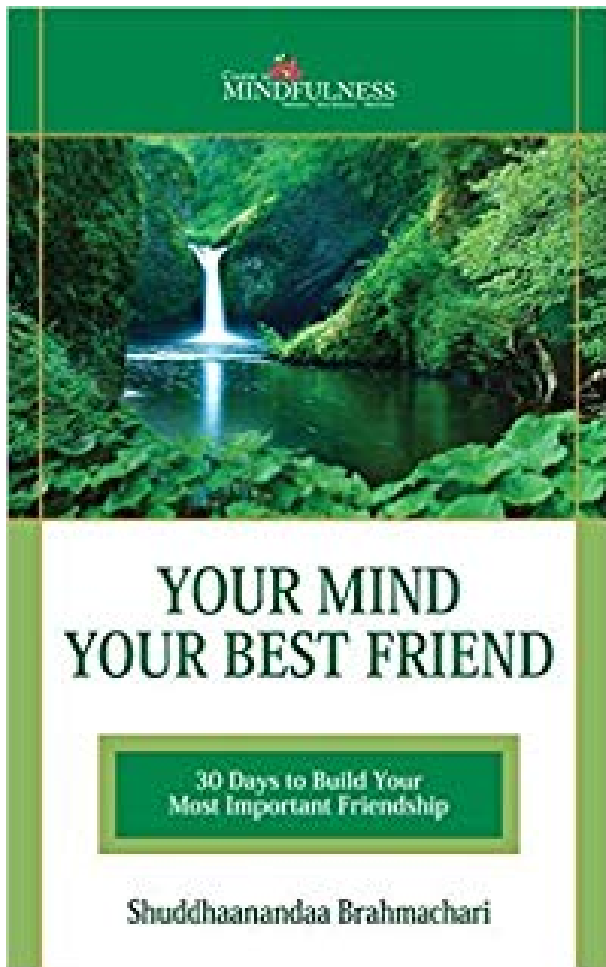


Your Mind Your Best Friend: 30 Days to Build Your Most Important Friendship



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Note: Alternate-Cover Edition for ASIN: B00N5CLBAS Your Mind Your Best Friend: 30 Days To Build Your Most Important Friendship (formerly titled Making Your Mind Your Best Friend) is an updated wonderful manual on the art of living. It teaches us how to develop the most important relationship in our life - friendship with our own mind, our true, natural Self. In our pursuit of success, peace and happiness, we seek outside help when we face huge hurdles. But we forget that the source of all happiness and peace in life is in our own mind rooted to the Spirit within. As the poet says, mind is the place where a man can make heaven out of hell and hell out of heaven. In this inspirational book that comes out of 40 years of practice of meditation by the author, you will read 30 ons and 30 meditational practices that will transform your life forever. It is essentially a handbook, a manual that will guide you through all the unpredictabilities of life through self empowerment and self transformation.