

The Road to Rediscovery Podcast

Show Notes

Season:	2
Episode:	9
Length:	42:18
Guest:	Kiran Bedi
Episode Summary:	Kiran Bedi had a solid career in the IT industry, and decided to forge a path to follow her heart and pursue HER dreams. She is now an Author, Content Creator, and Meditation Practitioner. She's just released her book, titled "Overcoming Fear and Failure - A practical guide for women who Overthink". In this episode, we chat about the book, and her inspiration behind writing it. We also talk about inspiration behind pursuing her heart's passion.
Questions (please note – these are not all the questions asked in the interview..)	<p>Depending on the topic of your content, do you find yourself emotionally immersed in your writings?</p> <p>Do you find your best work happens when you're emotionally immersed in your work, or when you take that cerebral approach; and very business-like?</p> <p>Some people's talent discoveries and gifts are manifested from low periods of darkness and despair. Do you feel that any of your gifts were a result of past suffering?</p>
Guest Media (i.e. Publications, Ted Talks, etc...)	Kiran's Book, " Overcoming Fear & Failure: A Practical Guide for Women who Overthink ", available on Amazon
Where/How to connect with Guest:	<p>LinkedIn: Kiran Bedi</p> <p>Follow Kiran's Blog</p>