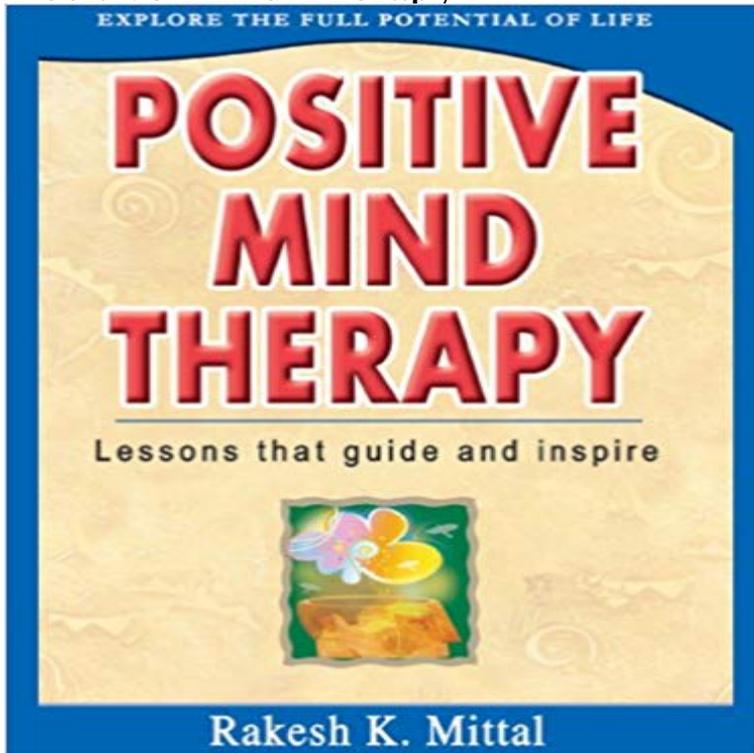


Positive Mind Therapy



The common concept of humanity revolves round the personality of an individual and that too is often narrowed down to the physical person which is objective and perceivable as an essential tool for social behaviour. But what lies under this exterior is a whole mass of emotions, responses and reactions which activate the physical personality or else the external form is nothing but a mass of dead and inert matter. These two layers of the human personality are clearly discernible even to an outsider. But there is a subtler undercurrent of ideas, thoughts and impressions which serve as a causative layer to the internal personality and from which the emotions responses and reactions arise. In this book, the author has compiled his feelings and experiences at the causative layer depicting how every event of life is a step towards evolution. Mr. Mittal graduated from the University of Rookee in Mechanical Engineering in the year 1970. He had a brilliant academic career. After serving for a few years as an Engineer, Mr Mittal joined the Indian Administration Service in the year 1975. He is widely travelled and has a clear and practical approach in spiritual matters. In the year 2000, he attended the World Peace Summit at the UN as a member of the Indian delegation. Through a silent and sincere person from childhood, Mr Mittals spiritual sprouting began in 1980. His mission in life is to develop positive thinking in our society so that the world becomes a better place to live in. He has written several books on the positive thinking in English and Hindi.

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