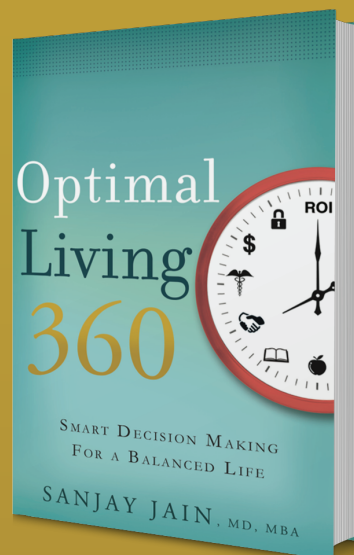




# SANJAY JAIN

## Life is an Investment

*Get the Maximum Return-On-Investment for an Optimized Life!*



Available February 2014

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### About Dr. Sanjay Jain, MD MBA

For young boomers, Generation X and Yers and younger, Sanjay Jain, at the age of 42, represents a new wave of thought leadership and expertise developed not only from his medical (MD) and financial (MBA) education, but also his life experiences.

Sanjay Jain is a US trained Board Certified physician, with over 15 years of clinical experience. Holding certifications in Diagnostic Radiology, Integrative Medicine and Healthcare Quality and Management, Sanjay has delivered talks both domestically and internationally.

He has diversified experience in this private practice, academic and HMO settings, and was a former assistant professor at The Ohio State University, where he also obtained his MBA at The Fisher School of Business. A graduate from the accelerated BS/MD program at The Northeast Ohio Medical University, Sanjay served on numerous committees at every level of his professional career.

He is a member of the American Roentgen Ray Society, American College of Sports Medicine, American College of Forensic Medicine, American Association of Integrative Medicine and American Institute for Healthcare Quality.

Life does not play favorites. There is no life's lottery. But that doesn't mean if you were born with nothing, you're destined to a life of mediocrity. Everyone has the same assets at the beginning. While some may have more of an asset, you can easily compensate if you invest your life currencies wisely. Find out how managing your life's currencies of time, energy, social and financial assets will provide you with the Optimal Life you seek!

Optimal Living 360: Smart Decision Making for a Balanced Life is a comprehensive self-help wellness book on 'steroids'. The book is unique in how it takes the key areas of your life and integrates them together—how if one area suffers, all areas suffer and how to ensure that does not happen.

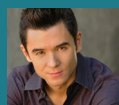
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“ Dr. Sanjay Jain expertly reframes the discussion of a well-rounded holistic life and will be a tonic for those trying to align the need for satisfaction with the realities of work and life. ”



**Keith Ferrazzi**  
Author, Relationship Master,  
Business Leader, Activist

“ No doubt about it – *Optimal Living 360* will give readers a great return on their investment. ”



**Dr. Michael Dow**  
author, psychotherapist and  
addiction recovery expert, Host  
of TLC's *Freaky Eaters*.

“ A whirlwind of advice in his comprehensive debut guide to health and well-being. ”



**Kirkus Reviews**

For more info about Sanjay, his new book, Optimal Living 360, or to book Sanjay for your next event, contact **614-307-4080** or **info@sanjayjainmd.com**



[www.sanjayjainmd.com](http://www.sanjayjainmd.com)