

The official guide to know
more about the Author and
the **BREAK FREE** Book

Saahil
MEHTA

MEDIA
KIT
2022

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The Author



There is nothing more paralyzing than feeling that no matter how hard you work, it's not enough; how much you try to be there for your family, it never works; and no matter how hard you wish to grow healthier, there is always something missing. This is Clutter- Shunned Confrontations-because of which you are always playing catch up with all sorts of clutter in your life.

Saahil's story begins with a similar backdrop, from overcoming the primal human fear of judgement and breaking free from self imposed limits to living his childhood dream of scaling world's tallest mountains, Saahil Mehta is the quintessential global entrepreneur turned advocate of the power of decluttering your life.

Imagine driving every day with a clear sense of purpose & focus, having thriving relationships with those who matter and boundless energy to pursue your dreams. This is what Saahil is passionate about helping YOU achieve!

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SPEAKING & APPEARANCES

SAAHIL HAS BEEN INVITED AS A KEYNOTE SPEAKER BY GLOBAL FIRMS LIKE

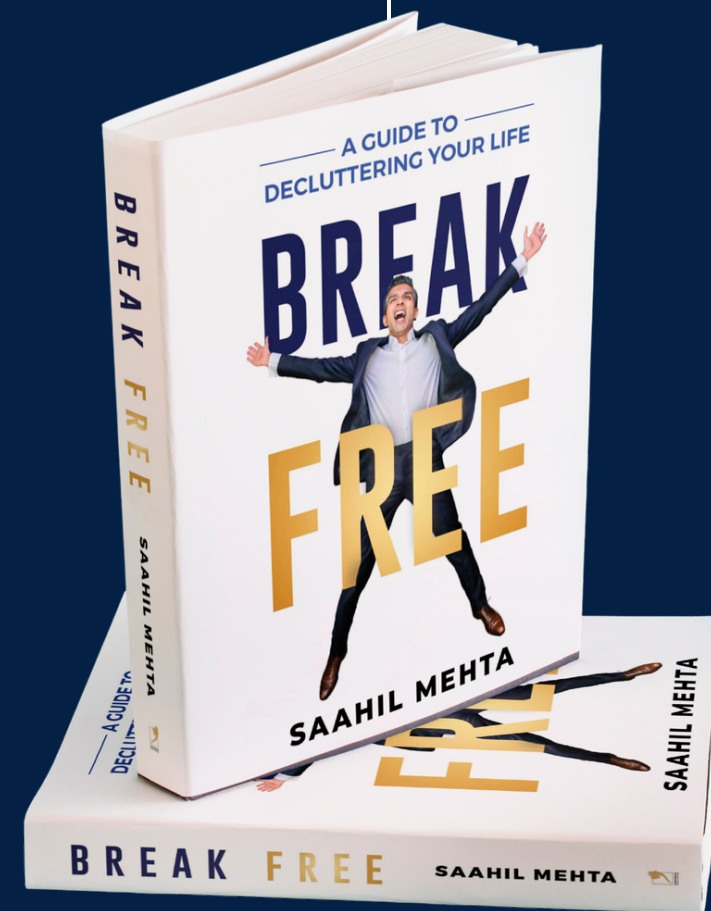


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The Book

With **BREAK FREE** Saahil Mehta helps leaders overcome their mental clutter by realizing any confrontational issues, and thus birth diamond grade clarity on their personal summits; through his signature four-step strategic decluttering process he helps them breakfree from their shackles of clutter to scale their summit faster.



- **Declutter your mind:** Start each day with high energy for maximum impact and learn tools to overcome your greatest challenge - you.
- **Declutter your body:** Learn different techniques to allow your body to work optimally for you rather than becoming a distraction.
- **Declutter your relationships:** Create stronger and deeper relationships by removing the clutter between you and some toxic people from your life.
- **Declutter your world:** Create space by removing things which no longer serve any functional purpose.

