



# Free Your Mind: A Meditation Guide to Freedom and Happiness

*Ajay Kapoor*

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# Free Your Mind: A Meditation Guide to Freedom and Happiness

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## **Free Your Mind: A Meditation Guide to Freedom and Happiness** Ajay Kapoor

*Free Your Mind* is not just another meditation manual, but a guide to working with greed, hatred, ignorance, pride, doubt, and agitation. It provides a straightforward, logical, step-by-step strategy to transforming our responses to challenging life events and everyday situations into unconditioned peace, liberation, and happiness.

Following the tradition of Eckhart Tolle and Byron Katie, who successfully translated Eastern thought into Western language, Ajay Kapoor converts ancient teachings by entering the Western mind through the door of science. *Free Your Mind* is an accessible guide for anyone who is curious about harnessing the energy of the inner mind and using it to build mental and emotional wellness.

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