



# Vibrant: To Heal and Be Whole - From India to Oklahoma City

*R. Murali Krishna*

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With every life comes challenge. How we deal with challenge is central to a life well-lived. The human spirit is resilient. We can grow through pain and become whole again. Even vibrant. Renowned Oklahoma City Psychiatrist R. Murali Krishna, M.D., has witnessed the strength of the human spirit. Now in his 60s, he wants to share the defining moments along with the defining lessons of his life. He shares his greatest joys and his greatest sorrows. He poses tough questions and guides you through exercises to take ownership of your own happiness. Vibrant will help you claim your spirit and explore your inner strength. It is within each of us to be vibrant!

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