

Ratanjit is...



*“Our worldly successes
are only given to us to create
a platform to add higher value
to our society.”*

- Ratanjit S. Sondhe

- The Founder & 34-year CEO
*of POLY-CARB, Inc., a science company
acquired by The Dow Chemical Company
in 2007*
- A Professional Speaker
Keynote Addresses, Lectures, & Workshops
- An Author, Writer, & Columnist
- A Radio & Television Personality
- A Consultant, Advisor, & Diplomat
- An Award-Winning American Success Story
- Internationally Renowned as “Mr. Stress-Free”
for his work on Living Stress-Free

Ratanjit
RATANJIT S. SONDHE

www.mrstressfree.com

Ratanjit

RATANJIT S. SONDHE



Testimonials:

*“Your message has changed my life.
You have a real gift
and the world needs you Ratanjit.”*

- Bill S.

*“After I started applying the principles
enunciated by Mr. Ratanjit in my
thoughts and action, I found relief
from the unbearable stress
I was going through. Thank you.”*

- Rakesh B.

“Eye opening!”

- Louise P.

*“Some of the concepts I have had inside
of my spirit for some time, it was really
amazing to have them confirmed. It is truly
life-changing and I am very eager to share
the concepts with some friends.”*

- Sharon E.

Ratanjit on Gratefulness:

*“Your gratefulness towards life
empowers you to change every hurdle
into an award-winning trophy.”*

About Ratanjit

Internationally renowned as Mr. Stress-Free, Ratanjit S. Sondhe is a professional speaker, author, radio and television personality, consultant, and was the founder and 34-year CEO of a material science company recently acquired by The Dow Chemical Company. He credits all of his worldly success and good fortune to realizing his place in the universe and unconditionally adding value to the bigger one—our society.

American Success Story

Be proud. Ratanjit is an American success story. He emigrated from India to the U.S. in 1968 with no more than a few dollars in his pocket to complete his Ph.D. studies in Polymer Chemistry. Instead, he soon became an entrepreneur, creating POLY-CARB, Inc. on a modern-style leadership paradigm in which team members are directed by the company’s mission statement, operating principles, and personal values.

Ratanjit’s Mission

Yes, a mission—a mission to give back. Having created tremendous wealth in business, his relationships and his family, and seeing the discontent, stress and depression so prevalent today, Ratanjit realized a desire to give back. And that’s what he is now doing. He has embarked on a mission to share what he has learned from his business experience, world travels, reading of countless books, attendance at many lectures and seminars, and most importantly, his interaction with family and friends. He has received international recognition and been honored with top awards from the NRI Institute, SALDEF, AIABG, Kent State University, The American Red Cross, and others.

The Causes of Stress and Frustrations

After many experiences, Ratanjit found that the cause is always the same—it’s because we become disconnected from the universal wisdom existing around us and right within us.

Reconnecting for Success and True Joy

Yes, you can get reconnected. You can share the benefits of this way of thinking and you can do it right now. The stories and information in Ratanjit’s lectures have helped countless people! Additionally, Ratanjit wrote *TEA: The Recipe for Stress-Free Living* and *The Secret of Our Ultimate Success*, a collection of 25 habits that are critical to achieving Stress-Free success. He broadcasts his international Stress-Free Living TV show, and for 19 years has hosted a weekly radio show and daily Quick Thought. Visit www.ratanjit.com for more info and tools.

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“The Power Is Within You.”

Professional Speaker

Keynote Addresses, Lectures, & Workshops

It's about the message. Thousands of speakers can get you motivated or excited for a few hours—or maybe even a few days. But how many can empower you with lasting impact? I'm talking about giving you one of those WOW moments—where everything just CLICKS—where what you realize makes so much sense that not only will you never forget it, you'll want to live your life with it and by it—not for a few days, weeks, or months—but for years—for the rest of your life! That's impact.

