



The Monk of Lantau

by Mann Matharu

PRESS RELEASE

One man embarks on a life-changing journey, across Europe, Asia and the Far East, in the search for inner harmony in this stunning and reflective new fiction.

Everyone has a journey

The search for a meaningful existence is as universal as it is elusive. When obstacles to happiness and personal goals seem to riddle our horizons, where do we turn for answers?

Meet Matthew, an average Londoner, a family man, intent on the all-too-normal pursuit of making a better life for himself and his family. When an accident threatens to become the proverbial straw that breaks his back, Matthew finds himself at a crossroad in his life. In the

way the universe has of placing the right people in our lives at just the right time, Matthew happens upon a tale from an unlikely source, a tale of a man with mystical healing powers, someone Matthew can seek to restore balance and harmony to his life and heal his daughter, who is fighting for her own. As he traipses through Europe, the Middle East, India, and Asia in search of the healer, nothing about the beautiful, trying, and challenging outward journey compares to the progress he makes as he travels into the depths of his own being.

Inspired by both his Indian heritage and Sikh faith, Mann Matharu has crafted a beautiful and authentic tale of one person's path to achieving inner harmony, and balance, and hopes to encourage others to reflect on their own happiness, and that of their families, at a time when the world feels uncertain. Through Matthew's journey in, **The Monk of Lantau**, we are given the keys to finding the healer for ourselves as well as the understanding that we are all connected to each other and we are all marvellous and powerful creators of our own unique, stunning life stories.

About the author: Living in London, Mann Matharu is a qualified practitioner of Neuro-Linguistic Programming (NLP) and a Reiki Master Teacher. Through his work, Mann has helped many people overcome mental, physical and emotional barriers and has been widely recognised by various national and international organisations including an invitation to 10 Downing Street to meet the former Prime Minister, David Cameron in 2016. Currently his philanthropic projects include: Sikhs Online which was launched in 2008 with a view of bringing Sikh news and historical content into the mainstream media and Homeless 100, a self-funded initiative to provide food for the homeless in London. His debut novel, **The Monk of Lantau** by Mann Matharu (published by Clink Street Publishing 6th June 2017 RRP £7.99 paperback RRP £2.99 ebook) is available to purchase from online media including amazon.co.uk and to order from all good bookstores. For more information please visit <http://mannmatharu.com> and follow him on Twitter @MannMatharu

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