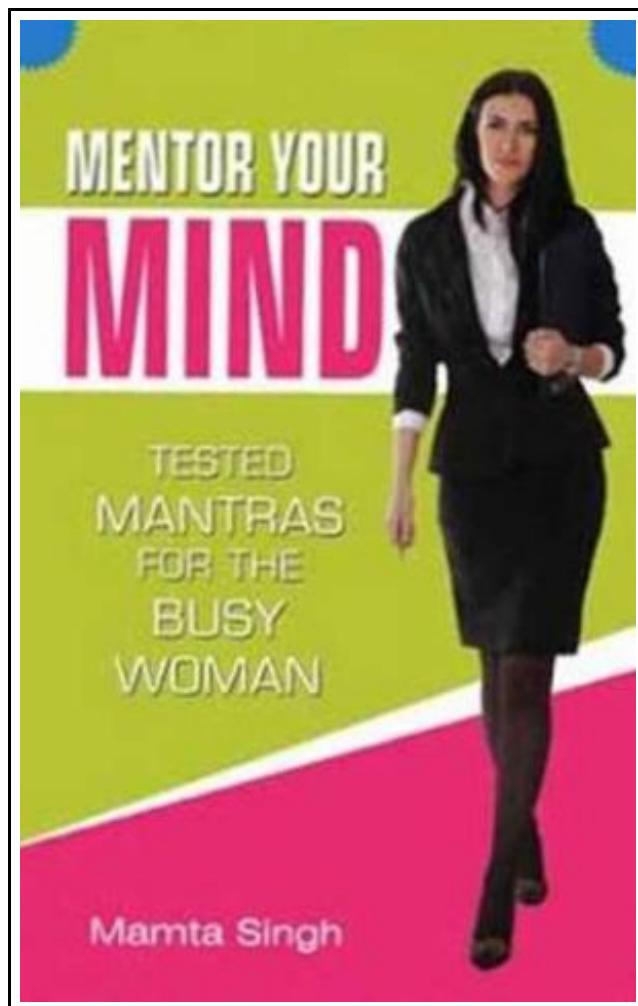


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Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Mentor Your Mind: Tested Mantras for the Busy Woman, Mamta Singh, For the urban woman, keeping a healthy body is essential, yet it is not enough. Each one of us knows of people who despite having been 'physically fit' have succumbed to diseases. This requires detoxification of mind, body and soul. To be able to achieve this, 'mentoring' your own mind, is the key. This book focuses on the cause-effect relation of mental health, through a mix of what is easily fathomable and achievable by the busy urban woman, without having to set precious time aside marked for keeping mentally, emotionally and spiritually healthy. These include: Everyday practice tips and activities; Daily activities built into urban living schedules; Techniques to easy meditation; and, Guidelines on practical community service. The book addresses 6 mental maladies, 6 emotional afflictions and 7 spiritual self-service techniques that urban women are commonly confronted with, through: 3 self-evaluation questionnaires; 13 easy-to-follow step-wise action flowcharts and diagrams; 20 mentoring schedules; and, 6 explanatory tables.

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