



## Mind Calm: The Modern-Day Meditation Technique that Gives You 'Peace with Mind'

By Sandy Newbigging

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Mind Calm: The Modern-Day Meditation Technique that Gives You 'Peace with Mind', Sandy Newbigging, Welcome to the meditation technique that you've been looking for. With Mind Calm you will learn how to let go of the constant chatter in your mind, gain clarity, perform at your best, worry less, heal faster, sleep better, improve relationships, and feel more calm, confident and content - whenever you want. In this remarkable book, Sandy C. Newbigging gives you a masterclass in the mind and how to meditate using his highly effective and enjoyable Mind Calm meditation. He reveals the eye-opening insights that sit at the heart of his approach; including the main hidden causes of a busy mind, the 'peace with mind' miracle, why there's more to life than you think, and how there is a silent solution to any problem - all brought together brilliantly with a 10-part programme that ultimately proves that the secret to success is stillness. Discover first-hand the peaceful presence of your own being, feel the power of the present moment, and be amazed by how still your mind can be.

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