Ratanjit delivers an impact to make your event one to remember. He undoubtedly has a powerful presence. After meeting or hearing Ratanjit, most people are first amazed by his humble and powerful aura of kindness, love, and truth. And it's that presence that adds to his dynamic and captivating message, one that's been fine-tuned for decades in the real world and at countless keynote addresses, lectures, and workshops.

No one can bring the extraordinary blend of understanding, real-world business experience, vast knowledge base, and childlike spirit as Ratanjit can. He has successfully addressed large groups on dozens of topics, invoking phenomenal positive thoughts and actions and invigorating national and international audiences alike. Upon listening to Ratanjit, everyone in the room will feel the stress just lift away. It's this amazing impact that has led to Ratanjit being called "Mr. Stress-Free!"

International and National Organizations

American Red Cross, American Association of State Highway Transportation Officials (AASHTO), United Way, International Rotary Club, Kiwanis, and others.

Fortune 500 Companies

Stewart Title Agency, DOW Chemical, and others.

Professional Associations

International Society of Plastics Institute, Ohio Society of CPAs, Asian-Indian American Business Group, Business Association of Sikh Entrepreneurs, and others.

International Conferences & National Business Summits

EXIM Club's International Conference "Vision 2015," Beijing High-Tech Expo in China, Business Ownership Summit, PowerNetworking 2005, Weatherhead 100's Winner Circle, Ohio Urban University Economic Development Forum, and others.

Universities and Colleges

Case Western Reserve, PK College, Kent State, Michigan, and others.

Ratanjit

RATANJIT S. SONDHE



Ratanjit Shows You How and Inspires You to:

- Eliminate Stresses & Frustrations
- Realize Your True Freedom
- Maximize Your Potential
- Take Full Control of Your Life
- Break Free from the Chains that are Holding You Back
- Unveil Your True Passion in Life
- Discover Your True Self
- Reconnect for Success and True Joy
- Communicate to be Heard
- Make Quality a Way of Life
- Achieve Lasting Wealth & Success

Ratanjit on the True Answers:

*"All questions originate in the mind,
but the true answers always reside
in the heart."*

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Testimonials:

"This book provides uncommon insight into the task of business leadership. It reveals universal truths for empowered and resilient living, no matter who you are or what beliefs you hold. The key is tapping into Oneness, the source of inner wisdom that deeply connects us to the world around us."

*- Chris Laszlo, Associate Professor
Case Western Reserve University*

From bankruptcy to unbridled success...Ratanjit brings to life the values of Honesty, Integrity, and Trust in the Business world.

Through his story, he shows us that we are all connected and ONE with the Universe around us.

We learn that titles are not important...values are!

- Maya, Cleveland, OH

Leadership

"We cannot lead others until we lead ourselves first and we cannot lead ourselves until we know who we are.

The essential prerequisite for leading ourselves is to discover *who* in us should lead *what* in us."

Each of us inherently has a leader residing within us, yet for various reasons, we either hide from it and let others lead or we take on the characteristics and definitions of leadership and end up getting waylaid by the misunderstandings and distractions of leadership.

True leadership is borne from within, directly connected to the greater source/power residing within all of us. It's not about ego, fame, wealth, power, or control. It's about your direct and infinite connection to the bigger One, however you define it.

Seminars & Trainings, Presentations

Through his Highest Empowered Leadership Program (H.E.L.P.), Ratanjit has broken through the age-old paradigm of leadership via power, personality, and complicated theories and revealed the ultimate keys and principles for true and sustained leadership in today's world. Having trained CEO's, presidents and high-level managers around the world, his seminars completely dispel the myths about leadership and restructure and re-align our thinking about who we are, our true mission and purpose in life, and how to lead without the impediments of ego, fear, insecurities, greed, private agendas, and external pressures.

1-, 2-, and 3-day seminars provide participants a forum for learning who they truly are and how to implement true leadership at home, at work, in one's community, and the world at large.

A sought after speaker on leadership, Ratanjit captures audiences with his style, life experiences, and knowledge of life's inner dynamics. His refreshing take on leadership awakens people to a more expansive understanding and deeper appreciation of their innate capacities and gifts as leaders.

