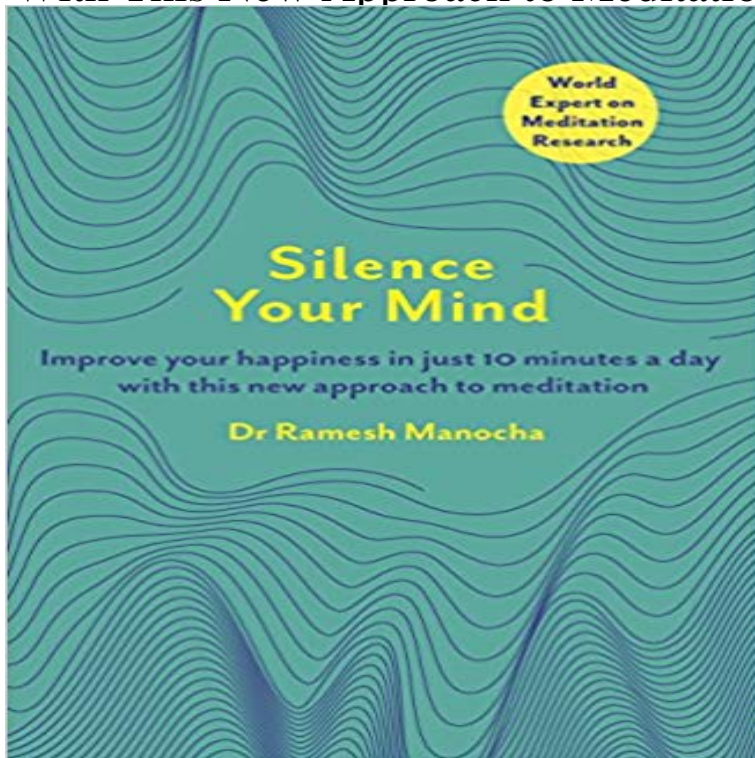


Silence Your Mind: Improve Your Happiness in Just 10 Minutes a Day With This New Approach to Meditation



Can't sleep because your thoughts won't switch off? Ever walked into a room to get something, only to realise you've forgotten what you were looking for? Does a constant stream of unnecessary chatter run through your head? Do you wish you could stop that mental noise whenever you wanted to? SILENCE YOUR MIND offers a completely new approach to meditation that will help recharge your mental batteries and leave you feeling more positive, dynamic and wholly engaged with the world. Dr Ramesh Manocha is a pioneer of meditation and provides simple and effective 10-minute techniques for everyone's daily routine. In clear and easy-to-understand terms, Dr Manocha draws upon extensive new scientific research, fusing Western society's concepts of creative flow and mindfulness with the ancient authentic Eastern idea of inner stillness, to reveal the benefits that meditation brings to your mental and physical self.

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