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Asian author Dr Seamus Phan releases book "Private Window 1984: Confessions of a depressed soldier" based on his early years of depression, love, and faith

Asian author Dr Seamus Phan releases book "Private Window 1984: Confessions of a depressed soldier" based on his early years of depression, love, and faith. Seamus served as a private first class in the Singapore army for his national service, and ex...

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(PRWEB) December 26, 2004 -- Asian author Dr Seamus Phan, a noted professional speaker, meeting facilitator, journalist, commentator, and naturopathic philosopher, has launched his first literary book "Private Window 1984: Confessions of a depressed soldier". The book contains poems, prose, sonnets, and short writings, and talks about Seamus' times in the army during 1984, as well as his early years of unemployment and depression.

The book is a departure from Seamus' mainstay of book writing efforts. Seamus has written mostly technology, business leadership, and holistic health books. His most recent non-fiction book was "Dot Zen" (www.dotzen.com), co-authored with public relations practitioner Ter Hui Peng, based on a collective 30 years of experience between the authors. Dot Zen provides tips and techniques on business, marketing, sales, branding, human resource, and the Internet, with excerpts and wisdom from one of Buddhism's greatest scriptures, the Diamond Sutra (Vajra Prajna Paramita Sutra). The book has sold out its first print run and is now in its second print run.

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He also co-authored the bestselling "This Body This Life" (www.thisbodythislife.com) with younger brother and international bodybuilding champion CJ. This Body This Life is based on a collective 40 years of experience between the brothers, about how they conquered personal and medical challenges throughout life to emerge healthy and happy. The book provides insider's tips on dieting, nutrition, stretching, yoga, resistance training, and life extension (anti-aging). The book has been peer-reviewed by sports physicians, pharmacologists, martial artists, and top competitive athletes.

"I have written these short pieces since 1984 and despite that period of my life being one of my most depressing times, it became the foundation for my latter life, and helped me become more successful today," says Seamus Phan. "Unlike my earlier books, I have chosen to release the book through Lulu.com, which is a convenient and affordable platform for authors wishing to publish more experimental works."

For more information on the book, please visit www.window1984.com.

About author Dr Seamus Phan

Seamus is a consultant in vertical domains such as the Internet, Internet security, knowledge management, customer service, and high-tech marketing, with more than 17 years of professional and consulting experience. He is a keynote presenter, workshop and meeting facilitator, accredited journalist, and consultant to corporations, government agencies, and at events. He is a successful entrepreneur of information and services businesses. He has been involved in designing and delivering multi-million dollar training projects for clients, as well as re-engineering multinational corporations and practices in knowledge management, Internet, marketing and human resource development (HRD). He earned a doctorate in business (quality management), a doctorate of naturopathy by published work, and is an adjunct professor in media studies and sustainable development. He also conducted prior patent-pending biotech research in the areas of autoxidation. His credentials and portfolio can be found at www.KeynotePresenter.com.

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