



## Brain Meditation: For True Productivity Serenity (Paperback)

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By Anura Guruge

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Brain meditation will make you more productive, more content and most of all to be blessed with a sense of serenity that you will come to cherish! As such this book will change your life fundamentally and forever for the better. It does so by changing the way you interact with the most important organ in your body - your brain. This book, written as a self-help guide, will enable you to establish a very empowering, but at the same time very soothing, oneness with your brain. You will come to regard your brain as your best friend for life. That is good since if you think about it, you are your brain and your brain is you! This book will urge you to think . Brain meditation , the title of this book, is achieved by means of thinking - all meditation, in the end, being a function of the mind. This meditation despite these lofty outcomes is, however, not difficult to practice. It probably is the easiest of self-help programs you have ever encountered. You do not...



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*This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.*

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