

HAVE YOU EVER FELT UNCERTAIN ABOUT WHERE YOUR LIFE IS HEADED?



AVAILABLE
JULY 14,
2026

Maybe it happened after a relationship ended, during a period of financial or health challenges, or while you were trying to make sense of your next chapter—searching for clarity and coming up empty.

Today, information is everywhere. Knowledge is expanding faster than ever, and no one can possibly keep up with it all. Yet wisdom is different. While the world around us constantly shifts—the people, the circumstances, the pace of life—the fundamental principles of wisdom remain remarkably steady. What guided people centuries ago still holds meaning today.

In this insightful and engaging book, Perry Atwal offers a fresh perspective by blending timeless wisdom with personal experience. The result is a practical, modern guide to becoming wiser in everyday life. From love and relationships to health, learning, money, spirituality, and leadership, Perry explores a wide range of topics through real-world stories, thoughtful insights, and reflective exercises designed to deepen understanding.

Drawing on his experiences living and working across multiple continents and industries, Perry reveals the enduring patterns that shape our choices and influence our lives.

In a world defined by rapid change and uncertainty, this book serves as a grounding reminder of what truly matters—and what has always worked. No matter where you are on your journey, you'll discover meaningful insights and lasting wisdom within these pages.

Are you ready to think differently, live more intentionally, and grow wiser?

ABOUT THE AUTHOR



PERRY ATWAL has been a lecturer with the Sauder School of Business at the University of British Columbia in Vancouver, Canada, since 2007. During this time, he has taught over twenty thousand students at all levels, including undergraduates, masters, and executives. He has consulted, led projects, and taught professionals in numerous industries, such as banking, transportation, health care, real estate, engineering, insurance, education, automotive, and pharmaceuticals. His outstanding teaching has stretched to guest lecturing around the world, including stints at New York University and Shanghai Jiao Tong University.

As a versatile, impactful, and respected teacher, Perry has taught courses in many subjects, including negotiation, human resources, strategy, change management, decision-making, leadership, entrepreneurship, labour negotiations, marketing, performance management, and management boot camps. His infectious energy, passion, and commitment towards students have resulted in winning several teaching awards, as voted for by peers.

Prior to moving to Canada, Perry was with the US investment bank Morgan Stanley in London, Hong Kong, and New York. He has consulted with Deutsche Bank, Credit Suisse First Boston, and Barclays Capital, and worked with ICI Paint in Europe.

Perry lives in Vancouver with his wife and two children and can often be seen engaging in his favorite hobby of taking extralong walks. He is an avid soccer fan and tries to watch and play as often as possible.

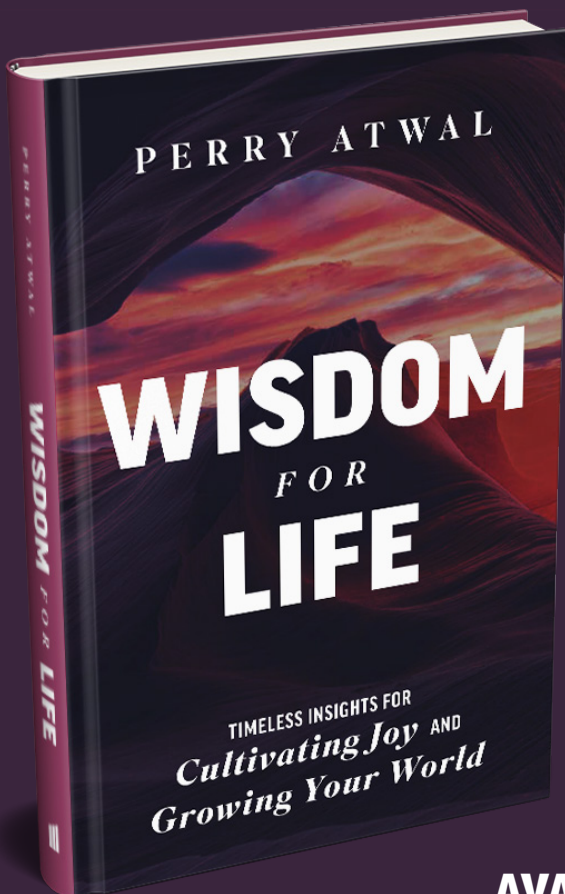
Praise for *Wisdom for Life*

“Providing an easy-to-use framework for decision-making, Perry Atwal’s *Wisdom for Life* is a modern and useful guide that allows us to optimize the choices we make as we proceed within our own life journey.”

—GARY SAXTON, FORMER US ARMY INFANTRY OFFICER, BUSINESS EXECUTIVE, AND AUTHOR OF *100 MARATHONS AFTER 50: A RUNNER’S JOURNEY OF DISCOVERY, PERFORMANCE, AND GROWTH*

“Perry Atwal’s book is perfect for gaining insight into life’s complexities. What better way to become wiser than by learning from others? As world travelers and appreciators of world cultures, both Perry and I have acquired knowledge from all walks of life to share with others on their life’s journey. *Wisdom for Life* is your pocket of gold to get you through life’s challenges with ease.”

—ORIT RAMLER, EXECUTIVE COACH AND AUTHOR OF *THE BOX OF LIFE: A GUIDE TO LIVING WITH PURPOSE AND PRESERVING WHAT MATTERS MOST*



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Available everywhere books are sold. Distributed by Amplify Publishing and Ingram.

ISBN: 979-8-89138-861-1
\$29.95 US / \$39.95 CAN
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