

Farah



BESTSELLING AUTHOR
SPEAKER
YOGI
BAKER



About Farah

*"We choose our lives for
the lessons we will learn."*

~ Meher

Farah, who is of Parsi origin, was born in London, but raised in North India, where she was educated at a Catholic convent in a historic Muslim city, surrounded by Hindu mythology. She is a British national with an Indian heart. She has embraced the different facets of her identity, and considers herself a citizen of the world, with the ability to straddle different cultures and geographies with ease.

She works in the banking industry, where she started as a trainee aged eighteen in London, having built her career over the span of thirty-plus years across continents.

In her personal life, following the untimely loss of her mother, Farah, struggling to reconcile the mysteries of life and death, embarked on an inward quest to find the strength to overcome the traumatic family tragedy and other significant life challenges. Through self-healing practices ranging from baking to yoga, Farah was able to find a positive conduit to channel her loss and pain, finally arriving at a place of equanimity.

Farah is based in Dubai where she has lived for the last two decades. She has two adult children, who are embarking on their life journeys. In her spare time, Farah is an avid baker and dreams of owning a cafe one day. Her other passion is Yoga, and she can often be found on the mat, at a class across Dubai.

Why Book Farah

With the struggle(s) facing many of us in our day-to-day lives, we search for a particular solution to help improve our well-being. In *Meher and Me*, Farah ideally informs someone facing their struggles how to take the steps necessary for a better tomorrow. Learn more now about how to feature bestselling *Meher and Me*, interview Farah, or invite Farah to speak at your event.

SUGGESTED INTERVIEW DISCUSSION TOPICS

- *Meher & Me*, a new inspiring mother-daughter memoir presents how to overcome hardship, loss, heartache and emerge stronger from each experience.
- *We choose our lives for the lessons we will learn*. How each life lesson can teach you to overcome tragedy and harness inner strength to find meaning in life. New inspiring mother-daughter memoir *Meher & Me* presents a tale of an unconventional life and courage developed through a combination of nature, nurture, and skills acquired along the way.
- A heartwarming mother-daughter relationship memoir, *Meher & Me*, describes some of the situational lessons one is supposed to have 'chosen' throughout life's journey and how to learn from them.

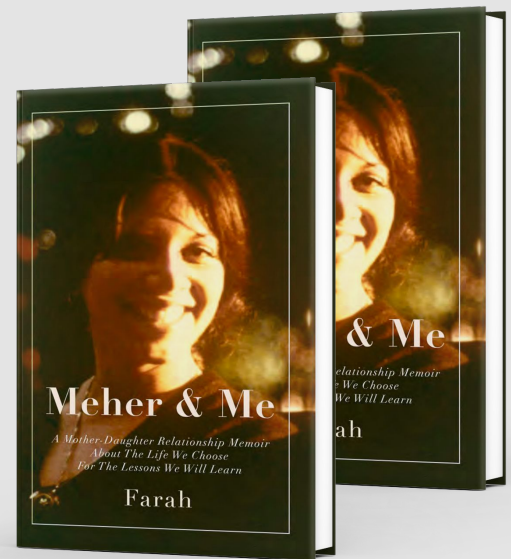
SUGGESTED INTERVIEW DISCUSSION QUESTIONS

- Farah, you have an impressive cross-cultural background. You are of Parsi origin, was born in London, raised in North India, and educated at a Catholic convent in a historic Muslim city, surrounded by Hindu mythology. You hold a British passport but have an Indian heart. How did you embrace the different facets of your identity? Do you consider yourself a citizen of the world?
- February 28th, 2006 was a day you will never forget. It was the day that a phone call shook your world. How did the day go prior to the phone call? Where were you? With whom? What prompted you not to leave your phone on silent mode that day?

- How was your experience between the moment you received the news that your mother had been shot and when you arrived at the hospital? Do you remember anything?
- Whilst logic might dictate that most people don't survive a gunshot, how did you feel when you arrived at the hospital? Can you describe it for us? Did you fear your mother could potentially die at any moment?
- Your mother used to say that: "*We choose our lives for the lessons we will learn.*" a concept that you have often struggled with. Have you been able to overcome the hardship, the loss, the heartache and emerge stronger from each experience? Do you now believe that there was some truth in it when you look back and reflect on your life journey?
- In your book, you mention that It was difficult to accept that you could have 'chosen' to have your mother shot, your father abandon you or your stepfather reject you. How did you deal with such displacement and fear of rejection? Have you come to terms with the saying your mother taught you?
- How was your relationship with your mother throughout your life? Do you feel she continues to watch over you?
- There is an ancient Parsi maxim "Humata, Hukata, Huvarashta" which means "Good Thoughts, Good Words, Good Deeds". Can you tell us how this maxim has impacted your life and why?
- You struggled to reconcile the mysteries of life and death, and embarked on a journey inward to find the strength to overcome the harrowing tragedy, harnessing your inner strength to find meaning in your life, which ultimately brought you to that place of equanimity you sought. Baking and Yoga represented the most important activities during your grief and healing process. Can you tell us about your healing process? How did writing the book impact your healing journey?
- What is the biggest takeaway from *Meher & Me* that you wish readers to learn? Where can people learn more about you and buy the book?

Meher & Me

*A Mother-Daughter Relationship Memoir
About The Life We Choose For The
Lessons We Will Learn*



***A Tale of an Unconventional Life and Courage Developed
Through a Combination of Nature, Nurture, and Skills Acquired Along the Way.***

My mother, Meher, believed that we choose our lives for the lessons we will learn. These lessons flow into each of our lives for us to find a way to develop our innate emotional strength. There are no common methods or modalities for dealing with life's challenges as they arise, and so we all struggle until we discover our own unique blend of tools to navigate the journey.

Meher & Me describes some of the situational lessons I am supposed to have 'chosen', which I have had to learn to deal with. One such lesson started with a phone call in the middle of the night that shook my world. "Your mother has been shot. We are taking her to hospital. You have to come home. Come quickly."

In this bestselling Mother-Daughter Relationship Memoir, I share my struggles to reconcile the mysteries of life and death, and as I looked back, it was difficult to accept that I would have wished to be displaced as a child, or could have 'chosen' to have my father abandon me and my stepfather reject me. Would I really have picked a life where my mother was shot?

Reeling from the magnitude of what transpired, I embarked on a journey inward to find the strength to overcome the harrowing tragedy, harnessing my inner strength to find meaning in my life, which ultimately brought me to a place of equanimity I sought.

I hope that by sharing my memories of this life and the lessons it has dealt me, I will leave you with something you can take from my journey and use in your own life.

For my mother Meher, who continues to watch over me.

Meher & Me



TITLE – Meher & Me

SUBTITLE – A Mother-Daughter Relationship Memoir About The Life We Choose For The Lessons We Will Learn

TAGLINE – A Tale of an Unconventional Life and Courage Developed Through a Combination of Nature, Nurture, and Skills Acquired Along the Way.

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