



Obama Karma: Lessons on Living Inspired by the 44th President

Russell Razzaque

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President Barack Obama is one of the calmest, coolest and most compelling political figures in modern times. Dealt a grueling first term of wars, recession, and bitter partisan attacks, he has remained even-tempered, level-headed, and downright Zen.

Obama's appeal runs even deeper than the revolution his ethnicity represents. His rare combination of inner peace and outer passion, his mix of realism and idealism, are qualities that have made him an iconic figure around the globe. Extraordinary emotional intelligence is perhaps the prime quality that has drawn Barack Obama's supporters to him through thick and thin.

In *Obama Karma*, Russell Razzaque analyzes key moments in the life of our forty-fourth president that reveal his depth and self-awareness, especially when confronted with challenges. While temperament is largely inherited, emotional intelligence can be learned. Through simple exercises included in the book readers can learn to improve their own life skills and interpersonal relationships.

Finally, *Obama Karma* helps make the case for the re-election of Barack Obama on the basis of his extraordinary leadership in a singular time in history.

Russell Razzaque, PhD, has been a practicing psychiatrist for over fifteen years. His most recent book *Human Being to Human Bomb* was a psychological examination of suicide bombers. He is an attending psychiatrist across several mental health and addiction treatment centers in London. Razzaque has contributed to *The Wall Street Journal*, *USA Today*, *The Guardian*, *The Telegraph*, and *The Independent*.

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