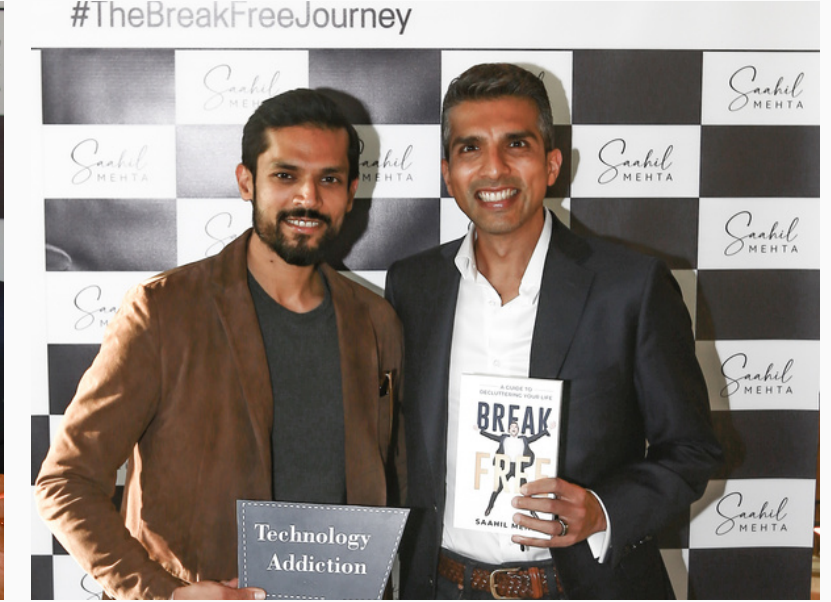
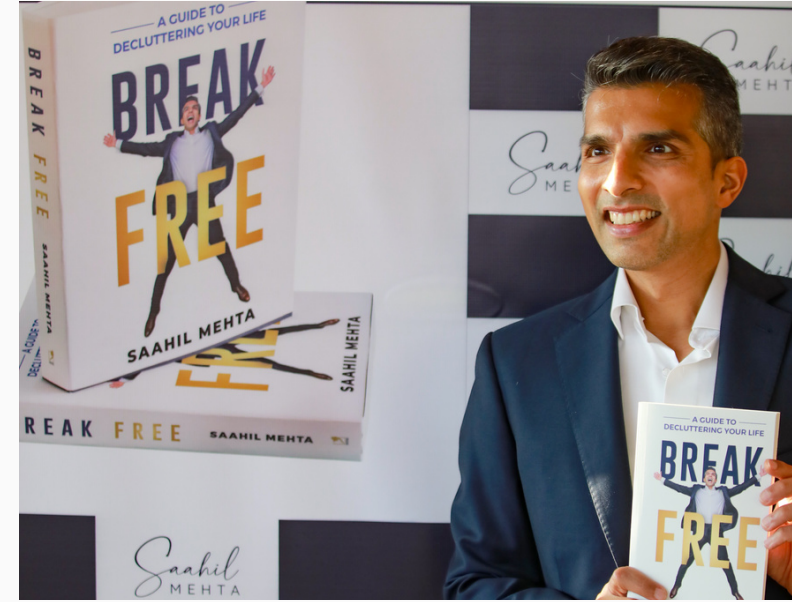
Synopsis

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BOOK LAUNCH AT KOKO BAY- DUBAI



USD 19.99
PASSIONPRENEUR PUBLISHING



PRAISE FOR THE BOOK



WARREN RUSTAND
CEO, Summit Capital
Consulting

Saahil offers us specific tools and choices which allow us to simplify our lives physically, materially, intellectually, and emotionally. This enables us to perform at a higher level.



MONA ATAYA
FOUNDER & CEO,
MUMZWORLD.COM

With each session, there were rich insights and learnings. Saahil has gone through a transformational journey that has upped his game as a professional, a husband, father, and human being. There are so many learnings in his journey that I have been able to take away and reapply.



WADIH HADAD
FOUNDER & CEO, THE BOX

Presentations are communication tools that can be used as demonstrations, lectures, speeches, reports, and more. It is mostly presented before an audience. It serves a variety of purposes, making presentations powerful tools for convincing and teaching.

PRAISE FOR THE BOOK



LINDA SAKR

FELLOW MOUNTAINEER &
HOLISTIC PSYCHOLOGIST

Saahil is truly an inspiration with his decluttering approach. Simple, straightforward, authentic & applicable. I would highly recommend his courses to anyone interested in personal development and committed to becoming the best version of themselves.



VISHNU TAIMNI

MANAGING DIRECTOR, PRINT
CATEGORY, HP MIDDLE EAST,
AFRICA AND EASTERN EUROPE

Very easy to understand and implement. Covered many aspects of decluttering. Decluttering of mind, body, and surrounding space. Overall, highly recommended.



OLIVIA MANNER

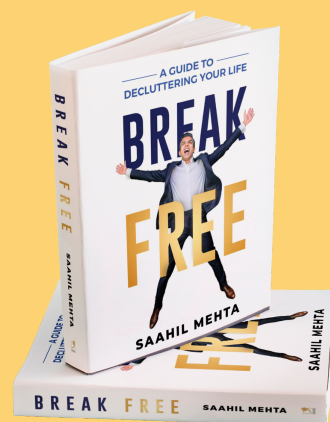
FOUNDER, HELLOCHEF.ME

Saahil's story and journey is inspirational. Being reminded that it actually takes very little to have a fulfilling and enjoyable life, and that accumulating things is rarely the solution for finding inner peace, was very valuable.