Leadership

is

an earned privilege.
never assigned.
an ego for most.
a mission for few.
a title for too many.
not a technique.
driven by knowledge.
practiced by example.
nurtured by compassion.
pioneered by vision.
founded on trust.
empowered by respect.
governed by character.
unpretentious.
uncompromising.
inner strength.

Leadership is a way of life.™

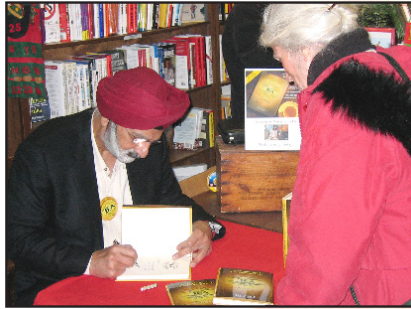
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Testimonials:

"In a very simple dialogue, "TEA" provides a life-changing recipe that frees us from the pains associated with worldly living and gives us the power to understand our purpose in this world!"

*- Dr. R. Chowdhury
Kent State University*

"Your book couldn't have come at a better time for me. I consumed it...perhaps too hungrily the first time. Now I want to go back to it, slowly, and from time to time, and drink of your TEA."

- S. Brown, U.S. Senator

"Awesome book! I fully endorse TEA as a student of Truth."

- John Van D.

"I just wanted to say thank you for describing in such easy to understand language what we all should know so clearly but need to be reminded. I will return to this periodically to remind me of what is important. THANK YOU!"

- Paul M.

"A remarkable book that I couldn't put down. It should be read again and again."

- Elizabeth R.

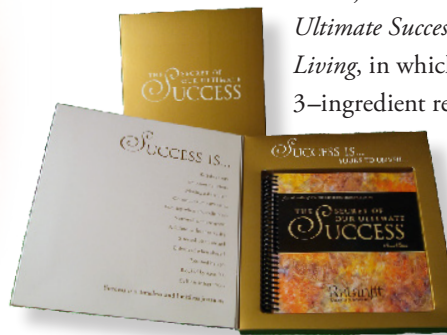
Author, Writer, and Columnist

Ratanjit puts his wisdom on paper. There is nothing like a hard copy book to preserve and archive the words that should be passed through generations. With the advent of the Internet and rush to go paperless, we must not forget the fact that once words and messages are printed on paper and bound, they can be shared anywhere and anytime... decades or even centuries from now! That's why Ratanjit now shares his wisdom through books and articles.

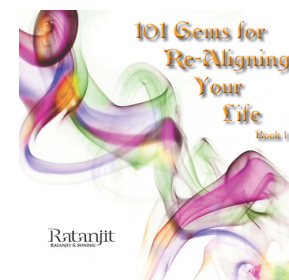
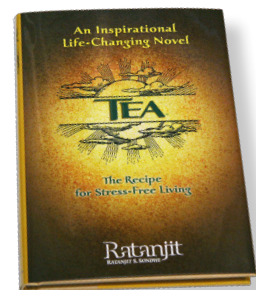
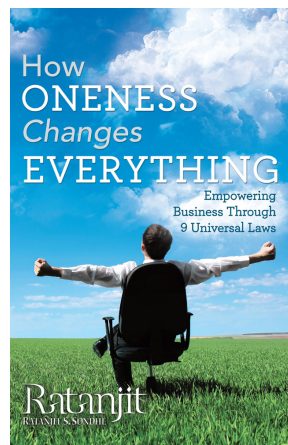
Ratanjit is an internationally renowned author, writer, and columnist. For years, his charming parables and captivating real-to-life stories have reached through the pages to touch the hearts, minds, and souls of his readers. Each is enjoyable, relatable, and easy to comprehend so that everyone—of any age—can share in this wisdom to create an empowering, joy-filled, and stress-free life!

Ratanjit has written several books: *The Secret of Our Ultimate Success*, *TEA: The Recipe for Stress-Free Living*, in which he brews a profound, yet simple 3-ingredient recipe using the letters in the word

T.E.A. as an acronym for how to live stress-free. His most recent books are *How Oneness Changes Everything: Empowering Business Through 9 Universal Laws* and *101 Gems for Re-Aligning Your Life*



Since 1995, he has written hundreds of quotes, many award-winning papers, and dozens of honored articles.



