



How to Control Mind and be Stress-Free

MK Gupta

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This book is an attempt to unite Science and Spirituality. It first deals with the nature of mind, its process, stress, and then suggests techniques for controlling and managing them on a scientific basis. It also explains abundantly the nature of the impact of thoughts on physical and mental health, as well as elucidates the interaction that exists between body and mind. In fact, it consists of excellent reading material that suggests how to lead mind so as to make it free of stress.

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