

New Self-Help Book Release: The Third Vision: The Science Of Personal Transformation

Physician, entrepreneur and professor, Dr. Francis H. Vala is pleased to announce the release of his new self-help book, **The Third Vision: The science of personal transformation.**

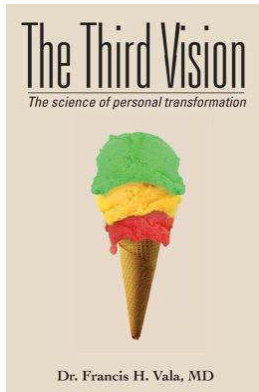
FOR IMMEDIATE RELEASE

May 30, 2013 - NEW YORK -- New Self-Help Book Release: The Third Vision: The Science Of Personal Transformation

Physician, entrepreneur and professor, Dr. Francis H. Vala is pleased to announce the release of his new self-help book, **The Third Vision: The science of personal transformation.**

This book introduces a new vision—a simple and comprehensive approach to understanding different aspects of humanity, and the complexities of this world, exemplified by a collection of extraordinary stories, and supported by a pile of science and evidence.

For thousands of years, humanity has been suffering from illnesses at individual, societal, and international levels. Anxiety, depression, prostitution, crime, and worldwide wars are only a few of these examples. Despite hundreds of spiritual, religious, and non-religious leaders, and in spite of tremendous advancements in science and technology, our collective problems are only growing. The question is why. What are we missing? The root of these problems points to one common element—not fully understanding the multidimensional human being. We cannot solve the dilemmas of humanity with the same mind that created them!



The book is intended to help the general population explore some of the most complex mysteries of our world and seemingly unsolvable problems created by mankind. It provides a fast track for personal and global transformation based on science and evidence, using a bio-psycho-socio-spiritual model. Many concepts have been borrowed from outstanding scientists, philosophers, researchers, teachers, and leaders in the past and present, and a few more have been added by

the author.

The Third Vision is available in print and ebook format.

Book Information:

The Third Vision: The science of personal transformation

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About The Author:

Dr. Francis Vala is a physician, social entrepreneur, teacher on the faculty of UBC, and most importantly, an inquisitive life-time student. Born in Iran, grown up in Greece, and now residing in Canada, Francis does not believe in true geographic borders, and considers himself a 'global' citizen. Dreaming of a better humanity and more peaceful planet, he wishes to promote global education and awareness all across the globe.

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