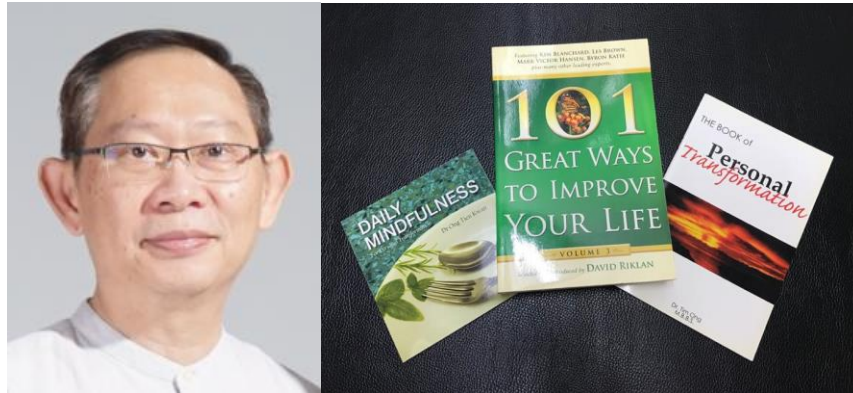


## Biodata - Dr. Ong Tien Kwan



Dr. Ong graduated from University Malaya in 1989 with MBBS. He is presently practicing as a general practitioner in Bandar Sungai Long.

Dr. Ong has been active in Buddhist work. He was the founding President of **Sungai Long Buddhist Society**, which started in 1996 and was formally registered in 2006. He was also the founding President of the **Maha Karuna Compassionate Home** in Taman Midah (Cheras) which houses the old and the destitute.

Before the Covid-19 pandemic, Dr. Ong was giving regular dhamma talks in Bandar Sungai Long and the Klang Valley.

Dr. Ong believes strongly in the benefits of meditation. He has been meditating since 1993. He has also written a book called “Meditation: Tool for Transformation” which is available in e-book format.

He has authored several books on Dhamma-based personal transformation in e-book format. Two of them – ***The Book of Personal Transformation*** and ***Daily Mindfulness for Personal Transformation*** – are available in printed form.

He was a contributing author to “***101 Great Ways to Improve Your Life – Volume 3***“, together with other contributing authors like Byron Katie, Mark Victor Hansen, Les Brown and Ken Blanchard.

Dr. Ong is the webmaster of the **TransformationWork.com** website. In addition, he also gives talks and conduct workshops on Dhamma-based self-improvement, mind science and spirituality.