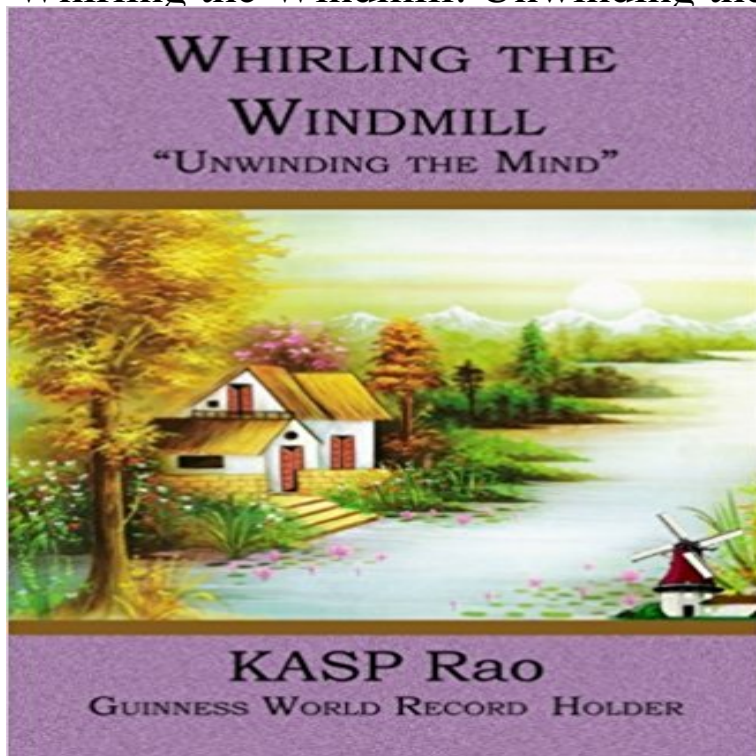


Whirling the Windmill: Unwinding the Mind



This book is not another run of the mill. Hypnotist and psychologist Kasp Rao brings out a revolutionary way of dealing with life's uncertainties. Those with suicidal thoughts can find curative and realistic alternatives to get back on track and regain lost hope. Teenagers can learn how to go beyond the stress and unsteady emotions of adolescence and ease more calmly into adulthood. While visiting the deep forest villages of western India, Rao was inspired by the uninterrupted happiness he witnessed in the ordinary lives of the tribal people. Convinced that humans could control their negative emotions by streamlining their thought processes, he started to explore panaceas for mental conflicts. In clear, lucid prose, Rao shows readers how to visualize where they would like to be in life in order to attain the contentment they seek. Sensational in style and content, Whirling the Windmill-Unwinding the Mind focuses on the positive, affirms self-worth and taps into sustainable happiness.

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