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Radio & Television Personality

On the Airwaves... With a charismatic personality, a quick wit, and the wherewithal to answer any question simply and intelligently, Ratanjit hosts his daily International Television Program, weekly Radio Program, and daily Quick Thoughts. All three programs are titled Stress-Free Living and highlight a different real-world problem or situation like success, wealth, motivation, luck, relationships, quality, and values.

Weekly Stress-Free Living Radio Program

A true inspiration each week, Ratanjit's one-hour Stress-Free Living Radio Program features timeless universal wisdom in a stimulating "east meets west" dynamic with co-host Ray Somich. The enlightening secrets each program reveals are remarkable! Stress-Free Living has been broadcast for 15 years on American radio, on cable television, and worldwide via the Internet. To date, there are more than 600 programs, some of which are available for purchase online.

Stress-Free Living International TV Program

The success of Ratanjit's radio program spawned the launch of Ratanjit's 30-minute television program, which has been seen in over 150 countries and is now aired daily on AASTHA Television.

In each television program, Ratanjit takes a more direct approach to answering viewers' questions, and he presents his stress-free perspective on topics requested by viewers around the world. In the United States, AASTHA Television is available via DIRECTV and Dish Network. For additional information visit: www.ratanjit.com.

Daily Stress-Free Living Quick Thoughts

Each and every weekday, Ratanjit invites you to take a break from your worldly stresses to help realign with your true self. In under 2 minutes, Ratanjit's highly focused and concentrated thought acts as a catalyst to restart the Stress-Free Living Way of Thinking in you. One listener said, "I wouldn't miss it. My day is not the same without this little blurb to get my mind going in the right direction. I wish more people would start their day in this mode." In fact, some listeners have gone so far as to say that Ratanjit's Stress-Free Living Quick Thoughts are the most valuable two minutes of their day!

**Sample Stress-Free Living Programs
are available online at www.mrstressfree.com.**

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Testimonials:

"Every word you spoke was in itself full of purity and wisdom."

- Sushil T.

"I am really impressed with your lectures on AASTHA TV. Whenever I listen to you, I think, yeah that's what I was thinking, but I couldn't express those things in words. You really present it in a great way."

- Manny J.

"I accidentally tuned in when your program was on. Since that day, I have never missed a show!"

- Jaspal S.

"I have watched great people making great presentations. I was impressed more with what I heard from you."

- Roma R.

"I am grateful to you for providing great insight and opening many a window to the human spirit. I hope you will continue to provide guidance to many."

- Dilip M.

"It is an exhilarating experience to listen to you. Thanks again for showing the path."

- Michael K.

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Testimonials:

"They call Ratanjit Mr. Stress-Free because he is exactly that. When I hear him speak, the stress just melts away; it's amazing!"

- John S.

"It's a new way of looking at life."

- Kathy G.

"Ratanjit's message is so thought-provoking... and yet simple at the same time.

A true treasure."

- Nicholas S.

"Try it - You'll like it."

- Frank P.

Ratanjit on Giving:

"Giving with expectations is like making a commitment for others without their consent."

"Mr. Stress-Free"

"Mr. Stress-Free!" Impossible? Guess again. Through hundreds of challenges and adversities as the founder and 34-year CEO of a material science company, a professional speaker, author, radio and television personality and consultant, Ratanjit S. Sondhe remains Stress-Free.

Upon the release of *TEA: The Recipe for Stress-Free Living*, Ratanjit quickly became recognized for his work on living stress-free. The inspiration for *TEA* came during his international television program when Ratanjit was asked how to deal with stress. Ratanjit's response was to simply have a cup of TEA—and the rest is history.

