



## How to Quiet Your Mind Relax and Silence the Voice of Your Mind Today

By Marc Allen

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 92 pages. Dimensions: 7.8in. x 4.8in. x 0.4in. Bestseller - Hundreds of Copies Sold Each Month! Is an inner dialog always going on inside you, preventing you from getting things done, making clear decisions, and concentrating on tasks that need to be done Are you a student How often do you sit down to complete some important assignment, only to suddenly find something else (of far lesser importance) to attend to How many times have you, in your adult life, been faced with some task or resolved to learn some new creative skill only to set it aside for some menial activity with no deadline or value At the end of the day, have you ever asked yourself, Why did I do that Why did I waste so much time Are you looking to stop this Are you looking for simple ways to quiet your inner voice that you can implement right now If you are, this book is for you! In How to Quiet the Mind: Relax and Silence the Voice of Your Mind, Today! you will learn about techniques to quiet this inner voice, relax,...



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