporate into a busy lifestyle, the book is designed to quickly deliver effective results in emotionally challenging situations.

Alka Dhillon is the founder and Chief Executive Officer of Technalink Inc., one of the leading technology Companies in the Washington Metropolitan area. She is also committed to empowering youth to explore entrepreneurship and careers in science and technology. Dhillon has won numerous awards, including the 2012 BRAVA! Women Business Achievement Award presented by SmartCEO, Top 100 Women Leaders in STEM and the Abe Venable Legacy Award for Lifetime Achievement presented by the U. S. Department of Commerce's Minority Business Agency (MBDA).

For more information about *The OM Factor*, visit www.alkadhillon.com. She also contributes to *The Huffington Post* and blogs at her website *The Spiritual CEO*, www.thespiritualceo.com.