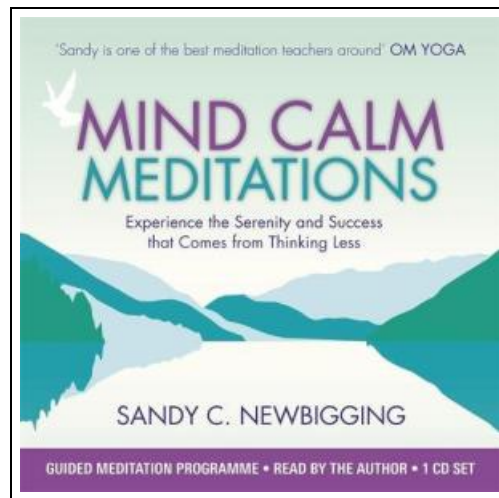


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(Marlin Bergstrom)*

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Hay House UK Ltd, United Kingdom, 2014. CD-Audio. Condition: New. Unabridged edition. Language: English . Brand New. Sandy Newbigging s MIND CALM technique is the modern-day 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 in daily life. This collection of meditations is perfect for first time and experienced meditators, and those who have previously benefited from Sandy s original MIND CALM book and want to further their practice. Using unique brain wave music, these guided meditations nurture the development of key mental states including calm, clarity and presence. Discover first-hand the serenity and success that comes from thinking less. Tracklisting 1. The Silent Solution 2. The Peace with Mind Miracle 3. Quick Start: Get Mind Calm Now 4. How to do a Mind Calm Sitting 5. Complete Guided Mind Calm Sitting 6. Quick Intro: Focused Mind Calm Sitzings 7. Connection Mind Calm Sitting 8. Power Mind Calm Sitting 9. Joy Mind Calm Sitting 10. Peace Mind Calm Sitting 11. Love Mind Calm Sitting 12. Truth Mind Calm Sitting 13. Clarity Mind Calm Sitting 14. Wisdom Mind Calm Sitting 15. Oneness Mind Calm Sitting 16. Presence Mind Calm Sitting.



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