Ratanjit understands that hidden under the millions of stress-causing labels that society has placed on us, we are naturally stress-free. Stress is simply a mechanism, which is really a gift to our human systems, that puts us on alert that something unusual is happening. It's this natural response that gives us a burst of energy and the strength to handle any situation. The problem arises when we remain in this mode for extended periods of time, which happens easily in today's fast-paced society.

www.mrstressfree.com

To help, Ratanjit has created dozens of Stress-Relieving Tools available online at www.mrstressfree.com. You're invited to explore these tools, many of which are available for FREE, to help you live life as it was intended—STRESS-FREE!

Ratanjit recommends you start with Getting Your FREE Stress Profile. This is a quick, ten-question profile that will tell you all about your stress levels. You can also join his newsletter, listen to daily Quick Thoughts and audio programs, watch Stress-Free Living via Discoverhelp TV, and explore others tools, including:

- *TEA: The Recipe for Stress-Free Living*
- *The Secret of Our Ultimate Success*
- Motivational Quotes
- Podcasts for stress relief
- Stress-Free Living programs on topics like:
Abundance, Attitude, Cancer, Control, Dreams, Ego, Entrepreneurship, Excellence, Faith, Family, Fears & Failures, Focus, Freedom, Habits, Inner Strength, Intelligence, Luck, Motivation, Peace, Perspective, Potential, Quality, Relationships, Support, Values, and Wealth.

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Consultant, Advisor, and Diplomat

It's time to give back. In addition to serving as Chairman and CEO of POLY-CARB for 34 years, Ratanjit dedicates considerable time towards uniting our global community through economic development and service-oriented initiatives.

Ratanjit currently serves on executive boards and advisory councils for international business groups, privately held corporations, universities, and non-profit organizations including: Founder and Chair, Discoverhelp Foundation; Founder and Chair, Business Association of Sikh Entrepreneurs; Board Member, Kent State College of Technology; Urban League of Greater Cleveland; Cleveland Foundation; Founder, Asian Indian American Business Group; Chairman of the Board, Guru Nanek Foundation.

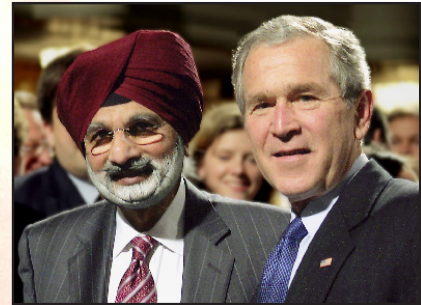
He was also credited as a founding father of the ground-breaking Multicultural Business Development Center (MBDC), a nationwide initiative between the National Urban League, the Kauffman Foundation, and the Business Roundtable that helps to develop new, culturally diverse business enterprises.

Internationally, Ratanjit has traveled as an Ambassador of Humanity, strengthening international commerce and trade relations between the United States and the countries of China and India. Additionally, he has led various trade delegations and has served as official Ambassador to India by the World Trade Center Cleveland.

Ratanjit makes himself available to speak to hundreds of thousands of people each year, is available for private and business consulting on a selective basis, and has created hundreds of Stress-Free Living training tools to spread his wisdom even when he can't be there in person.

Ratanjit

RATANJIT S. SONDHE



Testimonials:

"Ratanjit has demonstrated... terrific insight into the most complicated issues. He has the ability to differentiate between cause & effect and communicates in a most tactful and effective way. His contributions to the KSU College of Technology have manifested into the development of an effective vision and mission for the college. He is dynamic and when he speaks, people listen."

*- Dr. Richard Sabol
Kent State University
College of Technology
Advisory Board*

"...we are delighted to share your accomplishments with our community and show our heartfelt appreciation for your work."

*- Mirin K. Phool
President, SALDEF*

Ratanjit on Leadership:

"While taking credit may give you a seat on the team, giving credit to others makes you a leader."



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Testimonials:

"POLY-CARB let's you grow into the inner person that most companies hide. You are pushed by what is in you, not by commands of those above you. There are no chains or boundaries... His [Ratanjit's] human side is equal to that of his business side and neither will ever let you fail."

- Dan P.