Who is Your No. 1 Priority?

You often talk about what is to be added in your life to progress, but often forget about what is to be removed which is preventing you from making progress. By the time you finish reading this, you will have the essential framework to start removing clutter from your life and overcome the mental overload. We often believe, when I make this much money, I will be happy. When I get that promotion, I will be happy. When I find a partner, I will be happy. Does the above sound familiar? In each case, it is a condition or circumstance that you have set on yourself in order to be happy. Why is it that we need to depend on external items to be happy? What if I told you that the physiological state of a human is to be happy? The choice is yours to be happy and content regardless of the external world. We are often looking in the wrong direction. I want to highlight three misconceptions in our lives today: Happiness lies in the external world. There is not enough time in the day.

Spending time with self is hard. Previously, when I had alone time, I would jump to my phone in order to make sure I was using time efficiently as being with my thoughts felt as if time was being wasted. I was very reactive and felt like the hamster on the wheel, running but not always clear on my direction.

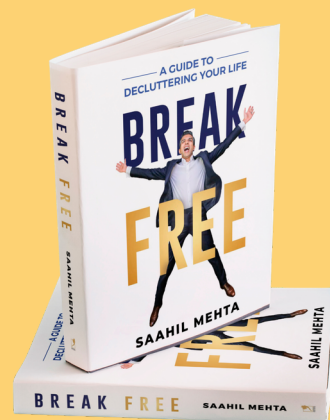


Book Excerpt

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Today my perspective has changed, and I long for the alone time on a daily basis to reflect which, ironically, has freed up time. How, you may ask. One word—*focus*. This has enabled me to be more proactive and have a better grip on my day. It is time to focus on self. When you have clutter in your life, whether physical or mental, it is basically like a ball and chain attached to your leg. The more of these you have, the more is the weight holding you down and preventing you from soaring. It is time to make yourself the No.1 priority. You spend so much time with yourself; imagine how much more amazing life can be if you improve that relationship with the self. So the question that you must ask yourself is, what do you want to attract in your life? This is why I am excited to provide the tools to declutter your life and remove the weight that you have been holding on for so long, which allows you to go back to your authentic self, a beautiful soul filled with compassion and love. I have come up with a simple methodology to help you start your journey to freedom and work towards finding your purpose. As you can see, the diagram below looks like an archery target where as you get close to the bull's-eye, the process goes from inwards to outwards. The four-step decluttering process to truly **BREAK FREE** from all that's holding you back from living your potential is highlighted below and I am sharing some insights about the art of decluttering the two most critical elements - your mind and your body:



Book Excerpt

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HOW TO DECLUTTER THE MIND

Our mind can lead us to greatness or inhibit us from it. But once we learn how to break free from the illusion of mental shackles we imprison ourselves in we will know. Small things like learning not to worry about the uncontrollable or forgiving yourself and others when there is nothing more to be done about the bygones can help you free up valuable mental real estate to be more and do more.



Book
Excerpt

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HOW TO DECLUTTER THE BODY

We often take our bodies for granted until the tipping point-and many a times it is indeed too late to pivot or recover. Let us become mindful of what we consume and nourish our bodies instead of burdening it. To nourish it better we must de-clutter or cleanse it first.

Being conscious of what you eat or fasting can help you start the declutter process and prime it for absorbing the required vitamins and minerals. Mind you, there is no better cleanse than a restful and rejuvenating sleep.

FINALLY, BREAKING FREE

As you progress on this decluttering journey, you will learn to live a more authentic and purposeful life, achieving results beyond your imagination.

Now you know happiness lies within you. Now you know there is ample time when you are focused. Now you know that you are your No.1 priority, what will your life look like when you BREAK FREE ?

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Suggested Conversation Themes

How did your journey begin?

What inspired you to write the book?

What tools do you use with your clients to help them BREAK FREE?

What advice would you give someone who wishes to declutter their life?

In the last few years did you ever feel like giving up?

Suggested Conversation Themes

How have your personal priorities changed after your journey of breaking free?

What inspired you to climb mountains?

What benefits can people achieve after reading your book?

How well have people around you adapted to your elevation?

What has been your greatest struggle in this journey?



BRINGING DIAMOND LEVEL CLARITY

to help you scale your
summit faster

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