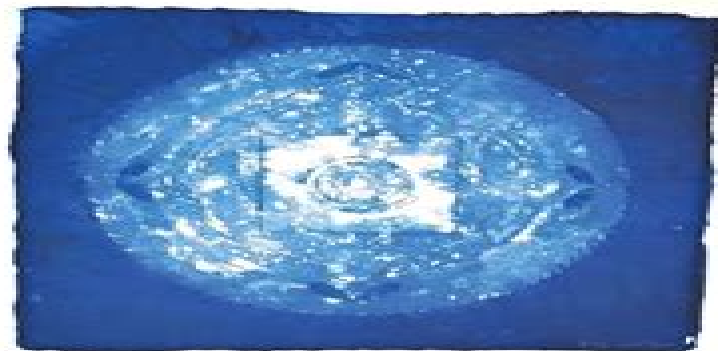


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MARK EPSTEIN, M.D.

With a New Preface by the Author
Foreword by the Dalai Lama

Thoughts Without A Thinker

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book are writer s own and he is sharing them with the public only after experimenting with them and got the positive result It is not a very big book and the techniques explained in this book are not exhaustive but whatever techniques have been mentioned in this book if put into practice they sure shall be very much helpful It should be said that the techniques mentioned in the book are not so easy In the beginning they make you feel frustrate but if you persist if you continue your practice the techniques sure do give you good result Patience tolerance are the main requirements to put these techniques into practice and get the benefit from them The writer hopes the techniques would be helpful to all those who read them and put them into practice as they are helpful to himself The important points that are discussed in this book are deep sleep negative thinking positive thinking law of attraction etc On some points in the book readers opinions may differ with the opinions of the writer but that would not be a problem to put the techniques explained in it into practice and get benefit from them You need not go to any particular place you need not expend any money to put these techniques into practice and get benefit from them You can put these techniques into practice even while you are doing your work also and get the benefit from them

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