"It is empowering to work with an organization where each team member can refer to and be guided by the company mission statement when facing challenging circumstances."

- Jonathan S.

Ratanjit on Winning:

"Winning is a losing proposition until you create a win-win situation for both parties."

Entrepreneur

Founder & CEO of POLY-CARB, Inc.

Business is about adding value. 35 years ago, Ratanjit S. Sondhe founded the global, multi-million dollar construction and road-building materials corporation POLY-CARB, a pioneer in the industry. Today, POLY-CARB is part of Dow Epoxy Systems, one of the most highly-respected material science companies in the world, manufacturing systems utilized by the United States Department of Defense, Interstate Highways, and in industrial and commercial applications throughout the U.S. and internationally.

After emigrating from India to the United States in 1968 with no more than a few dollars in his pocket, Ratanjit quickly found himself at home in America. He saw numerous opportunities for anyone willing to work hard, take risks, and operate on solid principles. He worked through many difficulties and structured POLY-CARB on a modern-style leadership paradigm in which there are no bosses or titles, and team members are directed by the company's mission statement, path, and operating principles.

Dedicated to the quality and value POLY-CARB provides, Ratanjit laid the foundation for its growth as Chairman and CEO, while serving as a consultant, advisor, and diplomat on many other boards.

POLY-CARB Mission Statement:

POLY-CARB's mission is to provide unparalleled Value, Performance, and Service—through every Thought, Action, and Endeavor—to our Team Members, Customers, Business Associates, Society, and our Environment.

POLY-CARB's Path:

POLY-CARB will achieve this mission by creating and sustaining an environment based on and driven by Truth & Truthful Living, which is conducive to total honesty, human dignity, and unconditional love, thus, encouraging personal growth, courage, team spirit and simultaneously cultivating, nurturing and elevating visionary boundless creativity that produces self-driven ethical leadership in each team member, thereby, continuously inducing and enhancing extraordinary Quality in every thought, action, product and endeavor, resulting in the innermost fulfillment for each team member, and, thus, positioning us to achieve our Mission.

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Quotes from Ratanjit

*“Adding value to others is a sure way
to add value to yourself.”*

*“Your mind gets cluttered
when it gets disconnected from your heart.”*

*“When love is a possession, it suffocates;
when it involves a sacrifice,
it becomes your inner strength.”*

*“No act is good or bad;
it is the intent behind the act, that makes it so.”*

*“Your children present a better reflection
of your habits than any mirror.”*

*“The world will judge you by your past performance,
but you should only judge yourself based on your plan
and vision to serve others unconditionally.”*

*“Creativity is elevated to the highest plateaus
when you get out of its way.”*

*“There is no room for complaints and miseries
when you are filled with utter gratefulness.”*

*“The path of success requires your continuous support
for the worthwhile causes that enrich society
and enhance your self-worth.”*

*“What you see, experience, and know
remains incomplete and erroneous until you
unveil the timeless truth within yourself.”*

Ratanjit

RATANJIT S. SONDBE



Testimonials:

*“Thank you very much Mr. Ratanjit.
May GOD bless you and give you
all the prosperity, health, and long life
to serve mankind with your ideas,
lectures, and the like.”*

*“I am amazed that his (Ratanjit’s)
lecture was so educational and entertaining
at the same time! The hour flew by.
His stories were charming and had such
a deep, positive message that they gave me chills.”*

*“Ratanjit can get to the core of the problem
and offer such a simple real-world solution
during each Stress-Free Living program.
I find myself buying copies for family
members and friends.”*

*“I am grateful to you for providing
great insight and opening many a window
to the human spirit. I hope you will continue
to provide guidance to many.”*

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Discoverhelp sales page

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Discoverhelp is different from other consulting and training companies in that it provides the tools you need to discover all the help that is around you and right within you. Instead of segregating you from all other entities, Discoverhelp unites you!

Discoverhelp's clear and singular focus is about helping you to achieve your total integration and becoming one, discovering help wherever it exists, and providing it wherever it is needed.

Contact:

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email@discoverhelp.com