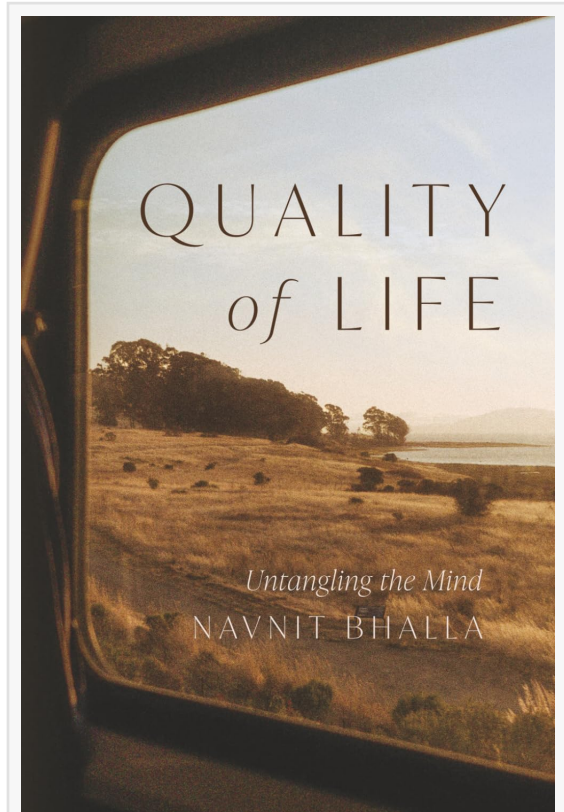


New Book Uses a Train Journey to Explore How the Quality of the Mind Shapes Everyday Life

Through talks between three strangers on a train, Navnit Bhalla considers how contemplative wisdom guides family, work, relationships, and responsibilities.

NEW YORK CITY, NY, UNITED STATES, August 27, 2026 /EINPresswire.com/ -- What truly determines the quality of a life? In *Quality of Life: Untangling the Mind*, author Navnit Bhalla explores this enduring question through a contemplative work of nonfiction structured around a train journey. With a foreword by Michael Papanek, the book uses conversation and philosophical reflection to consider how the quality of the mind shapes everyday experience.

Framed by a train journey spanning 39 chapters, *Quality of Life: Untangling the Mind* places three strangers together in a railway compartment, where an ordinary conversation gradually deepens into an exploration of attention, responsibility, suffering, contentment, relationships, wealth, and the mental habits that quietly influence daily life.



Quality of Life: Untangling the Mind by Navnit Bhalla

The train journey serves as the book's narrative framework rather than as an autobiographical account. As the travelers move from station to station, the reader is invited to occupy an implied "fourth seat" in the compartment, listening as questions emerge, assumptions are examined, and different perspectives are considered.

Rather than presenting rigid doctrines or quick solutions, the book allows its ideas to unfold through dialogue, contemplative inquiry, and philosophical reflection.

"Most of us watch our bodies closely now. Steps, sleep, heart rate. The mind gets far less attention, though it decides how all of it is experienced," Bhalla said. "I wrote this for people managing jobs and families, not for people on retreat."

At the center of the book is a simple proposition: the quality of life depends upon the quality of the mind. Through conversations grounded in recognizable experiences, Bhalla considers how developing awareness, compassion, and thoughtful reflection can influence the way people understand themselves, their relationships, and the circumstances of everyday life.

The book's conversational structure makes these questions accessible without reducing them to prescriptions or formulas. Readers interested in mindfulness, philosophy, psychology, ethics, practical wisdom, and reflective nonfiction will find a work designed to encourage consideration rather than provide predetermined answers.

It is intended both for readers already familiar with contemplative ideas and for those encountering these questions for the first time.

Navnit Bhalla writes as a householder rather than as a monastic or professional teacher. For more than twenty years, his Vipassana practice in the tradition of S. N. Goenka has unfolded alongside family life, work, extensive travel, and volunteer service in hospital spiritual care.

He founded Full Distance Press to publish thoughtful books that invite reflection rather than urgency. *Quality of Life: Untangling the Mind* is the imprint's first title.

A second book, *The Daily Dhamma: Finding Your Calm in a Noisy World*, with a foreword by Gil Fronsdal, is scheduled for October 2026. He lives in California.

PUBLICATION INFORMATION

Quality of Life: Untangling the Mind

By Navnit Bhalla

Foreword by Michael Papanek

Published July 28, 2026, by Full Distance Press

Paperback ISBN: 978-1-972630-00-6

Available in paperback through Amazon and booksellers, and as a Kindle ebook. Available to the trade through Ingram at standard wholesale discount, returnable.

Developmental Editor: Taylor Plimpton — author of *Notes from the Night* and contributor to *The New Yorker* and *Tricycle: The Buddhist Review*

Foreword: Michael Papanek — leadership consultant and co-author of *From Breakdown to Breakthrough*

ABOUT FULL DISTANCE PRESS

Full Distance Press publishes thoughtful books that invite reflection rather than urgency. *Quality of Life: Untangling the Mind* is its first title.

The book is available at:

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<https://www.amazon.com/dp/B0H6GV3Z1G>

For review copies, interview requests, or additional information, please contact:

Navnit Bhalla

BrightKey PR

press@fulldistancepress.com

This press release can be viewed online at: <https://www.einpresswire.com/article/937635645>

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