

Want to make the most of your life? Ask Milind Soman

Milind Soman, the supermodel, reveals his evolved side with amazing insights on managing boredom, staying healthy, challenging self and choosing happiness in life in Complete Wellbeing's July 2009 issue

Mumbai, Maharashtra, July 5, 2009 /[India PRwire](#)/ -- Milind Soman has been in the limelight for his looks, his physique, his relationships and his athletic ventures. The overwhelming consensus is that Milind is gifted when it comes to having a body to die for. He has been quoted for controversies, for tips on health, fitness and his love life.

But, in a rare and exclusive interview with *Complete Wellbeing* magazine, Milind Soman has spoken for the first time ever, not like a supermodel or a celebrity, but as an evolved, intelligent and matured human being.

In an answer to one of the questions Milind says, "The simple truth is that if you open your mind and take a good look inside of yourself, the world is too big, life is too intense and there are too many things to see and explore to ever be bored."

On happiness, Milind says, "Happiness is a transient emotion."

"Milind Soman's wisdom comes as a huge surprise. This is by far the best celebrity interview we have had. The man is truly a gem, inside-out," says Manoj Khatri, editor-publisher, *Complete Wellbeing*.

Milind also speaks about his closest relationships, his inspirations, health secrets and the challenges he faces.

Individuals like Milind Soman, surprise us and inspire us to learn from their experiences and replicate their success and sense of wellbeing.

Excerpt from Milind Soman's interview in Complete Wellbeing July 2009 issue:

How do you stay fit?

Fitness is not only the physical, but has an emotional and spiritual aspect as well. It was important for me to understand that there must be a strong connection between my physical, mental and spiritual energies. Healthy energies are maintained when I nurture my relationships with people who care about me, work on projects that I find stimulating and satisfying, and realise my place and my contribution in the larger scheme of the universe.

I find that a strong connection between all three energies is most easily developed when I push myself beyond my perceived physical and mental limits. This is the space where I feel no fatigue, where I feel I am flying—the space athletes call, 'being in the zone'. Getting here is not as difficult as you might imagine. You just need to choose your sport and go for it that's it!

For more insights from Milind Soman read the *Complete Wellbeing* July 2009 issue, out on stands now!

Notes to Editor

Complete Wellbeing is a unique magazine about living a happy life. It is a lifestyle magazine with a 360 degree view of wellbeing. The magazine is based on the concept that we are integrated individuals and there is a deep-rooted connection our emotions and our health.

The magazine features topics on Mind and Emotions, Health and Healing, Beauty, Fitness and Spirituality. For its content, *Complete Wellbeing* relies only on experienced and qualified professionals known for their expertise. *Complete Wellbeing* is published monthly and is available in 120 cities and also online on <http://completewellbeing.com/>. Celebrities that have graced the *Complete Wellbeing* cover include Shilpa Shetty [August 2008], Sachin Tendulkar [December 2008], Shah Rukh Khan [January 2009], Akshay Kumar [February 2009], Kajol [March 2009], Lara Dutta [April 2009] and Amitabh Bachchan [May 2009].

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